

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.

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

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.

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 breaks its dependence 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.

All patient information is treated as confidential.

Physiotherapy Update

Following extensive discussions at the NIHRACS COVID-19 Operational Management Group meeting, the Incident Management Team meeting, with AUSMAT and the Department of Infrastructure, Territories, Regional Development and Cities, on Island, the NIHRACS COVID-19 preparedness plan has had to be revised, with a key priority being the safety of residents of NIHRACS.

The current Physiotherapy Clinic has been designated as the new COVID-19 Patient assessment and high acuity unit, to cater for the full spectrum of care that a patient with COVID-19 may need during the course of their treatment. The hydrotherapy pool will be open once the renovations to the Physiotherapy Clinic are completed, and as long as there are no active cases of COVID-19 being treated.

From the 9th of June the Physiotherapy Clinic will be relocating to two areas across the Hospital. On booking your appointment staff will inform you of the new location Please also keep an eye out for signage. It is anticipated that Physiotherapy services will be back up and running by Thursday 11th of June. Bookings are now to be made via the GP administration staff and all referrals must be generated from a GP visit.

We thank you for your support and understanding.

Advice for family and friends visiting 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.

Health and Wellbeing Messaging Weekly Update

A reminder of the key COVID-19 prevention messages:

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

How good nutrition can help your immune system

In these times of uncertainty, it is good to identify those things that you can have control of, with what you eat being one of these. Good nutrition has lots of benefits, including supporting a strong immune system. In an article published in The Conversation written by Professor Clare Collins from the University of Newcastle the following 5 ways nutrition can help your immune system were described:

- Eating foods rich in Vitamin A (in the form of beta-carotene) such as leafy green veges and any yellow or orange vegetables like carrot and pumpkin. Vitamin A can also be found in oily fish (eg salmon, sardines), egg yolks, cheese, tofu, nuts, seeds, wholegrains and legumes (baked beans, kidney beans etc)
- Ensure daily intake of B-group vitamins. B6 is found in cereals, legumes, green leafy vegetables, fruit, nuts, fish, chicken and meat. B9 (folate) is abundant in green leafy vegetables, legumes, nuts and seeds and is added to commercial bread-making flour. B12 (cyanocobalamin) is found in animal products, including eggs, meat and dairy, and also in fortified soy milk – check the nutrition panel to be sure.
- Vitamins C and E help protect cells and keeps them stronger and more resistant to inflammation. Good sources of vitamin C include oranges, lemons, limes, berries, kiwifruit, broccoli, tomatoes and capsicum. Frozen varieties are good sources of Vitamin C. Vitamin E is found in nuts, green leafy vegetables and vegetable oils.

- Vitamin D helps in destroying pathogens that cause infection and can be made by our bodies when we are exposed to sunlight and/or eaten in foods rich in Vitamin D such as eggs, fish and some milks and margarine brands that have had Vitamin D added.
- Iron, zinc and selenium are essential for immune cells to work well. Iron is found in meat, chicken and fish. Vegetarian sources include legumes, whole grains and iron-fortified breakfast cereals. Zinc is found in oysters and other seafood, meat, chicken, dried beans and nuts. Nuts (especially Brazil nuts), meat, cereals and mushrooms are good food sources of selenium.



Some practical suggestions for helping others during the COVID-19 period

There are ways you can help others during the COVID-19 period.

- Reach out for a chat and stay connected – just calling isolated people for a chat can make a big difference to their day
- Make sure our seniors and other vulnerable people have enough food, a strong Norfolk tradition
- Make sure isolated people have access to all their medication needs especially if they are not able or wanting to leave their home.

If visiting elderly relatives or friends remember to:

- Clean your hands regularly with soap and water or alcohol-based hand sanitiser
- Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing. Discard tissues and avoid hankies
- Avoid touching your face, nose and mouth. And avoid shaking hands
- Don't leave your home if you feel unwell, unless you are accessing medical attention
- Practice social distancing, which includes staying 1.5m away from others outside your immediate family "bubble" as much as you can and especially if you are in near them for 15 minutes or more.