

The Role of the College Nurse

Lauren Doran

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. She runs drop-in clinics, so no need for an appointment, however, if you would prefer a set appointment time, please email using the contact details below.

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

Contact Drop in Clinics - Times below

Email - Usually replied within 24 hours during term-time Mon-Fri

Office Phone - Call Clinic Room during clinic times - or leave a message on answerphone, numbers below.

Mobile Phone - Call/Text during office hours - (signal poor at BNC so please leave a message).

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

She 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, Ellie Raikes - <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 - https://www.bnc.ox.ac.uk/downloads/welfarehealth/Guide_for_international_students.pdf

Room/Hospital Visits

The nurse will follow-up all 999 calls made for students in College and also some of 111 calls. If students are admitted to hospital, the Nurse can make hospital visits if requested. She can take provisions to students in hospital, support students emotionally and communicate with Tutors & College on the student's behalf. She can also visit students in their College accommodation if they feel too ill to come to clinic. Please email the Nurse to request a room visit or contact her via the lodge. Always let someone from the Welfare Team know if you are not well -or call the Porters in the lodge. If you have a contagious illness such as mumps, diarrhoea & vomiting, or a nasty strain of flu you may be confined to your room by the College Doctor. If you think that you may have a contagious illness please let the College Nurse or Doctor know as soon as possible.

Liaise with local Professionals

The Nurse works closely with the College Doctors at Jericho Health Centre - <https://www.leaverandpartnersjericho.nhs.uk/> and can help make appointments. She has a useful leaflet explaining how to access medical services

https://www.bnc.ox.ac.uk/downloads/welfarehealth/Accessing_Medical_Attention2019.pdf

She works closely with the College Chaplain and other members of the College Welfare Team, as well as local dentists, physiotherapists, optometrists and chiropodists.

Health Promotion and Healthy Lifestyle

The Nurse gives advice on sleep, diet, dental health, transition to University for Freshers, work/social life balance, stress reduction, bicycle safety, exam stress and safe levels of alcohol consumption. Please email if you'd like to read any of these handouts. She also runs student health promotion sessions once a term.

Proctors Office

The Nurse works closely with College Office and she can complete medical certificates if students become unwell around exam time or require a work extension. She can also provide a letter to authorise taking any of the following into exams: Silent blood testing kits for diabetic students, Glucose drink (e.g. Lucozade, Glucose tablets (e.g. Dextro energy tablets), Insulin syringes/supplies, Asthma inhalers, Epi-pen, Over-

the-counter and/or prescription medicine, small unobtrusive snack (nuts may not be taken into the exam), Medical aids (e.g. wrist splint/support, back support pillow, ice pack) and coloured overlays. Please don't hesitate to contact the College Nurse for any health or welfare matter

College Nurse Contact Details:

college.nurse@bnc.ox.ac.uk

BNC Office 01865 (2)77883

Mobile 07818068641 (During Office Hours)

Drop-In term-time

Clinic hours:

Mon 08.30 - 13.30

Tues 08.00 - 10.00

Wed 15.00 – 16.30

Thurs 15.00 – 16.30

Fri 08.00 - 10.00