

Visiting Breast Screening Service Update

Due to the COVID-19 travel restrictions the planned annual visit in September by Sydney Breast Clinic has been delayed until February 2021, subject to the situation closer to that time. Please note the following important information:

- For women who had been advised to have yearly mammograms you will be contacted by the GP Clinic to arrange an appointment to discuss an individual plan for you to ensure you receive the most appropriate service
- All women who are due for your bi-annual (every second year) mammogram in September should contact the GP Clinic to arrange an appointment to see your GP for an assessment
- Local volunteers from the Alice Buffet Trust will be in the Foodlands Mall with information on breast cancer on the following Saturdays from 9.30am – 11am:
 - 23 August
 - 5 September
- Remember that women in the 50 – 74 year age bracket are at the highest risk for developing breast cancer and early detection is crucial for a good outcome. Please keep this in mind when we announce dates for the next breast screening clinic. At present roughly only half of Norfolk women in this age range have had local mammograms and we are aiming to increase this.

New Relocated High Dependency Unit Ready

Work is now complete on the relocated High Dependency Unit at the Hospital in the area previously occupied by Physiotherapy. The two bed unit with ventilators and other new equipment will provide the capability and capacity to care for patients requiring intensive care if the need arises or until they are medically evacuated. Nurses and doctors have been trained in the use of the equipment.



Revised Protocol for Visitors entering NIHRACS

- All visitors must be screened at the hospital entrance as per the current screening protocol
- All visitors coming into the Aged Care Facility must have received the current 2020 Flu Vaccine
- All visitors must sign in at the Nurses Station and list a contact phone number

- Hand hygiene before and after visiting must be carried out
- Only 1 visitor at a time (2 visitors if providing end of life support)
- Visits by family, friends or carer to be held in the resident or patient's room
- For our Residents in the Aged Care Facility, please stay in touch remotely with your loved ones, if unable to visit. Phone calls utilising technology (messenger) letters or cards will certainly brighten their day.

Thank you for your understanding during these difficult /uncertain times.

Phyllis Evans. Nurse Unit Manager

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

Staying Healthy Living Well Starting again

Staying Healthy Living Well (SHLW) is a FREE 12-week program that started on Norfolk in July 2019 and has proven successful for those who participated. It went into recess due to COVID-19 but we are starting up again. This program helps people with a chronic health condition (present for more than 6 months) to understand more about their health and will share ideas, tips and approaches to becoming more confident in monitoring health and general wellbeing at home. Delivered by Feros Care and funded by Central and Eastern Sydney PHN, participants will be provided with a senior friendly easy to use touch-screen computer and measuring devices so they can record their vital signs (like your blood pressure, oxygen levels and blood sugars) each day. The results will be transmitted securely and privately to a Telehealth Nurse who will monitor and speak with participants regularly. Feros Care will also provide a print out of results to be shared with participant's GP. All this without leaving the comfort of your own home.

If you are interested in participating please ring Carter Stormann, SHLW Local Coordinator on 22687 or 53026 or email carter.stormann@hospital.gov.nf.

Heart health: movement and motivation (From Jean Hailes for Women's Health)

Many of us know that being physically active is one of the best ways to reduce our risk of heart disease. But how do you stay motivated and make physical activity a regular, and enjoyable, part of your life? Cardiovascular disease – diseases of the heart and blood vessels, such as heart attack and stroke – is the number-one killer of women in Australia, making it a major women's health concern.

Physical activity strengthens the heart muscle, which improves its ability to pump blood to the lungs and throughout the body. The best types of physical activity for heart health are the ones that increase your heart rate, make you feel warm and get you a little out of breath. This is what's known as moderate-intensity exercise. It includes activities such as brisk walking, cycling or playing tennis. According to the Heart Foundation, 150 minutes of this kind of exercise each week – about 20 minutes per day – plus muscle-strengthening activities on at least two days each week can reduce your risk of heart disease by 35%. Physical activity helps to ward off the risk factors that are linked with heart disease, such as high blood pressure, high cholesterol and

being overweight. If you already have heart disease, physical activity can help you to manage the condition.

How have you been able to incorporate physical activity as a regular and enjoyable part of your life?

For more information check out: <https://www.jeanhailes.org.au/health-a-z/healthy-living/physical-activity-exercise>

Are you involved in Community Sport? Some good information from Queensland

Being involved in community sport has many benefits – including social, physical and mental wellbeing. Long-term health benefits of being involved in various sports include reducing your risk of cardiovascular disease and improved lung function.

During a global pandemic however, community sport settings have the potential for transmission through face-to-face contact or contact with sporting equipment. So it's now more important than ever to work as a team to stop the spread of COVID-19.

Top tips to be a good sport during this season:

We all need to continue to follow current restrictions, practice physical distancing as much as possible, and ensure good hand hygiene. If you are a parent, player or a coach, it is recommended that:

- * You wash your hands properly and regularly
- * Pack a bag that includes your own towel, water bottle and hand sanitizer
- * Don't share drink bottles
- * Don't shake hands or give high fives
- * Be creative in celebrating a goal to limit close contact. Swap your high five celebrations for elbow bumps or an air high five!
- * Coaches should keep a spray bottle of disinfectant handy to regularly clean and/or wipe down shared equipment
- * Keep separate areas for used and sanitised equipment

Stay home if you're unwell

For more information check out: <https://tinyurl.com/y4n3o9ju>

Complete Health Improvement Program (CHIP) starting next week

NIHRACS and Ken and Julie Weslake from the SDA Church are working together to deliver CHIP on Norfolk, starting Tuesday 18 August. CHIP is an evidence based lifestyle group education program focussing on "whole-person" health. It will run over 12 weeks, with 18 sessions incorporating information on nutrition, exercise, behaviours and will provide many useful tools to assist people in making changes. Each session will include a healthy food tasting. Participants will also receive a great kit of resources. The cost to participate in the whole program is \$99. For more information please contact Karen Innes-Walker, Health and Wellbeing Coordinator email: karen.walker@hospital.gov.nf; phone: 22687 or Ken or Julie Weslake, SDA Church on 22201 or nufkason@gmail.com.