

NIHRACS Weekly Update

Health and Wellbeing Expo 2022

The Health and Wellbeing Office is starting to organise the Health & Wellbeing Expo for this year. If you would like to be involved in the Expo as an exhibitor, presenter or on the planning group please contact us on 22687 or email karen.walker@hospital.gov.nf.

Thank you to Annette Stolz

A very special thank you to Annette Stolz who kindly donated pumpkins to NIHRACS staff.



Community COVID-19 testing

From the 24th January 2022 you can receive up to 10 free RATs over a 3 month period with a maximum of 5 in a month if you hold a commonwealth concession card.

You can pick these up from Burnt Pine Pharmacy. Keep in mind, supply is subject to availability. You may wish to phone ahead to allow processing and avoid delays

To help keep our community safe NIHRACS encourages all positive RATs to be report by phoning the GP Clinic on 22091

RAT testing via the drive through clinic is still available Monday to Friday for symptomatic patients. These are booked appointments after a phone consultation with a GP.

Congratulations to Carrie Gilmore

Carrie Gilmore has been appointed to the temporary role of NIHRACS Covid-19 Duty Manager to coordinate the operational NIHRACS response to Covid-19.

International Women's Day Event and Visit by Experts in Body Image and eating Disorders

The Health and Wellbeing team are working with The Women's Advocacy Group of NI (WAGNI) to organise a Community event for International Women's Day (IWD) and, together,

we are bringing over A/Professor Sarah Maguire and Dr Karen Spielman from the Inside Out Institute (<https://insideoutinstitute.org.au/#gsc.tab=0>) based at Sydney University. This is a National Institute involved in Research, Clinical Innovation, Education and Public Policy in body image and eating disorders.

While on-Island they have kindly offered to run an education session for health and psycho-social professionals on clinical and other issues involved in supporting people affected by body image and eating disorders as well as sessions at the School and for parents.

For more information either contact Dale Howe from WAGNI on 56025 or Karen Innes-Walker on 53969.

Ovarian Cancer Awareness Month

February is Ovarian Cancer Awareness Month. Ovarian cancer is a malignant tumour in one or both ovaries.

While there are many types of ovarian cancer the three most common types of ovarian cancer are: the common epithelial type (90% of cases) that arises from the cells on the outside of the ovary; the germ cell type (around 4% of cases) that arises from the cells which produce eggs; and the rare stromal type arising from supporting tissues within the ovary.

Ovarian cancer is the eighth most common cancer affecting women in Australia.

Around 1400 new cases of ovarian cancer are diagnosed each year in Australia. The risk of being diagnosed before age 85 is 1 in 85.

There are often no obvious signs of ovarian cancer, however you may have one or more of the following symptoms:

- abdominal bloating
- difficulty eating or feeling full quickly
- frequent or urgent urination
- back, abdominal or pelvic pain
- constipation or diarrhoea
- menstrual irregularities
- tiredness
- indigestion
- pain during intercourse
- unexplained weight loss or weight gain.

These symptoms can be caused by other conditions but if you are experiencing any of these symptoms and would like to see a doctor for a check up, call GP Clinic on 24134 to make an appointment.

To read more about this cancer, please visit Cancer Council website <https://www.cancer.org.au/cancer-information/types-of-cancer/ovarian-cancer>

Advice to Norfolk Island Residents and Visitors regarding novel coronavirus (COVID-19)

COVID -19 (novel coronavirus) continues to spread across Norfolk Island.

While this is a serious public health issue, it is important to keep in mind that the disease mainly causes mild respiratory illness. It is, however, necessary for us to try to limit spread of the virus on the island.

NIHRACS encourages all community members to ensure that you follow infection control measures, which include hand and respiratory hygiene, and to use face-masks in the community.

At present NIHRACS considers every person who has fever or acute respiratory symptoms (cough, shortness of breath) to be at risk of having the virus. Also considered at risk of having coronavirus is any person who lives in the same household as a current confirmed case of COVID-19.

If these criteria apply to you, you should not attend work, school or go out into the community. Call the hospital on 22091 for advice. If you are exhibiting symptoms the GP may request a coronavirus rapid antigen test (RAT). These swabs are conducted at the drive through testing tent at NIHRACS. You will be advised to self-isolate at home or your accommodation until a negative test result is received. Should you become very ill and require medical care, please call the hospital on 22091 or an ambulance on 000. You will be seen in the hospital's separate viral assessment unit.

Older people and patients with chronic diseases are most at risk of complications not only from this coronavirus but also from other viruses like influenza. If you are ill, be particularly mindful of avoiding the spread of infection when visiting relatives and friends.

NIHRACS strongly advises people to have the COVID vaccination to help prevent the spread.

This is an evolving situation and advice concerning the Health response is being regularly reviewed.

Advice to People Accessing Other Health Services in Australia

If you are travelling away from Norfolk to receive health services, we strongly advise you to check in advance with the hospital or other health service what their entry requirements are. This is a changing situation and different health services may have different testing requirements.

GP Clinic and Emergency Department Open for Business

The Hospital and General Practice clinic are still open for all your health care needs and our emergency department is still operating. However due to the current restrictions related to the risks of COVID-19 the main entry door is currently locked. 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 you need to make an appointment to see a doctor at the GP Clinic, **you will be required to have a COVID-19 Rapid Antigen Test prior to entry.**

If you 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.**

If you require any assistance with NIPTAAS forms please call our social work on 50593 or the hospital 22091. Residents have up to 12 months to lodge their NIPTAAS claim so if the refund is not urgent please delay lodgement of forms during this period.

Stay safe everybody.

Hours of Operation

Monday- Friday 8.30am – 5pm

Please note the clinic is closed for lunch from 12.30 – 1.30pm.

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.

All patient information is treated as confidential.