

Please complete the NIHRACS Norfolk Island Food Security Survey

Food security is an internationally recognised term. It can be described as access by all people at all times to sufficient food for an active and healthy life. Food security includes the ready availability of nutritionally adequate and safe foods. Research has shown that people living in remote locations are more at risk of food insecurity and that it can impact on their nutrition status. The NIHRACS Dietitian has developed an online survey to provide information about food security on Norfolk Island, focussing on the past 12 months. This information will help guide a health response to any future planning related to food security. The survey is anonymous and will not be reported in any way that will allow individuals to be identified. You can access the survey at the following link. <https://www.surveymonkey.com/r/33XZZF2>

The more people who complete the survey the better the information will be. Many thanks, in advance, for completing the survey.

If you have any questions about the survey, please contact [Karen Innes-Walker](mailto:karen.walker@hospital.gov.nf) by email: karen.walker@hospital.gov.nf.

Latino dancing is starting soon

Cuban salsa has finished but the health and wellbeing program is welcoming people to come and try Latino dancing with Valeria "Val" Dorrego. Valeria has provided the following about the new program...Come learn a few moves, enjoy the upbeat Latin American music and share some laughs. Dance along, follow my lead or invent your own ways. The idea is to move as many muscles as we can, and have fun!

All genders and ages welcome at the weekly classes, starting on Monday 19 April at 5.30pm at SDA Hall on New Cascade Road . Remember to bring your water bottle and comfy shoes.

Cost is \$5 per person, children are free.



Easter for the residents

The residents of Aged Care would like to thank David Bell for the basket of Easter goodies he kindly donated. They would also like to thank Quota for the lovely gift bags they received.



Condoms now available

As part of the NI Community Health Promotion Plan, as part of the sexual health program, we have explored options for discreet supply of condoms. NIHRACS and NIRC worked together initially to place condom vending machines in public toilets but recently there have been issues with supply of the boxes which fit into the vending machines. We are trialling new "outlets". Paw Paw's Pump Shed & Central Service Station have kindly agreed to being the new outlets. The condoms will be in paper bags which will be housed in a bucket. There will be 4 condoms in each bag for \$1.00 with a honestly jar in the container. Thank you to Paw Paw's Pump Shed & Central Service station for helping us continue to support sexual health

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 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 Samuel Jones 19th October – 30th June

Dr Myra Brown 8th February -24th April

Dr Lisa Watson 8th March – 24th April

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 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.

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.

Cervical Screening (formally known as Pap Smear)

The cervical screening test is a new, more accurate way of protecting women against [cervical cancer](#). It was introduced in Australia in December 2017, and is expected to protect almost one third more women from cervical cancer than the old Pap test.

The Pap test used to look for changes in the cells of the cervix, the entrance to the uterus (womb) from the vagina. Now the cervical screening test looks for evidence of the human papillomavirus (HPV), which can lead to cell changes in the cervix.

The cervical screening test looks and feels the same as the Pap test. But it is only done every 5 years instead of every 2 years, if your results are normal.

If you are a woman aged 25 to 74, you should have your first cervical screening test 2 years after your last Pap test.

All patient information is treated as confidential