



DCU STUDENT HEALTH SERVICE

**A Guide to the Irish Health System
For International Students**

**CG13 Henry Grattan Building
DCU,
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Dublin 9**

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www.dcu.ie/students/health/index.html

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1. Checklist for International Students

When living in a foreign country, it is particularly important to ensure that that your medical needs are catered for and that the University / friends can assist you, should this be necessary.

With this in mind, we would like to encourage you to ensure that you carry out the following simple tasks, as soon as you arrive in the country.

- **Make sure to fill out the 'next-of-kin' details upon registration at the University. These can be updated via your Portal Page. This is important in the event that we need to contact a family member or close friend in the case of an illness.**
- **Register with the Student Health Centre in the University if you have any ongoing medical conditions. This can be extremely important in the case that you are unable to answer medical questions yourself.**
- **Put together a personal file and store this in a safe location in your accommodation. Make sure that you inform a friend (or somebody!) of the whereabouts of this file. It should contain:**
 - a. **Medical Insurance Details**
 - b. **Any relevant medical information**
 - c. **Details of next-of-kin or contact person**
 - d. **Passport / copy of passport**
 - e. **Copy of your GNIB Card (Non-EU Students only)**

2. STUDENT HEALTH SERVICE

The healthcare system in Ireland can be quite confusing for students who are coming from other countries. This Booklet provides information on some of the issues related to health that you need to be aware of.

The student Health Service on campus is the first place to go when seeking support on any health and medical issues. A team of health professionals - Nursing, Medical and Psychiatry, provides this service.

Students can call into the Health Centre during the Opening Hours without an appointment and, under normal circumstances, will be seen by a nurse. Doctors' appointments must be pre-booked in person.

A consultation with the nurses is free of charge – although certain procedures do incur a charge. These costs are displayed in the Health Centre.

Doctors' appointments cost €10 per visit.

For further information:

Opening Hours:

9am - 5pm Monday – Friday

Location:

CG13 in the Henry Grattan building

www.dcu.ie/students/health/index.html

IMPORTANT NOTE:

- If you have any ongoing medical conditions that may need extra attention, it is advised that you inform the University Nurse.
- It is important that students are aware that the student Health Service Only operates during working hours and does not provide full 24-hour cover. Students are advised to register with a general practitioner on arrival, who is entitled to charge them if they do not have a medical card or European Health Insurance card.
- Students are not covered for any free medical attention off-campus and must therefore arrange their own private medical insurance.

3. WHAT IS A GENERAL PRACTITIONER (GP)?

The General Practitioner, commonly referred to as a GP, is a general doctor who has specialised in family health. He or she is therefore qualified to see anyone from small babies to the elderly. They are used to seeing patients with different health problems including skin disorders, gynaecological problems and contraception. Whatever health problem you have, the GP is usually the first doctor you consult. If you have a complicated problem or an illness that requires specialist advice, the GP will refer you to the appropriate doctor.

A GP consultation outside of the university generally costs approximately €50 per visit. There are usually additional charges for procedures carried out within the doctor's surgery. If you need to see a GP outside the normal surgery hours, phone D-Doc: 1850224477.

4. THE PHARMACY

Pharmhealth pharmacy is centrally located opposite the Inter Faith Centre on campus. Students can seek immediate free professional advice on all healthcare issues. The pharmacy has a special rate-dispensing fee on all prescriptions for all students. It also provides a loyalty card scheme (apply online www.pharmhealth.ie) where customers can gain points from purchases to avail of offers and discounts.

Anyone residing within an E.U. member state that is studying in DCU should apply for a European Health Insurance Card to avail of free prescription services. Once a Doctor has written a prescription for you on a green prescription form (commonly called G.M.S.) you can then produce this form to the pharmacy. The pharmacist will then be able to dispense the prescribed medicine to you without charge. All other international students can avail of prescription services at the normal rate and reclaim some or all of their medical bills from their private health insurance company. The pharmacy provides a receipt that can be given to the insurer for all prescription medicines dispensed.

The opening hours of the pharmacy are:

Mon- Thurs 8.30 a.m. - 6.30 pm, Friday 8.30am - 6pm

5. HOSPITAL SERVICES IN IRELAND

There are two main types of hospitals in Ireland but there is very little difference in practice between the first two types:

Health Service Executive Hospitals are owned and funded by the states health service executive. Each Health Service Executive area is responsible for the provision of health and social services in its area. E.g. Beaumont Hospital, Mater Misericordiae Hospital.

Private Hospitals These are purely private hospitals that operate independently from the state health services in Ireland. If you choose for private care in a private hospital, you must pay the full cost of treatment and maintenance. E.g. Mater Private Hospital.

6. HOW DO I GET TREATMENT BY A SPECIALIST?

You can be referred by your GP to the outpatients department of a public hospital for specialist assessment by a consultant or his or her team or for diagnostic assessments (i.e., x-rays, laboratory tests, physiotherapy, etc.). Treatment by consultants is provided free of charge as a public patient for those eligible under EU regulations. If you wish to attend a consultant in a private capacity, you will be required to pay the appropriate fee.

Word of Warning

Students should note that there are often long waiting lists for public health treatment with hospital consultants. Therefore many Irish people choose to pay for private health insurance because the waiting lists are not as long. You may be able to be seen more quickly if you pay for private treatment, but this can be very expensive.

7. WHAT DO I DO IF I WANT TO SEE A GYNAECOLOGIST?

In Ireland gynecologists work in a different way to those in many other countries. They do not see people for contraception or for vaginal infections. If you need contraception you should either visit the Student Health Centre, a GP or a Family Planning Clinic. Family Planning Clinics are the specialists in contraception in Ireland.

If you think that you may have a genital infection or sexually transmitted infection the best place to go is to a Sexual Health Clinic, as they have the facilities to do a wide range of tests for different infections. You do not need a referral from a GP to visit these clinics. You can make further enquires at the student Health Centre via the nurses and doctors. If none of the above apply and you still need to see a gynecologist make an appointment with the student health centre/GP and if they feel it is appropriate they will refer you to one.

8. WHAT DO I DO IF I NEED TO SEE A DERMATOLOGIST?

Make an appointment at the Student Health Centre or with a GP. They can deal with most minor skin conditions. If your condition is more complicated, they will refer you to a dermatologist.

9. WHAT DO I DO IF I HAVE AN ACCIDENT OR REQUIRE EMERGENCY TREATMENT?

Go to your nearest Accident and Emergency department, the two local hospitals to DCU are the Mater Hospital and Beaumont Hospital. There is no charge for those eligible under EU regulations to attend the Accident and Emergency Departments in a public hospital once they present their European Health Insurance Card. For all other foreign nationals there is a charge of €100 if you attend a public hospital.

Please note. Heavy levies are imposed for hospitalisation - particularly for Non- EU foreign nationals. We strongly advise you to have made provision for adequate medical health insurance.

EMERGENCY SERVICES

Call 999 or 112 for transport by ambulance to hospital.

10. WHAT DO I DO IF I WANT TO SEE A DENTIST?

There is no dental service attached to the Student Health Centre. Dental treatment is relatively expensive in Dublin and students are advised to have a check-up before they leave home. Emergency dental treatment for the relief of pain, trauma and swelling are available to those eligible under EU regulations from a dentist contracted to the Health Board or the Dental Hospital.

Emergency Service free for European Health Insurance Card holders Only

Dublin Dental Hospital
Lincoln Place
Dublin 2
Tel: 6127200

Fee: €70 or bring your medical card/ European Health Insurance Card

If other routine dental treatment becomes necessary, please ask the Student Health Service for the name of a local dentist or take a look at our website

<http://www.dcu.ie/students/health/clinics.shtml#dental>

It is a good idea to ask for an estimate of the cost before you start any treatment.

Typical fees for dental services

Check up:	€60
Fillings:	€80 – 120 upwards
Extractions:	€60 upwards

11. WHAT DO I DO IF I NEED TO HAVE MY EYES TESTED OR GET NEW GLASSES/CONTACT LENSES?

You need to make an appointment with an optician. There is a charge for eye tests of €30

Spec Saver Opticians give 25% discount to students on purchasing one pair of glasses. These opticians can be found locally. Please find further information at www.specsavers.ie or ask in the Student Health Centre. Other opticians may also give discounts. If you have a serious problem with your eyes you may to see an ophthalmologist. If this is the case, attend your GP to be referred.

12. NON-EU STUDENTS PRIVATE HEALTH INSURANCE

Non-EU students coming to Ireland to study are required to arrange their own private health insurance

With regard to hospital services, this is a complicated area, if you have not obtained the necessary insurance entitling you to free or minimum-cost services, hospital costs can be as much as EUR 550 per day.

Non-EU students are required to show proof of comprehensive medical insurance when registering with the Garda National Immigration Bureau.

For further information:

<http://www.inis.gov.ie/en/INIS/Pages/WP07000018>

13. HEALTH INSURERS IN IRELAND

Students from outside the EU

Students from outside the EU are required to have private health insurance in place prior to entering Ireland. Students may arrange private health insurance in their own country or through an Irish health insurance company. We would advise all students to review existing schemes offered in their own country for suitability. If this is not an option, please see details of an arrangement DCU has negotiated below.

1. The insurance system is operated by an insurance broker called O'Driscoll O'Neill in Ireland on behalf of Medcover. Medcover Medical Expenses Insurance costs 120Euro for Third level students, which is good value. The policy is underwritten by ACE Europe.
2. The company can send you an insurance certificate once you pay the amount of 120Euro by credit card. You must have a valid Mastercard or Visa to operate this system.
3. Click on: <http://www.odon.ie/Quick-Quote/Questions.asp?Details=MEDICOVER&College=DCU>
Confirm the quote of 120 Euro, and then continue.
4. Please choose Dublin City University (DCU) on the drop down menu.
5. Make sure you provide your correct email address as your certificate will be sent to this.
6. Make your payment by credit card and you will receive the certificate shortly which you can then submit to the Visa Office (for visa requiring countries) and retain for evidence with immigration authorities on arrival in Ireland.

Please note that while DCU has negotiated this arrangement for its students, the University does not accept responsibility for the purchase of health insurance on behalf of a student. Students are advised to read the information carefully to allow them make an informed choice and to contact the company directly should any queries arise.

14. THE EUROPEAN HEALTH INSURANCE CARD

EU students from any member state of the EU are entitled to free hospital services provided they have the European Health Insurance Card (EHIC). It means that you can get necessary healthcare in the public system of any EU / EEA country or Switzerland, if you become ill or injured while on a temporary stay in that country.

There are more than 2,000 family doctors (GPs) in Ireland contracted to the European Health Insurance Card scheme. If you are a EU/EEA national with a European Health Insurance Card (or equivalent) visiting Ireland you can avail of necessary family doctor services and emergency dental treatment for the relief of pain (and urgent denture repairs) under EU regulations. See <http://www.ehic.ie/> for further details.

15. MEDICAL CARD

The Medical Card entitles the holder to free prescriptions and free hospitalisation, in addition to free consultations at the College Health Service. A student must have a PPS number and proof of residency in Ireland for a minimum of one year before applying for a medical card. Following this, each case is individually assessed and means tested. Medical card application forms and information can be downloaded at www.erha.ie.

If you are a student from another EU country, you are entitled to a medical card if you have form E128 issued by your home country. Alternatively, you may receive necessary treatment free of charge if you are covered by a European Health Insurance Card or produce evidence of UK residence.

16. Check Immunisation status before arriving to Ireland

While the risk of contracting either meningitis or mumps is usually low, there have been outbreaks of both in recent years – and there is always a risk when young people congregate in large numbers. The College Health Service would strongly advise all students who have not received Meningitis C Vaccine or two doses of MMR (Measles, Mumps, Rubella vaccine) to seek advice from the health service in your own country regarding vaccinations prior to commencing their University studies in Ireland.

17. USEFUL NUMBERS AND WEBSITES

http://www.citizensinformation.ie/categories/health/entitlement-to-health-services/health_services_and_visitors_to_ireland

<http://www.icosirl.ie/eng>

Emergency Telephone Number for Ambulance, Police or Fire Brigade: Dial 999 or 112

Local Health Board Office for further information:

Civic Centre, Ballymun Road, Ballymun, Dublin 9. Tel - 353-1-8467000

Local GP's – list of local GP's provided in Student Health Centre:

Website: <http://www.dcu.ie/students/health/clinics.shtml#local>

Hospitals/Accident and Emergency departments near DCU:

Mater Hospital, Eccles Street, Dublin 7 Tel: 01 8032188
(Buses from the University 19A, 11,11A from outside the campus on Ballymun Rd)

Beaumont Hospital, P.O. Box 1297, Beaumont Road, Dublin 9. Tel: 01-8093000

(Buses from the University 17A from Ballymun Avenue)

Family Planning Clinics:

Everywoman Centres, 5-7 Cathal Brugha street, Dublin 1 Tel: 01 8727088

Well Woman Centres, 1st floor, Northside shopping centre, Coolock.
Tel: 01 8484511

Sexual Health Clinics:

Mater Hospital, Eccles Street, By appointment Tel: 01 8301122

St James Hospital, G.U.M Clinic, James Street. Tel: 01 4537941

Counselling Services

DCU Counselling & Personal Development. Tel: 01 700 5165

Dubh Linn, 16 Prospect Road, Glasnevin, Dublin 9 Tel: 01 8302358

Northside Counselling Service, Tel:01 8484789



This booklet is intended as a guide for international students and shall not be construed as a contract or impose any legal obligation between Dublin City University and any third party.

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