



MEDICAL INFORMATION FOR INTERNATIONAL STUDENTS



Alison Nicholls is the Hertford College Nurse. The NHS is quite a complex health care system and the nurse is happy to offer support and advice on how to access health care in the UK.

The Nurse's clinic room is NB1.3 (term-time hours will be posted on the noticeboard).

Email: alison.nicholls@hertford.ox.ac.uk
Office phone: 01865 279401.

She is also available to help you manage health problems and illness, and will be able to refer you elsewhere when necessary. She can give advice on injuries, dress minor wounds & remove stitches. She can also give you advice on contraception and the emergency pill. Please note that all consultations are confidential.

Our Welfare Coordinator, Yo Davies is happy to give support, advice and offer treatment for emotional and psychological problems, or you can just drop in for a chat. Her room is OB1.18 (term-time hours will be posted on the noticeboard). Please note that all consultations are confidential.

Email: yo.davies@hertford.ox.ac.uk
Office Phone: 01865 279461.

REGISTERING WITH THE NATIONAL HEALTH SERVICE (NHS)

In order to access free healthcare in the UK, you must register with College Doctors.

The registration process is part of your student induction: You will be sent a link to register with the Doctors and you should attend the Fresher's Week

Medical talk. At this session, you will have a talk by the Doctors.

If you miss the Freshers' Week medical session &/or you are having problems with the GP registration process, please see the Nurse as soon as possible. You will be able to have a New Patient Health check with the nurse in her office or later at the Dr's surgery.

Note: You may not be able to register if you have less than 6 months left in the UK, you will then have to pay for a private appointment (around £100 - £250 per session, depending on the nature of the consultation). For this reason, it is essential that overseas students register as soon as possible after arriving in Oxford.

TERMINOLOGY

GP	General Practitioner, Doctor or physician
Health Centre	GP Practice or Doctor's Surgery, Clinic
ED	Emergency Department, Accident & Emergency Unit or Emergency Room.
NHS	National Health Service

COLLEGE DOCTORS

Dr Rachel Allan, Dr Chloe Borton, Dr Matthew Easdale, Dr Andrew Papanikitas, and Dr Andrew Valentine,

28 Beaumont Street, Oxford, OX1 2NP

Tel: 01865 311811

Web: www.28beaumontstreet.co.uk

Opening hours: Mon - Fri, 8.00am – 6.30pm.
Extended clinic times: Tuesday evenings 6.30pm - 8.00pm, and alternate Saturday mornings 8.00am - 10.00am.

You can make an appointment by phone or through the College Nurse.

OUT OF HOURS SERVICE

If you need medical attention during the evening or at a weekend (outside Doctors Hours), ring 111 or 28 Beaumont St on 01865 311811 who will put you through to the 'Out of Hours Service'.

GETTING YOUR PRESCRIPTIONS

Many overseas students find that their prescriptions are not available in the UK. Some medications have different names & doses and some may not be licenced in the UK for the reasons that you were prescribed them in your own country. Check your prescriptions with your home doctor before you come to Oxford. The College Doctors cannot issue a repeat prescription until they have met you and reviewed your medication. You can request the prescription is sent directly to the pharmacy of your choice.

NHS PRESCRIPTIONS CHARGES

As long as you are registered with a GP the consultation is free, but prescriptions are charged at a flat rate of £8.80 per item and must be taken to the pharmacy/chemist. One exception is the contraceptive pill which is free of charge, as is emergency contraception (morning after pill). The pharmacists are always very helpful if you ask to speak to them, Boswells and Boots chemists are both on Cornmarket Street. You can apply for financial help with prescription costs by completing an HC1 form, these are available online.

NHS NUMBERS

You are not automatically given an NHS card, although some students do have them. You should however, know your NHS number and have it written somewhere safe. This is sufficient to access all NHS services. If you need to find out your NHS number, call 28 Beaumont St. and they will give it to you.

PRIVATE DOCTORS

If you have private health insurance and would prefer to see a private doctor, Dr Amanda Northridge at the *Oxford Private Medical Practice* in Summertown is happy to see students.
Tel: 01865 423425
Web: www.oxfordprivategp.com

SPECIALIST DOCTOR CONSULTATIONS

If you need to see a specialist, you must first make an appointment with your GP, even if you have private medical insurance. Physiotherapy and Chiropody are often best sought privately and you do not need a Doctor's referral for these services.

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

Contraception and Sexual Health advice is freely available from the College Doctors, East Oxford Clinic and the College Nurse.

EMERGENCIES

If you have a medical emergency, dial 999 or 112 at any time or go to the Emergency Department (ED) at the John Radcliffe Hospital. The Emergency Department is open 24 hours a day, every day of the year. You don't need an appointment to attend.

The Porters in the college Lodge are all First Aid trained and they can call an ambulance for you or arrange a taxi to take you to the ED.

The John Radcliffe Hospital, Headley Way, Oxford, OX3 9DU.

Web: www.ouh.nhs.uk/hospitals/jr/default.aspx

Tel: 0300 304 7777

OPTICIANS

Opticians services are not covered by the NHS. There are many opticians in Oxford, many located on Cornmarket and Queen Street. An initial sight test costs around £20 - £40, depending on the optician, and you must make an appointment prior to being seen.

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 or College Nurse.

DENTAL SERVICES

If you are under 18 and in full-time education, NHS dental treatment is free. If you are aged between 18 and 19 or on a low income, you may be entitled to free or discounted treatment - ask the dentist for a HC2 form to see if you are eligible or pick a form up from outside the Nurse's Office.

If you are over 19 you will usually have to pay standard NHS charges:
<http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Dentalcosts.aspx>

Studental, based at Oxford Brookes University, also provides a comprehensive NHS dental service to all students. <http://www.studental.co.uk/>

TRAVEL VACCINATIONS

These are available through the Practice nurse at 28 Beaumont St. Some travel vaccinations are chargeable and some are free. You should book an appointment as early as possible before you travel, in case vaccines have to be ordered in or if they need to be given many weeks in advance of the trip. These are also available privately at Dr Northridge's practice as she has a travel clinic in her practice. A useful website for travel health information is: <http://www.fitfortravel.nhs.uk/home.aspx>

Boots chemist on Cornmarket Street have a travel clinic where you can get advice and have your travel vaccinations. Appointments can be booked online: <http://www.boots.com/vaccinations/travel-vaccination-health-advice-service>