

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.

NICHE Program update

The Norfolk Island Community Health Empowerment (NICHE) Program is a free program designed for people who are living with one or more chronic (longer term) health conditions. The program will help participants to learn more about their health and condition and provide support and health coaching to assist in making healthy lifestyle changes. It has been running for approximately 6 weeks with Registered Nurse Vanessa Bakker as the temporary NICHE Program Coordinator. Currently 13 people are participating in the program with one person having completed her sessions. We would like to welcome Registered Nurse Jane Trotter as the new Coordinator. Jane started in the role on Monday 21 June. A very big thank you to Vanessa for getting the program up and running. To contact Jane please ring the Health & Wellbeing office on 22687. Jane will be working from Monday to Wednesday each week. The Coordinator will assist people to gain more confidence in managing their own health and in making positive lifestyle changes. The program will work closely with the GP Clinic, especially the Chronic Disease Nurse and GPs as well as other health professionals to ensure that everyone is up to date on participants' health, keeping them at the centre of care.



Successful Men's Health Checks held Saturday 19 June

Approximately 20 men had a health check last Saturday. These checks were held to mark Men's Health Week and have become a regular event each year since 2018. Thanks to the men who gave a little of their time to have their blood pressure, blood glucose, height, weight and girth measured. Thanks also to Tim and the team at the NI Bowling Club for hosting the event and the great male volunteers who conducted the checks with care and humour.



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.

The Get Healthy program also has information on different topics about pregnancy. One of the topics is healthy eating during pregnancy. Healthy eating is especially important during pregnancy – for your own well being, as well as your baby's. Eating 'unhealthy' foods, such as those high in fat and sugar, may cause your unborn baby to develop a preference for these foods during childhood and later life. Eating healthy during pregnancy often just means changing the amount of different foods you eat so that your diet is varied and nutritious.

Myth: I need to start 'eating for two'.

There is no need to 'eat for two' during pregnancy.

- During the first 3 months of your pregnancy you do not need to eat any more than before you were pregnant
- After the first 3 months you may need to slightly increase the amount you eat; for example an extra piece of fruit each day
- The amount of food you need to eat will depend on your weight before pregnancy and how active you are
- While you may not need to start eating 'more' it is important to eat more nutritious food throughout your pregnancy

Myth: Cravings are a sign of what the baby needs.

- Some women experience cravings for certain foods during pregnancy. There is no evidence that cravings are a sign that the baby needs certain foods
- Try keeping your cravings in check: limiting the quantities of foods which are high in fat or sugar and make sure your baby is getting the nutrients they need
- Listen to your hunger cues and try to only eat if you're actually hungry.

For more information on how to be healthy during your pregnancy, visit the Get Healthy website www.gethealthynsw.com.au



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.

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. 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 Richard Bills 28th June – 12th July

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

Prof Hooper (Endocrinologist) 5th – 9th July

Dr Kerrigan (Paediatrician) 19th – 23rd July

Karen Street (Paed OT) 26th – 30th 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.

All patient information is treated as confidential