

# The Misbourne Practice

Patient Newsletter

August 2024

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## Opening Hours

The phone lines at both of our sites are open from 8.30am to 6pm Monday to Friday.

The surgery buildings are closed between 6pm and 8am on weekdays, and all-day weekends and bank holidays.

Bucks 24/7 (Fed Bucks) provides Out of Hours services when the surgery is closed.

They can be contacted by dialling **111**, which is free from both landlines and mobiles, or by visiting **111 online: NHS 111 Online**

If you need to be seen, you may be asked to attend an Urgent Treatment Centre base in Amersham or Wycombe.

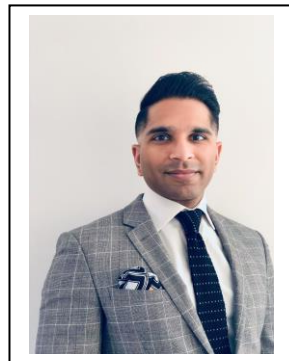
If the problem is a life-threatening emergency, call 999.

**Other sources of medical help or advice are:**

**NHS 111 Online**

**Your local Pharmacist - [click here to find out how your pharmacy can help](#)**

## Team Spotlight- Dr Patel



Dr Chiraush Patel is a skilled GP with substantial experience in both the NHS and private medicine sectors. He began his medical education at Imperial College London, followed by foundation and GP training in the highly regarded Oxford deanery. In 2016, he joined the practice as a partner where he consults part time on Mondays and Wednesdays.

Dr Patel is the CQC lead at the Practice, and also leads for learning disabilities and clinical lead for Epilepsy Society, alongside other responsibilities at practice and PCN level.

As a clinician, Dr Patel is committed to understanding a patient's complaint within the broader context of their life, working collaboratively to provide holistic solutions. His empathetic approach and focus on comprehensive care are highly valued by his patients and colleagues.

In his personal life, Dr Patel enjoys spending time with his family and young child. He practices what he preaches, engaging in fitness activities and particularly enjoying the gym. His interest in the latest trends in wellness, longevity and human performance optimization informs both his personal and professional life, enhancing the care he provides to his patients.

## Summer Health

Keeping yourself safe in the summer months is important, as new risks arise with the onset of the summer months. Some of the key risks of hot weather and how to prevent them are discussed here:

**Urgent Treatment Centre (Minor Illness and Injury Unit)** Wycombe Hospital, Queen Alexandra Road, High Wycombe, HP11 2TT - call 111 or visit 111 online to arrange an appointment.

**Mount Vernon Hospital Minor Injuries Unit**, Rickmansworth Road, Northwood, HA6 2RN

**Slough NHS Walk-in Centre**, Upton Hospital, Albert Street, Slough, Berks SL1 2BJ.

### NHS App

Everything you need to know about using the NHS App.

For help and support, visit [NHS App help and support](#)

### Dates that we are closed in 2024 for Staff Training

Protected Learning Time (PLT) is an opportunity for GP practices to address staff learning and professional development needs.

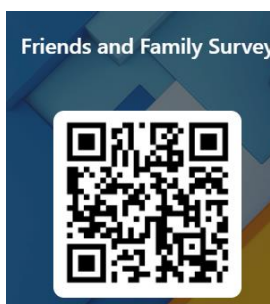
There are ten Protected Learning Time dates each year where the practice will be closed from 1 pm.

When the practice is closed, please use the 111 service for any urgent medical needs.

Dates the practice will be closed for the afternoon during 2024:

- Thursday 19th September
- Thursday 17th October
- Wednesday 13th November

### Your Feedback Matters



# Skin Cancer

Skin cancer can be scary and worrying, and doing what you can to avoid the development of skin cancer is essential. Making sure you're consistently applying sunscreen, checking UV regularly, wearing long clothes and staying out of direct sunlight all reduce your chances of developing skin cancer. Staying away from artificial UV, such as sunbeds, is also very important. Putting your safety first is vital.

<https://www.cancerresearchuk.org/about-cancer/skin-cancer/about-skin-cancer>

# Dehydration

Dehydration is especially common when the weather is hot. Signs of dehydration can include dizziness, thirst, dark urine, dry lips and skin. Avoiding dehydration is important. You should make sure that you're drinking plenty of water, that you cool down and stay in the shade, and consume foods that are also hydrating, such as fruit. It's particularly important to keep an eye on your small children or babies.

# Heatstroke

Heatstroke can be caused by too much contact with the sun, being outside in very hot weather or exercising in hot weather. To avoid heatstroke, you should stay in the shade, drink plenty of water, try to avoid being outside in the middle of the day and wear light clothing. Heatstroke symptoms can include dizziness, nausea, cramps, a high temperature and other similar symptoms.

If you suspect that you or someone you know has heatstroke, you should try to move somewhere cool, remove clothes, drink water and cover the skin in cool water. If symptoms seem more serious or efforts to cool them/yourself down aren't working, you should call 999.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/hay-fever/>

<https://www.nhs.uk/conditions/dehydration/>

<https://www.redcross.org.uk/first-aid/learn-first-aid/heatstroke>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

# Until Next Time

Thank you for being an integral part of our practice. Please send any feedback or topics that you would like to know more about via our [feedback form](#) or via post to the practice.