

Introduction of College Nurse Surgery to Fresher's **Oct 2021**

- The College Nurse (CN), is based in the Nurse Surgery, room 31c, not far from the main entrance.
- The Surgery is open daily in term, Monday to Friday (early and late shifts) and reduced hours out of term; my opening times can be found on the communal notice boards & on the Churchill website under 'welfare'- the student Hub section. **Please email nurse@chu.cam.ac.uk** to make an appointment or drop in on Monday mornings. Please ensure there is only one person at a time in the waiting room.
- If you have COVID-19 symptoms please **do not** visit the Surgery. Instead, isolate yourself and follow the stay-safe-cambridge-uni guidance: <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/book-a-university-test> Ensure you always alert the Porters' Lodge too. If you have 'COVID' questions ring the COVID Help Desk: 01223 339514. If you are concerned about your symptoms please let the CN know (if severe, contact the NHS). Questions relating more specifically to Churchill College please ask myself, Rita Monson (ST) or David Reece (Head Porter).
- For any other **health problems** and especially if you **are feeling low** please do get in touch.
- If you suspect you have an infection, please keep away from other students and staff until you have been given advice and any possible treatment. This will help to prevent spread in the community. **Do** ensure that you have your own paracetamol and electronic thermometer to hand (approx. £6).
- If you need help accessing other services such as the counsellor, doctor, Eating Disorder service or x-ray at A&E, please get in touch. We can arrange welfare taxis if needed, for example, if you have an ankle injury.
- On that topic I've been asked to remind students not to use the Accident & Emergency service at Addenbrooke's unless absolutely necessary; if able, please use the GP service first. **If your GP surgery is closed please call the National Health Service on 111. If it's for a mental health crisis then call: 111, option 2.**
- **Of course if there was a threat to life, such as anaphylaxis or an asthma attack, where you couldn't breathe, then you would call 999/112 for an ambulance.**
- If there is an accident or emergency situation, please also inform The Porters' Lodge. The Porters are all trained in first

aid and stock **First Aid kits** and a **defibrillator**. The Porters may also need to open the field gate for emergency vehicles.

- **Regarding GP services; it is a University rule** that you are registered locally, so please register on-line as soon as possible. On occasion there are rare exemptions to this rule depending on the circumstances. Our nearest surgery is 1 Huntingdon Road. We have a good relationship with this surgery and they have always been especially helpful when it comes to arranging emergency appointments.
- If you are **unfortunate** enough to develop diarrhoea or vomiting please stay in and **keep away from others for 48hrs after the last symptoms**. Please email to let the CN know **or** inform the Porters' Lodge if the CN is off duty, so that we may give advice and a special pack to help prevent an outbreak in the college. This is **especially important if you share bathroom facilities**.
- In the Nurse's Surgery, 31c, the CN administers first aid for minor injuries and further wound dressings. For minor ailments there are also stocks of OTC remedies such as: pain killers, bite cream, antihistamines, throat lozenges, burn-gel, icepacks, and saline rinse etc. You may also have your weight, BMI, or blood pressure checked. Urine tests are also available.
- For **prescriptions** such as antibiotics you would need to access your GP Surgery.
- The CN **would** like to see all students, this week or next week, with **disabilities** or ongoing health conditions. **Those** with severe **asthma or allergies**; it would be useful to have a copy of your written emergency treatment plan; if you don't have one don't worry, we can discuss this **but** please ensure your inhalers and adrenaline pens are in date and carried with you at all times.
- **Students with disabilities are advised to refer themselves to the DRC** (Disability Resource Centre). This includes those with **recurrent mental health problems, Specific Learning Difficulties or Autism Spectrum Conditions**. There is a link on the Nurse Surgery website.
- Regarding vaccines: please ensure you have had your **ACWY meningitis vaccine, 2 MMR vaccines**. You may also wish to consider the **flu vaccine** if you have a chronic health condition. These are usually free of charge for students at the GP Surgery. For COVID vaccines there's a full list of local venues at: <https://www.thevaccinators.co.uk/> where you can book online.
- **Please also** ensure that you have sent the CN your **medical information form**, there are several missing each year. A link was sent to you by the Tutorial Office in the summer, so you must ensure this has been completed and submitted, otherwise the college may send fines.

- One other thing: please look out for each other. If you notice someone ill or very low please reach out and offer to get help. Likewise if you see a fresher alone, maybe they just need a warm greeting or invite to be included.
- Finally, we hope you all settle in quickly and enjoy your first term; don't hesitate to contact the CN if you need help or advice.