

NIHRACS Weekly Update

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.

Kidney Health Week 7-13 March 2022

This year, Kidney Health Week is 7-13 March. The theme for this year is "Kidney Health for all".

Chronic kidney disease, also called chronic kidney failure, involves a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then removed in your urine. Advanced chronic kidney disease can cause dangerous levels of fluid, electrolytes and wastes to build up in your body.

Some of the signs for Kidney Disease are:

- Fatigue (extreme tiredness)
- An upset stomach or vomiting
- Confusion or trouble concentrating
- Swelling, especially around your hands or ankles
- More frequent bathroom trips
- Muscle spasms (muscle cramps)
- Dry or itchy skin
- Poor appetite or metallic taste of food

For more information on this disease, visit Kidney Health Australia website <https://kidney.org.au/> .

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.

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.

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.

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 open for all your health care needs and our emergency department is still operating.

To book appointments please phone our reception on 24134.

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**.

NIHRACS Front Door Policy – Meet & Greet

Thank you for your ongoing patience at the door and for respecting our door policy that aims to protect our Aged Care Residents, Inpatients and Staff whilst allowing ease of access to our essential Health Services.

For Aged Care & Inpatients

You will be required to have a COVID-19 Rapid Antigen Test prior to entry if visiting the ward or Aged Care Residents.

For GP Clinic-Doctors-Pathology-XRay-Radiology-Child Health Services & Visiting Specialists

At the front door, you will be asked general COVID symptom questions, travel questions, and require a temperature check.

If you are symptom free you will be able to access the GP Clinic, Xray Radiology, Pathology and Immunisation/Child Health Services.

Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS.

Visiting Specialists

Paediatrician- Dr Alan Kerrigan 16-18 March 2022

Psychiatrist Child, Adolescent and Peri-natal - Dr Michelle Fryer 24-28 March 2022

Respiratory- Prof Thomas 19-22 April 2022

Podiatry- Lisa Wilkes- Date to Be Advised

Your Details:

Have you moved or have you received a new Medicare Card.

Can you please contact the hospital to update your details if you have changed any of the following?

- Mobile Phone Number
- Moved House-New Address
- Received a new Medicare Card with new details or New Expiry Date