

A Big Thank You to the Norfolk Island Hospital Auxiliary

Many thanks to the members of the Norfolk Island Hospital Auxiliary for their continued support for our Residents in the Aged Care facility. The purchase of new doona covers/pillow slips and towels is greatly appreciated.

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

Women's Health Week (7 – 11 September)

Jean Hailes for Women's Health is Australia's leading and most trusted women's health organisation. They have put together information on a wide range of women's health topics. Each day of Women's Health Week, they will focus on a different topic. If you sign up you will receive a daily email with videos, recipes, quizzes, articles and tools to help you unlock your own powers for good health. All the health information they produce is based on research and has been reviewed by their expert medical team. For more information and to sign up visit: <https://www.womenshealthweek.com.au/about/>

Don't let a little habit turn into a big problem

Did you know it takes just 66 days to form a habit? For many Australians, lockdown lasted around 70 days. The @AlcoholDrugFdn has released a new campaign to encourage all Australians to reflect on whether their COVID-drinking might have become a little habit. Visit <https://tinyurl.com/y4p9333y> for information on how to recognise problem signs around drinking and find out more about what to do to turn your little habit around.

Living with chronic disease – some suggestions

Living with your chronic condition: how to manage your health and wellbeing.

Chronic health conditions are long lasting and often affect a person's quality of life. Some conditions get worse and some remain much the same and others can come and go over months or years. Half of all Australians have at least 1 of the 8 major chronic conditions. These include arthritis, asthma, back pain, cancer, cardiovascular disease, chronic breathing problems, diabetes and mental health conditions. Queensland Health has published some good information on ways to manage your chronic health condition(s). More information can be found at: <https://tinyurl.com/y4arhyun>