

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**
Concussion - must have been already seen by a doctor with this injury (ED, DUDAC, GP) (30 min)
Dressings
Removal of Stitches
***Suturing** – not facial (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)

***Immunotherapy** (30 min) – Must see Student Health GP Prior

***Zoladex**

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
***Jadelle** removal - 1st appt 30 min
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) **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
***Male STI check** - 30 min. If pain in testicles ask for a GP appointment today
Emergency contraception Pill - 30 min
***Genital Wart Treatment** - 30 min
Pregnancy Test Advice/Support

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

* These appointments require a specialty nurse. Please advise reception if needing one of these appointments