

COVID – 19 Vaccination Update

Staff at Norfolk Island Health and Residential Aged Care Service (NIHRACS) have been working closely with the Australian Government to make available further doses of COVID-19 Pfizer vaccination for our residents, in line with the latest vaccine recommendations and protocols.

We are happy to announce the arrival of additional COVID-19 Pfizer vaccine to Norfolk Island late last week.

The following groups are eligible to phone NIHRACS GP Clinic on 22091 during business hours to book in:

- Individuals who are severely immunocompromised. Severely immunocompromised individuals are recommended to receive a third dose of a COVID-19 vaccine, two to six months after their second dose. For further information, please visit: <https://www.health.gov.au/sites/default/files/documents/2021/11/atagi-recommendations-on-the-use-of-a-third-primary-dose-of-covid-19-vaccine-in-individuals-who-are-severely-immunocompromised.pdf>
- All residents aged 12 years and over who have not received their first or second dose

A clinic will be held by appointment only on 23 November 2021 at St John Ambulance.

Plan Ahead for Two Doses

It is important that you receive two doses of your COVID-19 vaccine. There should be at least three weeks between the two doses, if you receive the COVID-19 Pfizer vaccine. Optimal protection against COVID-19 will not occur until about one to two weeks after your second dose.

In some circumstances, it may be better to have a discussion with your healthcare provider about vaccination before making an appointment for vaccination. Please phone the GP Clinic on 22091 during business hours to book a consultation.

Booster Dose Recommendations

Pfizer is recommended as a single booster dose for people who completed their primary COVID-19 vaccine course more than six months ago. NIHRACS will roll out a wider community booster dose program in early 2022. Further information on this will be released ahead of the program.

NIHRACS Transition Update

NIHRACS is committed to continuing to provide a health service that best meets the needs of the Norfolk Island community. Our support partner after the 31st December will move from South Eastern Sydney Area Health Service to the Metro North Hospital and Health Service in Brisbane.

Since the Heads of Government Agreement was signed last month staff from NSW Health, Qld Health, DITRDC and NIHRACS have been meeting to plan and progress the transition of health services to ensure minimal interruption. A lot of progress has been made so far and NIHRACS is confident that with the help of all our partners, old and new, we will continue to meet the community's needs.

Medicare card holders will continue to have choice regarding access in other states and territories. NIHRACS will be making contact with some people in the coming weeks to discuss options and ask for agreement to share relevant information with Metro North clinicians and services.

If you have any questions please feel free to contact the Transition Project Manager Vanessa Bakker on 52163 or Vanessa.Bakker@hospital.gov.nf

Norfolk Island Dementia Support Carers Group

A dementia support carers group is being formed on Norfolk Island. If you are a carer, friend or family member of a person diagnosed with dementia and would like to meet other carers, come along to our first meeting. At this meeting we will discuss suitable times and days for future meetings according to the needs of carers. Our plan is to have refreshments and a guest speaker at every meeting in an informal setting so let's get together to talk about dementia care!

The physical and emotional demands of caring for someone with dementia can be high. If you are caring for a person with dementia, you may also need support so you can look after yourself. It is easier to continue your care role if you take time out to recharge and gain reassurance by catching up with others who share similar experiences.

Where: St Barnabas Parish Centre

Date & Time: 30th November 2021 at 10:30am

Please call the NIHRACS Social Worker Maria on 50593 or Glynn on 57566 for further information.

Basketball Program

With the days being longer and warmer, and taking on board feedback about the days/times of the Basketball Program, we have made some changes:

Skills clinic and games at the school basketball court:

Saturdays

4 – 5pm school years 2-8 (mixed - boys and girls).

5 – 6pm school years 9+ and adults (mixed - men and women) – back by popular demand

Tuesdays

6 – 7pm school years 9+ and adults (mixed - men and women)

NI-Connect, NI Central School, Oliver Holm and the NIHRACS' health and wellbeing team are working together on this program. We thank everyone who has come along so far and invite others to give it a try.

Due to the success of the **come and try basketball** sessions so far, we are looking for those interested in starting up a **mixed social competition for ages 7 and up** during Term 4.

Please make sure you put your name and details down at the skills clinics or send a message to

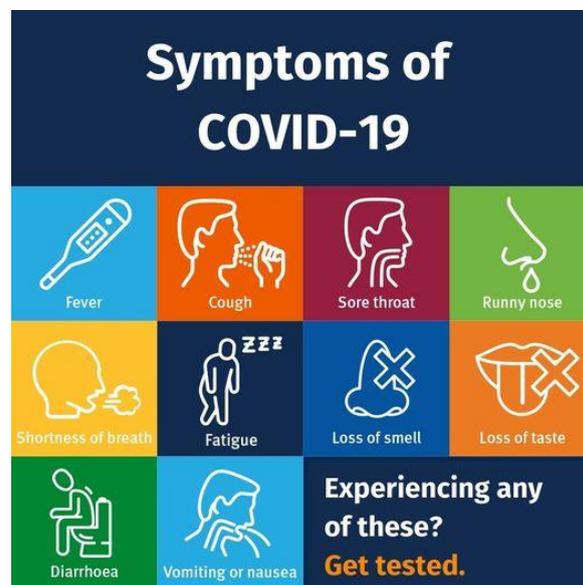
Ann Pataki on ann.pataki@keyassets.org.au or call 23380 to let us know you are interested in joining a team. Once we know numbers we will communicate back with team and game time details.

If you would be interested in helping out by coaching or refereeing (no experience required) then please send a message too as we need your support. Thank you to those who have already offered to assist.

Get Tested

Long gone are the days when we'd leave the home with a sore throat or sniffly nose. Norfolk has done a phenomenal job of coming together and doing the right thing.

Testing is so important to finding cases of COVID-19 in the community, so if you do have a tickle in your throat or a symptom that seems mild, come and get tested even if you have been vaccinated. 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.



Source-QLD Health

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.

If have any of the following symptoms please telephone the GP Clinic for a phone consultation prior to presenting at the front door:

- Fever
- Cough
- Shortness of breath
- Chills
- Body aches
- Sore or scratchy throat
- Headache
- Runny nose
- Muscle pain
- Vomiting
- Nausea

- Diarrhoea
- Loss of taste or smell

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.

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 Andrew Rutherford 11th October – 22th November

Dr Clive Bishop 16th October – 26th November

Dr Melania Scrace 1st November – 1st December

Dr Melania Scrace

Whether you simply want an overall health check up or have a specific women's health concern that is troubling you, our experienced Women's Health Doctor (Dr Mel Scrace) can offer you highly trusted advice on a broad range of common women's health subjects. Dr Scrace is at NIHRACS from 1st November – 1st December.

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

Child Health Clinic

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.

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