



NIHRACS Weekly Update 19 May 2022

NIHRACS Celebrates International Nurses Day

We celebrated International Nurses Day at NIHRACS on Thursday 12 May. The theme for 2022 was “Nurses – a voice to lead: invest in nursing and respect rights to secure global health.”

NIHRACS nursing and other staff donned veils and capes, and some of our nurses polished their badges. Liz Unkles shared the story of her nursing journey and recognised the opportunities, both now on island and previously in both clinical and non-clinical roles within Australia and in areas across the Pacific, to influence and support improved health outcomes. Liz’s presentation was followed by an outdoor, COVID safe, afternoon tea (see below)! A big thank you to all who organised and supported the celebrations.



NIHRACS Front Door Policy – Meet & Greet

Thank you for your ongoing patience at the door and for respecting our entrance 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 (RAT) prior to entry if visiting the ward or aged care residents.

For GP Clinic, Outpatients, Pathology and Radiology

From Monday 23 May you will not need to have a COVID-19 Rapid Antigen Test (RAT) prior to entry but will still need a symptom check at the front door

Change to Visiting Protocol for the Residential Aged Care Area

As from Monday 23 May visits to our Residents in aged care can recommence

There are still protocols to follow,

1. RAT and symptom check prior to entry.
2. Hand hygiene pre and post visit.
3. Mask to be worn.

Residents will be able to go for a drive with their family.

We thank everyone who has been so patient with the restrictions we have had to introduce to keep our residents safe from COVID.

Health and Wellbeing Update

SHAW-UP Program Update

The Student Health and Wellbeing Ambassador Program which was launched in March and was due to conclude in May, has been extended until August. Pete Slattery is now returning to Norfolk late in August to complete more workshops with SHAW-UP participants, parents and others.

We will keep you updated on key dates and achievements as the information comes to hand.



Line Dancing Starting Up Again

Country Line dancing with Carter Stormann will start again on Monday 30 May at 5.30pm at the SDA Hall on New Cascade Road. It is a great, fun way to get some physical activity and learn something new. Only \$5 each (school aged children are free). Bring your water bottle and wear comfortable shoes.

World No Tobacco Day: 31 May 2022: Tobacco's threat to our environment

WHO and public health champions around the world are marking World No Tobacco Day (WNTD) this year by focusing on the many ways in which tobacco threatens the environment we live in and provides another reason to quit.

The 2022 global campaign aims to raise public awareness about the environmental impact of the entire tobacco cycle, from its cultivation, production and distribution to the toxic waste it generates. The campaign will also aim to expose the tobacco industry's effort to greenwash its reputation and to make its products more appealing by marketing them as environmentally friendly.

From start to finish, the tobacco life cycle is an overwhelmingly polluting and damaging process. Air pollution caused by smoking springs to mind, but damage occurs across the entire supply chain, and is much more complex.

Across the globe around 3.5 million hectares of land are destroyed to grow tobacco each year. Growing tobacco also contributes to the deforestation of 200 000 hectares a year and soil degradation.

Tobacco production depletes the planet of water, fossil fuel and metal resources. Globalization of the tobacco supply chain and sales means the tobacco industry relies heavily on resource-intensive modes of transport.

4.5 trillion cigarette butts are not disposed of properly every year across the globe, generating 1.69 billion pounds of toxic waste and releasing thousands of chemicals into the air, water and soil.

For more information go to: <https://www.who.int/news/item/13-12-2021-protect-the-environment-world-no-tobacco-day-2022-will-give-you-one-more-reason-to-quit>



NIHRACS COVID-19 and GP Clinic Update



Current as at 19/05/2022

Important COVID-19 Update from NIHRACS

As of Monday 23rd May, NIHRACS are moving to Tier 2, driven by the reduced level of community transmission rates.

This means changes to our model of health-care delivery with greater reintroduction of face to face care services for outpatients.

We are still offering telephone consultations for those who prefer not to present to NIHRACS.

To book appointments please phone our GP Clinic 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.

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.

Script, Test Results and Referrals

Scripts, test results and referrals can be obtained in a booked consultation. If you are on regular medications please allow adequate time for your script renewal as we are not always able to offer same day appointments.

FLU VACCINATION

The 2022 Flu vaccination has arrive on Island and we are taking bookings !

Clinic Location: SDA Hall

Appointments: via Hospital (GP Clinic)

Clinic Dates;

Mon 23 May: +65yrs for COVID Booster & Flu Vax-Government Funded

Tues 24 May: +65yrs - Government Funded

Wed 25 May: Chronic Disease - Government Funded

- Cardiac Disease
- Chronic Respiratory Conditions (EXC Asthma)
- Chronic Neurological Conditions
- Immunocompromised
- Diabetic
- Renal Disease
- Haematological disorders
- Pregnant Women

Thurs 26 May – General Public – Cost is \$20 per person payable prior to vaccination. Cash Only

Fri 27 May– General Public – Cost is \$20 per person payable prior to vaccination. Cash Only

COVID VACCINATION WINTER DOSE

With COVID-19 circulating the community and the additional risk of influenza we are encouraging people to get their COVID-19 winter dose and flu shot to reduce the "life-threatening" risk of contracting both at the same time.

The winter dose is recommended for:

- adults aged 65 years and older
- residents of aged care or disability care facilities
- people aged 16 years and older with severe immunocompromise