

## The Role of the College Nurse

---

The College Nurse works two hours a day and is in College every weekday during term time 0-9<sup>th</sup>. She runs drop-in clinics, so there is no need for an appointment. However, if you would prefer a set appointment time, please email [spcnurse@nhs.net](mailto:spcnurse@nhs.net) or call 01865 278887 during her working hours. Clinic Room (called 'surgery'): St Peter's College, Staircase IV Room 3, Ground Floor

You can also contact the College Nurse by email. She will usually reply within 24 hours during term-time. You can leave a message 24 hrs a day on the above number & it will be replied to the following working day. You can also leave a message in the Nurse's pigeonhole in the lodge.

Students see the nurse for a variety of health and medical 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 is sustained on College sites. The Nurse has a good supply of ice, bandages, plasters, tubigrip and can loan crutches and a wheelchair.

### Sexual Health

The Nurse can advise on contraception, gynaecological problems and sexually transmitted illnesses and you can be signposted to local NHS contraception & sexual health services. The Nurse gives out free condoms and can send you chlamydia postal pack information. She also can undertake 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 get travel vaccinations as well as which are required, when they should be taken and how much they will cost.

### Students with Existing Medical Conditions

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

### Mental Health Issues

The **Dean for Welfare** ([eleanor.tingle@spc.ox.ac.uk](mailto:eleanor.tingle@spc.ox.ac.uk)) is a qualified mental health practitioner and the Nurse can also advise students. The University has a good Counselling Service (OUCS) & the Dean for Welfare and the nurse can help you fill in the application forms. Students can self-refer to OUCS, all the details are on their website - <https://www.ox.ac.uk/students/welfare/counselling?wssl=1>.

### 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.

## Room/Hospital Visits

The Nurse / Welfare Team will follow-up all 999 calls made for and by students in College and also some 111 calls (i.e. non emergency health calls). If students are admitted to hospital, the Nurse can make hospital visits as requested. She can also visit students in their College accommodation if they are 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.

## Contagious illnesses

If you have an 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, or another member of the College Welfare team 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 works closely with the Dean for Welfare, the College Chaplain and other members of the College Welfare Team, as well as local dentists, physiotherapists, optometrists and chiropractors.

## 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 leaflets. She also runs student health promotion sessions.

## Medical Certificates / Mitigating Circumstances due to health

The Nurse works closely with College Office and 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 medical issue.