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Dear Incoming Student,

Imperial College Health Centre would like to welcome you to the Royal College of Music. We hope that you will have a happy, healthy and productive during your time here and remember we are here to help make this happen for you! Listed below is some hopefully useful information, about accessing the services you may need and staying healthy at university.

Getting Registered

We strongly recommend that you get yourself registered with a doctor, as soon as possible and definitely before you become unwell. However, unfortunately you cannot register with the NHS, until you arrive in the UK.

Those who live within our NHS catchment area (please see our website for details) may register with us and access our full range of services. Those who live outside our catchment area can register as an "Out of Area" patient, if it is clinically appropriate and practical to do so, in your individual case. We are not able to offer home visiting or out of hours care to our Out of Area patients, but you will have access to all of our other services. If you choose not to register at the Health Centre, you will not be eligible to use any of our services.

If you wish to register with the Health Centre, you should complete an on-line registration form available at:

<http://www.campusdoctor.co.uk/imperial/>

Appointments

We offer a range of ways of accessing healthcare with us here at the health centre. This includes online, phone consultations and 'in-person' consultations depending on the issue and clinical need.

If you have any serious health problem It would be helpful, if you could email as much information as possible about your medical conditions, to the Health Centre prior to any appointments. This information must be in English or include a translation into English.

If you are on prescribed medication from your previous doctor and wish to get a repeat prescription, you will need to discuss this with one of the doctors so ensure that you contact us in plenty of time.

Vaccinations

If you are under 25 years of age and are attending university for the first time, you should be **vaccinated against Meningitis ACWY, prior to your arrival at university**. Although rare, meningitis is a potentially life-threatening infection. It occurs more commonly amongst first year university students. One vaccination should protect you for life, against the ACWY strains of the bacteria.

It is also recommended that, whatever your age, you have two **MMR (measles, mumps and rubella) vaccines**, before you arrive. These should be spaced at an interval of at least three months, to give lifetime cover. Measles is serious infection, affecting children and adults which can be associated with

various severe complications. Mumps can affect fertility in men and rubella, in unvaccinated pregnant women, may cause miscarriage or significant health problems to the unborn baby. There has been a recent increase in cases of mumps and measles in the UK, so it is especially important to protect yourself. If you have not had all of these vaccinations prior to arrival, please book an appointment at the Health Centre to do so as soon as possible after you arrive, as the risk of infection (especially of meningitis) is greatest in the first few weeks of term. If you are uncertain about your vaccination status, it is safer to give the vaccines again, than potentially be unprotected. The vaccines are free of charge, but you must book an appointment to have them.

Influenza vaccination will also be available, free of charge, to those with certain health conditions, such as diabetes and asthma requiring preventative inhalers. It is especially important for those at risk to get vaccinated during this pandemic period and if you can, get this done before you arrive. If you are not eligible to have this on the NHS you may also get this done privately e.g. at Boots Pharmacies.

Vitamin D supplements

Vitamin D deficiency is very common in the UK as we unfortunately don't have enough sunshine. In order to prevent this (especially, if you are spending long hours in the library or on-line), we recommend you take an over the counter supplement. Please see the following link for details. <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

For more information on the Health Centre, our services and everything else detailed in this letter, please visit:

www.imperialcollegehealthcentre.co.uk

With best wishes,

Dr Chris Allen
On behalf of the Imperial College Health Centre