

Eye Diseases – Question and Answer Session – 5 December

Did you know that 55% of Australians had one or more long term vision disorders in 2017 – 18 (AIHW)? You are invited to attend a free community Q&A session with our two visiting Ophthalmologists (Drs Matthew Wells and Dominic McCall) on Saturday 5 December at Rawson Hall, from 5.30pm – 6.30pm. Come along and ask your questions about eye disorders and the latest treatment options. Physical distancing will be adhered to.

Staying Healthy and Living Well Program for Seniors

Staying Healthy Living Well (SHLW) is a FREE 12-week program that has been running on Norfolk since July 2019. So far the program has helped around 30 people to learn more about their health and has shared ideas, tips and approaches to increase confidence in managing their own health and general wellbeing. Coordinated locally by Sallie Davie, in association with Feros Care and funded by Central and Eastern Sydney Primary Health Network, participants are provided with a senior friendly easy to use touch-screen tablet computer and measuring devices so they can record their your vital signs (such as blood pressure, oxygen levels and blood sugars) each day at home. The results are transmitted securely and privately to a Telehealth Nurse who monitors and speaks regularly with participants. Feros Care also provides print outs of results to share with the GP. If you have any questions or would like to join the program, either talk to your GP, Chronic Disease Nurse or contact Sallie on 53026 or 22687.



Updated Protocol for Patients and Visitors entering NIHRACS (24 November 2020)

- All patients and 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 note that all those who have arrived from mainland Australia in the last 14 days will not be permitted to visit residents of the aged care facility nor patients in the inpatient ward unless permission has been given by the Nurse Unit Manager
- No person who has arrived from South Australia in the past 4 weeks (any time from 20 October) will be allowed entry to NIHRACS until further notice. If people in this situation require medical attention please call the Hospital on 22091 or call 000 in case of an emergency
- 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
- Flu vaccination is not compulsory in the Acute ward, but visitors are limited to immediate family members only, for example husband, wife, sons & daughters
- 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

NIHRACS farewells Margie Meagher

We wish Margie and Tony all the best for the next chapter in their lives and we thank Margie for her years of dedicated service and care of her clients and her and Tony's contribution to the Community.

Free Health Checks at Norfolk Mall on Saturday 28 November 9am – 10.30am

We will be providing free health checks at the Norfolk Mall on Saturday 28 November from 9am – 10.30am. In addition to having your Blood Pressure, Blood Glucose, Body Mass Index and waist circumference measured, we will have a range of health information brochures available and a one minute health questionnaire that will help indicate if you should speak to a health professional at another time. Come along, for your health's sake.

Dental Clinic News

Dr Nitin Gupte, Dentist, will be on leave and off the island from 30th Nov to 7th Dec. For any urgent emergencies please contact the GP Clinic on 22091.

Also the visiting orthodontist (Dr Shane Fryer) will be visiting the dental clinic for consultations and treatments on Friday 4th Dec and Saturday 5th Dec. Call the dental clinic (22910) to make an appointment.

The dental clinic will be closed during the Christmas/New Year period from 25th Dec, reopening on Monday 4th January. For any dental emergencies during this closure please contact the Hospital on 22091.

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

Our GPs currently are:

Dr Peter Manns – Will be on annual leave from 28 November – 15 December

Dr Jenny Sexton

Dr Samuel Jones

Dr Joshua Dally – Until Friday 4 December

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.

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 or 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.

Heart Health Check

Do you know what your risk of having a heart attack or stroke is? Having a regular Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke.

Most importantly, your GP and nurse can support you to lower this risk. A Heart Health Check is a 20-minute check-up with your GP to assess your risk of having a heart attack or stroke.

Anyone 45 years and over or 30 years and over for Aboriginal and Torres Strait Islander peoples should have a regular Heart Health Check with their doctor.

To make a booking for a heart health check please call the GP Clinic on 24134.

All patient information is treated as confidential