

Farewell to Dr Peter Manns

Last week was Dr Peter Manns final week with NIHRACS. Peter will be greatly missed by his many patients and the staff at NIHRACS. We wish he and Lana all the best for their future and hope we will see them back on Norfolk in the future.



Successful Final Healthy Cooking Demonstration for 2021

Thanks to Carter Stormann who provided a very interesting session on home preserving as our final healthy cooking demo for the year. Carter was able to explain the process of preserving excess vegetables in simple terms and then we got a jar of preserves to try and take home. Thanks to everyone who came along and to Carli for hosting the session at The Local. Our next healthy cooking demo will be in February 22.



Norfolk Island Community Health Empowerment (NICHE) Program – Walking In Water

Exercising on dry land has many fitness and weight loss benefits but exercising in water can be considered as an alternative keep fit option with benefits that – for many – exceed exercising on dry land.

Walking in water burns more calories than walking on dry land and thus, results in a greater weight loss compared to walking on dry land.

Working out in the water leads to a lower increase in heart rate compared to when working out on dry land due to the cool water and resistance, therefore benefiting those with heart problems. Also, the cooling effect of the water further adds to the comforting effects of working out in water. So this type of

exercise is very well suited to people who experience pain in their hips and/or knees or lower back when walking on dry land.

Exercising in water eliminates stress to the joints and muscles because when in water body weight is reduced by approximately 90 percent thereby providing less overall impact on the body compared to land based exercises.

Thus, walking in water is a highly encouraged method of exercise for those who suffer from joint problems, as well as older people who wish to participate in regular activity that would otherwise cause problems for them when carried out on dry land.

**Join us at Emily Bay - Lone Pine side near the change rooms -
2pm – 3pm on Monday and Wednesday afternoons for walking and great conversation!!**

Walk to suit your fitness - complete the number of laps you feel comfortable doing.

You don't have to be a NICHE participant to join in.

For more information phone the Health and Wellbeing Office on 22687 or Jane (NICHE Program Co-ordinator) on 54239.

SHAW-UP Ambassador Program

SHAW-UP or Student Health and Wellbeing Ambassador Program is a new leadership type program that is being coordinated by the NIHRACS Health and Wellbeing team, The NI Central School and other members of our Local Drug Action Team (LDAT). Funding for this program is being provided by the Alcohol and Drug Foundation.

This program will start in March 2022 and will offer up to 20 students from years 7 – 11 the opportunity to learn more about various areas regarding health and wellbeing for young people, with an emphasis on preventing harms from alcohol and other drugs.

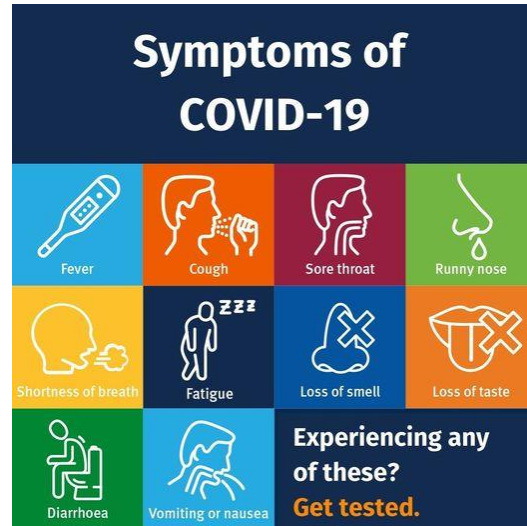
The program will consist of a launch event followed by six sessions on a range of topics of relevance to young people. These will be conducted by visiting and on-island experts. There will be a final "graduation" session where participants will present on their projects and prizes and awards will be presented.

If you are interested in finding out more either speak to Mrs Ellis, Ms Miller at school or contact the Health and Wellbeing office on 22687.

Get Tested

Long gone are the days when we would leave our homes with a sore throat or sniffily 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

NIHRACS Front Door Screening

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked.

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.

Telephone consultations are encouraged, where our Doctors can provide their services without you having to present to NIHRACS.

Advice for family and friends visiting our residents in Aged Care or Ward

COVID-19 is a major health risk for older people.

The current visiting restrictions are there to protect our residents. Please note the following:

- A mask must be worn by all visitors who are visiting the wards and Aged Care.
- All visitors must provide evidence of double COVID-19 vaccination and current 2021 flu vaccination
- All visitors must register in the visitors book at the Nurses Station

DO NOT visit our patients on the ward or Aged Care facility (Dar Randa) if you have:

- Returned from overseas in the last 14 days
- Been in contact with a confirmed case of COVID-19 in the last 14 days
- Have a fever or symptoms of a respiratory infection such as a cough, sore throat or shortness of breath

If you wish to visit a patient on the ward or Dar Randa you will be asked questions related to the above as we are required to ask these questions of everyone entering the facility, including staff.

Other important notes for visitors of Dar Randa:

- Only one visitor for each Resident is allowed
- Visits should be kept short
- Visits are to be held in the Resident's room, outdoors or in an area advised by staff
- All visitors must have had their influenza vaccination and double Covid-19 Vaccination
- No group social activities, school or early childhood visits nor entertainment are allowed at present

There is an exception for visitors to enter the hospital on compassionate grounds for close family members if a patient or resident is extremely unwell. If this is the position you are in then as a close family member you can call the hospital (22091) for approval to visit and you will be given further instructions at this time of the process involved.

You are most welcome to call your family member or friend or send a card or letter.

Many thanks for your understanding.

General Practice Clinic Update

If you have been off Island in the last 14 days or 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 Christopher Lack 29th November – 9th January

Dr Jeff Brain 30th November – 23rd 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

Respiratory Dates to be confirmed

Podiatry 29th December – 10th January (fully booked)

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.

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.

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.

Cervical Screening (formally known as Pap Smear)

The cervical screening test is a new, more accurate way of protecting women against cervical cancer. It was introduced in Australia in December 2017, and is expected to protect almost one third more women from cervical cancer than the old Pap test.

The Pap test used to look for changes in the cells of the cervix, the entrance to the uterus (womb) from the vagina. Now the cervical screening test looks for evidence of the human papillomavirus (HPV), which can lead to cell changes in the cervix.

The cervical screening test looks and feels the same as the Pap test. But it is only done every 5 years instead of every 2 years, if your results are normal.

If you are a woman aged 25 to 74, you should have your first cervical screening test 2 years after your last Pap test.

All patient information is treated as confidential