

Cheshunt Minor Injuries Unit



Address: Cheshunt Community Hospital
King Arthur Court
Cheshunt
EN8 8XN

Opening hours: 8am to 8pm every day

X-ray hours: 9am to 6pm weekdays
11am to 2pm weekends and bank holidays

Visit: www.cheshuntmiu.nhs.uk

What is the Cheshunt Minor Injuries Unit?

The Minor Injuries Unit (MIU) at Cheshunt Community Hospital is a nurse-led service that is open 8am to 8pm every day. It is for people with cuts, sprains, minor fractures and other urgent, but not life-threatening injuries. You don't need an appointment to be seen.

How is the MIU different from the Urgent Care Centre?

The MIU can only treat minor injuries and does not treat minor illnesses. **There are no doctors at the minor injuries unit, it is staffed by specially trained emergency nurses.**

What can be treated at the MIU?

The MIU can see adults and children over the age of one.

An experienced nurse will diagnose and treat:

- Bites and stings
- Cuts and grazes
- Limb injuries
- Minor burns/scalds
- Minor eye injuries
- Minor head injuries
- Removal of foreign bodies from the ears or nose

- Removal of splinters
- Sprains and strains
- Sudden neck pain
- Suspected fractures/broken bones

Is the MIU the right place for me?

The MIU can only treat minor injuries. It cannot treat:

- Allergic reactions - visit your GP or go directly to A&E
- Asthma - visit your GP
- Breathing difficulties - go directly to A&E
- Earache/infections - visit your GP
- Mental health problems - visit your GP
- Pregnancy related problems - contact your midwife
- Serious injuries - go directly to A&E or dial 999
- Severe chest pain - dial 999
- Sore throat - visit your local pharmacy
- Stomach pain - visit your GP
- Vomiting and diarrhoea - visit your GP

If you arrive at the MIU with any of these conditions you will be redirected to a more appropriate NHS service.

Other local NHS services

Self-care

You can look after many minor illnesses and injuries by yourself. Often conditions like backache, earache, coughs and colds get better on their own after three to seven days.

Pharmacist

Pop into a pharmacy for expert advice and to pick up medicines to help you treat sore throats, hay fever, indigestion, or aches and pains. Many pharmacies are open in the evenings and at weekends too.

Dentist

To find your nearest NHS dentist, call **01707 369 645** 9am to 5pm, Monday to Friday. If you need emergency dental care when your dental surgery is closed, you should call **03000 333 224**.

NHS Direct

If you're feeling unwell and don't know what's causing it or what to do, phone NHS Direct on **0845 46 47** or go online at **www.nhsdirect.nhs.uk**

They will be able to give you advice or direct you to the most appropriate service in your community.

Your GP

Call your GP surgery if you have an illness or pain that won't go away, if you need routine care or you need repeat prescriptions.

If you need to see a doctor urgently in the evenings, at weekends or on a public holiday and it cannot wait until your usual surgery is open, you should telephone the out of hours service on **03000 333 333**.

Experienced staff will answer your call and assess your health needs over the phone which may result in a visit, attendance at your nearest out of hours centre, or you'll be given health advice to treat yourself.

A&E / 999

Only call **999** in a critical or life-threatening situation, for example if someone has:

- a severe allergic reaction/difficulty breathing
- a suspected heart attack
- a suspected stroke
- lost a lot of blood
- lost consciousness
- severe burns

A&E departments are for people with serious conditions only.

How to find us

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For further information you can call in to the Cheshunt Minor Injuries Unit or visit our website at www.cheshuntmiu.nhs.uk.