

Your Pregnancy, Birth and Beyond

Having a baby is an exciting time whether it is your first or fourth. For some women it can also be a challenging time both physically and emotionally. Being informed about your choices and understanding what to expect is helpful. With this in mind, multi-disciplinary antenatal class are recommended. The staff at NIHRACS are focused on ensuring the best outcomes for mothers, babies, families and the community by providing consistent, high- quality, evidence-based maternity care.

Some of the topics covered in the sessions include:

- physical wellbeing including diet, exercise, medications
- preparing women and their partners for childbirth, including building women's confidence in their ability to labour and give birth
- emotional wellbeing and mental health during pregnancy and after the baby is born
- labour and birth
- breastfeeding
- early parenting and infant attachment
- knowing when to get help and how to find support including NIPTAAS

The first group started this week with future sessions being held in the Mawson Meeting Room from 5.30pm to 6.30pm. We hope to run another group later in the year.

If you have any questions regarding antenatal classes on Norfolk Island or any other aspects of pre-pregnancy or pregnancy care please contact Kaye Evans on 24134.

Local Drug Action Team set to support Norfolk Island

NIHRACS is pleased to advise that, the Australian Government and the Alcohol and Drug Foundation (ADF) have announced funding for a Local Drug Action Team (LDAT) on Norfolk Island to prevent and minimise alcohol and other drug-related harm in the community. The new Local Drug Action Team will aim to coordinate preventative activities, led by the Health and Wellbeing team in conjunction with the Norfolk Island Community, to address local alcohol & drug issues, with a particular focus on young people. Local Drug Action Teams help to strengthen their communities by delivering primary prevention initiatives such as peer support, mentoring, education in schools, support for young people and resources to reduce alcohol harms in pregnancy. For further information please contact Karen Innes Walker on email karen.walker@hospital.gov.nf or phone Health & Wellbeing office on 22687.

Men's Health Week 14-20 June – Free Men's Health Checks on Saturday 19 June at The Bowling Club

We are holding a Men's Health Check event at the Bowling Club on Saturday 19 June from 3.30pm – 4.30pm to coincide with the end of bowls for the day. All men are welcome to attend. We will have male volunteer health professionals available to help with the checks. There will also be lots of useful information about men's health. Come along and have your blood pressure, blood sugar, body mass index and girth measured plus have a chat about your health and wellbeing.

Healthy Cooking demonstration

The Health & Wellbeing office is in the process of organising another Healthy Cooking demonstration, this time we have chef James Garden, the theme is healthy soups which is just in time for our cold weather. The demonstration will be held on Thursday 24 June at 5.30pm at The Local. If you would like to come along please contact Karen Innes Walker on email karen.walker@hospital.gov.nf or phone Health & Wellbeing office on 22687.

Dementia Support Australia (DSA) visiting Norfolk Island – June 29th to July 2nd 2021

Dementia Support Australia (DSA) is a service led by HammondCare that brings together expertise in dementia care from across the aged care industry. It is federally funded and provides support across Australia, including the Norfolk Island Community.

DSA aims to improve the quality of life for people living with dementia and their carers. We do this by working in partnership with the person living with dementia and their care network to understand the triggers that led to changes in behaviour.

DSA offers non-pharmacological and pharmacological advice and support to clients and to their carers. DSA also provide education and training to aged care facilities and organisations that care and work with people living with dementia. DSA will also attend the Norfolk Island Health and Wellbeing Expo at Rawson Hall in September 2021.

The DSA team is a multi-disciplinary team consisting of Registered and Mental Health Nurses and Allied Health Professionals with significant experience working in dementia and aged care settings.

If you have been diagnosed with dementia and would like to speak to the team from DSA while they are visiting Norfolk Island, please make an appointment with your GP at NIHRACS GP clinic on 24134 or self-refer by contacting their 24/7 free helpline 1800 699 799.

If you are a carer of someone with dementia and would like to meet with DSA for advice while they are visiting Norfolk Island, please call the Hospital Social Worker Maria on 22091, mobile 50593 or alternatively call DSA to self-refer.

Latino dancing

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, start time is 5.30pm each Monday at SDA Hall on New Cascade Road . Remember to bring your water bottle and comfy shoes.

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

The Great NIHRACS Bake Off

On Thursday 27th June, NIHRACS held the customary Big Morning Tea for the Cancer Council, but this year Carrie, the GP Practice Manager, gave it a bit of a twist.

Staff were invited to submit something for the Bake Off, to be judged by two members from the Council of Elders. Robin Butterfield and Cherie Nobbs eagerly volunteered for this tasty task. On the day they were dressed up for the occasion, with Robin wearing a shirt saying 'I will be the judge of that' and 'Just bake it ✓' on the back of Cherie's.

The selection and quality of the baking was amazing. Judging has never been so deliciously difficult! The overall winner was Sheryl Yelavich, whose loaf not only tasted great, but the presentation insisted you to check it out.

Judging scores were so close, it was impossible to pick the other eight winners, so they were selected on height, ability to provide artery hardening, cultural-ness, out-standing on a plate, as well as horticultural use of a cupcake.

The winner of the item with most originality, or perhaps audacity, was a can of baked beans. The prize was a large grapefruit left on the coffee table in the staff room.

It would have been a great day to shout lunch for everyone, as no one was hungry after such an amazing morning tea!

The morning tea was a huge success, raising some welcome funds for the Cancer Council.



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 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 Geoffrey Cox 19th May – 2nd July

Dr Frank Reed 20th May – 10th June

Dr Chris McCall 2nd -26th 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 Second Tuesday afternoon (no referral required)

Nutrition and Dietetics Clinic Every Thursday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

Lisa Wilkes (Podiatry) 11th June – 18th June

Prof Hooper (Endocrinologist) 5th – 9th July

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 has changed!

We would like to introduce Liane Jones to the position of child health nurse. Child Health Clinic will now be run from the GP Clinic every Friday, 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.

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