

Health Care Provision in the UK and on Campus

A pocket-sized guide

A customised version of the Orientation
Programme presentation

Key Points

- **The National Health Service (NHS)**
- **Access to a General Practitioner (GP, Doctor)**
- **Dentist, Optician**
- **Emergency Care**
- **Occupational Health Services at the University**
- **Recommended Vaccines**

The National Health Service

- The NHS provides health care for all in the UK.
- This service is free if you stay in the UK for more than 6 months, or if your home country has a reciprocal arrangement.

Registering with a GP

- Make sure you register with a doctor (GP) near to your accommodation.
- You can access your local GP on the NHS website: www.nhs.uk/en/checkSymptoms/FindYourNearest.
- There are also lists of GP's available from:
 - The International Office
 - The Student Union
 - Occupational Health Services

The service is free, however there is a charge for prescription (currently £7.40 per item)

GP Registration will be taking place on in the marquee outside University Place on Friday 16th/ Saturday 17th and Tuesday 20th/ Wednesday 21st September 2011.

Dentistry

- Register with a dentist of your choice.
- Always ask for NHS treatment
- Dental service is not free and you will be charged for all care and treatment received e.g. dental check-up / fillings.
- Manchester Dental Help Line: Tel 0161 230 6011
- Free EMERGENCY treatment is available from the University Dental Hospital: Tel 0161 275 6666 for details.

Optometry

- You can choose any optician.
- Again there is a charge for this service e.g. eye test / new spectacles.
- There is an optician based in the Student's Union Building on Oxford Road

Emergency Care

- In the event of an emergency in the UK you dial 999 and then explain the emergency.
- There are 3 services available – Ambulance, Fire, Police.
- PRIMARY CARE EMERGENCY SERVICE. If you are ill and not able to see your GP you can attend a Walk-in Centre. The nearest one to the Campus is based in the Manchester Royal Infirmary, Oxford Road. You do not need an appointment
- For ACCIDENT or HEALTH EMERGENCY go to the nearest A & E department. The nearest one to the campus is based in the Manchester Royal Infirmary.

The Student Occupational Health Centre

Range of Services Available:-

- Advice on a student's fitness to undertake a course and any appropriate adjustments that may be required.
- Advice on fitness to study where there is a concern in relation to a student's medical fitness to attend university, study and sit exams.
- Health surveillance where required by legislation.
- Appropriate screening and vaccinations where necessary depending on the demands of the course, i.e. health care students.

The Student Occupational Health Centre

- Provision of comprehensive travel advice/ vaccinations/ travel packs for course related (e.g. field work, electives etc.) and leisure travel.
- Provision of health promotion advice on a range of issues such as alcohol, drugs and contraception.
- Advice may be available in a number of emergency situations such as students taken suddenly ill on campus or during examinations.
- Advice on a number of health related issues e.g. sexual health.

The Student Occupational Health Centre

Students may be seen:

Following faculty/ school referral

- Tutors may decide that it is appropriate to formally refer students by writing to the Occupational Health Service for a medical opinion. Following the consultation a written report will be provided and almost always the contents and indeed a copy of this will be available to the student.

Following self-referral

- Students can make their own arrangements to be seen if they have any relevant concerns. In these cases the consultation is strictly confidential and no reports are provided unless specifically requested by the individual concerned.

Statutory appointments

- Where necessary for health surveillance required under legislation or screening due to course requirements.

The Student Occupational Health Centre

- **HEALTH PROMOTION**

SUPPORT FOR HEALTHY EATING, SMOKING CESSATION, ALCOHOL & DRUG MISUSE AND OTHER HEALTH ISSUES

- **CULTURAL DIFFERENCES**

ALCOHOL – SEX - DRUGS

YOU MAY NOTICE THERE IS A DIFFERENCE IN ATTITUDE TOWARDS ALCOHOL, SEX AND RECREATIONAL DRUGS IN THE UK. IN SOME INSTANCES THE UK MAY SEEM TO HAVE ADOPTED A MORE RELAXED ATTITUDE TO THE ABOVE.

REMEMBER THE CHOICE IS YOURS!

- **MEDICAL CERTIFICATE OF FITNESS**

FOR ELECTIVE STUDY/ COURSE RELATED MEDICALS

- **SUPPORT FOR STUDENTS WITH IDENTIFIED**

PHYSICAL AND PSYCHOLOGICAL CONCERNS (for which additional support or adjustment may be required)

Students can self refer or be referred by their school or any other support services

We strongly advise students to register with The Disability Support Office (DSO)

- **LIAISING WITH OTHER SUPPORT SERVICES**

IF IN DOUBT CONTACT OCCUPATIONAL HEALTH SERVICES

UNIVERSITY LIFE CAN BE STRESSFUL. To help you successfully meet your academic demands there has to be a balance between academic work and leisure and the following points / advice are recommended:

- **Manage academic work effectively**
- **Socialising (avoid being isolated)**
- **Relaxation and exercise are important for wellbeing**
- **Ask for help / support if needed.**

The Student Occupational Health Centre

Waterloo Place
182/184 Oxford Road M13 9GP
Tel: 0161 275 2858

North Campus (students in the School of Nursing,
Midwifery & Social Work)

Jackson's Mill
Sackville Street M13 9PL
Tel: 0161 306 5806 / 4007

Open: Monday to Friday
Time: 9am – 4pm

BY APPOINTMENT ONLY

Recommended vaccinations

- **MMR** (Measles Mumps Rubella)
- Recent increase in cases of Measles & Mumps
- **MENINGITIS C**
- **(Rare but serious disease)**

THESE VACCINES ARE FREE OF CHARGE FROM YOUR GP

For further information regarding these vaccines contact:

North Campus
Occupational Health Services
Jackson's Mill

South Campus
Occupational Health Services
Waterloo Place
182 / 184 Oxford Road

Monday – Friday Hours: 9am – 4pm
Tel: 0161 306 5806 / 4007

Monday – Friday Hours: 9am-4pm
Tel: 0161 275 2858



So enjoy your time in Manchester and for more information on a range of subjects, check out the [Crucial Guide](#)