

Successful Healthy Cooking Demonstration with Sally & Ramah

On Tuesday 27 April Sally Rashbrooke & Ramah Haddi shared some of their favourite vegetarian recipes at The Local. Sally cooked Banana & Sweet Potato curry and for dessert, healthy Chocolate Mousse made with avocado & cacao powder. Ramah cooked Quinoa Salad & Shakshuka, all dishes looked and tasted amazing. There was a fantastic turnout with approximately 20 participants coming along to learn and enjoy the cooking. Many thanks to everyone who came along, Sally & Ramah for their excellent demonstrations and also to Carli & Debra from The Local for providing the venue. Recipes are available on the NIHRACS website (www.norfolkislandhealth.gov.nf). Below are photos of our two cooks in action.



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

Medication Safety Tips

Medication safety is an important topic that we as providers and patients often overlook. As we age, we tend to add more and more medications to our drug regimen. Adding medications may increase the risk of drug interactions. The older we are, the harder it is on our bodies to break down and process these medications. Whether you are the one on multiple medications or caring for someone who is, medication safety is something we can all use more education on. Below are five important tips to help you or a loved one when it comes to medication management.

1. **Ask questions** to get the information you need about medicines and make better informed decisions. For example, how do I take the medicine, when do I take the medicine, are there common side effects?
2. **Know it's a medicine.** Medicines don't just come on prescription – they include over-the-counter medicines from a pharmacy, supermarket or other store, as well as herbal remedies, vitamins and other supplements.
3. **Know the active ingredient.** Active ingredients are what make your medicines work. If your pharmacist offers you an alternative brand of prescription medicine, you can be sure it will work the same way as your usual medicine.
4. **Always follow instructions** from your doctor or pharmacist and read the labels and packaging of your medicines carefully. For more detailed information, read the Consumer Medicine Information leaflet which is available for prescription and pharmacist-only medicines.

5. **Keep track of all your medicines.** Keep a current list of your medicines on paper to keep with you, especially on visits to your doctor, pharmacist or to the hospital. You can use the NPS Medicines List, or use the free MedicineWise app on your smartphone.

Cardiac Rehabilitation Program Starting soon

NIHRACS is starting a cardiac rehabilitation group program for people with heart conditions, including those who have had various forms of cardiac surgery, have had a heart attack or have heart failure. The program will be delivered by different health professionals including a physiotherapist, social worker, dietitian, nurse and pharmacist. The eight-week program will support participants to:

- Understand their heart condition and the treatment options
- Manage their risk factors
- Get back to usual activities
- Cope with fear, stress, depression, anxiety
- Understand their medications, tests and procedures
- Know the heart attack warning signs and what to do in an emergency
- Have a healthy lifestyle, including eating and exercise.

If you are interested in joining the program, please contact the GP Clinic on 24134 to make an appointment as a medical referral is required to join the program.

Get Healthy Free Information and Coaching Service Now Available

As a part of the Norfolk Island Community Health Promotion Plan, our community (those aged 16 years and over) now has access to this free and confidential phone based health coaching service. The service provides you with your own university qualified health coach who can provide 10 confidential calls over six months to help you make healthy lifestyle changes. If you are interested check out the website:

www.gethealthynsw.com.au, call 1300806258 (freecall from Norfolk Island) or talk to your GP or chronic disease nurse (call 24134 for an appointment) or call the health and wellbeing office on 22687.



NSW
GOVERNMENT

get healthy
Information & Coaching Service

FREE TELEPHONE-BASED HEALTH COACHING

Your **free** NSW Health service can help provide you with the support and motivation you need to reach your own healthy lifestyle goals.

Heart Week – May 3-9 2021

There has never been a more important time to prioritise heart health.

Approximately 2.5 million Australians are at a high risk of having a heart attack or stroke in the next five years, and over half of these have not had an event previously.

Last year we saw people postponing or forgoing a wide variety of services, ranging from emergency treatment of acute conditions, to routine check-ups like Heart Health Checks.

After a period of lockdown, health, family and economic pressures, it is time to return our attention to the prevention and management of cardiovascular disease. We are encouraging everyone to get back to looking after their heart health. A great place to start is by understanding the risk of developing heart disease and keeping up with regular check-ups. Call the GP Clinic on 24134 to arrange a heart health check. For more information check out www.heartfoundation.org.au



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 Clive Bishop 21st April – 1st June

Dr Paul De Jong 26th April – 18th May

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

Karen Street (Paediatric Occupational Therapist) 3rd – 6th May

Lisa Wilkes (Podiatry) 7th – 14th May

Sradha Kotwal (Nephrologist) 21st - 23rd May

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. 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.

All patient information is treated as confidential