

## Health & Wellbeing Expo 2021

After a success 2019 Expo, the Health & Wellbeing office is in the process of organising the 2021 Expo. The Expo aim is to promote health & wellbeing and showcase a range of services available for the community. The program will follow the same lines as the 2019 with presentations on various health & wellbeing topics, exhibitors in the hall and healthy food stalls. The proposed date is Sat 18 Sept 2021 and the Expo hours will be 10am-1pm. There is no charge to have a table, so if you are interested in being involved in this great day to promote your services or products or food please contact Maria on email [maria.massey@hospital.gov.nf](mailto:maria.massey@hospital.gov.nf) to reserve your table. Please note: due to Covid restrictions tables are limited.

## Healthy Cooking Demonstration Tuesday 27 April

The next healthy cooking demonstration event will be held on Tuesday 27 April at The Local, starting at 5.30pm. This time we have the Sally & Ramah team, they will both be showing us how to prepare their favourite vegetarian dishes using locally available seasonal ingredients. They are both passionate about cooking vegetarian meals and are keen to share their hints and tips to prepare a healthy & nutritious meal. As physical distancing will limit the number of people who can attend, please RSVP early as places will fill fast. Cost is \$5 and you will get the recipes and can taste all the dishes. To RSVP please contact Karen at the Health and Wellbeing office on 22687 or by email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) no later than 23 April.

## 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.

## April is No Falls Month

Did you know that around 30% of adults over 65 years of age will experience at least one fall each year? The consequences of this can be significant with injuries ranging from cuts and abrasions to serious fractures and head injuries. The good news is that there is a lot that can be done to reduce the risk of falling. To get the word out we are embracing April as No Falls Month. On Saturday 24 April, Lucy Stewart, Physiotherapist, will be conducting free falls risk checks at the Norfolk Mall from 9am – 10.30am. If you have any questions or would like a copy of a great booklet about falls prevention please contact Maria or Karen at the Health and Wellbeing Office on 22687.

## 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 19<sup>th</sup> October – 30<sup>th</sup> June

Dr Myra Brown 8<sup>th</sup> February -24<sup>th</sup> April

Dr Lisa Watson 8<sup>th</sup> March – 24<sup>th</sup> 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 & Lianne. 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**