

SHAW UP Program Update

The SHAW UP (Student Health and Wellbeing) Program will have its final sessions for this year when Pete Slattery visits the Island the week starting 22 August. He will have sessions with our SHAW UP Ambassadors, supporters of the program and other students at the school. The main event will be the “graduation” session to be held at the school on Wednesday 24 August starting at 5.30pm. We would like to thank all the students who have participated in the program, the organising team from NICS, the supporters, Pete Slattery and the Alcohol and Drug Foundation for funding the program. Look out for a report on the program in the following weeks. For more information please contact the Health and Wellbeing office on 22687.

Norfolk Island Patients’ Travel Accommodation and Assistance Service (NIPTAAS) Reminder

When your NIHRACS GP refers you to Australia for medical treatment or investigations please remember to collect a NIPTAAS claim form for accommodation and travel reimbursements before you leave Norfolk Island.

The claim forms can be collected from the hospital front office or are available on the NIHRACS website. www.norfolkislandhealth.gov.nf

Please be reminded that it is your responsibility to collect signatures from the hospital or clinic for each appointment in order to obtain your reimbursement.

Medication Safety Tips

Medication safety is an important topic that we as providers and patients often overlook. As we age, we tend to add more and more medications to our drug regimen. Adding medications may increase the risk of drug interactions. The older we are, the harder it is on our bodies to break down and process these medications. Whether you are the one on multiple medications or caring for someone who is, medication safety is something we can all use more education on. Below are five important tips to help you or a loved one when it comes to medication management.

1. **Ask questions** to get the information you need about medicines and make better informed decisions. For example, how do I take the medicine, when do I take the medicine, are there common side effects?
2. **Know it’s a medicine.** Medicines don’t just come on prescription – they include over-the-counter medicines from a pharmacy, supermarket or other store, as well as herbal remedies, vitamins and other supplements.
3. **Know the active ingredient.** Active ingredients are what make your medicines work. If your pharmacist offers you an alternative brand of prescription medicine, you can be sure it will work the same way as your usual medicine.
4. **Always follow instructions** from your doctor or pharmacist and read the labels and packaging of your medicines carefully. For more detailed information, read the

Consumer Medicine Information leaflet which is available for prescription and pharmacist-only medicines.

5. **Keep track of all your medicines.** Keep a current list of your medicines on paper to keep with you, especially on visits to your doctor, pharmacist or to the hospital. You can use the NPS Medicines List, or use the free MedicineWise app on your smartphone.

Welcome to Dr Sue Fletcher

Dr Nitin Gupte, Dentist, is on leave, returning in late January 2023. Dr Sue Fletcher will be in the leave relief position.

Dr Sue Fletcher graduated from the University of Western Australia and has been practicing for many years, mostly in private practice. She currently lives in Perth, Western Australia. These days, she visits only her favorite places as a locum dentist. Sue first visited Norfolk Island in 2021 when she saw an ad for a two-week locum. She couldn't believe her eyes, as a visit to Norfolk Island was on her bucket list, and when she arrived it well and truly lived up to expectations. She loved both the island and the people, and has since returned three times. This time she will be here up until Christmas, and is really looking forward to catching up with her patients and friends.

Dr Sue has extensive experience working in remote places where it is difficult for patients to access good dental care, so can manage tricky dental problems which normally would need to be referred to a specialist. She is more than happy to have a chat about your dental concerns, and see what can be done for you on island.

NIHRACS COVID-19 and GP Clinic Update

Current as at 12/08/2022

Important COVID-19 Update from NIHRACS

NIHRACS remains at a Tier 2 of the NIHRACS COVID-19 Response Plan. This reduction in response level is driven by reduced community transmission and will be reviewed as required.

All patients and visitors entering NIHRACS facilities will still be required to show a negative Rapid Antigen Test (RAT), have a symptom check as well as wearing a surgical mask or equivalent whilst in a NIHRACS building.

PUBLIC HEALTH DIRECTIONS FOR NI

The Declaration of State of Emergency on Norfolk Island ceased at 11:59pm on the 29 July 2022; it is being replaced by a number of general public health directions.

The two MAIN changes that result from the new directions are:

- Close contacts are no longer required to isolate, if they do not have COVID-19 symptoms and have a negative RAT on days 0, 2, 4, 6
- Norfolk Island residents must wear masks when inside the airport

FLU VACCINATION

Free Flu vaccines are now available for people who are:

- Over the age of 65 years, Pregnant or have a chronic disease (e.g. Diabetes, Coronary heart disease, renal failure, immunocompromised)
- Please call NIHRACS to secure an appointment with a Doctor and Outpatients for this vaccination.

NOTE: If you are not over the age of 65 years or do not have a chronic disease, flu vaccines are available at a cost of \$20.00.

UPDATING YOUR DETAILS

NIHRACS have updated our Medicare Billing to an automated system. As a result of this, we will be calling residents who have expired card details on file to have this updated.

Please check your details ahead of any appointments and advise GP Reception with new expiry dates.

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.

VISITING SPECIALISTS

Psychiatrist (Peads) -
13th – 18th October

Endocrinology – 31st October
– 11th November

Respiratory – 14th-18th
November

The GP Clinic will call all patients who have been triaged by the Specialist to confirm an appointment.



COVID VACCINATION

NIHRACS Covid vaccination clinic will be held:

Where: St Johns Ambulance Shed

When: 24th August

Booked appointments only

Please contact the GP Clinic on 22091 to secure a booking.

NIHRACS encourage all residents over the age of 30 years to get their COVID-19 vaccination including 4th Dose.