



Girton College Cambridge
College Nurses

September 2023

Dear Student,

As College Nurses (Rachel Lloyd and Jacqui Isbister) we welcome you to Girton College, and we look forward to meeting you during the course of your studies. We would like to share some important information relating to health issues that we'd appreciate you taking the time to read prior to your arrival.

We're experienced Registered General Nurses who have undertaken additional nursing qualifications, enabling us to support students with a wide range of health and welfare needs.

We offer assessment, support and advice for minor illnesses and injuries, mental health issues, sexual health & contraception, health advice, or more general support for all manner of worries and personal or emotional issues. If more specialised help or treatment is required, we will refer or point you in the right direction whether via your GP, the University Counselling Service or other local services.

STUDENT HEALTH QUESTIONNAIRE

Around the 7th September 2023 you will receive an email with a link to a personalised online student health questionnaire (if this doesn't arrive, please check your junk folder before emailing the nurses). This will be the basis of your college health records during your time at Girton so please give as comprehensive information as possible. Please complete by the **29th September 2023**.

The student health questionnaire is hosted by Rushcliff.com on a secure html web server ensuring the security of your information. Before completing the form, you will need to have the following information to hand:

- Dates of MMR, Men ACWY vaccines (if you have had these)
- Names and dosage of any medication you are prescribed

PLEASE NOTE: The online form cannot be saved as you complete and will require completing in one go. Please make sure you allow enough time to do this.

The College Nurses will review the information provided and where further information/discussion is required, we will ask you to make an appointment to meet with us remotely from Tuesday 3rd October onwards. This can be a call, zoom/teams or in person. Contact details are at the end of this letter.

If you have a serious allergy or medical condition, please contact the nurses via email so we can arrange a call with you before you come to Girton or within 48 hours of your arrival.

HEALTH RECORDS

All student health information and records of consultations are stored electronically in line with other health care environments such as your GP, hospital, clinics. The software and database are housed in an external, secure 'data centre' owned and used exclusively by the providing company offering [health industry standard data security](#). The Health and Wellbeing team – Deji Maxwell, Rachel Lloyd & Jacqui Isbister, are the only members of college /university staff with access to these records by means of a 'two layer' unique login and password system. The supplying company is registered with the Data Protection Registrar as is the College, which is the Data Controller.

If you wish to withhold consent to electronic health records, at any time, please see the College Nurses so that your decision can be recorded, and paper records used instead.

CONFIDENTIALITY & PROFESSIONAL STANDARDS

All information disclosed to the College Nurses is kept in strict medical confidence. No information will be shared with other parties without prior consent except in extreme circumstances. During your time in College, there may be occasions when it would be beneficial for certain information to be shared, for example contacting a tutor to inform them of an issue that is affecting work, or to liaise with a GP regarding treatment. However, such communication would only occur with student consent.

In the case of severe allergies and anaphylaxis, it is requested that students allow sharing of information with certain members of college staff (e.g., kitchen staff, porters) to enable prompt treatment in case of an emergency. Please contact the nurses if you would like to see a copy of our Data Protection Statement and Confidentiality Policy.

As Registered General Nurses, we uphold the professional standards set by the Nursing and Midwifery Council (NMC) in their Code of Practice. This is structured around four themes - prioritising people, practising effectively, preserving safety and promoting professionalism and trust.

COVID-19

We ask that you familiarise yourself with current government guidance [People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk) and adhere to the health and safety measures in place within college if they are suggested. We are excited to welcome you to Girton but are also concerned about keeping the whole Girton College community safe and well, including those in the very high/higher risk categories.

You may find it useful to bring the following items with you:

- **digital thermometer**
- **face coverings**
- **hand sanitiser**
- **facial tissues**
- **over the counter medication, e.g. paracetamol.**

If you are someone with an **increased susceptibility to infectious diseases (ISID)**, please arrange an appointment with the nurses so we can discuss further.

IMMUNISATIONS/TB SCREENING - Are you protected against preventable infectious diseases?

It's important that your vaccinations are up to date before you come to Cambridge. If you don't have a record of your immunisations, please contact your GP Surgery, and ask for a printout of your immunisation history. Check whether you have received the required vaccinations or need a TB test.

Here is a useful checklist and information regarding vaccinations:

[Vaccination Information August 2023.pdf](#)

Meningitis

Students are strongly advised to have the **Men ACWY conjugate** vaccination before arriving in Cambridge. See: [Don't ignore the signs - Meningitis \(publishing.service.gov.uk\)](#)
[A Student's Meningitis Story | Meningitis Now - Bing video](#)

First year university students are an 'at risk' group for meningitis. Please check out the [signs and symptoms](#) or download the [Meningitis Now app](#) to ensure you have help and information at your fingertips. Other information can be found here:

Measles, Mumps & Rubella (MMR)

Students are strongly advised to have **two doses** of the MMR vaccination before arriving. See: www.gov.uk/government/uploads/system/uploads/attachment_data/file/543379/9867_MMR_A5leaflet.pdf

Tuberculosis (TB)

International students arriving from certain countries will be required to undertake a TB test as part of their visa application. See:

www.gov.uk/tb-test-visa

[TB screening for the UK factsheets Dec 9.pdf \(publishing.service.gov.uk\)](#)

Influenza (Flu)

If you suffer from chronic lung, heart, kidney or liver disease, have diabetes or are otherwise immunosuppressed, you should already be offered a free annual flu jab. See:

www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx

It would be sensible to consider having a 'flu vaccine as the symptoms of seasonal 'flu are similar to COVID-19. If you don't qualify for a free 'flu vaccine you can pay to have one at a pharmacy such as Boots, Lloyds or Superdrug: [Boots Pharmacy, Flu Vaccine | Book Winter Flu Jab | LloydsPharmacy, Flu Jab - Walk-In Flu Vaccine & Winter Flu Jab | Superdrug](#) The cost is approximately £15-£20, and you can book an appointment online.

In some countries it is difficult to arrange the Meningitis ACWY or MMR vaccinations. If this is the case: once you have registered with Huntingdon Road Surgery you can 'phone and request an appointment to have the vaccination. MMR and Meningitis ACWY vaccination is free for students aged 25 years and under.

ALLERGIES AND ANAPHYLAXIS & LONG-TERM CONDITIONS

The questions relating to allergies on the online student health questionnaire are to ensure that Girton College adheres to the University Guidelines on the management of individuals at risk of anaphylaxis. **All students with a history of food or other allergies** should arrange an appointment with the nurses as soon as possible, to discuss medication and management of their condition. We would also like to speak with students who have asthma, diabetes or any conditions where they feel nurses should be aware or extra support is required.

HEALTHCARE INFORMATION FOR INTERNATIONAL STUDENTS

Please see: www.internationalstudents.cam.ac.uk/arriving/healthcare-uk

Please direct any queries about this to the [International Student Office](#)

REGISTERING WITH A GP

The College requires all students to register with a local National Health Service (NHS) General Medical Practitioner (GP). Registering with a GP in Cambridge does not preclude you from consulting your family (or other) doctor during vacations although you will be asked to complete a temporary resident form on these occasions.

For convenience the closest practice to Girton College is the Huntingdon Road Surgery [Homepage - Huntingdon Road Surgery](#) However you are free to make your choice from any of the local practices. [Find a GP - NHS \(www.nhs.uk\)](#)

UK Students: please note, once you complete the GP online registration your medical notes will transfer to Huntingdon Road Surgery so please ensure you have adequate supplies of any prescription-only medication you require first. **Huntingdon Road Surgery advises UK students register online no more than a week before coming to Cambridge in case you need to see a GP before leaving home. Here is the online link to register with Huntingdon Road Surgery:**

[New Patients - Huntingdon Road Surgery](#)

Non-UK Students: You can complete the online GP registration with Huntingdon Road Surgery before you arrive in the UK (see new patients link above).

To register you will need the following information:

- NHS card or NHS number (UK Nationals and anyone who has registered with a GP in the UK previously will have an NHS number).
- International students who have not registered with a GP in the UK previously will receive an NHS number following GP registration. Please see link for more information about NHS entitlement as an overseas student: www.internationalstudents.cam.ac.uk/arriving/healthcare-uk
- Name and address of your previous GP.
- A copy of your immunisation history (obtainable from your existing GP).
- A European Health Insurance Card (EHIC) if you are a student from a European Economic Area Country (EEA): <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

REGISTERING WITH A DENTIST

If you already live in the UK, we advise that you stay registered with your home Dentist and schedule routine care and treatment outside term time.

We recommend an emphasis on health promotion in terms of looking after your dental hygiene: [Take care of your teeth and gums - NHS \(www.nhs.uk\)](#)

If you would like to register with a Dental surgery in Cambridge, use the following link but please note that some surgeries may be closed to NHS registrations: [Find a dentist - NHS \(www.nhs.uk\)](#) The Girton College postcode is CB3 0JG.

Advice on accessing help with dental emergencies can be found here: [How can I access an NHS dentist in an emergency or out of hours? - NHS \(www.nhs.uk\)](#)

COLLEGE HEALTH AND WELLBEING CENTRE

Our Health and Wellbeing team is Deji Maxwell (Head of Health and Wellbeing, contactable via the following email: headofwelfare@girton.cam.ac.uk and Rachel & Jacqui (college nurses). During term-time, the nursing service is available at the following times:

Day	Rachel	Jacqui
Monday	8.30am – 2.30pm	8am – 1pm
Tuesday	11.30am – 5.30pm	
Wednesday	8.30am – 2.30pm	
Thursday	1pm – 5.30pm	8am – 1pm
Friday	8.30am – 2.30pm	

Please feel free to drop-in or book an appointment during these times. Online booking link can be found here: <https://ob.rushcliff.com/holding-page/565304>. Please do not attend the health centre if you feel you have an infection that may spread to others. We can speak with you first by ‘phone if this is the case.

To see Rachel during the holidays, Health Centre hours are (subject to holiday closing times):

Monday, Wednesday and Friday – 8.30am to 2.30pm

Tuesday and Thursday – 11.30am to 5.30pm

Please see the [Girton website](#) for more comprehensive information.

If you have any queries, please don’t hesitate to contact us. We look forward to seeing you soon.

Best wishes

Rachel & Jacqui

Rachel Lloyd & Jacqui Isbister (College Nurses)

Email: nurses@girton.cam.ac.uk

Telephone: 01223 338937

[Online booking link for appointments](#)