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Dear Student

We are writing to welcome you to Oxford and to introduce ourselves to you as your College Doctors. We are a group of General Practitioners (GPs) working for the National Health Service in our Practice in the centre of Oxford.

The National Health Service (NHS)

All students and their dependents who are studying in the UK are entitled to register with an NHS GP. It is free for ALL students to register with a GP (though some international students who are in the country for a short time may have to pay for non-GP services in hospitals, e.g. X-ray, orthopaedics, midwifery etc). Students from countries outside the European Economic Area (EEA) may need to pay a healthcare surcharge (called the 'immigration health surcharge' or IHS) as part of their immigration application. Your College will be able to provide you with more information about this. For general information about the NHS please go to <http://www.nhs.uk>. As a patient, you generally access the NHS through your GP. In the UK you cannot consult a medical specialist without being referred by a GP first.

The University and its Colleges strongly recommend that you choose to register with a "College Doctor" as soon as your place is confirmed at Oxford: our practice has been selected by your College to be your College Doctors. We are an NHS General Practice and work just like other practices (we are not employees of the College). We operate a strict confidentiality service, although if you ask us to talk to tutors or others, we can do so effectively. We are very familiar with the procedures for certification if you need medical evidence for your coursework or exams. If you choose not to register with a College Doctor you may have difficulty getting well-coordinated care and it is unlikely that a GP elsewhere will be able to advocate for you within the University, especially without additional costs. If you were to become ill at Oxford, changing doctor at the same time may add to your stress so please don't put off registering. Remember, if needed you can still see your previous GP during the vacation as a temporary patient.

Registration is most easily online. Go to <http://www.campusdoctor.co.uk/oxford> and click on the link of your College. It may help you to answer the questions if you ask your current practice to print out a summary of your computer records which includes your vaccinations (your current practice should also offer the facility for you to see this information online). Please ensure you allow some time to complete the online registration. Note that your College may ask to see evidence that you have registered with an Oxford City GP; on completion of your registration you will be sent a confirmation email which you can use for this purpose.

It is particularly important for international students to register as soon as possible as their eligibility for free non-GP services is dependent on how long they have been registered with the NHS rather than how long they have been in the country.

The Practice at 19 Beaumont Street

GP services are based in the community. Our Practice is at 19 Beaumont Street, a short walk from your College. We work as a partnership of 10 doctors, along with a team of nurses, a midwife, a counsellor and administrative staff. You are free to consult any of us, not just the doctor linked with your College. Once you

have got to know a doctor we would encourage you to see that doctor where possible as this is better for continuity of care.

If you have a medical condition that is regularly reviewed, such as diabetes, this practice will have a responsibility for your continuity of care and we would request that you make an appointment with a doctor as soon as possible.

The Practice is open weekdays. Consultations are by appointment and are ten minutes long. Patients with urgent problems are assessed on the same day by phone or at the practice; if you are too ill to come to the Practice, please contact us or the College Nurse by telephone in the first instance. At nights and weekends, when the Practice is closed, the NHS operates an "out-of-hours" service that can be accessed by telephoning 111 and your call will be directed appropriately. This is for urgent problems that cannot wait until the Practice reopens.

The College Nurse

Some of the Colleges have a College Nurse on-site during term time. Her service is provided free to you. She offers health advice and support as well as treatment for minor illnesses and injuries. She will visit you in your College room if you are ill and request it.

Oxford Emergency Department (ED)

The John Radcliffe Hospital in Oxford has an Accident and Emergency Service. If you break a bone or have a life-threatening emergency then you should go straight to the A and E department or ring 999 for a paramedic or ambulance. For most problems you should contact the Practice by telephone so that we can advise you on the best and quickest way to get help. When the Practice is closed please dial 111 for assistance.

Medication and Repeat Prescriptions

If you are taking regular medication we will need to set up repeat prescriptions for you. Please make an appointment to see a GP at the Practice when you arrive in Oxford so that we can organise this. Repeat prescriptions are most easily requested online via <https://patient.emisaccess.co.uk/>.

There is a standard charge for all NHS prescriptions; this is currently £8.40 per item and is payable to the pharmacist.

Immunisations

It is particularly important to check whether you have had all your immunisations before you arrive. **The Measles, Mumps and Rubella (MMR)** vaccine and the **Meningitis ACWY** vaccine are strongly recommended as these infections circulate rapidly in the student community. Some patients will also be eligible for the flu vaccine. Over recent years we have had several mini-epidemics in Oxford of Measles and Mumps. In the UK these vaccines are available through any GP practice, please arrange to receive these vaccines over the summer so that you have immunity on arrival in Oxford. If you are from a country where Men ACWY is not available then we can arrange immunisation during Fresher's week.

For further information about us please visit our website at www.19beaumontstreet.com

We all wish you good luck in your studies at Oxford.

Best wishes from the team at 19 Beaumont Street