

Welcome Week
Special

What's Up Doc?

The Rowhedge & University Medical Practice Newsletter

www.rowhedgesurgery.co.uk

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



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 consists of 5 doctors, 4 nurses, a healthcare assistant, the 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 contraceptive implant fitting and removals and coil insertion and removals, Asthma, Diabetes, Coronary Heart Disease and Smoking Cessation Clinics, Minor Surgery, Travel Clinics and Vaccinations, Chlamydia screening and Health promotion.

Opening Hours:

Monday - Friday

09.00 - 12.30

13.30 - 16.30

Appointments:

The practice holds open lists so patients can book an appointment with the doctor of their choice. Appointments are all pre-bookable up to the day before being seen, either to see a doctor or to attend one of the specialist clinics, this can be done by telephoning the practice or by attending the practice in person.

Emergency Appointments:

Patients who feel they need to be seen urgently should attend the practice between 09.30 - 12.00 or 13.30 - 15.30, where they will be seen and assessed by a triage nurse. 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.

Routine Appointments:

Each appointment is for 10 minutes, so we kindly ask patients to only bring one problem to each consultation.

Missed Appointments:

Patients who miss appointments impact on other patients' appointments and increase inefficiency within the health centre.

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 may be removed from our patient list and asked to register with another practice.



Sexual Health Clinic

Emergency Contraception

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



An on campus satellite sexual health clinic is available for students to attend.

This clinic is run by a specialist team from the Essex County Hospital who offer an outreach clinic at the University Health Centre every Monday and Wednesday evening during term time, from 5pm to 7pm.

This service is entirely confidential and you do not have to be a patient

registered at the Health Centre to attend this service.

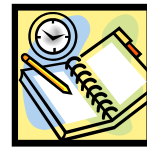
Any sexual health needs can be met, whether you require contraceptive advice, emergency contraception, would like sexual health screening or whether you are concerned you may have contracted a Sexually Transmitted Infection (STI).

This service can provide contraception, advice,

screening and treatment. If any follow up treatment or specialist help is needed, then the clinic will arrange this for you as well.

Drop-In Clinic

**Monday & Wednesday
5pm – 7pm**



Accident and Emergency Services

Local GPs have rightly come under increasing scrutiny with regards to their patient population's use of A&E.

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.

Other options for medical care include the following when the surgery is closed:

NHS 111: Phone NHS 111 on **111** for health advice.

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. The centre can be contacted on 01206 314015.

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.



UNIVERSITY OF ESSEX HEALTH CENTRE

University of Essex

Wivenhoe Park

Colchester

CO4 3SQ

☎ 01206 794484

(ext 3699 on Campus)

☎ 01206 864396

MMR and Meningitis ACWY Vaccination

There have been a number of new cases of mumps at the University Practice over previous years. 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 ACWY has been the most prevalent strain of Meningitis infections in the UK recently. Meningitis can be fatal or cause serious lifelong complications. These are seen most frequently in teenagers. If you have not had a

Meningitis ACWY vaccine prior to coming to university then it is strongly recommended that you take the opportunity during registration to do so. The vaccinations for MMR and Men ACWY are free of charge.



Home Sickness

Homesick?



Made Friends!



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 avoiding this 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 become 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 that you didn't have to leave the fun of university and all your new friends, to go home for the Christmas vacation.

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.

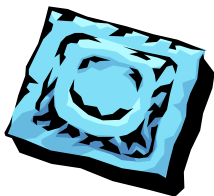
The Student Services Hub on campus (near the library) is also an excellent place to visit in these circumstances, and is open Mon – Fri between 9am and 5pm. It can be found on the first floor of the **Silberrad Student Centre**.

Help is available for all issues from Welfare, Counselling, Finance Issues, Accommodation.

Student Services Hub can be contacted on Tel 01206 874000

Or e mail: askthehub@essex.ac.uk

But stay safe and keep your friends safe while you are having fun!



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:

<http://www.essex.ac.uk/students/health-and-wellbeing/nightline.aspx>

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

<http://www.essexstudent.com/advice/>