

NIHRACS Medical Superintendent update 9 July 2020

Apologies to the readers, but there will be no COVID-19 update from me this week

Dr Michelle Bonnici

High Dependency area close to completion

Work is nearing completion on the relocated High Dependency Unit in the area previously housing the Physio department.

Due to the Physio department being re-purposed the hydrotherapy pool will remain closed until further notice.

Thanks to everyone who has been involved in renovating this area.

General Practice Clinic Update

As a result of the current restrictions due to the risks 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.

Flu Vaccines

Flu Vaccines are still available - just call the GP Clinic on 24134 to arrange an appointment to get one. Cost is \$20.

Information below from Department of Health...

Influenza is a very contagious infection of the airways. It is especially serious for babies, people over 65 years of age and pregnant women.

Vaccination is a safe and effective way to protect you from serious disease caused by influenza.

By getting vaccinated against influenza, you can also help protect other people, especially people who are too sick or too young to be vaccinated. The more people who are vaccinated in your community, the less likely the disease will spread.

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 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.

All patient information is treated as confidential.

Health and Wellbeing 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

The Daybreak App

This app was developed by the team from Hello Sunday Morning and is designed to help people change their relationship with alcohol with both professional & community support. It is funded by the Australian Government and is free. It can be downloaded to smartphones or desktop computers. Check out the website: <https://hellosundaymorning.org/daybreak/>

Physical distancing

With visitors allowed back to Norfolk starting today there is no better time to refresh about what physical distancing means... don't shake hands or exchange physical greetings (hugs, kisses) with people outside of your immediate household, stay 1.5m apart, more if exercising, eg running or cycling. This is especially important in public places, eg when shopping, at the beach, restaurants and cafes plus open plan workplaces and lunchrooms where people come together without full knowledge of where others have been and who they have been in contact with.

National Diabetes Week

National Diabetes Week runs from 12 – 18 July.

Diabetes is the epidemic of the 21st century and a major challenge confronting Australia's health system.

Facts about diabetes (from the Diabetes Australia website)

- 280 Australians develop diabetes every day. That's one person every five minutes
- Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated) (Source)
- More than 100,000 Australians have developed diabetes in the past year
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day
- Total annual cost impact of diabetes in Australia estimated at \$14.6 billion

Although Diabetes Australia is not doing a major information campaign this year we will be posting diabetes related information through the Norfolk Island Health and Wellbeing Facebook page. You can also free call the National Diabetes Services Scheme on 1300136588 or speak to your GP or Dietitian at the GP Clinic (ph 24134) if you have any questions.