

## **International Nurses Day – 12 May**

The staff of Norfolk Island Health and Residential Aged Care Service (NIHRACS) thanked our wonderful team of Nurses with a morning tea, where social distancing and safe food handling practices were observed. See photo below. International Nurses Day is celebrated around the world each year, on the anniversary of Florence Nightingale's birth, 12th May. The day celebrates the contributions nurses make to society and is a great opportunity to acknowledge the commitment that nurses provide on a daily basis. Thanks Arthur from Baker's Oven for your kind donation of lovely wettles for the morning tea.



## **Welcome to our new Physiotherapist – Lucy Stewart**

Lucy has provided some information about herself....I was born in Fremantle, Western Australia. I completed my Bachelor of Physiotherapy and Bachelor of Exercise and Sport Science at The University of Notre Dame, Fremantle. After graduating I travelled and worked my way around Australia for 3 years, spending time at Royal Darwin Hospital, Sunshine Coast Hospital and Health Service and WA Country Health Service in the Midwest. I was lucky to work in lots of different Physiotherapy areas including; intensive care, acute wards, rehabilitation wards and community rehabilitation.

I am super excited to be living and working on Norfolk, I am in love with this place. Outside of work you will find me down at the beach or in the ocean.

Many thanks to Michelle Green who was our locum Physiotherapist prior to Lucy arriving.

## **General Practice Clinic Update**

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS. If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

## **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.

Please note that Dr Jenny Sexton is now consulting on Tuesday and Thursday mornings.

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

### **Flu Vaccinations**

We are anticipating that the flu vaccinations will arrive in the coming weeks. Unfortunately we have not been provided with an exact date. Please stay tuned, we will be taking bookings shortly.

**NOTE:** If you are under the age of 65 years or do not have a chronic disease, flu vaccines will be available at a cost of \$20.00.

### **Child Health Clinic**

Child Health Clinic will now be run from the GP Clinic every Thursday, 8:30am to 4pm by Janine. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

**All patient information is treated as confidential.**

### **The National Diabetes Services Scheme (NDSS)**

NDSS is an initiative of the Australian Government and is administered by Diabetes Australia. It provides support services for practical help and guidance, diabetes and health information and resources and subsidised products. NIHRACS has been working with Burnt Pine Pharmacy and Diabetes Australia to enable our local pharmacy to become an Access Point for the NDSS. This is advance notice that within 2 weeks, once stocks arrive, Burnt Pine Pharmacy will be up and running as our local Access Point. If you live with diabetes and are on insulin and/or have been advised that you should test your blood glucose levels then you should be registered with NDSS. It is free and you will need to be registered in order to access the scheme so now is the time to get registered before the service becomes available in approximately 2 weeks.

If you are not currently registered you can make an appointment with the Chronic Disease Nurse at the GP Clinic who will assist you with getting registered. For more information contact Karen Innes-Walker on 22687 or [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) or visit the NDSS website <https://www.ndss.com.au/>.

### **Advice for family and friends visiting our residents in Aged Care**

COVID-19 is a major health risk for older people. The current visiting restrictions are there to protect our residents. Please note the following:

Please do not visit the Aged Care facility (Dar Randa) if you have:

- Returned from overseas in the last 14 days
- Been in contact with a confirmed case of COVID-19 in the last 14 days
- Have a fever or symptoms of a respiratory infection such as a cough, sore throat or shortness of breath

If you wish to visit Dar Randa you will be asked questions related to the above as we are required to ask them of everyone entering the facility, including staff.

Other important notes for visitors of Dar Randa:

- Only one visitor for each Resident is allowed
- Visits should be kept short
- Visits are to be held in the Resident's room, outdoors or in an area advised by staff
- From May 1 2020 all visitors must have had their influenza vaccination
- No group social activities, school or early childhood visits nor entertainment are allowed at present

You are most welcome to call your family member or friend or send a card or letter.

Many thanks for your understanding.

### **Dental Clinic Update**

The Dental Clinic will be open to the community from next Monday 18 May, under Australian Dental Association guidelines.

Everyone entering the clinic will be screened for body temperature and asked questions in line with COVID-19 guidelines.

Please call the clinic on 22910 to make an appointment rather than just arriving.

Please remember to arrive 10 minutes before your appointment to allow time for screening etc.

## Physio Service Update

NIHRACS Physiotherapy service has reopened, however we still encourage people who are medically vulnerable to seek telehealth appointments as an alternative.

## Health and Wellbeing Messaging Weekly Update

A reminder of the key COVID-19 prevention messages:

- Social distancing
- Stop any Spread – hygiene
- Look after yourself and others
- Know the symptoms

## Healthdirect's Online Symptom Checker

Check out the COVID-19 Online Symptom Checker put out by Healthdirect

<https://www.healthdirect.gov.au/symptom-checker/tool>

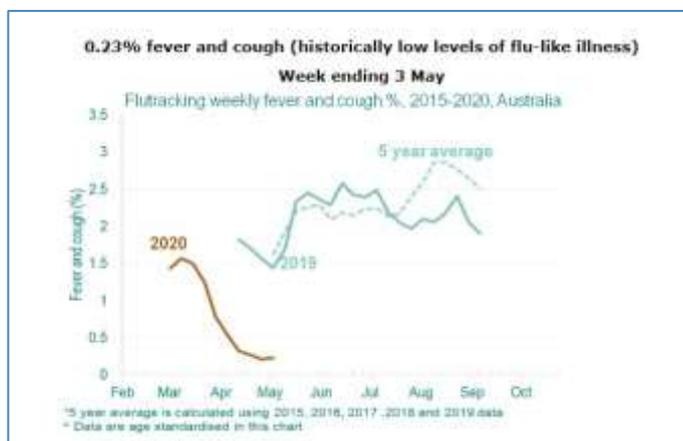
Healthdirect has a great website with lots of health information as well an Australian health service directory.

## What is the difference between COVID-19 and the flu?

While the range of symptoms for the two viruses is similar, the fraction with severe disease appears to be higher for COVID-19. While most people with COVID-19 have mild symptoms, approximately 15% of people have severe infections and 5% require intensive care in a hospital ICU. The proportions of severe and critical COVID-19 infections are higher than for influenza infections. (NSW Health).

Interestingly since social distancing has been introduced in Australia and NZ, the rates of flu in both countries are much lower than previous years according to data from Flu Tracking who collect data from over 140,000 people to help track the spread of influenza-like-illness across Australia and New Zealand and provide early warning of potential outbreaks and monitor trends during pandemics. For more information on Flu Tracker, visit: <https://info.flutracking.net/>

The graph below shows the current reported flu symptoms compared to the past 5 years and indicates that levels are the lowest since recording started probably due to the measures taken due to COVID-19.



Don't forget to get your entry into the *Norfolk...te-gadda we ell* competition. Tell us in your own way how you are living the key messages (one or more). Great prizes...

## Social Cuban Salsa Dance Classes a great comeback

Nearly 30 people attended the first session back since the COVID-10 measures were introduced. Thanks to everyone who came and especially to Dani who did a great job showing us how to do solo Cuban dances and have lots of fun as well as physical activity. All (up to 50 people) are welcome every Saturday. Details below:

When: Saturdays, starting 9 May, 4pm – 5pm

Where: Kingston Compound

Cost: \$5 each

Why not join the Norfolk Island Salsa Dancing Facebook Group for updates and cancellation notices if the weather turns bad.



## Norfolk Island Active Kids Program – Reminder to use your voucher

NI Active Kids is a program designed to encourage and support school aged children living on Norfolk Island to be physically active.

All children currently enrolled at the Norfolk Island Central School are eligible to apply for a \$100 NI Active Kids Voucher. This \$100 voucher can be used for their choice of one sport or other activity provided by registered local providers on Norfolk Island within a 12 month period.

Current vouchers expire on 30 June 2020 (must be given to your registered sport or activity provider by then). Providers must be registered with NI Active Kids in order for the voucher to be used. Can Providers please lodge any outstanding invoices prior to June 30. Contact Karen Innes-Walker on [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) for more details.

