

NIHRACS Welcomes James McGuigan

James McGuigan recently commenced in the role of Manager Corporate Business and Finance. James is looking forward to working with the dedicated NIHRACS staff to support their valuable work in providing health and aged care services to the local community.

James brings over thirty five years' experience in the services industry, working in education and health industries across both the public and private sectors. James is a Fellow of the Australian College of Health Service Management and Fellow of CPA Australia.

On James' first weekend (out of isolation) he walked from Captain Cook Memorial to the top of Mount Pitt and back and was taken by the beauty of the island and the bird life, but a little perturbed by the description of the climb as 'moderate' as he found the climb anything but.



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 by Thursday 15 October

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 12th September – 16th October

Dr Clive Bishop 19th September – 6th 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 Hospital acute ward and 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

Mediterranean Lifestyle – Norfolk Island Style

An overwhelming number of research activities and published papers have shown that the Mediterranean diet is ideal for maintaining a healthy heart as well as preventing diabetes and many other common health conditions. A very recent article has shown that the benefits of keeping to a Mediterranean-like diet can reduce the risk of dying from all causes even in those who are overweight or obese when compared with those with a lower Mediterranean diet score. Check out the NIHRACS website (click on the News tab) for more information.

Sensory Room available for Community Use

The room, available for community use, is a collaboration between NIHRACS and NI-Connect (Key Assets). The room is located at NI-Connect (the Bounty Centre). Sensory rooms are specially designed environments that provide a sensory experience to people, young and old, with a wide variety of different abilities. Traditionally, sensory rooms were used for relaxation and de-escalation, when people with autism, emotional and behavioural difficulties, sensory processing disorder, mental health disorders or other special needs would find themselves overwhelmed and in need of a safe and distracting place to return to a state of calm.

Although sensory rooms are often still used for relaxation, they can also be used in conjunction with various therapy modalities.

The room contains different seating options, including an “Egg Chair”, or a rug for lying on. It also contains a fibre optic spray, lava lamps, projector with special effect wheels, a blue tooth speaker to play music of the person’s choice, an aromatherapy device, weighted toys and blanket and a range of sensory toys and devices. Each person who uses the room will have their own preferences about which items they will enjoy using.

To book a session in the sensory, contact NI Connect on 23380. For more information please contact Karen Innes-Walker, Health and Wellbeing Coordinator, NIHRACS on phone: 22687; mobile: 53969; email: karen.walker@hospital.gov.nf.

The photo shows some components of the Sensory Room.

