



NIHRACS Weekly Update 26 May 2022

Next Healthy Cooking Demonstration

The rescheduled healthy cooking demonstration with Carli Christian will now be held on Wednesday 15 June, starting at 5.30pm at The Local. Carli will show us how to make a healthy version of Tahitian fish and a chicken main dish. As usual the recipes will be provided as well as a tasting. Due to COVID-safe distancing numbers will be limited. Cost is only \$5 per person so please advise if you would like to come either by email to karen.walker@hospital.giv.nf or text to 53969.

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.

NIHRACS Front Door Policy

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

Since Monday 23 May you do 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

Current Visiting Protocol for the Residential Aged Care Area and Inpatients

As from Monday 23 May visits to our Residents in aged care and inpatients recommenced

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.

NIHRACS GP Clinic and COVID-19 Update

YOUR HEALTH RECORDS

My Health Record is an online summary of your key health information.

- When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate.
- Whether you're visiting a GP for a check-up, or in an emergency room following an accident and are unable to talk, healthcare providers involved in your care can access important health information.
- My Health Record brings together health information from you, your healthcare providers and Medicare.
- This can include details of your medical conditions and treatments, medicine details, allergies, and test or scan results, all in one place. NIHRACS is unable to upload Pathology results to My Health due to the system pathology uses.
- Healthcare providers like doctors, specialists and hospital staff may also be able to see your My Health Record when they need to, including in an accident or emergency.

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.

FLU VACCINATION - FREE

On Tuesday 24th May QLD Health announced Free flu vaccinations for all Norfolk Island residents until the end of June.
NIHRACS will continue the next flu vaccination clinic free for all residents.
Please phone the GP Clinic on 22091 for an appointment.

The 2022 Flu vaccination

Clinic Location: SDA Hall

Appointments: via Hospital phone 22091

Dates: 3rd June



COVID VACCINATION WINTER DOSE

With COVID-19 circulating the community and the additional risk of influenza we are strongly 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 who are severely immunocompromised