

# St Hugh's College Nurse and Wellbeing Co-ordinator

## Sarah Dragonetti



"I am available in College to help you manage health problems and illness, and will be able to refer you elsewhere when necessary. I am able to give advice on injuries and do dressings/remove stitches and care for wounds. I can also give you advice on contraception and the emergency pill, and am very happy to give support and advice for emotional and psychological problems. It's best to email me first, so that I can be sure to be in my room! And please note, I am required to add notes of any consultation onto the GP medical system, which is of course, confidential."

The Nurse's Surgery is on the first floor of the Mary Gray Allen Building (MGA), but room visits can be arranged if stairs are a problem. Please email the College Nurse if you need an appointment.

Email: [nurse@st-hughs.ox.ac.uk](mailto:nurse@st-hughs.ox.ac.uk) or [pml.sthughsnurse@nhs.net](mailto:pml.sthughsnurse@nhs.net)

### REGISTERING WITH THE COLLEGE DOCTORS - ESSENTIAL

Before you arrive at St Hugh's you are required to register with our College Doctors at Summertown Health Centre through their on-line registration form, which you can find at [www.campusdoctor.co.uk/oxford/](http://www.campusdoctor.co.uk/oxford/). If you then need to see a doctor whilst you are at home you should go to your home GP and register as a *temporary patient*.

Once you are registered with Summertown HC, you can make an appointment with the College Doctors, Dr Siobhan Becker and Dr Charles Luo. They hold a weekly surgery specially for St Hugh's students at Summertown Health Centre on Tuesday mornings from 08.30-11.30. Please book by calling the practice on 01865 515552. Alternatively, you can access other appointments via [econsult](#).

Dr Siobhan Becker & Dr Charles Luo  
Summertown Health Centre  
160 Banbury Road  
Oxford  
OX2 7BS  
Telephone: 01865 515552

### OUT OF HOURS SERVICE 111

If you need non-emergency medical advice during the evenings or at a weekend, ring the 24-hour medical helpline **111**.

### EMERGENCIES

If you need emergency medical assistance, the UK emergency number is **999**; if you live in College, you can also ask the Lodge (01865 274900) to call for an ambulance on your behalf. The Lodge should always be informed when any Emergency Service has been summoned.

## ST HUGH'S LODGE

The Porters will always assist you if you require guidance or help: **01865 274900**

### NHS PRESCRIPTIONS

Medicines issued on prescription from a chemist or pharmacy are currently charged at a flat rate of £9.90 in the UK. One exception is the contraceptive pill, which is free of charge, but will still need to be prescribed. Emergency contraception (morning after pill), if prescribed, is free of charge, but is also available to purchase from a pharmacist. The nearest chemist is Woodstock Road Pharmacy, OX2 6HJ.

### TRAVEL VACCINATIONS

Students who need travel vaccinations should make an appointment at Summertown Health Centre. Please remember that some travel vaccinations are chargeable and must therefore be arranged through a pharmacy. It is best to book as early as possible before you travel. For more information, visit [www.fitfortravel.nhs.uk/home](http://www.fitfortravel.nhs.uk/home)

### SPECIALIST CONSULTATIONS

If you wish to see a specialist or consultant, you must first make an appointment with your GP even if you have private medical insurance.

**Contraception and Sexual Health** advice is freely available from the College Doctors and the College Nurse. Full details on Family Planning and STI clinics can be found on the [OUSU website](#), and via [www.sexualhealthoxfordshire.nhs.uk](http://www.sexualhealthoxfordshire.nhs.uk)

**Physiotherapy** is available via the NHS, so make an appointment via Summertown Health Centre or [Oxfordshire - Connect Health](#) Physio may also be sought privately, just search 'Private Physio Oxford'

**Chiropody** is usually sought privately but may also be available via your GP in certain circumstances.

**Alternative Therapies** (Homeopathy, chiropractic, herbal medicine, acupuncture etc.) are not available on the NHS and should be sought privately.

### OPTICIANS

Opticians accepting new patients in Oxford can be found online. Opticians' services are not usually covered by the NHS; an initial sight test costs about £25 and you must make an appointment in order to be seen. Separately, the Eye Hospital is a specialist unit at the John Radcliffe Hospital (JR) in Oxford and deals with medical/surgical problems and procedures only. As with all hospital appointments, you need to be referred there by the GP.

### DENTAL SERVICES

All adults over the age of 18 usually have to pay [standard NHS charges](#) for dental treatment. 'Studental', based at Oxford Brookes University, provides a comprehensive NHS service to all students: [www.studental.co.uk](http://www.studental.co.uk). Please be aware that, since the pandemic, dentists are prioritising patients who are already registered with them so, if possible, it may be best to stay registered with and see your home dentist. Oxford has a number of private dentists.

# Extra Information for Overseas Students

## REGISTERING WITH THE NATIONAL HEALTH SERVICE (NHS)

Please try to ensure that you register with Summertown Health Centre (as above) early, as students cannot register with the NHS if they are within six-months of their planned departure from the UK. Unregistered students have to pay for a private appointment (c.£50-£150). For this reason, it is essential that you register as soon as possible after arriving in Oxford, if not before.

If you require your NHS number for any reason, you can find it using this website: [www.nhs.uk/nhs-services/online-services/find-nhs-number/](http://www.nhs.uk/nhs-services/online-services/find-nhs-number/).

## GETTING YOUR PRESCRIPTIONS

Many overseas students find that their prescriptions are not available in the UK. Check in good time that your prescriptions are available by visiting the GP, so that alternatives can be arranged if necessary. Please remember that you may need to pay for your prescription.

## TERMINOLOGY

**GP:** General Practitioner (also known as a doctor or physician)

**A&E:** Accident & Emergency Unit (also known as Hospital Emergency Room)

**NHS:** National Health Service

**HC:** Health Centre (also known as GP Practice, Doctor's Surgery, or Clinic)

# SUMMERTOWN GROUP PRACTICE

Dr Siobhan Becker  
Dr Matthew Cheetham  
Dr Kyle Knox  
Dr Lorna Monteith  
Dr Dave Triffitt  
Dr John Monach  
Dr Charles Luo

SUMMERTOWN HEALTH CENTRE  
160 BANBURY RD  
OXFORD  
OX2 7BS

Tel 01865 515552  
Email: [summertownhc@nhs.net](mailto:summertownhc@nhs.net)

We are writing to welcome you to Oxford and to introduce ourselves to you as your College Doctors. St Hugh's College has appointed Summertown Group Practice to provide health care for you while you are at college.

To register with Summertown Group Practice please complete our on-line registration form which you can find at [www.campusdoctor.co.uk/oxford](http://www.campusdoctor.co.uk/oxford)

During term time we offer surgeries at the college, you can also be seen at Summertown Health Centre. If you need to see a doctor whilst you are at home you should go to your home GP and register as a **temporary patient**.

Our services are strictly confidential. While we have a link to your college, we do not discuss your medical issues with anyone in the college, your friends or your family unless you ask us to do so.

All students who are studying in the UK for longer than six months duration are entitled to register with the NHS. This is a Government-funded service, paid for by British taxpayers. Please go to [www.nhs.uk](http://www.nhs.uk) for more information. As a patient, you generally access the NHS through your GP. In the UK you cannot consult a medical specialist without going through the GP first. If you are from abroad and have a pre-existing health condition, we request that you bring copies of your medical records and diagnoses with you to help us to help you, and to file a copy in your medical records here.

We have a comprehensive website at [www.summertownhealthcentre.co.uk](http://www.summertownhealthcentre.co.uk) where you can find out about the services we offer and surgery times. If you have any queries, then our reception staff will be very happy to help you.

## Immunisations

It is particularly important you have had all your immunisations before you arrive. We urge you in the strongest possible terms to ensure you have had **two doses of an approved coronavirus vaccine prior to starting at Oxford**. If you have not yet had these please book them as soon as possible through the NHS website or by calling 119. In addition, the **Measles, Mumps and Rubella (MMR) vaccine and the Meningitis ACWY vaccine (for students up to age 25)** are strongly recommended as these infections circulate rapidly in the student community. Over recent years Oxford has had several mini epidemics of Measles and Mumps. In the UK these vaccines are available through any GP practice, please arrange to receive these vaccines over the summer so that you have immunity on arrival in Oxford. If you are from a country where these immunisations are not available, please contact us when you arrive in Oxford to arrange appointments for them.

**Registering with the Practice is IMPORTANT for both your assurance and the College.**

We wish you good luck with your studies in Oxford.

## **VERY IMPORTANT HEALTH INFORMATION – IMMUNISATIONS**

Based on the advice of UK Health Security Agency and the Oxford College Doctors' Association, the University of Oxford's Student Welfare and Support Services **strongly recommends** that you receive the following vaccines **before** you arrive in Oxford, if you have not already received them:

- Meningococcal ACWY (MenACWY) if you are under 25 years of age
- Measles Mumps and Rubella - MMR1 and MMR 2, i.e. the normal two doses

You can contact your General Practice to arrange these vaccinations or to check if you have already been vaccinated if you are unsure. Both immunisations should be readily available outside the UK for international students.

### **FURTHER INFORMATION: MENINGOCOCCAL DISEASE**

Although meningococcal disease is rare, as a new student you may be at higher risk of contracting meningococcal disease and spreading it to others, as you are likely to be mixing closely with lots of new people, some of whom may unknowingly be carrying the meningococcal bacteria. Meningococcal disease can cause meningitis (inflammation of the membrane around the brain) and septicaemia (blood poisoning) which can be life threatening if not treated quickly. Meningitis and septicaemia can develop suddenly. Symptoms include a blotchy rash that doesn't fade when a glass is rolled over it, fever, headache, aching muscles and joints and a stiff neck. The MenW strain can also cause vomiting and diarrhoea in teenagers and young adults. Urgent antibiotic treatment and hospitalisation are critical.

Please note that meningitis is not the same condition as encephalitis, against which students from some countries might have been immunised. If you have been immunised against any form of encephalitis, you will still need the MenACWY vaccine. Further information on [meningitis](#) and the [MenACWY vaccine](#) is available on the [NHS website](#).

### **FURTHER INFORMATION: MEASLES, MUMPS AND RUBELLA (MMR)**

There has also been a significant increase in measles cases in the UK this year. Measles is an infection that spreads very easily and can cause serious problems in some people. In addition, several outbreaks of mumps have occurred at both universities in Oxford and, year-on-year, the number of cases continues to be significant.

Two doses of the MMR vaccine gives you long-term protection from both measles and mumps, as well as rubella. If you are not certain that you have received the two MMR immunisations, we recommend that you check this with your General Practitioner or your doctor and if you have not received both vaccinations obtain them before arriving at University. There should be at least a month between each dose. If you do not have time to have both doses before arrival in Oxford, this can be arranged when you register with a doctor in Oxford. Further information on [measles](#), [mumps](#) and [rubella](#), and the [MMR vaccination](#) is available on the [NHS website](#).

### **FURTHER INFORMATION: HPV VACCINE**

The [HPV vaccine](#) helps protect against genital warts and cancers (such as cervical cancer and some cancers of the anus and genital areas) caused by the human papilloma virus (HPV).

If you missed the HPV vaccine at school, you can still ask your General Practitioner for this vaccine up until your 25th birthday (for women born after 1 September 1991 and men born after 1 September 2006).

### **OTHER HEALTH ADVICE: INFLUENZA AND COVID-19**

Some students might be at an increased risk of getting seriously ill from influenza and/or Covid-19. If you think you might be in a high clinical risk group, contact your General Practitioner at the start of term to see if you need to have a [flu vaccine](#) or a [first covid-19 vaccine or booster](#), and read more about the [National Flu Immunisation Programme](#) on the UK Government website.

## **ONCE IN OXFORD**

All students are advised to register with their College Doctor or any other doctor in Oxford immediately upon arrival. On registering with a doctor you will be given an NHS Number if you do not already have one, and will be asked for the dates of your immunisations. You will also have an opportunity to arrange immunisations if you still need to receive them. If you have any further queries, please contact your college or doctor.

More information about college doctors and nurses is available on the [student webpages](#). The NHS also provide advice on [getting medical care as a student](#). Further sexual health advice can be found on the [Oxfordshire Sexual Health Service website](#).

Registration with the College Doctors at Summertown Group Practice is compulsory for undergraduates (and strongly encouraged for graduates) for the following reasons:

- College staff have a clear point of medical contact in an emergency.
- The College Doctors run regular, convenient surgeries for St Hugh's students during term-time.
- The College Doctors have built up a good working relationship with the College's welfare officers, and work with them to make the best possible provision for your healthcare.
- The College Doctors are familiar with the College's and University's regulations regarding provision of medical evidence, e.g. when applying for alternative exam arrangements.
- Registering with the College Doctors does not prevent you from registering as a temporary patient at your home surgery, and means that both surgeries know your medical history.

If, after speaking to the Academic Registrar of the College ([thea.crapper@st-hughs.ox.ac.uk](mailto:thea.crapper@st-hughs.ox.ac.uk)), you wish to register with a different Oxford surgery, you should complete and return this page to her.

Surname:	
Forename(s):	
Date of birth:	
Name of course:	

I confirm that I do not wish to register with the College Doctors.

Please explain why you do not wish to register with the College Doctors:

I am already registered with a doctor in Oxford and do not wish to change.

I will be registering with another doctor in Oxford

Another reason (please state below) :

I prefer not to say

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It is essential for public health reasons that either the College Doctors or the College Nurse are aware of your vaccination history.

Please supply the contact details for your current doctor. These will only be used by the College Nurse if she needs to contact your doctor.

Name of doctor:	
Name of surgery:	
Surgery address:	
Telephone number:	