

Fire and Other Emergency Training for NIHRACS Staff

Many thanks to Shane and Cassie for providing fire and other emergency training to our staff. They will continue to provide regular training sessions on to ensure our people have the important knowledge and skills we require in case of a fire at the hospital.



February is Multifocal Motor Neuropathy (MMN) Awareness Month

MMN (Multifocal Motor Neuropathy) is a very rare disorder (estimated to be approximately 0.6 cases in every 100,000 people) where areas of motor nerves are attacked by one's own immune system. Typically, MMN is slowly progressive, resulting in asymmetrical weakness of a patient's limbs. The clinical course of MMN is slowly progressive without remission.

The GBS/CIPD Foundation was established to support individuals and their families affected MMN and other related conditions.

To find out more about MMN and the activities planned for MMN Awareness month please visit <https://www.gbs-cidp.org/multifocal-motor-neuropathy-mmn-awareness-month/>

Inhalent Drug Use

We have been asked to provide the Community with information on the risks of using inhalents as their use is on the increase according to the Australian Institute of Health and Welfare's national drug strategy survey.

Information based on the National Drug and Alcohol Research Centre (NDARC) information is as follows:

What are volatile inhalants (volatile solvents)?

Volatile inhalant (also volatile solvent) misuse covers the inhalation of substances that vaporise at room temperature for the purpose of intoxication or sexual experience enhancement. There are various types of inhalants that have different effects. They may be broadly categorised as:

- > Gas fuels (cigarette lighter fluid, gas bottles)
- > Petroleum and petrol additives (eg Octane Booster)
- > Aerosol propellants (air fresheners, deodorant spray)
- > Adhesives and paints (glue, spray paints)
- > Volatile anaesthetics (nitrous oxide)
- > Nitrites (amyl nitrite) Inhalants are breathed in through the nose or mouth, typically by being placed in or on another object before being inhaled

What are the risks?

The risks of volatile inhalant misuse include damage to the brain, heart, kidneys and spine, as well as psychiatric

problems.

Short term risks:

- > Suffocation (asphyxia)
- > Fitting
- > Swelling of the brain (cerebral oedema)
- > Uneven heartbeat (cardiac arrhythmia)
- > Sudden cessation of breathing (acute respiratory arrest)
- > Kidney failure
- > Intense agitation that may result in harm to self or others
- > Acute psychosis
- > Low blood pressure
- > Impaired memory
- > Hallucinations
- > Delusions
- > Blackouts
- > Headache

Long term risks:

- > Atrophy of the brain
- > Cardiomyopathy
- > Spinal cord degeneration
- > Depression
- > Incontinence
- > Numbness in limbs
- > Dependence
- > Methemoglobinemia (a blood disorder)
- > Macular degeneration (a disease that affects the back of the retina)

Toxicity and overdose Volatile inhalant misuse may cause sudden sniffing syndrome, which is sudden collapse shortly after inhalation caused by cardiac and/or respiratory arrest that may result in death.

For more information please check the following sources:

[Inhalants and young people](#) (Alcohol and Drug Foundation)

[factsheet on inhalant use and risks](#) (NDARC)

[Inhalant Use – A guide for parents and families](#) (WA Drug and Alcohol Office)

Beyond Norfolk: Relocating & Connecting

Starting or continuing further study or work away from Norfolk Island? "**Beyond Norfolk: Relocation and Connection,**" is a unique mentoring program for recent post-school leavers who have left or plan to leave Norfolk Island. Whether you're starting a job or diving into further study, our mentors get it—they've been there and are here to help you navigate and make the most of your year ahead.

Would you like to connect with a mentor who has faced similar challenges? You can access six hours of personalised mentoring tailored to your needs free of charge.

Submit an expression of interest to be part of this program. <https://www.surveymonkey.com/r/9P6SWJF>

Accommodation for Cancer treatment off Island

If you are being treated for cancer in Brisbane and require accommodation, please call the social worker Maria McCann on 23190. The social worker can arrange Queensland Cancer Council low-cost accommodation for residents and their escorts who are travelling to Brisbane to have cancer treatment or when supporting a resident who is having treatment for cancer.

Condoms

The Health & Wellbeing office now have an additional outlet for the condoms for the Youth, special thanks to Shawn Stormann for letting us put a bucket at the barber shop at Topcroft Salon.

We now have a few outlets for Condoms:

- Barber Shop next to P&R Groceries
- Topcroft Salon
- Health & Wellbeing office in the Smithy's building
- Condom vending machines in the toilets behind the Commonwealth Bank and there is a machine in each of the toilets.