

Medical Information for International Students

Kate Tempest is the St Peter's College Nurse.

The National Health Service (NHS) is 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. The Nurse's Clinic Room is on the main SPC site, Staircase 4, Room 3 Ground floor. Her Email is spcnurse@nhs.net Office phone number is 01865 278887.

The Nurse is available to help you manage health problems and illness, and is able to refer you elsewhere when necessary. She can give advice on injuries, apply dressings, remove stitches and care for wounds. She can also give advice on contraception and the emergency pill, and is happy to give support. All consultations are confidential.

You will need to register with a Doctor in the UK to obtain an NHS number. It's best to keep your number somewhere safe. Your NHS number will allow access to all free NHS services throughout the UK. If you don't have your number, just ring the College Nurse 01865 278887 or Jericho Health Centre 01865 311234 to request it.

You can register with our College Doctors online here:

<https://www.campusdoctor.org.uk/oxford>

Some NHS services which are free to all (whether you have a NHS number or not), these include Sexual Health Services and the Emergency Department.

Prescriptions

Due to prescribing restrictions within the NHS, some overseas students find their prescriptions are not available in the UK. Medications in the UK may have different names &/or doses and some may not be licenced for the reasons 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 then request a repeat prescription by dropping into the practice or using the online service or Doctors email jerichohc.prescriptions@nhs.net You can also request that repeat prescriptions are sent directly to the pharmacy of your choice, often students choose Boots Cornmarket as it's the closest pharmacy to College.

All prescriptions are charged at a flat rate of £9.15 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 local pharmacists can be helpful if you ask to speak to them directly. You can apply for financial help with prescription costs by completing an HC1 form, these can be obtained from a pharmacy or the College Nurse.

Terminology

Our College Doctors are also known as General Practitioners (GP's). They work at the Doctors' Surgery which is called The Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW Tel: 01865 311234

Web: <https://www.leaverandpartnersjericho.nhs.uk/>

Opening hours: Mon - Fri, 8.30am - 6pm. You can make an appointment by phone or through the College Nurse, the Dean for Welfare, or via the surgery website (although you'll need to visit the surgery to arrange online access).

Medical Emergencies

If you have a medical emergency, dial 999 at any time, this is a national 24hr service. You can also walk into the Emergency Department (ED), also known as Accident and Emergency (A&E) at the John Radcliffe Hospital (JRH), open 24hrs. You don't need an appointment to attend.

Headley Way, Headington,
Oxford OX3 9DU
Tel: 0300 304 7777

Please remember that all Porters in the lodge are First Aid Trained and can signpost students to medical services at any time.

Non-emergency Out of Hours Medical Care

If you need medical attention during the evening or at a weekend (outside our Doctors Hours), you can use the free National online 111 service. <https://111.nhs.uk/>

You can also use the free phone service by calling 111. You may be asked to attend the East Oxford Health Centre at Manzil Way (on the Cowley Road) to see a health professional, but you do have to ring 111 before you go.

Private Doctors & Hospitals

Some students request to see a Doctor privately.

There is a private GP Service in Oxford called the Mayfield Clinic:
<https://www.mayfieldclinic.co.uk/>

There is also a private hospital called the Manor Hospital:
<https://www.nuffieldhealth.com/hospitals/oxford>

Please check the prices and your insurance before you commit to any private care as fees can be expensive.

Travel Vaccinations

These are available through the Practice Nurse at Jericho Health Centre. To make an appointment please call 01865 311234. Some travel vaccinations are chargeable and some are free. It makes sense to book as early as possible before you travel, vaccines may have to be ordered in or they may need to be given many weeks in advance of the trip. These are also available privately at most Chemists. Useful websites for travel health information are: <https://www.fitfortravel.nhs.uk/home>
<https://travelhealthpro.org.uk/>

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 may be able to get financial help to cover the cost of the vaccinations, please ask your department or College Nurse.

Specialist Consultations

If you need to see an NHS medical 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. The College Nurse has local contact details for these specialists. Alternative Therapies (Homeopathy, chiropractic, herbal medicine, acupuncture etc.) are not available on the NHS and should be sought privately. Contraception and Sexual Health Services are both free under the NHS.

<https://www.sexualhealthoxfordshire.nhs.uk/>

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 in Oxford and deals with medical/surgical problems and emergencies.

<https://www.ouh.nhs.uk/eye-hospital/departments/emergencies/default.aspx>

Dental Services

If you are under 19 and in full-time education, NHS dental treatment is free. If you are 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 the Nurse.

If you are over 19 you will usually have to pay standard NHS charges: <https://www.nhs.uk/using-the-nhs/nhs-services/dentists/understanding-nhs-dental-charges/>

Studental, is based at the Oxford Brookes University site. They provide a comprehensive NHS dental service to all students. You can call on 01865 689997 or book an appointment on line:

<http://www.studental.co.uk>