

Important COVID-19 Update from NIHRACS

NIHRACS continues to use the COVID-19 Response Plan to guide our services in response to different levels of community transmission of the COVID-19 virus, in line with other Health Services across Australia.

Within the plan there are 5 tiers of response and these are driven by one or more of the following factors:

- Staffing levels at NIHRACS
- Community transmission levels
- Hospitalisation levels
- Capacity of various areas within NIHRACS to function safely

On the 7th of June, NIHRACS moved to Tier 3, driven by the reduced levels of available essential staff groups and a rise in transmission rates.

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

It's very important to understand that we are still open for business. NIHRACS is not in lock down, however, we are delivering services where appropriate via telephone. Urgent cases will still receive face to face services but we ask that you understand if we offer a different way of providing your health care services during this period. We will provide regular updates on the situation as it is reviewed.

Norfolk Island Community Health Promotion Plan

The current Community Health Promotion Plan expires on 30 June 2022. Planning is underway for the next three years of this plan and we would like to invite members of our Community to have a say in what should go into this plan. If you or your organisation would like to have input into this plan please contact Karen Innes-Walker, Health and Wellbeing Coordinator by email on karen.walker@hospital.gov.nf or call 22687. The current plan can be found under the Health and Wellbeing tab on NIHRACS' website (www.norfolkislandhealth.gov.nf)

World Continence Week – 21-27 June 2022

Continence is the ability to control your bladder and bowel. Incontinence is the involuntary loss of bladder and bowel control. 1 in 4 Australians are incontinent. Incontinence can range in severity from a small leak to complete loss of bladder or bowel control. Incontinence affects women, men and children of all ages, physical ability and background. There are however some health conditions and life events that can put you at an increased risk of developing either urinary or faecal incontinence.

Risk factors commonly linked with urinary incontinence include:

- pregnancy (both pre- and post-natal women)
- younger women who have had children

- menopause
- obesity
- urinary tract infections
- constipation
- specific types of surgery such as prostatectomy (removal of all or part of the prostate) and hysterectomy (removal of all or part of the uterus and/or ovaries)
- reduced mobility preventing you from getting to or using the toilet
- neurological and musculoskeletal conditions such as multiple sclerosis and arthritis
- health conditions such as diabetes, stroke, heart conditions, respiratory conditions, and prostate problems, and
- some medications.

Plenty can be done to improve or in some cases cure incontinence. Changes such as adopting a healthier diet and lifestyle, incorporating regular exercise, and practicing good toilet habits can all lead to improvements

To read more, please visit Continence Foundation of Australia

<https://www.continence.org.au/about-continence/understanding-incontinence>

NI Active Kids vouchers need to be used

As we are coming to the end of the financial year, if you have a NI Active Kids voucher that you haven't used yet, you will need to use this by 30 June 2022. If you haven't got a voucher yet and would like one for your child, please call into the Health & Wellbeing office for your voucher (you will need to fill in a form). To be eligible to receive the voucher, your child needs to be enrolled at Norfolk Island Central School and not received a voucher this financial year (1 July 2021 – 30 June 2022).