

Can a Nurse help?

Are you unwell?

Covid-19 swab
Cough
Cold Symptoms
Sore Throat
Congested Sinuses
Ear Ache
Conjunctivitis/"Red Eye"(both eyes)
Impetigo (school sores)
Fungal Infections (Athletes foot, Jock itch, scabies)
Medical Certificate (excludes medical withdrawal from course)
Applications for Disability (physical problems only)

15 min. appointments

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

For repeat scripts, you will need to have seen a Student Health GP in last 12 months (or 2 years if for contraception [except Ginnet] or see Nurse Prescriber

Injured yourself?

Burns
Cuts
Minor skin infection (infected cuts, insect bites, infected piercings)
Sprains
Glass in foot (with Jo/Gwen/Katherine/Birgitte)
Concussion - must be referred by Student Health GP (30 min with Gwen/Libby/Ang/Katherine)
Dressings
Removal of Stitches
Suturing – not facial (with Jo) (30 Min)

15 min. appointments unless otherwise stated

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/Gwen) – Must see Student Health GP Prior.

Routine

Medications Repeats
- Mild Eczema-15 min
- Hay fever-15 min
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 (Ang/Julie). 30 min
ECG (heart tracing) - (referred by GP)
Wart Treatment
Dental Council Immunity Screening
Cardiovascular Screening (30 min)
Diabetes Monitoring & Medication (30 min Ang or Julie). 2 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 (smear)- 30 min (including STI check)
Female STI check (no symptoms) -30 min
Thrush symptoms - 30 min (females only)
Female STI check with symptoms – no abdominal pain - 30 min (specialty nurse)
Lost Tampon-30 min
IUD String Check -15 min
Male STI check - 30 min (specialty nurse) If pain in testicles ask for a GP appointment today
UTI bladder infection (15 min)
Emergency contraception Pill (30 min)
Genital Wart Treatment-30 min (specialty nurse)

Some may require specialty nurse, please ask if unsure

Nurse Prescribers – Julie and Ang can prescribe a range of additional medications, please check when booking your appointment.