

### Quitline is available as a freecall service for the Norfolk Island Community

Contact Quitline for help to quit smoking. You can call the hotline on 13 QUIT (13 7848), to talk to a counsellor or request a callback. The Quitline offers an online chat service and has resources for health professionals. Quitline counsellors are trained experts in stopping smoking. They can give you small steps to help you break the habit and can provide support, even if you're not completely ready to quit just yet.

Visit their website for more information: [www.quit.org.au](http://www.quit.org.au).

NIHRACS also runs a weekly smoking cessation clinic, see more details below in the GP Clinic update.

### Get Healthy Free Information and Coaching Service



## 1300 806 258

Mon – Fri / 8am – 8pm

#### ABOUT THE SERVICE

The Get Healthy Information and Coaching Service® is a **FREE** and confidential phone based service. It is open to anyone aged 16 years and over.

You will get your own university qualified health coach to help you make healthy lifestyle changes. Your health coach can help you to:


Eat healthily


Get active


Drink less alcohol


Reach a healthy weight


Achieve a healthy weight gain in pregnancy

#### WHAT THE SERVICE OFFERS

- Your own personal health coach
- 10 confidential coaching calls over six months
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas
- Option to re-enrol for coaching or get six months of SMS based coaching for FREE

If you are interested in taking part of this free service, check out the website:

[www.gethealthynsw.com.au](http://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.

### 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 2<sup>nd</sup> July – 6<sup>th</sup> August

Dr John Russell 16<sup>th</sup> August – 24<sup>th</sup> September

Dr Clive Bishop 18<sup>th</sup> August – 16<sup>th</sup> September

Dr Quet Ho 16<sup>th</sup> August – 30<sup>th</sup> 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

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 Endocrinology (Prof Hooper), 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**