

Quitline is now available as a freecall service for the Norfolk Island Community

Contact Quitline for help to quit smoking. You can call the hotline on 13 QUIT (13 7848), to talk to a counsellor or request a callback. The Quitline offers an online chat service and has resources for health professionals. Quitline counsellors are trained experts in stopping smoking. They can give you small steps to help you break the habit and can provide support, even if you're not completely ready to quit just yet.

Visit their website for more information: www.quit.org.au.

NIHRACS also runs a weekly smoking cessation clinic, see more details below in the GP Clinic update.

Free Health Checks at Norfolk Mall on Saturday 30 January 9am – 10.30am

We will be providing another free health check session at the Norfolk Mall on Saturday 30 January 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 from 19 January until 1 February. Dr Val Opeta will be our locum Dentist during this time. Dr Nitin also encourages parents to make an appointment to get their children's teeth checked during the school holidays. To make an appointment please call 22910.

Are you interested in helping guide health promotion activities on Norfolk?

We are looking for members of the Norfolk Island Community to join the Norfolk Island Health and Wellbeing Advisory Sub-Committee. This group has been running for over 2 years and is a sub-committee of the Norfolk Island Community and Clinical Consultative Committee. NIHRACS would like to thank Dale Howe and Natasha Arnold for their contribution to the sub-committee over the past 2 years. The group meets for 1 hour every second month. The sub-committee provides support and advice on the implementation of the Norfolk Island Community Health Promotion Plan and guidance on future health promotion plans. If you are interested, please contact Karen Innes-Walker, Health and Wellbeing Coordinator (email: Karen.walker@hospital.gov.nf or phone: 22687) for more information, by Friday 29 January.

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. It is a legislative requirement that GPs and Other Medical Practitioners (OMPs) working in general practice can only perform a telehealth or telephone service where they have an established clinical relationship with the patient. There are limited exemptions to this requirement. 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.

Please note the clinic is closed for lunch from 12.30 – 1.30pm.

Please call 22091 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 Samuel Jones 19th October – 30th June

Dr Matt Eckersly 7th December – 30th January

Dr Rae Madison 4th January – 30th January

Upcoming Clinic/Specialist Appointments

Please note that all specialist appointments will require a referral letter from your GP prior to booking an appointment.

Smoking Cessation Clinic Every Tuesday afternoon (no referral required)

Nutrition and Dietetics Clinic Every Thursday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

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 please mention 'skin check' when making the appointment – phone 22091.

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 22091.

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 22091.

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 22091.

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 22091.

All patient information is treated as confidential