

What pharmacists and Practice Nurses can do for you

Pharmacists are qualified health professionals and have the knowledge and skills to help and advise you on the best course of action without the need to see a doctor. Pharmacies are accessible and convenient as many of them are open late nights and weekends. There is no need for an appointment to speak to the pharmacist; just pop in any time and they will be happy to help you.

List of things you can consult a **pharmacist** for:

- Aches and pains (minor)
- Acne (mild)
- Athlete's foot
- Back pain (one-off)
- Cold sores
- Colic
- Constipation (one-off)
- Coughs and colds
- Cystitis (mild)
- Diarrhoea (one-off)
- Dry eye
- Dry or irritated skin
- Ear wax
- Eczema (mild)
- Eye infection (minor)
- Fungal skin and nail infections
- Hay fever
- Headaches (one-off)
- Head lice
- Heartburn (one-off)
- Indigestion (one-off)
- Insect bites and stings
- Migraines
- Mouth ulcer (minor)
- Nappy rash
- Period pain
- Piles
- Ringworm
- Scabies
- Skin rash
- Sleep problems (short-term)
- Teething
- Temperature (small increase)
- Threadworms
- Toothache
- Travel sickness
- Vaginal thrush
- Verrucas and warts

The Practice Nurse can see you for any of the problems listed above that a pharmacist has not been able to help improve. The nurse also is also trained to help with any minor illness (discharges, rashes, earaches, etc.) and minor injuries or accidents.

List of things you can see the **Practice Nurse** for:

- Asthma review and inhaler monitoring
- Blood tests
- Blood pressure check
- 24 Hour Ambulatory BP Monitoring
- Childhood immunisations
- Contraception advice
- COPD monitoring and spirometry
- Diabetes monitoring
- Ear wax removal/ Ear Syringing
- ECG
- Healthy living advice and health promotion
- Help to quit smoking
- New Patient Examination
- Removal of stitches
- Smear test
- Travel advice and travel immunisation
- Weight management and dietary advice
- Wound dressings and wound closures

For sexual health screening you are best advised to be seen at one of the city's [sexual health clinics](#), either the GUM at the Churchill Hospital or the [Rectory Road Centre](#).

When not to see the Practice Nurse

If you have been asked to make a follow-up appointment with a GP, please do book the follow up with a GP and not the Practice Nurse.

Students wanting an extension for academic work or a medical certificate in relation to exams will need to be seen by a GP and not the Practice Nurse.

If you are suffering from a mental health condition such as depression or anxiety and need a prescription you will need to see a GP, as the nurse cannot prescribe.

If anything is persisting, worsening or not improving after simple treatment, you should see a GP.

Self-Care

We also provide lots of useful advice about treating minor conditions on the [self care](#) pages of our website, which can be especially useful when we are closed.

College Nurse

If readily available you could always speak to the College Nurse in the first instance, as they will often be able to deal with minor illnesses or minor injuries and will know who best to direct you to when you may be unsure whether to be seen by a pharmacist, nurse or GP.

List of things you can consult the **college nurse** for:

- Everyday illnesses, infections and simple ailments
- First aid and minor injuries
- Low mood and exam stress
- Insomnia and anxiety
- Homesickness, loneliness and relationship worries
- Sexual health problems and contraception
- Living and studying with long-term health conditions

For more information visit: oxfed.uk/oustudents and/ or take a look at [this leaflet](#).