

Norfolk Walkers – Heart Foundation Walking Group

The Heart Foundation walking program has been running successfully for nearly 2.5 years. We are keen to welcome new members to this free program. All new members receive a free Heart Foundation T-shirt or cap and new stock of T-shirts have arrived. Come along, you are welcome to bring your dog or children and there are different walking distances to choose from. The group meets every Sunday at 8am near the Kingston pier. For more information contact the Health and Wellbeing office on 22687.

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.

Get Healthy Free Information and Coaching Service

As a part of the Norfolk Island Community Health Promotion Plan, our community (those aged 16 years and over) have 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.

There is some great information on the website, one of the program's that is included is Type 2 Diabetes Prevention Program. This chronic condition affects the way the body processes blood sugar (glucose). With type 2 diabetes, the body either doesn't produce enough insulin, or it resists insulin. Symptoms include increased thirst, frequent urination, hunger, fatigue and blurred vision. In some cases, there may be no symptoms.

If you are interested in taking part of this free service, 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.



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

NIHRACS is continuing the Norfolk Island COVID-19 vaccination roll-out and is progressing well. A big thank you to community members who are helping to keep our community safe. We are working to make sure everyone on Norfolk Island has access to safe, effective and free COVID-19 vaccines and would like to invite all residents aged 16 years and over who wish to have the COVID-19 vaccination to now book an appointment.

Please phone NIHRACS GP Clinic on 22091 during business hours to book in.

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 Jeff Lindenmayer 2nd July – 6th August

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

Dr Kerrigan (Paediatrician) 19th - 23rd July

Prof Hooper (Endocrinologist) 9th – 13th August

The COVID-19 outbreak occurring across Greater Sydney and its surrounding areas remains a critical issue not just for NSW but for Norfolk Islanders. Given the transmissibility and contagiousness of this disease and the risk of bringing this into the NI community, it has been confirmed that any visiting specialist services originating from the affected areas will be postponed until the completion of the lockdown period. With respect to visiting specialist services provided via NIHRACS, this will impact Ophthalmology and Paediatric Occupational Therapy. NIHRACS will work with the visiting clinicians to ensure patients continue to receive the right care, in the right place at right time; whilst considering the risks to NIHRACS staff and the broader NI population.

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