

Rowhedge & University Medical Practice Newsletter

NHS North East Essex

**Welcome Week
"Freshers" 2017**

Welcome To Our Surgery:



Welcome to the University of Essex Health Centre. The Health Centre provides on-campus general practice services for students who are registered with the practice.

Our practice has two sites with the University site being our branch surgery, the main practice being located in Rowhedge village.

The University practice is staffed by a team of 7 doctors, 2 nurses, a healthcare assistant, reception staff and a secretary.

Services Provided:

As well as providing day to day medical care we also offer the following services:

- Family Planning Services including Implant fitting and removals and coil insertion and removals, and Sexual Health Screening
- Asthma,
- Diabetes
- Minor Surgery,
- Travel Clinics and Vaccinations,
- Health promotion.

Opening Hours:

Monday – Friday: 09.00 - 12.30 and 13.30 - 16.30

Practice Web Site

The Practice web site contains a host of useful information including:

Opening hours,

NHS approved medical information regarding common medical conditions,

Travel information,

On-line repeat prescriptions service,

Medical forms,

...and lots more



Appointments:

The practice holds open lists so patients can book an appointment with the doctor of their choice. Appointments are all pre-bookable either to see a doctor or to attend one of the specialist clinics. Appointments can be booked in person, on line or via the telephone.

Emergency Appointments:

Patients who are unwell and need to be seen the same day should attend the nurse triage service at the practice between 09.30 - 12.00 or 13.30 - 15.30, where they will be seen and assessed. Should the clinical need require a doctor's appointment, the triage nurse will arrange this accordingly. Our triage nurses are experienced in dealing with many conditions, and will either advise, treat or arrange either an urgent or routine appointment with the doctor.



Missed Appointments:

Patients who miss appointments impact on other patients' appointments and prevent patients who are willing to attend from being seen.

Should you decide that you no longer require the appointment you booked or would like to re-schedule to a more convenient time, please inform reception at the earliest opportunity so that your appointment time can be offered to another patient.

Patients who fail to attend 3 consecutive appointments will be removed from our patient list and asked to register with another practice.

Sexual Health Screening:

Chlamydia is a sexually transmitted infection which is most commonly found in the 16 -24 year old age group. Among the majority of patients, Chlamydia does not show any symptoms and is therefore easily transmitted between new sexual partners.

It is estimated that approximately 10% of 16-24 year olds are infected with Chlamydia. Testing kits will be available from the practice from November, and will be located by the entrance to the practice. In the meantime you may visit the website www.sh24.org.uk for how to receive self-testing kits for chlamydia, gonorrhoea, HIV and syphilis.

The process involved is anonymous with no record being made in your medical notes. The test will include either a self swab or pot for a urine sample. Detailed instructions will also be included within the pack.

Once completed, the kits should be returned to the University Health Centre.

Emergency Treatment and What To Do When The Surgery Is Closed:

NHS 111: Telephone 111 for health advice. This service will advise you which service is the most appropriate to deal with your problem when your surgery is closed.

North Colchester Health Care Centre: The Primary Care Centre in Colchester is based on Turner Road. Patients may be seen by a doctor or nurse with no appointment necessary. Telephone: 01206 314015.

Accident and Emergency Department: Patients are reminded that A&E services at the hospital are aimed specifically for those ***serious accidents or emergencies only***.

Attending with minor ailments is an inappropriate use of resources and delays the treatment of seriously ill patients.

Out of Hours: The Out of Hours Service is available for patients who need to see a doctor when the surgery is closed. Telephone the surgery for the automated message.



MMR and Meningitis vaccinations:

There have been a number of new cases of mumps at the University Practice over the past year. The cases tend to appear in areas where the vaccination levels have fallen, or are low due to differences in vaccination policies in different countries as evidenced by the high number of our overseas students. This is an excellent opportunity to remind all of our patients who are aged between 17 and 25 that it is important to ensure they have had 2 separate vaccines for MMR, otherwise they may not be adequately protected.



Meningitis is a very serious infection of the lining of the brain. It is most common in early childhood and in the student population. It can be fatal or cause serious lifelong complications. If you have been vaccinated then it is strongly recommended that you take the opportunity during registration to do so. The Meningitis ACWY vaccine is safe and free of charge.

Emergency Contraception

Patients requiring emergency contraception will be given an appointment for the same day if the receptionist is informed of the need.



Student Life, Settling In:

Homesick?

It is very common for students to feel homesick, soon after leaving home, family and friends for the first time. However, the majority soon settle in to university life within a few days. One of the best ways of helping yourself is to meet your new neighbours, say hello to the people in your flat and join new clubs and societies. The majority of people in the first year will be feeling exactly the same as you, and will be grateful that you have made the effort to get to know them.

University offers so much more than the academic course you have chosen to study. It offers the opportunity to try new sports, to be members of clubs and meet people from all over the world and from new walks of life.



If you can take the first step and join in with your new friends, the feelings of homesickness will soon pass, and before you know it, it will be the end of your first term and you'll be wishing you didn't have to leave the fun of university and all your new friends, to go home for the Xmas vacation.

Made Friends!

Very occasionally, some students still struggle with missing their home and family, and if this is the case, and you are finding it hard to join in, meet new people, and continue to feel sad, then come and talk to one of the team at the Health Centre for some help and advice.



Student Safety

Student life usually involves lots of fun, but there are many pitfalls to be aware of, and sadly, at the Health Centre, we see the problems that can be encountered. Many students, away from home for the first time, understandably want to indulge in too much alcohol, and in some cases drug taking. Both of these



activities leave your judgment potentially impaired and every year the consequences are dealt with by the NHS. During the last few years, we have sadly had students who have suffered relatively simple accidents as a result of drinking too much, but unfortunately the consequences have been

fatal. A fall from a height, or stepping into the road under the influence of alcohol, can leave many people devastated. Watch out for your friends and help keep each other safe while you have fun. Sexual behaviour is something else that often changes dramatically when young people leave home for the first time. There is free contraception available at the Health Centre, be pro-active and find out what



contraception will suit your needs best...and always use a condom! Nightline offer welfare services on campus including camp bed hire, tea and toast, crash accommodation, a detox room, condoms, pregnancy tests, panic alarms, and first aid. Check out their web address at:

www.essex.ac.uk/students/healthandwellbeing/nightline.aspx

The S.U advice centre also offer free condoms and sell pregnancy tests and panic alarms for £2
www.essexstudent.com/advice/

Stay safe and keep your friends safe while you are having fun!