



## **Jesus College Rough Guide to Health Care and the NHS**

Hello and welcome to Jesus College. My name is Carolyn Ruhle I am the College Nurse and part of your welfare team. I have produced some information to help guide you through the NHS which at times can appear very complex.

I am available for consultations Monday-Friday no appointments required please do just drop in. My clinic room is located staircase 15 ground floor. I hold a clinic in College every weekday 0<sup>th</sup> - 9<sup>th</sup> week: Monday: 2.30-5.30 pm; Tuesday 2-4.30 pm; Wednesday 2.30-5.00 pm; Thursday 9.30-12.00pm; and Friday 9.00-12.00pm. If you are too unwell to come to my clinic I can see you in your room. If you are unable to see me in my clinic times I am also available to see you at my Wadham College clinic (times available from the Jesus College Intranet). Please report to the porter's lodge at Wadham and they will direct you to my clinic. My email is: [jesus.nurse1@nhs.net](mailto:jesus.nurse1@nhs.net) Emails will be answered within one working day during term time. My office phone is 01865 279705.

I am also available to help you manage health problems and illness, and will be able to refer you elsewhere when necessary. I can give advice on injuries care for wounds and dressings and remove stitches. I can also give you advice on contraception and the emergency pill. I am happy to give support and advice for emotional and psychological problems or you can just drop in for a chat. This is not an exhaustive list please do drop me an email or pop in and see me if you have any questions. All consultations are confidential.

### **Registering with the National Health Service (NHS)**

The College strongly recommends you register with the College Doctors.

The Doctors are based at 172 Banbury Rd OX2 7BT <http://www.banburyroadmc.nhs.uk>

Tel: 01865 515731 Surgery opening times: Monday - Friday 8.30 am-6.30 pm; Saturdays 8.30-10.30 am. Pre-Booked appointments only

You can make an appointment by phone, through the College Nurse, or in person via the Doctors' surgery. You will be sent a link to register with the Doctors prior to starting your course. You will also have a chance to meet both me and one of the College Doctors at the Freshers' Week induction session. If you are having problems with the GP registration process, please see me or email me as soon as possible.

### **College Doctors' clinics available in College**

The College Doctors also hold a clinic 1<sup>st</sup> - 8<sup>th</sup> week in staircase 15 (ground floor) on Wednesday and Friday. Dr Catherine McDonnell: Wednesday 3.30-5pm appointments and emergencies only. You can either sign up for an appointment on the signup sheet located on the notice board in my waiting room or email me directly. Dr Christopher Hornby: Friday 10.30 am – 11.30 am appointments and emergencies only.

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.

**Students from overseas who are in the UK for less than six months are not eligible for free treatment under the National Health Service and should take out insurance against the cost of medical treatment.**

### **Out Of Hours Service**

If you need medical attention during the evening, weekends or Bank Holidays (outside our Doctors' hours), telephone either 111 or 172 Banbury Rd on 01865 515731. You will be put 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. To access I I I services, you will need to call from a UK land line or UK mobile.

### **Getting Your Prescriptions**

Many overseas students find that their prescriptions are not available in the UK. Some medications have different names and doses and some may not be licensed in the UK. 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. Once the Doctor has reviewed your medication I can arrange repeat prescriptions for you to be sent to either Boswells Pharmacy or Boots Pharmacy both located near the College on Cornmarket Street.

### **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

<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 172 Banbury Road 01865 515731 and they will give it to you.

### **NHS Prescription Charges**

If you are registered with a GP the consultation is free, but NHS prescriptions are currently charged at a flat rate of £8.60 per item and must be taken to the pharmacy/chemist. One exception is the contraceptive pill which is supplied on prescription free-of-charge. Pharmacists are always happy to speak to you and provide expert advice on the use and supply of both prescription and over-the-counter medicines.

You can apply for financial help with prescription costs by completing an HCI form. These forms can be obtained via your GP, Dental Practice and Opticians or you can download it from

<http://www.dsdni.gov.uk/hc1.pdf>

### **Travel Vaccinations**

These are available through the Practice nurses a 172 Banbury Road (Tel: 01865 515731).

Some travel vaccinations are chargeable and some are free. It makes sense to book as early as possible before you travel just in case vaccines need to be ordered or if they need to be given many weeks in advance of the trip. Travel information can be found at: [www.fitfortravel.nhs.uk/home.aspx](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 on 01865 247461.

### **Physiotherapy**

You can be referred by your GP/College Doctor but it is usually an 8-11 week waiting list.

The Physiotherapist based at peak sporting performance will see students at a very reasonable rate.

<http://www.sport.ox.ac.uk/offer/peak-sporting-performance/>

### **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 procedures and eye emergencies.

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



### **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 HCI form to see if you are eligible. If you are over 19 you will usually have to pay standard NHS charges: <http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Dentalcosts.aspx>

For out-of-hours urgent dental advice please call the Freephone 111 NHS Direct line. Studental, based at Oxford Brookes University, Campus provides a comprehensive NHS dental service to all students. <http://www.studental.co.uk/>

### **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, 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

### **Specialist Doctor Consultations**

If you wish to see a specialist Medical practitioner (i.e. Gynaecologist, Dermatologist etc.) on the NHS you will need to be referred by your GP.

### **Contraception and Sexual Health**

Advice is available from the College Doctors, College Nurse, Churchill Hospital GUM clinic: [www.sexualhealthoxfordshire.nhs.uk](http://www.sexualhealthoxfordshire.nhs.uk)

### **Alternative remedies**

Homeopathy, chiropractic, herbal medicine, acupuncture etc. are not available on the NHS.

Further support and information about self-care, pharmacies, dentists, doctors, social care and emergencies can be found on County of Oxfordshire Advice on Care and Health.

<http://www.my-coach.org.uk/>