

Health Services in Sheffield

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NHS - NATIONAL HEALTH SERVICE



NATIONAL HEALTH SERVICE (NHS)

- U.K. wide health service
- Free for most things
- Can be used for emergency, urgent and routine care
- Health visa required for International patients
- You will pay for medication, dental and optician services
- Confidential



University of
Sheffield

University
Health
Service



NHS

Sheffield

Clinical Commissioning Group

Feeling unwell? Choose the right service



Self-care

Hangover.
Grazed knee.
Sore throat.
Cough.



NHS 111

Unsure?
Confused?
Need help?



Pharmacist

Diarrhoea.
Runny Nose.
Painful cough.
Headache.



GP (Doctor)

Unwell.
Vomiting.
Ear pain.
Back ache.



**NHS Walk-in
Services**

If you cannot get
to the GP and it
is not getting any
better.



A&E or 999

Choking.
Severe bleeding.
Chest pain.
Blacking out.



111
111.nhs.uk

NHS

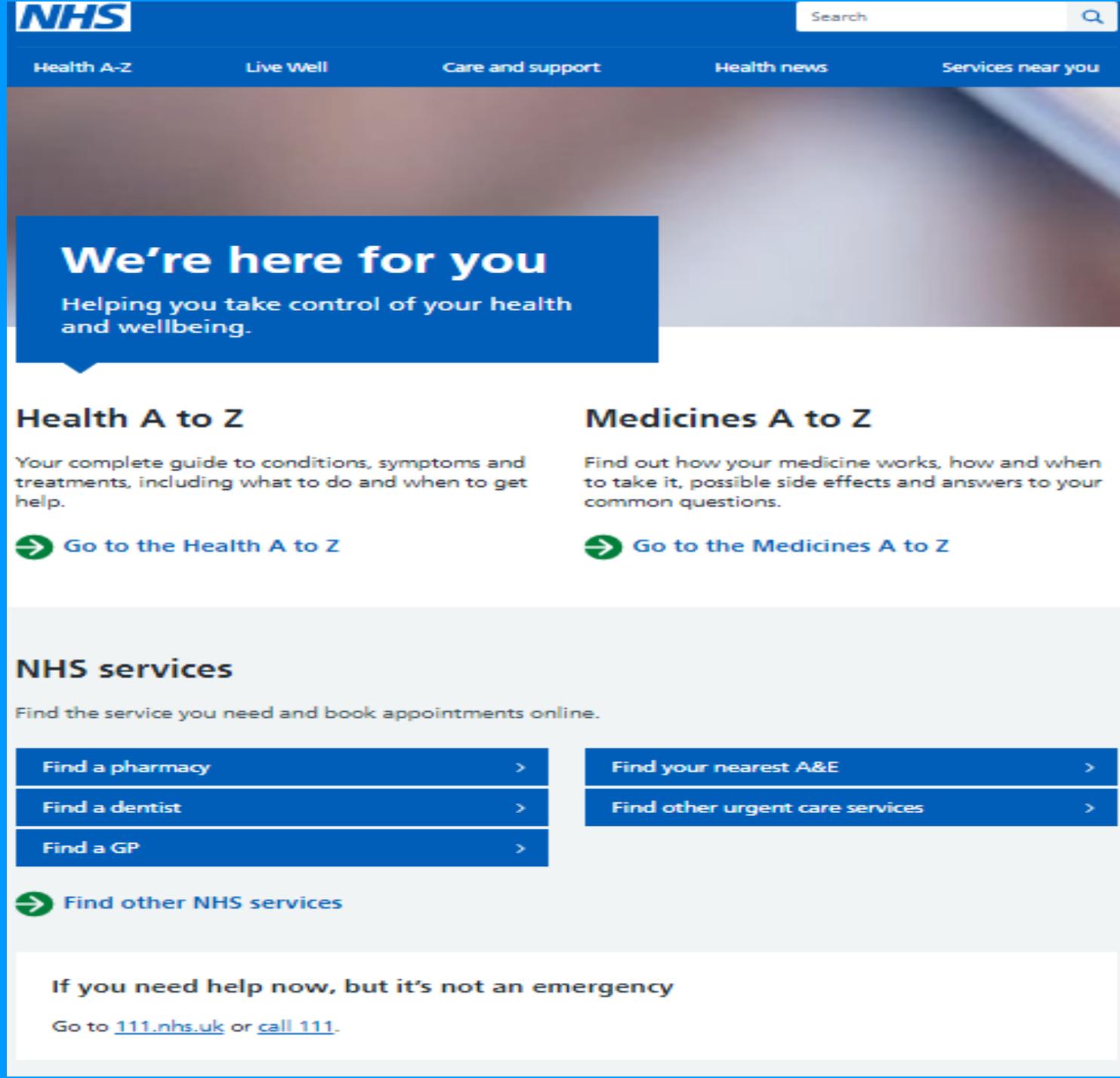
Did you know
NHS 111 is now available online?
30,000 people use it each week.



NHS APP

The NHS App that lets you book appointments, order repeat prescriptions and access a range of other healthcare services.

www.nhs.uk



The screenshot shows the NHS website homepage. At the top, there is a blue navigation bar with the NHS logo on the left, a search bar on the right, and several menu items: Health A-Z, Live Well, Care and support, Health news, and Services near you. Below the navigation bar is a large blue banner with the text "We're here for you" and "Helping you take control of your health and wellbeing." Underneath the banner, there are two columns of content. The left column is titled "Health A to Z" and describes a complete guide to conditions, symptoms, and treatments. It includes a green arrow icon and a link "Go to the Health A to Z". The right column is titled "Medicines A to Z" and describes information about how medicines work, side effects, and common questions. It also includes a green arrow icon and a link "Go to the Medicines A to Z". Below these columns is a section titled "NHS services" with the subtext "Find the service you need and book appointments online." This section contains a grid of six blue buttons with white text and right-pointing chevrons: "Find a pharmacy", "Find a dentist", "Find a GP", "Find your nearest A&E", and "Find other urgent care services". Below the grid is a green arrow icon and a link "Find other NHS services". At the bottom of the page, there is a white box with the text "If you need help now, but it's not an emergency" and "Go to 111.nhs.uk or call 111."

EMERGENCY OR MINOR INJURY?



Call 999 or go directly to the Emergency Department

- Life threatening medical conditions
- Major injuries
- Choking, heavy bleeding, chest pain, blackout
- Northern General Hospital A&E
- Open 24/7



Minor Injuries Unit

- Cuts, sprains, broken ankle/wrist
- Open 8am – 8pm
- Royal Hallamshire Hospital

NHS WALK IN CENTRE

- Open 7 days a week
8am - 10pm
- For patients who need treatment for common illness conditions that are too urgent to wait for a GP appointment but do not need emergency treatment at an A&E department
- Advanced Practitioner led
- No need to register, but you have to sit & wait - maybe up to 3/4 hours



UHS - UNIVERSITY HEALTH SERVICE



WHAT IS UHS?

- University of Sheffield Department
- NHS GP (General Practitioner) Practice. Family Doctor
- Lots of doctors, nurses and other health care professionals
- We are just for students!

UHS CONTACT INFORMATION

- Address: 53 Gell Street, Sheffield, S3 7QP
- Telephone number: 0114 2222100
- Email: syicb-sheffield.prereg@nhs.net
- Website: www.sheffield.ac.uk/health-service

SOCIAL MEDIA



@SheffieldUHS



Sheffield UHS



sheffield_uhs

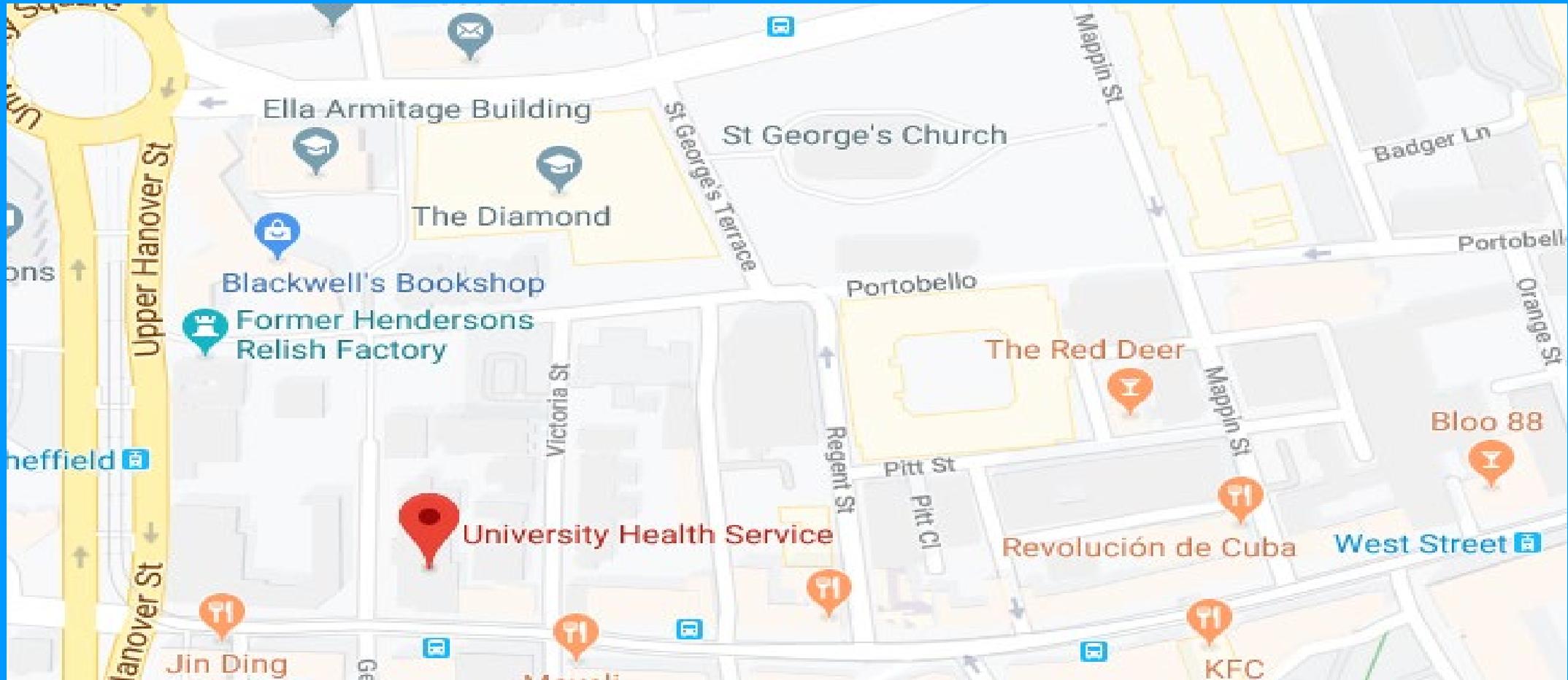
View from Gell Street



View from Glossop Road



Where are we? Our Location...



UHS REGISTRATION

- **YOU MUST REGISTER** - separate registration to University
- Studying for minimum 3 months+
- Complete an online registration form - available on our website



UHS SERVICES/CLINICS

- Long Term Health Problems
- Contraception
- Sexual Health
- Mental Health Problems
- Travel Clinics
- Minor Operations
- Eating Disorders
- Vaccinations
- Baby Clinic & Children's Health
- Pregnancy Care
- Acute Illness



INTERPRETER SERVICE

We can arrange for a face to face or telephone interpreter to assist with your consultations - 48 hours notice required

We have been successfully helping international students for many years!

Please do not feel unwelcome or unsure about using our services 😊

MAKING AN APPOINTMENT

- Book by Telephone
- Book Online via NHS app
- Book at Reception



See UHS website for more information.

REGULAR MEDICATION

- Make an appointment with a GP (Doctor) so we can add your medication to your medical records
- Order more when you have at least 1 week left
- Order online (UHS website), NHS App, Email, In Person



SEXUAL HEALTH & CONTRACEPTION

- All contraception is free
- Tests for sexually transmitted infections
- Free condoms
- **CONFIDENTIAL**
- Emergency contraception provided by Sexual Health Sheffield - details on UHS website
- Cervical Screening - very important! (over 25 years old)



EYE PROBLEMS & DENTAL PROBLEMS



OPTICIANS

- Visual Problems, Eye Tests & Glasses

UNIVERSITY HEALTH SERVICE

- Painful Eyes, Infections etc



DENTIST (DENTAL SURGEON)

- You can find one on NHS website
- Not a free service

VACCINES

- ALL STUDENTS SHOULD HAVE (Recommended)
 - 2 x Measles, Mumps, Rubella (MMR)
 - 1 x Meningitis ACWY (under 25 years old)

Please check this with your previous doctor and bring a record of vaccinations if possible.

- If you are missing either of these vaccines please book an appointment at UHS

Meningitis Symptoms



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin
Spots/rash



Severe headache



Stiff neck



Dislike bright lights



Convulsions/seizures



THINGS YOU HAVE TO PAY FOR

- Prescriptions (£9.35)
- Dental Care
- Optical Care (eye tests and glasses)
- Holiday vaccines
- Private reports or letters

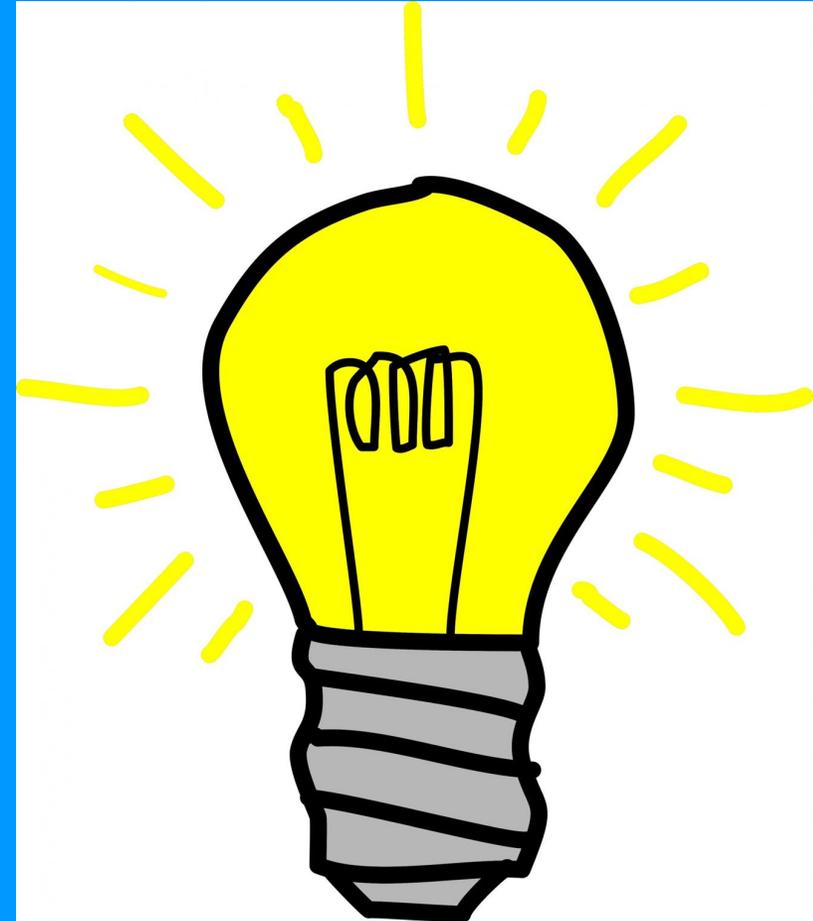


PRIVATE CLINICS

- No visa surcharge/no government arrangement
- Not for EMERGENCY problems
- Need to pay or have insurance
- Be careful about Extenuating Circumstances forms evidence - UoS prefer evidence from UHS

UHS TOP TIPS!

- **Register ASAP - do not wait until you are unwell!**
- **Fill registration form in with your name as it appears on your passport!**
- **Have a look at NHS website!**
- **Look at NHS Online website!**
- **If you are mildly unwell visit a pharmacist!**
- **Follow our social media accounts!**



USEFUL WEBSITE LINKS

- UHS - <https://www.sheffield.ac.uk/health-service>
- NHS - <https://www.nhs.uk/>
- NHS 111- <https://111.nhs.uk/>
- Sexual Health Sheffield -
<https://www.sexualhealthsheffield.nhs.uk/>
- Mental Health - <https://students.sheffield.ac.uk/mental-health>
- Covid-19 - <https://www.gov.uk/coronavirus>

QUESTIONS?

