

Can a Nurse help?

Are you unwell?

Cough
Cold Symptoms
Sore Throat/Tonsillitis
Congested Sinuses
Mild to moderate eczema
Ear Ache
Conjunctivitis/"Red Eye"(both eyes)
Impetigo (school sores)
Scabies
Fungal Infections (Athletes foot, Jock itch, scabies)
UTI bladder infection - 15 min
Medical Certificate (excludes medical withdrawal from course)
Applications for Disability (physical problems only, not WINZ)

Free STI self-checks available- information is at front door (no symptoms)

For repeat Ginnet contraception you must have seen a Student Health GP in the previous 12 months

All appointments are 15 minutes unless otherwise stated

Injured yourself?

Burns
Cuts
Minor skin infection (infected cuts, insect bites, infected piercings)
Sprains
Glass in foot (with Jo/Gwen/Katherine/Rupert)
Concussion - must have been already seen by a doctor with this injury(ED, DUDAC, GP) (30 min with Gwen/Libby/Ang/Katherine, Rupert, Finn)
Dressings
Removal of Stitches
Suturing – not facial (with Jo) (30 Min)

Injections/Vaccines – Please let reception know which vaccine as we run special clinics. For example:

- Flu
- Meningitis
- MMR
- Childhood Catch ups (30 min)

Travel - Advice/Vaccines (30 min with Ang, Gwen or Mel)

Immunotherapy (30 min with Ang/Rupert) – Must see Student Health GP Prior.

Zoladex – Rupert, Marcy, Gwen, Jo

Routine

Medications

- Eczema - 15 min
- Hay fever - 15 min
- Some mental health medications- check at admin

Asthma Review of Medication (30 min) – **5 free** appointments per year for NZ residents

Contraception

Pill repeat - 15 min
Pill Start - 30 min
Jadelle insertion (implant) 1st appt 30 min - Gwen
Jadelle removal - 1st appt 30 min - Gwen
Depo Provera repeat - 15 min
Depo Provera start with a nurse prescriber - 30 min

ECG (heart tracing) - (referred by GP)

Wart Treatment

Dental Council Immunity Screening

Cardiovascular Screening - 30 min

Diabetes Monitoring & Medication (30 min Ang, Julie or Marcy). **5 free** appointments per year for NZ residents

Lifestyle Advice - Smoking Cessation, Healthy Eating/Activity (30 min) **5 free** appointments per year for NZ residents

Better Sleep - 30 min

Sexual Health

Cervical Screening - 30 min (including STI check)

Female Sexual Health/ STI check no abdominal pain - 30 min

Lost Tampon - 30 min

IUD String Check - 30 min

IUD insertion-30 min pre chat with RN Gwen Cuthbertson

Male STI check - 30 min (specialty nurse). If pain in testicles ask for a GP appointment today

Emergency contraception Pill - 30 min

Genital Wart Treatment - 30 min (specialty nurse)

Pregnancy Test Advice/Support

Some may require specialty nurse, please ask if unsure

Nurse Prescribers- can prescribe a wide range of common medications, please check when booking your appointment. There are nurse prescriber appointments available most days.