

NAVIGATING THE

UK Health System

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www.gowerstreetpractice.org.uk

What we will cover...



Basic structure of the health system



What's free and what's not



How to register with a doctor



Sexual health, PrEP, PEP and contraception advice



Tips on prescriptions, including ADHD meds



General advice about staying well and getting vaccinations

How does the National Health Service work?

The NHS is the UK's publicly funded healthcare system



NHS
England

Escalating levels of care

Self-care / Pharmacist

Everyday symptoms, minor ailments

GP / 111

Ongoing or non-urgent concerns

Hospital treatment

Referred or planned specialist care

A&E

Life-threatening emergencies

What's Free and What's Not



Free NHS services

- GP (doctor) consultations
- Hospital treatment
- Emergency care (A&E)
- Mental health services (including psychological therapy)



You usually pay for

- Prescriptions (fixed price per item in England currently £9.90; free in Scotland, Wales, and NI)
- Dental treatment
- Eye tests and glasses
- Certain vaccines (travel vaccinations often aren't free)
- Administrative reports such as mitigating circumstances letters

First things first...



Make sure you are registered with a GP (general practitioner)



<https://www.nhs.uk/service-search/find-a-GP>



- *You can register even if you don't know your NHS number*
- *Simple, online form*

GPs near the UCL Bloomsbury campus

- [Ridgmount Practice](#)
- [Amphill Practice](#)
- [The Bloomsbury Surgery](#)
- [Brunswick Medical Centre](#)
- [Cavendish Health Centre](#)
- [Covent Garden Medical Centre](#)
- [Fitzrovia Medical Centre](#)
- [Gower Street Practice](#)
- [Gray's Inn Medical](#)
- [Great Chapel Street Medical Centre](#)
- [The Holborn Medical Centre](#)
- [Killick Street Health Centre](#)
- [Kings Cross Surgery](#)
- [Marylebone Health Centre](#)
- [Museum Practice](#)
- [The Regents Park Practice](#)
- [Soho Square Surgery](#)
- [Soho Square General Practice](#)
- [Somers Town Medical Centre](#)

GPs near the UCL East campus

- [Carpenters Road Practice](#)
- [The Liberty Bridge Road Practice](#)
- [Stratford Village Surgery](#)
- [Stratford Health Centre](#)
- [Trowbridge Surgery](#)
- [Merchant Street Surgery](#)

Can I get help without seeing a doctor?



Talk to a pharmacist

Pharmacy First, over the counter medications



Online advice

Trusted NHS and health websites



Support from university

Student wellbeing and health services

GET HELP FAST

Pharmacy First Scheme



Think pharmacy first

Subject to age eligibility, including women aged 16-64 years for UTI prescription medicine. Service available at majority of pharmacies.

See your
pharmacist

**Help us
help you**

What are the seven common conditions?

- Sinusitis (aged 12 years and over)
- Sore throat (aged 5 years and over)
- Earache (aged 1 year to 17 years)
- Infected insect bite (aged 1 year and over)
- Impetigo — a bacterial skin infection (aged 1 year and over)
- Shingles (aged 18 years and over)
- Uncomplicated urinary tract infections in women (women aged 16 years to 64 years)

Online Resources



nhs.uk

Find information and services
to help you manage your
health

The screenshot shows the NHS website for England. At the top is a blue header with the NHS logo on the left, a search bar in the center, and a 'My account' link with a user icon on the right. Below the header is a navigation bar with links: 'Health A to Z', 'NHS services', 'Live Well', 'Mental health', 'Care and support', and 'Pregnancy'. The main content area features a large blue banner with the text 'NHS website for England Find information and services to help you manage your health'. Below the banner are two white boxes. The left box is titled 'Health A to Z' and contains the text 'Find out about conditions, symptoms, medicines, tests and treatments, including when to get help' with a blue arrow icon. The right box is titled 'NHS services' and contains the text 'Find out about NHS services including GPs, pharmacies, prescriptions, hospitals and dentists' with a blue arrow icon. The background of the website shows a blurred image of a healthcare professional in a purple uniform.

ON YOUR PHONE

Student Health App



Explore your free apps

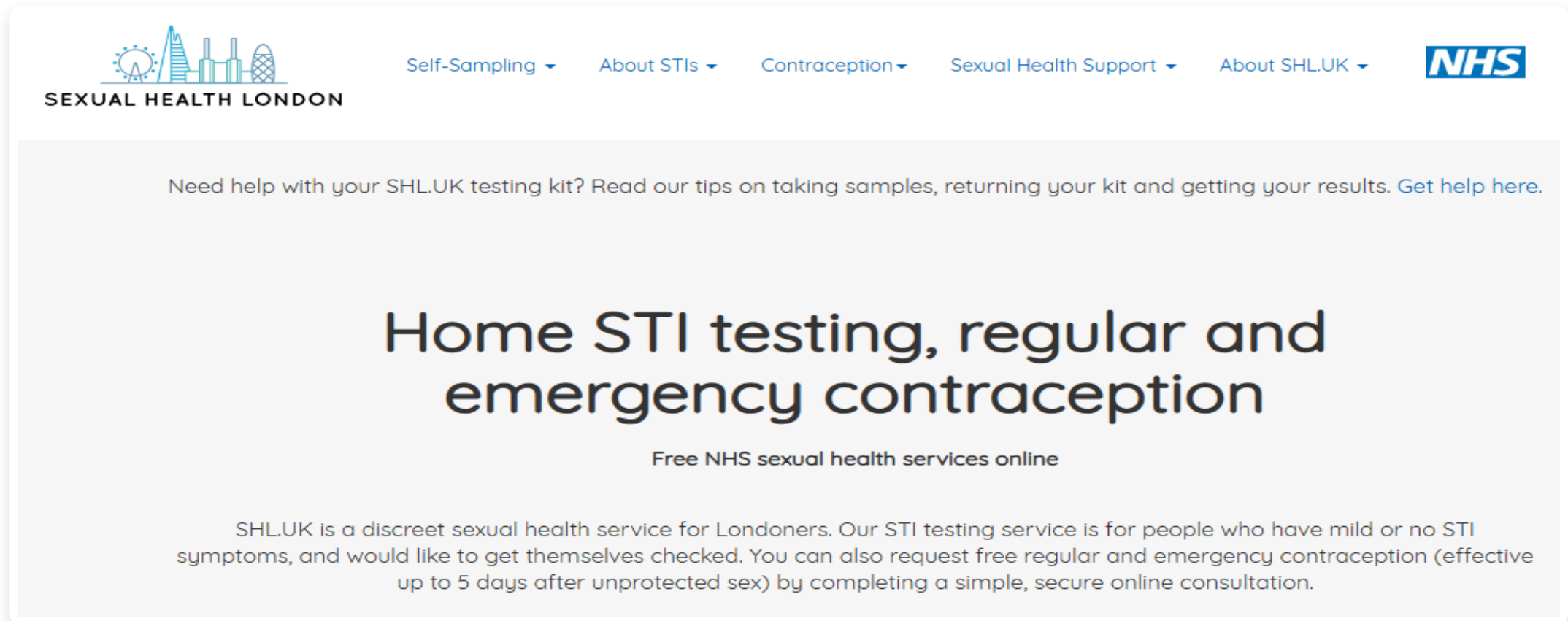
- CONfidence App
- distrACT
- Eating Disorder Support App
- Fit Farmers app
- International Student App (UK)
- PKD App
- **Student Health App**
- Student Health Matters app
- Young Carers Support App



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Home STI testing, regular and emergency contraception — free NHS sexual health services online, discreetly delivered.



The screenshot shows the top of the SHL.uk website. On the left is the 'SEXUAL HEALTH LONDON' logo with a stylized city skyline. To its right is a navigation menu with links: 'Self-Sampling', 'About STIs', 'Contraception', 'Sexual Health Support', and 'About SHL.UK', each followed by a downward arrow. On the far right is the NHS logo. Below the navigation bar is a light gray banner with the text: 'Need help with your SHL.UK testing kit? Read our tips on taking samples, returning your kit and getting your results. [Get help here.](#)' Below this banner is the main heading: 'Home STI testing, regular and emergency contraception' in a large, bold, dark font. Underneath the heading is the subtext: 'Free NHS sexual health services online'. At the bottom of the banner is a paragraph: 'SHL.UK is a discreet sexual health service for Londoners. Our STI testing service is for people who have mild or no STI symptoms, and would like to get themselves checked. You can also request free regular and emergency contraception (effective up to 5 days after unprotected sex) by completing a simple, secure online consultation.'

SEXUAL HEALTH LONDON

Self-Sampling ▾ About STIs ▾ Contraception ▾ Sexual Health Support ▾ About SHL.UK ▾ NHS

Need help with your SHL.UK testing kit? Read our tips on taking samples, returning your kit and getting your results. [Get help here.](#)

Home STI testing, regular and emergency contraception

Free NHS sexual health services online

SHL.UK is a discreet sexual health service for Londoners. Our STI testing service is for people who have mild or no STI symptoms, and would like to get themselves checked. You can also request free regular and emergency contraception (effective up to 5 days after unprotected sex) by completing a simple, secure online consultation.

Make use of your Student Support service

- Access mental health support
- Discuss extra support
- Take part in health and well-being events



<https://www.ucl.ac.uk/students/support-and-wellbeing-services>

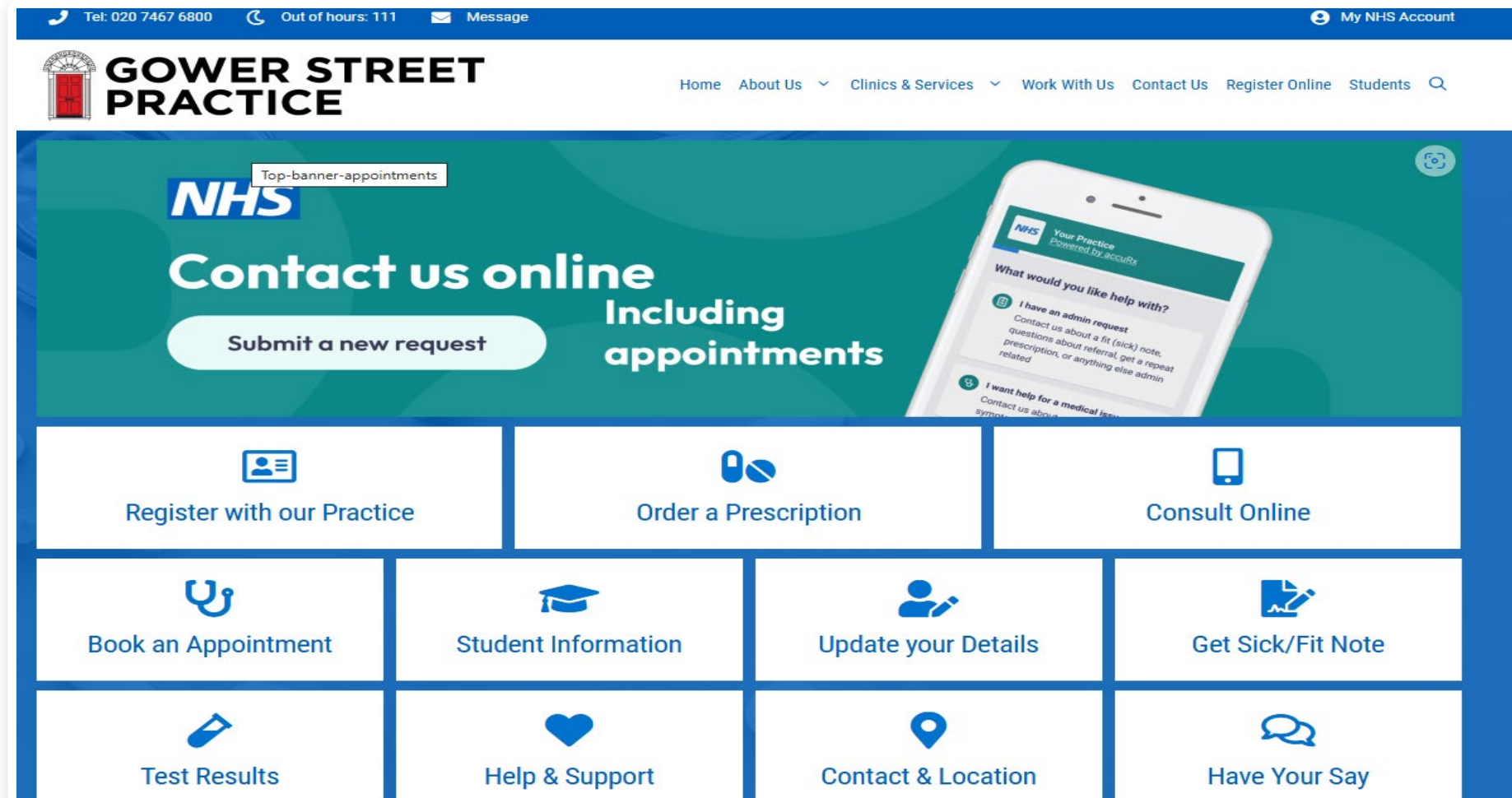


Seek help sooner rather than later!

Your GP can provide medical evidence if required

WHEN IN DOUBT

Still need help? Contact your GP!



How a GP can help



Contraception and sexual health

Mental Health services

Immunisations and travel vaccinations

Prescriptions

Chronic disease management

Cervical smears

Help with acute illness

Mitigating circumstances letters

WHO YOU'LL MEET

Our Team



Doctors



Nurses



Healthcare assistants



Pharmacist



Physician's associate (PA)



Dietician



Social prescriber



Admin support

How do I see a specialist?



- Your GP will refer you to the right department or specialist
- Wait times can be variable
- We can also ask specialists for advice and guidance
- If you have private medical insurance, let us know

When should I go to A&E?

- Accidents...
- Emergencies...
- And that's it!



Out of hours, you can

Call 111 to get help from a GP



Do more with the NHS App!

- 📌 Order repeat prescriptions
- 📅 Book appointments
- 👁️ View your records
- And much more...



A word about ADHD prescriptions



NHS referrals for new assessment and diagnosis is currently around 12 months

If you already have a diagnosis, we are happy to take over your prescribing if:

- You can provide us with a copy of your full, original report
- You provide us with BP, pulse and weight every 6 months
- Your prescription is within UK prescribing guidelines



<https://adhduk.co.uk/>



International Students



Eligibility: NHS Visa Supplement



NHS is free at point of need



Language support is available



Bring as much information as you can about any existing medical issues or medications

How do I stay well?



Sleep



Eat the right stuff — consider what you put in your body



Exercise and get outdoors



Be aware of how stress is affecting you and ask for help early



Get your vaccines: flu, covid, HPV, MenACWY



Find your tribe



Vaccinations

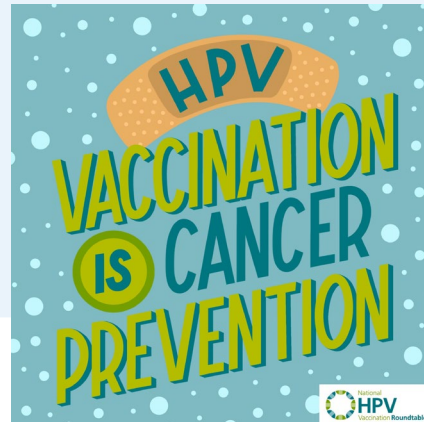


HPV

Who is eligible?

- Men and women aged 24 and under who missed the vaccination at school
- MSM up to age 45
- Women: Don't forget to have your smear test from age 25 onwards

Let's eliminate cervical cancer!



Meningitis vaccinations

- Meningitis B vaccine: a one-off catch-up programme this year for 18 year olds and anyone under 25 entering university or college for the first time
- 2 doses, 4 weeks apart
- Ends in December

<https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-a-menb-vaccination-appointment/>



Meningitis: Spot the Symptoms

Symptoms can develop suddenly and appear in any order — you don't always get all of them.



Vaccination is the best protection

See the previous slide for who's eligible for the MenB and MenACWY catch-up programmes.



Meningitis can be serious

If you or a friend have these symptoms, seek urgent medical help — call 111, or 999 / A&E in an emergency.

Symptoms can develop suddenly and appear in any order*



Fever



Vomiting



Severe headache



Rash



Stiff neck



Dislike of bright lights



Drowsiness or difficulty waking



Seizures

*You do not always get all the symptoms



Register with Gower Street Practice



<https://www.gowerstreetpractice.org.uk/register-online/>