

Knowing how to call Triple Zero (000) in a medical emergency can be the difference between life and death

If you are faced with a medical emergency, there are a few simple but important things you need to do.

1. Call Triple Zero (000)

You can call Triple Zero (000) 24 hours a day, seven days a week from any landline, pay phone or mobile phone.

2. Ask for an ambulance

When you call Triple Zero (000), you will be asked which service you require - Police, Fire or Ambulance. In the event of a medical emergency, ask for AMBULANCE.

3. Answer the nurse's questions

You will be connected to a nurse. The nurse will ask you a **standard set of questions** such as:

- Patients name
- Patients age
- Presenting problem

Answering these questions helps us organise the most appropriate service as quickly as possible.

4. Keep calm and be clear

It is important to stay calm. Speak slowly and clearly.

5. Do not hang up. Stay on the line for more instructions

Once you have answered the nurse's initial questions, an appropriate service will be organised.

If you have a life-threatening injury or illness, an ambulance will be sent immediately. The nurse will then ask you additional questions to assist our ambulance en route. Answering these questions does not delay their arrival. The nurse may also provide further assistance and/or medical advice and instructions depending on the medical emergency.

Cardiac Rehabilitation Program Starting 5 March

Cardiac rehabilitation provides patients and their families with a program of education, information, physical activity and support. The World Health Organisation and the National Heart Foundation recommend that most patients who have had a heart attack, heart surgery, coronary angioplasty or other heart or blood vessel disease, are offered the opportunity to participate in a cardiac rehabilitation and prevention program. The goal of the program is to help people make changes that reduce the risk of either having a heart event or having another event.

The NIHRACS Cardiac Rehabilitation Program will be based on the best and most recent medical evidence. It is a six week program both for people at risk of and with established cardiovascular disease to gain knowledge of the relevant aspects of these diseases and also confidence and skills to self-manage their condition(s). The program will include an exercise component plus information sessions by NIHRACs staff, including a nurse, pharmacist, physiotherapist, social worker and dietitian-nutritionist.

All patients who attend the program will need to see their GP first so if you are interested in participating please make an appointment to see your GP. For more information about the program please contact Clinical Nurse Educator, Bronwyn Seehusen on 22091 or by email on bronwyn.seehusen@hospital.gov.nf.

Norfolk Island Active Kids Program

Parents of school aged kids, don't forget to get your NI Active Kids Voucher if you haven't already done so.

As part of the Norfolk Island Community Health Promotion Plan NIHRACS and NI-Connect have been working together since May 2019 to implement a Norfolk specific program aimed at helping families increase their kids' physical activity is starting. Although similar programs operate in some Australian states and territories, this program is specifically for school age children living on Norfolk Island.

The NI Active Kids program provides all school aged children with one \$100 voucher to use for one

registered sport or other physical activity program within a 12 month period.

If you have not yet picked up a voucher for your kid(s) please call into NI Connect or email niactivekids@hospital.gov.nf or visit the NIHRACS website www.norfolkislandhealth.gov.nf for more information.

If you are involved in a sporting club/activity and wish to register as an NI Active Kids provider, you will need to meet the following criteria:

- Have current public liability insurance
- All coaches/others involved in contact with the children must have a current national police check clearance or equivalent
- Run a program with a minimum of 5 sessions within a 12 month period
- Includes supervision by a Level 1 coach (where relevant/possible)

If you have any questions or would like to register please contact Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or 53969 or by email karen.walker@hospital.gov.nf



February is Ovarian Cancer Awareness Month

Each year over 1,510 women in Australia will be diagnosed with ovarian cancer.

Ovarian Cancer Awareness Month is held each year in Australia to raise awareness of the signs and symptoms of ovarian cancer, to share the stories of real women affected by the disease, to highlight the risk factors for ovarian cancer and educate Australians on ovarian cancer diagnosis and treatment.

You can take action during Awareness Month and beyond!

- Talk to your friends, family to ensure they know ovarian cancer
- Ask your GP about your ovarian cancer risk
- Buy a \$3 teal ribbon from Ovarian Cancer Australia website (<https://ovariancancer.net.au>)
- Download an Awareness brochure from the same website
- Host a Paint the Town Teal event and raise funds to save lives and support women

GP Clinic

Norfolk Island GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness.

Hours of Operation

Monday- Friday 8.30am – 5pm

Saturday & Sunday Closed

Please note the clinic is closed for lunch from 12.30 – 1.30pm.

Please call 24134 for appointments only during opening hours.

If you require medical assistance outside business hours please phone the hospital on 22091. In cases of emergency please dial 000.

Upcoming Clinic/Specialist Appointments

Please note that all specialist appointments will require a referral letter from your GP prior to booking an appointment.

Nutrition and Dietetics Clinic Every Friday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

Prof Hooper (Endocrinologist) 9th-13th March

Prof Thomas (Respiratory) 16th – 20th March

Dr McDowell and Dr Lesslie (Developmental Paediatricians) 23rd – 27th March

Smoking Cessation Clinic

It's hard to stop, but with help and support, you **can** quit smoking.

Quitting smoking can be one of the most difficult, yet rewarding, things a person can do. Most smokers say they would like to quit, and may have tried at least once. Some are successful the first time, but others try a number of times before they finally give up for good.

It might take time, it can be hard as your body has become dependent on nicotine, but many people have succeeded in giving up smoking. Become one of them by making a quit plan

The clinic will provide a proven approach to assisting people who wish to either quit smoking or cut down. Every cigarette not smoked is doing good for smokers' health. The clinic uses a multidisciplinary approach to match individual needs.

To make a booking for the smoking cessation clinic call the GP Clinic on 24134.

Child Health Clinic

This child health clinic will closed from 25th February-8th March. Normal services will resume on the 11th March.

Antenatal Clinic

The antenatal clinic is bi-monthly. At this appointment a midwife will take your full health history, provide pregnancy information and ensures your pregnancy is progressing well and your baby is healthy. You can also discuss any concerns you may have.

Please mention 'Antenatal' when making the appointment – phone 24134.

All patient information is treated as confidential.