Medical Information for Freshers

www.leaverandpartnersjericho.nhs.uk
Has more info about doctors, practice etc.
College Doctors

• Chosen by college
• interest in students
  – Medical needs
  – University arrangements for exams etc.
• “normal” **NHS** General Practitioners (family physician)
  – Confidentiality
  – Full range of services
Jericho Health Centre
aka The Surgery, Practice, Clinic
JHC, New Radcliffe House, OX2 6NW

- See on-line map for location
Registration

• [http://www.campusdoctor.co.uk/oxford/](http://www.campusdoctor.co.uk/oxford/)
  – Email back to confirm

• Alternatively on paper- 3 forms
  – Admin details
  – Health Questionnaire
  – Consents for sharing data

• Temporary patients (if away from Oxford)- must have main/normal registration in Oxford
Paper Registration

- Please collect and return the forms at the health centre
On-Line (EMIS) Access

- Not the same as registering
- Book appointments (24/7)
- Order repeat prescriptions
  - Track progress
  - Nominate pharmacy
- See records
- See test results

fill in form - needs photo ID & proof address (Bod card)
The Reception
Seeing a Doctor/Nurse

- Appointments system
- 15 (GP) or 10 (Nurse) minutes
- Double if needed
- Urgent if medical need

- Practice nurse
- Phlebotomist
- Health visitor
- Midwife
Practice Nurse

• Practice Nurse: Julia
• Vaccinations
  • ACWY and MMR, ‘Flu
  • Travel
• Contraception
• Check up:
  – Asthma, Diabetes etc
• Smoking/weight
If/when you are **ill**...

- **Self help**
  - pharmacy
  - **111 for advice** (but can be over-cautious).

- **Phone GP on** 01865 311234
  - Tell us if it’s urgent (and why)
  - We like making people better

- **Out-of- Hours phone** **111**
  - Advice, GP on call (closer, quicker, better than A&E)

- **Emergencies (ambulance)** 999
If/when you are **ill**...

- **A&E** ("ER", "casualty", Accident & Emergency)
- only for:
  - **injuries** (if enough to need x-ray/stitches)
  - **serious illness** (likely to need admission)
  - (if its minor they will send you back to GP)
How does the NHS work?

“Free” but...
...underfunded
...but works well

GPs deal with 90% consultations (8% of funding)
  including children, gynaecology etc.
GP practices do blood tests, minor surgery, injections,
  cervical cytology (‘Pap smears’)
GPs refer to specialists/hospital when needed
  but waiting lists
Dentistry (e.g., Studental, at Brookes) & Opticians different
Prescriptions

• Free under 19
• Charges £9 each
• Pre-payment £29.10 for 3 months/ £104 pa
• Low income: apply for an HC2 certificate (complete form HC1)
Repeat Prescriptions

• See GP first
  – Check best current UK NHS treatment
  – Check you
  – Set up on computer
  – Nominate Pharmacy

Request on-line,

Or e-mail:

jerichohc.prescriptions@nhs.net
Healthy Lifestyle

Look after yourself - no time to be ill

• Diet
• Exercise
• Sleep
• Alcohol
• Drugs

Be prepared for colds and flu - stock paracetamol etc
Coping with stress

• You are fantastic (all of you)
  – Haven't you noticed?
• You passed the selection
• Everyone wants to help
• “Home” perspective

• Welfare Team in College
• Professional help
Counselling

The Counselling Service is here to help you gain understanding and insight into any difficulties you may be experiencing, to develop emotional resilience and put into effect real change, enabling you to fulfil your academic and personal potential. The Service offers free and confidential support, but it is not an emergency service.

**Individual counselling**
Working individually with a counsellor in a meaningfully focussed and brief way.

**Workshops**
A range of workshops are available to help you build skills to respond to the demands of university.

**Group counselling**
Explore how you relate to others and benefit from their support and experience.
OU Disability Advisory Service

Disability

The Disability Advisory Service provides information and advice on disability issues and facilitates support for those with, for example, sensory or mobility impairments, long-term health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties.

Disability contacts
People across the University who co-ordinate study support for disabled students.

Who can access disability support?
Eligibility for disability-related study support, declaring a disability and confidentiality.

What support is available?
Reducing any barriers to study and examinations, and the possibilities for additional support.

How to access disability support
A step-by-step guide to arranging and finding support.

Assessment Centre
Conducting the assessments needed to apply for a UK Disabled Students' Allowance.

Useful information and documents
Disability Advisory Service paperwork, information, and other useful links.

Dyslexia Unbound
Opportunities to provide study support to disabled students

Student support
Disability provision at Oxford including details on the Common Framework for supporting students with disabilities.

Advice for staff
Disability provision at Oxford including details on the Common Framework for supporting students with disabilities.

Personal productivity tools to help you study effectively and efficiently
One-hour sessions during Michaelmas term 2016 to introduce assistive technology and apps to help with study. Sessions are free and open to all students. View further information.

Building access
The University's building access guide provides interactive maps, contact details, accessibility information and image galleries for each University-owned building. Or take a virtual tour of Oxford.

DID YOU KNOW?
Academically excellent graduate students with disabilities may be eligible for the Oxford-Winsight Graduate Scholarship for Disabled Students to fund their Masters' studies at the University of Oxford.
Look out for each other

• No one gets left behind
• Beware in town on Friday/Saturday night
  – Especially in a tuxedo
• Share a Taxi home

• Observe if very drunk
• Call junior dean
Have Fun

- Enjoying your favourite subject
- Making friends (in queues)
- Wall-‘flowers’ v Party ‘Animals’- be yourself