

Information for students
starting University in 2018/19



PRIFYSGOL
BANGOR
UNIVERSITY

STUDENT HEALTHCARE 2018/19



This booklet provides information on:

- ◆ How to register with a GP
- ◆ Local GP surgeries
- ◆ Student health services
- ◆ Certification for absences



approved by the **matrix** Accreditation Body

All students are required to register with a local General Practitioner and should do so as soon as possible in their first term in Bangor. Local practices and details of special student health services are included in this booklet.

How to register with a G.P.

You are free to choose which practice to register with, and, of course, if you are already living in the area you may choose to remain registered with your local practice. You register with a practice by completing the form GMS1, and one of these forms is enclosed.

To provide medical facilities not normally available in general practice, the University has contracted with one local practice to provide special services for students. Currently this contract is held by Drs. Morgan, Jones, Williams, Elliott, Hughes, Cumming, Hesketh, C Parry and Arfon of the Bodnant Medical Centre, Menai Avenue, Upper Bangor (*see attached map*).

If you choose to register with the Bodnant Medical Centre, please complete the enclosed registration form GMS1 and take it in to the surgery as soon as possible during Welcome Week.

Should you wish to register with any other practice you should send the completed registration form GMS1 only, directly to that practice.

Local GP Surgeries

Local practices

Bangor (see *attached map*)

Bodnant Medical Centre	Drs. Morgan, Jones, Williams, Elliott, Hughes, Cumming, Hesketh, C Parry and Arfon Menai Avenue, Upper Bangor	Tel: 01248 364492
Glanfa Surgery	Drs. Hoffman, Jones and Oldale Orme Road, Bangor	Tel: 01248 370540
Bron Derw Surgery	Drs. L Kraaijeveld, B Jones, Nina Cakiroglu, Stuart and Manon Gruffydd Glynne Road, Bangor	Tel: 01248 370900

Surrounding area

Menai Bridge Surgery	Drs. McCann, Williams, Rigby, Morris, White and Barnor 8/10 Coronation Road, Menai Bridge	Tel: 01248 712210
Bethesda Surgery	Drs. Williams, Woodvine, Ap Gwilym and Thorne Yr Hen Orsaf, Station Road, Bethesda	Tel: 01248 600212
Llanfairpwll H.C.	Drs. Ap Ieuan, Griffiths, Hollingworth, Allen, Williams and Roberts Health Centre, Llanfairpwll	Tel: 01248 714388

Further information about any of the above practices may be obtained by writing to or telephoning the individual practice.

Student Health Services: The Bodnant Medical Centre

Opening Hours - 8am-6.30pm Monday-Friday

Appointments - 01248 364492

Emergencies - 01248 364567.

Website - www.bodnantmedicalcentre.co.uk

WHERE: At Bodnant Medical Centre on Menai Avenue Bangor (Near to the Ffriddoedd Site) at an NHS General Practice. (See map).

STAFF: The Student Health Service is led by two experienced nurses, supported by nine G.P.'s (8 female, 2 male). The Student Health Nurses have undergone enhanced training and are able to prescribe.

ACCESS: The Student Health Service provides Student only clinics throughout the day Monday to Friday. Appointments can be pre booked up to 2 weeks in advance by ringing 01248 364492 or by coming to the Medical Centre and booking at reception. Please remember at certain times phone lines may be busy, so please persevere.

TYPE of PROBLEM: The Student Health Service Nurses at Bodnant are experienced in dealing with the health problems that concern students. These may include:-

1. Acute illness.
2. Chronic illnesses including asthma and diabetes.
3. Contraception and sexual health problems.
 - Emergency contraception
 - Implant
 - Injection
 - Coils
4. Sexual Health: Full female and male screening.
5. Travel Information and advice.
6. Certification for illnesses that last longer than seven days, or have caused an exam or assignment deadline to be missed.
7. Medical examinations / certificates.

CONFIDENTIALITY: All consultations are confidential. Information will not be given to anyone without your permission. However, in order to provide you with the best clinical care, information may be passed to other healthcare staff involved in your care.

IMMUNISATION STATUS: Please make sure you are up to date with your immunisations - specifically the meningitis ACWY and MMR vaccinations (including booster), before you attend for the 2018-19 academic year.

Students bringing their families with them, especially International Students, should bring their child's immunisation records with them.

MMR: Recent measles and mumps outbreaks in Wales have reaffirmed the importance of ensuring you have had TWO doses of the measles, mumps and rubella vaccination (MMR).

Current Public Health advice recommends that all individuals under the age of 25 should receive TWO MMR immunisations in their lifetime. Measles, especially, can be a very unpleasant disease and may cause long term problems. Protect yourself and others by ensuring you are fully immunized. Living in residential student halls does increase the opportunity for viruses to spread

MENINGOCOCCAL MENINGITIS: All first year students are strongly advised to have the meningitis C immunization (Men C). It is available free of charge from your GP practice. The Men C vaccination was not introduced until 1999/2000 and even though it is now part of the childhood immunization schedule it is dependent on a local catch up system or personal choice if this has already been given to you. Living in close contact in residential student accommodation increases the opportunity to spread viruses. The meningitis B strain vaccination is currently being researched and may be available as early as next year.

REPEAT PRESCRIPTIONS: All students should ensure that they have correct documentation of required repeat prescriptions and make an early appointment with the student health service at Bodnant Medical Centre to ensure timely requests for new prescriptions and to understand how to request prescriptions, the collection system and familiarize yourself with local pharmacies. Prescriptions are free in Wales. **You will need to bring at least one monthly supply of medication with you to University.**

INTERNATIONAL STUDENTS/STUDENTS WITH ONGOING HEALTHCARE NEEDS, INCLUDING REPEAT MEDICATION: It would be useful if you could bring a brief summary of your medication and past medical history, as medical records take a while to transfer to the surgery following registration.

EMERGENCY MEDICAL AND NURSING CARE: Outside of routine opening hours (8.00am – 6.30pm Monday to Friday) URGENT and concerning medical care and treatment is available via the the North Wales GP Out of Hours Service. This is for medical and nursing care when the GP surgery is closed.

Tel: 0300 123 55 66 weekdays 6.30pm - 8.00am, ALL day Saturday, Sunday and public holidays.

Non urgent medical advice is available 24 hrs daily, from NHS Direct Wales on 0845 46 47.

Your local pharmacies are also an excellent source of advice and treatment. A list of local pharmacies and opening times should be available in your Halls of Residence/warden officers.

Your nearest treatment centre for the 'Out of Hours' service will be at Ysbyty Gwynedd, the local hospital, the postcode is LL57 2PW. It is located within 1 mile of the Ffriddoedd site and can be easily accessed by taxi or bus (services 5, X5, 10, OR 42).

EMERGENCY CONTRACEPTION: Students who have had unprotected sex, that is sex without contraception, can act quickly to prevent pregnancy by taking the emergency contraceptive pill within 72 hours. It is available from your GP practice, local pharmacies and the GP out of hours service. You do not need to pay for this pill. It is more effective the sooner you take it.

You can also request a coil as a form of emergency contraception, this can be used up to 5 days after unprotected sex.

Certification

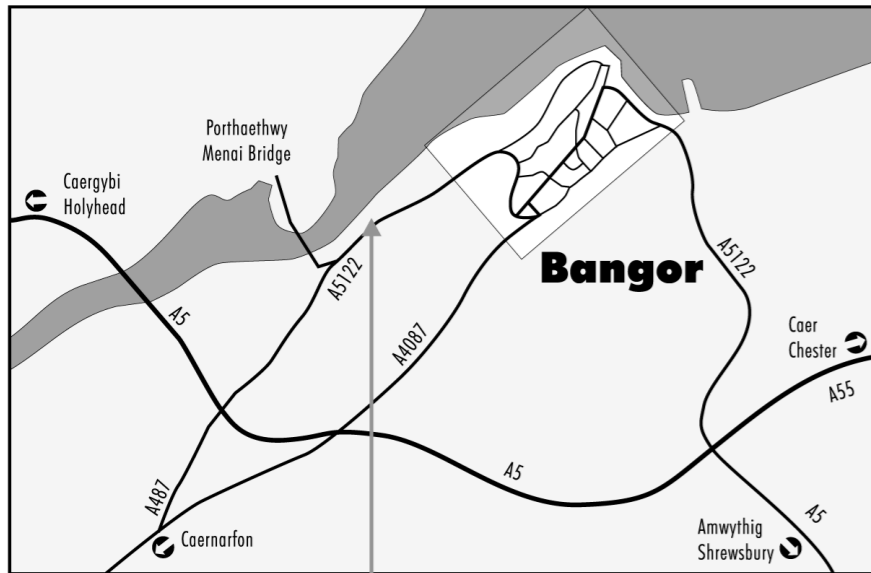
Following an illness the University may require you to produce a Medical Certificate to explain your absence.

- For illness of less than 7 days, students may self-certify. Forms are available from the surgery, on-line from your 'My Bangor' portal or the Student Services website.
- For illnesses of 7 days or more and/or which cause you to miss an assignment deadline or miss an examination, a medical certificate may be required. The Student Health Service at the Bodnant Medical Centre can provide this free of charge.

STUDENTS NOT REGISTERED at BODNANT: These students are advised to see their own Doctor. However, they may still use the Student Health Service for course related medical examinations and certification free of charge.

MAP - SEE OVERLEAF

BANGOR



**GWASANAETH IECHYD MYFYRWYR
MEDDYGFA BODNANT
STUDENT HEALTH CENTRE
BODNANT SURGERY**

SAFLE'R NORMAL SITE

**SAFLE'R
FFRIDDOEDD
SITE**

**SAFLE FFORDD Y COLEG
COLLEGE ROAD SITE**

**SAFLE'R SANTES FAIR
ST. MARY'S SITE**

BRON DERW

GLANFA

Gofal Iechyd Myfyrwyr Student Healthcare

