

## Minor injury units (MIU)

### No appointment necessary

**For fast-track treatment for a minor injury visit one of our minor injury units.**

You don't need an appointment, you can just walk-in. Our units are staffed by well-trained, experienced, specialist minor injury nurses who can treat a range of injuries and conditions. The units are open seven days a week and all have x-ray facilities for suspected broken bones (please see our website for details).

The great thing about our units is you are more likely to be seen faster than if you visit an accident and emergency department. By choosing an MIU, you can help to keep accident and emergency free for people with life-threatening conditions.

If you are unsure if we can help, then book in, or phone 111. If we do treat you and loan you any equipment such as crutches if clinically required, please return them to the unit.

For life-threatening emergencies please call 999 or go straight to your nearest A&E.

#### We can treat...

- foreign bodies in wounds, ears, eyes and noses
- minor broken bones to shoulders, arms and lower legs
- sprains and strains to shoulders, arms and legs
- minor eye conditions, including conjunctivitis and foreign bodies
- minor head injuries with no loss of consciousness or relation to alcohol or drugs
- minor nose bleeds, as long as you are not taking warfarin
- dislocated fingers, thumbs and toes

- minor burns and scalds
- minor back injuries
- wounds and cuts
- bites and stings.

#### We cannot treat...

- long-term conditions
- severe injuries from road traffic accidents
- abdominal or chest pain
- children under the age of one.

**We cannot help with prescriptions.**

In some cases, it may be necessary for us to ask you to visit A&E for more serious symptoms or, alternatively, your GP for other issues.



## Some MIUs may be able to see you if you have a minor illness\*...

\*Please phone to check before visiting. Our contact details are available on our website.

Royal Victoria Hospital Minor Injury Unit, Folkestone, is unable to treat any minor illness.

Minor illnesses include...

- minor ear, nose and throat problems
- minor chest infections
- urinary tract infections
- skin infections
- emergency contraception.

## Our services are available at...

- **Edenbridge Hospital Minor Injury Unit**  
Mill Hill, Edenbridge, Kent TN8 5DA
- **Royal Victoria Hospital Minor Injury Unit**  
Radnor Park Avenue, Folkestone, Kent CT19 5BN
- **Gravesham Community Hospital Minor Injury Unit**  
Bath Street, Gravesend, Kent DA11 0DG
- **Sevenoaks Hospital Minor Injury Unit**  
Hospital Road, Sevenoaks, Kent TN13 3PG
- **Sheppey Community Hospital Minor Injury Unit**  
Plover Road, Minster, Sheppey, Kent ME12 3LT
- **Sittingbourne Memorial Hospital Minor Injury Unit**  
Bell Road, Sittingbourne, Kent ME10 4DT
- **Victoria Hospital Minor Injury Unit**  
London Road, Deal, Kent CT14 9UA

Visit [www.kentcht.nhs.uk/miu](http://www.kentcht.nhs.uk/miu) for opening and x-ray times.

## Concerned about your health?

- Phone 111.
- Ask a pharmacist.
- Visit an MIU.
- Book an appointment with your GP or practice nurse, or access GP out-of-hours services.
- Go to A&E for life-threatening emergencies or call 999 for emergencies such as loss of consciousness, chest pain, serious accidents and serious loss of blood.

## Do you have feedback about our health services?

**Phone:** 0300 123 1807  
8am to 5pm, Monday to Friday  
**Text:** 07899 903499  
**Email:** [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)  
**Web:** [www.kentcht.nhs.uk/PALS](http://www.kentcht.nhs.uk/PALS)

**Patient Advice and Liaison Service (PALS)**  
Kent Community Health NHS Foundation Trust  
Unit J, Concept Court  
Shearway Business Park  
Folkestone  
Kent CT19 4RG

If you need communication support or this leaflet in another format, please ask a member of staff or contact us.



Donate today, and help the NHS go above and beyond.  
Visit [www.kentcht.nhs.uk/icare](http://www.kentcht.nhs.uk/icare)

**i care**...

Registered charity no. 1139134