

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.

Health and Wellbeing Expo 2020 – July 25

Following the success of the two previous Health and Wellbeing Expos, it is time to start planning our next Expo. Saturday July 25 has been decided as the date for the Expo, to be held at Rawson Hall. The purpose is to showcase local and visiting health and wellbeing services and products as well as to provide information and presentations on a range of related topics. Our goal is to make this Expo even bigger and better than previous years. If you are interested in being an exhibitor and/or presenter or if you would like to help plan and organise the Expo please contact Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or by email on karen.walker@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



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

Do you suffer from poor sleep?

- Do you regularly have difficulty getting to sleep or staying asleep?
- Do you have a problem with [snoring](#)? Has anyone ever told you that you have pauses in breathing or that you gasp for breath when you sleep?
- Are your legs “active” at night? Do you experience tingling, creeping, itching, pulling, aching or other strange feelings in your legs while sitting or lying down that cause a strong urge to move, walk or kick your legs for relief?
- Are you so tired when you wake up in the morning that you cannot function normally during the day?
- Does sleepiness and fatigue persist for more than two to three weeks?

If you answered yes to any of these questions get in touch with us today to find out more on how to book an appointment with our respiratory physician phone 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.