



Medical Information For INTERNATIONAL STUDENTS

Kate Tempest is the Brasenose 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.

She is in College every week day during Term Time: Mon/Wed/Fri 09.45-11.45 & Tues/Thurs 12.30-14.30

The Nurse's clinic room is Staircase 12, under College Office.

Her Email is kate.tempest@bnc.ox.ac.uk
Office phone is 01865 277883 (or leave a message at the Lodge).

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 and do dressings & remove stitches and care for wounds. She can also give you advice on contraception and the emergency pill, and is happy to give support and advice for emotional and psychological problems or you can just drop in for a chat. Please note that all consultations are confidential.

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 session. 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.

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 £60 per session). For this reason, it is essential that overseas students register as soon as possible after arriving in Oxford.

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. After this initial consultation you can request a repeat prescription by dropping in to the practice or using the Doctors Email

jerichohc.prescriptions@nhs.net

You can request the prescription is sent directly to the pharmacy of your choice.

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 Laurence Leaver, Dr Mark O'Shea, Dr Lambert and Dr Shahzadi

The Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW

Tel: 01865 311234

Web: <http://www.bogdanorpractice-jerichohc.nhs.uk/index.htm>

Opening hours: Mon - Fri, 8.30am - 6pm.

You can make an appointment by phone or through the College Nurse, or via the surgery website (although you'll need to visit the surgery to arrange online access).

OUT OF HOURS SERVICE

If you need medical attention during the evening or at a weekend (outside our Doctors Hours), ring 111 or The Jericho Health Centre on 01865 311234 who will put you through to the 'Out of Hours Service'. They will take your details and a Doctor will usually ring you back. You may be asked to attend the East Oxford Health Centre at Manzil Way (on the Cowley Road), but you do have to ring 111 before you go.

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: <http://www.oxfordprivategp.com/>

NHS CARDS

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. It is rarely asked for, but if you do need it, just ring the Jericho Health Centre 01865 311234 and they will give it to you.

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 £8.20 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 located on the top shelf outside the nurse's office.

TRAVEL VACCINATIONS

These are available through the Practice nurse at Jericho Health Centre. Some travel vaccinations are chargeable and some are free. It makes sense to book 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. Call for an appointment 01865 247461. If your travel is part of your course, you can get financial help to cover the cost of the vaccinations.

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 Chiroprody 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. Full details on Family Planning and STI clinics can be found on the JCR website

OPTICIANS

Opticians services are not covered by the NHS. There are many opticians in Oxford - try Google or wander up the High Street. An initial sight test costs about £25.00 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/>

See separate leaflet.

EMERGENCIES

If you have a medical emergency, dial 999 at any time or go to the Emergency Department (ED) at the John Radcliffe Hospital. You can attend the Emergency Department, it is open 24 hours a day, every day of the year. You can just show up, you don't need an appointment. The Porters in the 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. Tel - 01865 741166

