

Introduction of College Nurse to Fresher's 2022

- Good m-Jo college nurse, I'm based in the Nurse Surgery, room 31c, close to the main entrance. From the Porter's Lodge you would turn left down the ramp and then left again.
- I work daily hours in term, Monday to Friday, and reduced hours out of term; my opening times can be found on the communal notice boards, in the concourse & on the Churchill website under 'welfare'. Please email me to make an appointment at nurse@chu.cam.ac.uk or drop in if you wish. Please ensure there is only one person at a time in the waiting room.
- Please email if you **have any health problems** and especially if you **are feeling low**, please do get in touch.
- If you suspect you have any infection, please keep away from other students and staff until you have been given advice and any possible treatment. This is especially important if you develop a temperature or rash. This will help to protect the community.
- Please ensure you have your own electronic thermometer and simple medication, such as paracetamol, ready for the winter period.
- If you need signposting to other services such as: the counsellor, doctor, Eating Disorder or Sexual Health Service or Accident & Emergency, please drop in or email me for an appointment: nurse@ch.cam.ac.uk
- 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 for advice. If it's a mental health crisis call 111, option 2.** If there is an accident or real emergency situation, please inform The Porters Lodge. The porters are all trained in first aid and an **emergency kit** and **defibrillator** is stored at the Lodge. The Porters may also need to open the field gate for emergency vehicles. For an ambulance dial **999 or 112**.
- In the Nurse Surgery, 31c, I administer first aid and further wound dressings. There are also stocks of over the counter remedies such as pain killers, antihistamines, bite cream, throat lozenges, burn-gel and icepacks etc. There are also medical height and weight scales, blood pressure machines, peak flow meters and urine testing equipment.
- 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 me know or inform the Porters Lodge, if I'm off duty, so that we

can give advice and a special pack to help prevent an outbreak in the college.

- Now, I **would** like to see all students, this 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.
- **Students with disabilities are advised to refer themselves to the ADRC** (Accessibility & 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 GP services; it's a university rule** that you are registered locally with a doctor, so please register on-line as soon as possible. On occasion there are rare exemptions to this rule depending on the circumstance. Our nearest surgery is 1 Huntingdon Road.
- Regarding vaccines: please ensure you have had your **ACWY meningitis vaccine, 2 MMR vaccines** vaccines. You may also wish to consider the **flu vaccine** if you have a chronic health condition. Vaccines are generally administered at the GP Surgeries. COVID vaccines are administered at venues such as the Grafton Centre. Most vaccines (apart from travel vaccines) are usually free of charge for students. If you have any queries about COVID, the COVID HELPDESK no. is 01223 339514. People with symptoms of respiratory infection including COVID-19-Gov.UK (www.gov.uk).
- **Regarding dental issues**; If you are not already registered with an NHS dentist I would advise that you register with a dentist in Cambridge as soon as possible. It's now very difficult to get dental care when you need it, even in the private sector. For severe dental pain or infection you can call the UDC (Urgent Dental Care Centre) on: 0300 555 6667.
- If you **do** suddenly have large, unexpected costs, due to health, please speak to your Tutor about the '**Crane Fund**'.
- **Please also** ensure that you have sent me your **medical information form**. A link was sent to you by the Tutorial Office in August, in the Virtual Fresher's Pack, so please ensure this has been completed and submitted, otherwise the college may raise fines.
- **Please look out for each other**. If you notice someone ill or seemingly low in mood, please reach out and offer to get help. Likewise, if you see a fresher alone, maybe they just need an invite to be included. Finally, I hope you all settle in quickly and enjoy your first term &, again, don't hesitate to contact me if you have a problem. Thank you.