

## Healthy Cooking Demonstration Tuesday 20 October

Join chef James Garden as he shows how to prepare some healthy and delicious springtime dishes that could be enjoyed at a picnic.

When: Tuesday 20 October starting at 5.30pm

Where: Castaway deck, drinks will be available for purchase

Cost: \$5 per person

Physical distancing and COVID-19 friendly hygiene practices will be employed.

Please RSVP to Karen Innes-Walker, Health and Wellbeing Coordinator, on 22687 mobile 53969 or email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) by Thursday 15 October

## Welcome to Sallie Davie as our new Staying Healthy, Living Well Coordinator

We welcome Sallie into the part time position as the Staying Healthy, Living Well Coordinator taking over the role from Carter Stormann. Big thanks to Carter for his great work in setting up the program and in helping many people on Norfolk improve self-management of their chronic health conditions.

Sallie is well known in the community and brings with her many years of experience as a nurse, having worked in many different clinical areas in Australia and Zimbabwe. Sallie has also had a long term voluntary involvement with St John Ambulance as both Instructor and Secretary.

Sallie will be working out of Smithy's as part of the Health and Wellbeing team and can be contacted at phone: 22687.



## Community Garden

The Government House Community Garden was officially opened last Sunday. Within the garden there is a section allocated to NIHRACS and Care Norfolk.

It is hoped that some of our Dar Randa Residents may be interested in going down to enjoy the garden. The photo below shows our section with two raised garden beds and benches for sitting on plus room to take a wheelie walker in and to turn around. Thanks to the Administrator's Office for funding the construction of this section.

If you have any questions about NIHRACS' involvement please contact Karen Innes-Walker on 22687 or [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf).



## **Information for patients supported by NIPTAAS who are flying to Brisbane (as at 23.9.2020 – please note that this is subject to change)**

When you arrive at Brisbane International Airport (BNE), you will find it largely closed down. Taxis and rental car companies are not waiting there as all other International passengers (not Norfolk Island passengers) are being bussed straight to quarantine. Also you won't be able to get an Australian SIM card for your phone at the airport.

Transport from BNE Airport options:

- Private pick-ups should go to Departures, Level 4
- Rental cars – phone your car hire company directly (not an agent) in advance (from Norfolk) to arrange to be met at your flight
- If going to hotel accommodation, enquire in advance with them about whether they provide transfers from the Airport
- Trains are running as usual
- Taxis. Air NZ advises that the public phone on Level 2 Arrivals is now in a restricted area. However, there is a phone at Level 4 departures, near the centre entry opposite Row 6.

Another option is to take the Airport Train from the International to the Domestic airport and get a taxi from there.

We have been advised that at Sydney International Airport there are taxis available at the taxi ranks. Hire car companies have scaled back operations and Sydney Airport advises people who are hiring cars to contact their individual company to make arrangements to be met.

## **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.

### **GP Staffing Update**

The following locum GP's will be joining our team:

Dr Thomaz Silva 12<sup>th</sup> September – 16<sup>th</sup> October

Dr Clive Bishop 19<sup>th</sup> September – 6<sup>th</sup> November

### **How long should you book your appointment for?**

Most appointments with your GP only require 15 minutes. If you have multiple issues or you think they are complex and will require extensive discussion, please let our receptionist know that you would like a **long appointment**. This will ensure you have the time needed with your GP and will assist us in managing the GPs time and patient flow.

### **Updating Your Details**

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

### **Test Results and Referrals**

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation.

### **Walk-ins**

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience.

### **Skin Check Clinic**

As part of a complete early detection strategy, we recommend that you see your GP once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. To make a booking for the skin check clinic call the GP Clinic on 24134.

### **Women's Wellness Clinic**

The Women's Wellness program continues. Interested women of all ages are encouraged to book an appointment (lasting forty minutes) with Dr Jenny Sexton on Tuesday and Thursday. Please mention 'Women's Wellness' when making the appointment – phone 24134.

### **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.

## **Asthma Management**

*Asthma* cannot be cured, but with good management people with *asthma* can lead normal, active lives.

For good asthma management:

- See your GP for regular check-ups and work together to manage your asthma
- Understand what triggers your asthma – this can be different for everyone
- Try to avoid or reduce your exposure to these triggers
- Use your medications as instructed by your GP, even when you feel well
- Make sure you are using your inhaler (puffer) correctly, including using a spacer where required
- Follow your written asthma action plan

Ask your GP for a personal written asthma action plan. As well as being a reminder of your usual treatment, an action plan helps you to recognise worsening asthma and tells you what to do in response. If your child has asthma, give copies of the action plan to the school and to anyone else who regularly looks after your child.

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

## **Protocol for Visitors entering NIHRACS**

- All visitors must be screened at the NIHRACS's entrance as per the current screening protocol. This may be at the front door plus also the dental clinic or allied health entrances (eg Physio, Social Work, Psychology)
- 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 (eg 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

## **October – Mental Health Month**

October is Mental Health Month in New South Wales, Victoria, and the ACT. This month provides the opportunity to raise awareness around mental health & wellbeing and centres around World Mental Health Day, which is marked each year on October 10.

The theme of Mental Health Month this year is "Tune In".

Tuning In means being present, being aware of what's happening within you, and in the world around you.

- Tune In to your senses – what can you sense right now? What can you feel?
- Tune In to your communities – what's happening that you can be part of, or that you can help others be part of?
- Tune In to stigma – how do attitudes and understandings of mental health and wellbeing impact people's ability to live the lives they want?

Taking a moment to Tune In can help still and focus your mind, it can help you understand what's going on for you and others. Tuning in can help you find a new perspective, and it can help you reflect and be present.

Tuning In has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections. Tuning In to communities and the impact of mental health stigma can help ensure that people who need support have safe places to talk about their experiences and reach out.

### **Don't forget to get your regular check up**

The results of a survey by the Heart Foundation has found that many people with cardiovascular disease have missed check up appointments with their GP between April and August this year. This rate of not getting scheduled heart checks appears to be higher than for other conditions (27% versus 17%). About one in five people at highest risk say they are unlikely to attend future appointments with their GP due to concerns about the risks of COVID-19. The biggest dip was in people discussing their blood pressure or cholesterol with their GP, despite millions of Australians having high blood pressure and high cholesterol. Hopefully this is not the case on Norfolk but is a timely reminder of the importance of regular health checks for people with any chronic disease.