

### **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 next week. He will conduct 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](http://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.

### **Save the date – Saturday 10 September 10am – 1pm Health & Wellbeing Expo**

The Health & Wellbeing Expo is not far away, the Expo will be held on Saturday 10<sup>th</sup> Sept between 10am – 1pm at Rawson Hall. Entry is Free. We will have a wide range of Exhibitors this year, many local and a few coming from Australia. The Norfolk Island Lions Club of Arthurs Vale will be selling healthy food, offering Chicken & Salad or Fried Rice with vegies, call in and grab some lunch. There will be fantastic presentations, keep an eye on the paper over the next few weeks for the program. Enter in to the lucky door prizes. Just by attending you will go in the draw for one of many lucky door prizes.. For more information please contact the Health & Wellbeing office on 22687, Karen Innes-Walker on 53969 or Maria Massey on 57288.

### **Heart Foundation Walking group each Sunday**

Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. Walking also increases oxygen flow through the body.

The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

## Psoriasis

Psoriasis is an autoimmune disease, symptoms include red scaly patches on skin, itchiness and flaking of the skin. The areas most commonly affected are the scalp, elbows and knees, but psoriasis can occur anywhere on the body. There is no cure for psoriasis, but it can be completely controlled with treatment. There are five types of psoriasis, yet people most often have only one type of psoriasis at a time. Each type has its own set of symptoms. For an unknown reason, psoriasis can cause a form of arthritis known as psoriatic arthritis. Symptoms include:

- discomfort, throbbing or swelling in one or many joints
- tenderness in any joint
- pain caused by inflammation in the joints, which stimulates nerve endings.
- The joints most likely to be affected are the last joint in the fingers or toes, the sacrum (lower back), wrists, knees or ankles.

If you think you have psoriasis and would like to see a doctor, please call the GP Clinic on 24134 for an appointment.

# NIHRACS COVID-19 and GP Clinic Update

Current as at 19/08/2022

## 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)
- Children under 18 years 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

Ophthalmology – 16<sup>th</sup> – 19<sup>th</sup> September

Psychiatrist (Peads) - 13<sup>th</sup> – 18<sup>th</sup> October

Endocrinology – 31<sup>st</sup> October – 11<sup>th</sup> November

Respiratory – 14<sup>th</sup>-18<sup>th</sup> 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:** 24<sup>th</sup> 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 4<sup>th</sup> Dose.