

The Role of the College Nurse

The College Nurse is in College every weekday during term time 0-9th weeks included. The clinic hours vary from day to day, please see below.

Clinic Room: Brasenose - Staircase 12 New Quads - Under College Office. Come through main door & turn right (brown fire door).

College Nurse Contact Details:

Clinics – in **Michaelmas Term 2021 with Nurse Nicole Coulon**

Monday – 11am-2pm

Wednesday – 3pm-6pm

Friday 9am-12pm

In Michaelmas 2021 - book an **appointment for a chat on MS Teams:**

<https://it.brasenose.org/bookings/>

the nurse may subsequently ask you to book a face to face slot using the same link.

Email - college.nurse@bnc.ox.ac.uk

Office Phone - Call Clinic Room during clinic times - or leave a message on answerphone, numbers below - BNC Office 01865 (2)77883

Porters Lodge - Leave a message in the Nurse's pigeon hole or ask the Porter to phone the Nurse.

Students see the nurse for a variety of health and welfare issues.

Accidents and Injuries

The nurse can remove stitches and care for wounds. She also advises on minor sports injuries and head injuries. She can complete the College Accident Form if an accident was sustained on College site. The Nurse has a good supply of ice, bandages, plasters, tubigrip and can loan crutches and a wheelchair.

Sexual Health

She gives advice on contraception, gynaecological problems and sexually transmitted illnesses and can signpost students to local NHS

contraception & sexual health services. She gives out free condoms and can send chlamydia postal pack information. She also can do contraception pill checks and can order repeat prescriptions.

Travel Advice

The Nurse does not give vaccinations in College but can give advice and information about them. She can let you know where to go to get travel vaccinations as well as which are required, when they should be taken and how much they will cost.

Students with Existing Health Challenges

The Nurse supports students with existing health challenges including diabetes, asthma, epilepsy, disabilities and those who carry an Epipen. She works closely with the Disability Advisory Service (DAS) and can refer students to this service.

Psychological Problems

Advice is offered to students with emotional and psychological problems, as well as work & relationship issues, or homesickness. The University has a good Counselling Service (OUCS) & the nurse can help you fill in the application forms. You can also self-refer to OUCS, all the details are on their website -

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

The Nurse works closely with the BNC Student Support Advisor <https://www.bnc.ox.ac.uk/support> and the College's Link Counsellor from OUCS. She also has a list of local Private Counsellors and Psychotherapists and works closely with the Oxford Mindfulness Centre - <https://oxfordmindfulness.org/>

She has contacts at Turning Point and liaises with the NHS mental health services including the AMHT, the Emergency Department Psychiatric Services (EDPS) at the John Radcliffe Hospital and Cotswold House, the Eating Disorder Centre.

International Students

For students who have come from overseas, the NHS health system may seem a little complicated. The nurse can give advice on what is free and what is not & provide you with your NHS number once you have registered with the College Doctor. There is a useful International Student Information Booklet which covers information about the NHS on the Brasenose website on the nurse's page.