

## **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 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.

### **Flu Vaccines - Get in quick, stocks are limited!**

In light of the current health climate, NIHRACS encourages all community members to obtain a flu vaccination. Influenza is a serious illness and can be fatal. Protection against influenza is highest in the first three to four months after vaccination. Getting vaccinated in April or May allows protection during the peak influenza transmission period, which runs from around June to September in most parts of Australia.

It is never too late to vaccinate since influenza can circulate in the community all year round.

There are currently no vaccines that protect against COVID 19.

Whilst influenza vaccine will not prevent coronavirus infection it can reduce the severity and spread of influenza, which may make a person more susceptible to other respiratory illnesses like coronavirus.

Cost of the Flu vaccination is \$20 each.

We are conducting these via appointments only please phone the GP Clinic on 22091 to book your appointment.



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

### **Protocol for Visitors entering NIHRACS**

- All visitors must be screened at the NIHRACS's various entrances, including the main entrance, dental clinic and allied health departments as per the current screening protocol
- Please remember the staff who do the entrance screening are following the procedures for the safety of our patients, visitors and staff and rudeness is not acceptable
- All visitors coming into the Aged Care Facility must have received the current 2020 Flu Vaccine
- All visitors to the hospital 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

### **Tradies Health Month – more information from Lucy our Physiotherapist**

Did you know the most common injury experienced by tradies is back pain. The back is a part of the body involved in almost all the tasks that tradies undertake at work.

Some ways that you can avoid back pain are:

- Work smart: use good positions, good techniques and use the equipment available where possible to reduce strain on your back
- The correct back position for lifting means maintaining the natural curves of the spine, especially a small arch in the lower back, keeping a wide base of support and keeping the load close to your body
- Engage in regular risk assessment to ensure the design of the task is as friendly to the back as possible
- Stay fit, flexible and strong enough to do your job
- Ask for help when lifting heavy

Tradies, take care of your health!

If you want to find out more information visit <https://tinyurl.com/y5xqtn8v> or ask the Physiotherapist.

### **Complete Health Improvement Program (CHIP) Update**

The CHIP Program started last week, facilitated by Ken and Julie Weslake, with participants learning about how a healthy lifestyle can make a major difference to people with many established long term diseases and also how important it is to prevent these very prevalent diseases. Each session includes a healthy food tasting of dishes from the plant based recipe book provided. If you are interested in being involved in the next program please contact Karen Innes-Walker, Health and Wellbeing Coordinator on [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) or call 22687.



### **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](mailto:carter.stormann@hospital.gov.nf).

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

Just a reminder that the Burnt Pine Pharmacy is now a Local Access Point for the NDSS. This scheme is an initiative of the Australian Government and is administered by Diabetes Australia. It provides diabetes health information and resources as well as subsidised products. If you live with diabetes and are on insulin and/or have been advised by your health professional to 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.

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 on NDSS 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/>