

## HEALTH & WELLBEING

### **Thank you to Karen Innes-Walker**

After many years of dedicated service, Karen Innes-Walker has made the decision to retire from her role as the Health & Wellbeing Coordinator. Karen was initially engaged in March 2018 to undertake broad community consultation and develop the first Norfolk Island Health Promotion Plan. This Plan provided an evidence based and coordinated approach to improve the health and wellbeing of the Norfolk Island Community. Karen's inclusive and innovative methodology has grown the Health and Wellbeing team and the programs that they codesign and coordinate are responsive to community need.

Whilst Karen is retiring from her Health and Wellbeing role, she will be continuing in her Dietetics role at NIHRACS and we are sure she will continue to be involved in future health related projects.

### **RAST TESTING for Food Allergies**

Why does my tummy hurt? Is it perhaps something I ate? This is often the question you ask yourself when you get a rumbling down below soon after a meal and you have that feeling that something you ate didn't agree with you. This may be due to an underlying food allergy that can develop after consuming an offending food component, or allergen. This is when a Food Allergy Test, known as a RAST (Radio-Allergo Sorbent Test) may provide a clearer understanding of particular food allergies or intolerances that can cause stomach upsets. Allergies occur when your immune system reacts to substances ingested or in the surrounding environment that are usually harmless to most individuals. But if you do have a sensitivity and you are exposed to an allergen, your body's self-defence immune mechanism is activated, and an allergic response is triggered.

If you think you may have an intolerance or allergic to a particular food or allergen, you can get a blood test at NIHRACS (the test will be sent away for testing), you will need to see a Doctor to get a referral. Contact the GP Clinic on 24134 for an appointment.

### **Health & Wellbeing Expo**

The 6th Norfolk Island Health and Wellbeing Expo was held on Saturday 3 August. The event showcased and raised awareness of the diverse range of health and wellbeing services being delivered to those living on Norfolk Island. There were 21 Exhibitors both local and visiting services and organisations. The range of information and resources displayed and made available was extensive and informative.

Over 250 community members come along to explore health and wellbeing options available. We thank those that took the time to complete an evaluation and enter the raffle which had 29 prizes.

The Expo opening addresses were by Liz Unkles-NIHRACS Manager, George Plant-Administrator and Gaye Evans-Council of Elders. Emma Kalangis and Liam Christian-Baily, School Captains were the capable MCs.

The Health and Wellbeing team would like to thank everyone who visited on the day and special thanks to the speakers, exhibitors, Dale Howe and Catherine Schillinger for doing the front door, Year 10 students who helped set up, pack down and clean-Rawson Buffett, Ryan Buffett-Cooper, Zec Pettett and Georgie Quintal, Norfolk Radio for giving us spots for our presentations the week leading up to Expo, the Presenters, Peter Hughson for taking the photos, SDA Church & Parish Centre for providing tables for our Exhibitors and Lions Club of Arthurs Vale for having food and drinks available.

We will start organising the Expo in February 2025, if you would like to be part of this fantastic event as an exhibitor please email [maria.massey@health.nlk.gov.nf](mailto:maria.massey@health.nlk.gov.nf) to pre-book a table.

## **PARTNERSHIPS**

### **Metro North Health wants your feedback!**

Metro North Health is proud to be supporting the Norfolk Island community as a health support partner. It is likely that you or someone you care for has travelled to Brisbane for healthcare you have received treatment from Metro North Health. Our services are delivered from the Royal Brisbane and Women's Hospital, The Prince Charles Hospital, Redcliffe, Caboolture and Kilcoy Hospitals and the Surgical Treatment and Rehabilitation Service.

At Metro North Health, we are committed to continuously enhancing our services and it is our vision to deliver excellent healthcare by working together with the consumers and communities we serve. As we have been providing care to the Norfolk Island community since 2022, we strongly believe it is time to evaluate how we are doing and we need your help to do this. We would appreciate you taking the time to complete this quick and anonymous survey. Please scan the QR code or visit <https://forms.office.com/r/HR4RMmSsOW>.



## **AWARENESS WEEK**

### **12<sup>th</sup> August – International Youth Day**

International Youth Day is commemorated every year on 12 August, bringing youth issues to the attention of the international community and celebrating the potential of youth as partners in today's global society.

The theme for this year's International Youth Day is "From Clicks to Progress: Youth Digital Pathways for Sustainable Development". It is a day to celebrate and amplify the voices, actions, and initiatives of young people, promoting their meaningful, universal, and equitable engagement.

To celebrate this day, NIHRACS would like to invite our youth, families and the broader community to come and visit our dedicated Child and Youth Health space, which is located right next to the front entry of the main building. Please drop in and see Janine our child health nurse.

## **PRIMARY HEALTH / GP CLINIC**

### **GP Clinic**

Norfolk Island GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness.

NIHRACS recognises the value of every patient/doctor relationship. Every effort is made to enable you to see the doctor of your choice. On an occasion where you are seen by another doctor within the GP Clinic, our records support good communication and continuity of care.

### **Hours of Operation**

Monday - Friday                      8.30am – 5pm  
Saturday & Sunday                  Closed

*Please call 24134 for appointments only during opening hours.*

## **GP Registrars at Norfolk Island Health & Residential Aged Care Service**

At the Norfolk Island Health & Residential Aged Care Service (NIHRACS) Medical Practice, we are proud to be a teaching practice that supports the training and development of future general practitioners. We offer a stimulating and supportive environment for GP registrars who want to gain valuable experience and skills in primary care.

### **What is a GP Registrar?**

A GP registrar is a qualified doctor who is undertaking specialised training to become a general practitioner. GP registrars have completed at least two years of hospital training after graduating from 5-6 years of medical school and have passed the entrance exam for the Royal Australian College of General Practitioners (RACGP) or the Australian College of Rural and Remote Medicine (ACRRM).

GP registrars spend between six months and two years working in accredited general practices, under the supervision and guidance of experienced GPs. They also attend regular educational sessions and workshops and prepare for their final exams to obtain their fellowship and become fully qualified GPs.

### **What Does This Mean For Patients?**

Having GP Registrars at NIHRACS Medical Practice means that patients can benefit from the expertise and enthusiasm of doctors who are undergoing advanced training in general practice. GP Registrars are fully qualified doctors who have chosen to specialise in general practice, and they work under the supervision and guidance of experienced GPs at the practice. They bring fresh perspectives and new skills to the practice, which can enhance the quality of care for patients. By choosing to see a GP Registrar, patients are also supporting the future of general practice and helping to train the next generation of GPs.

### **Meet our new GP Registrar**

Dr Sharwan Narayan is a final year GP registrar. His interests lie in rural and remote medicine, emergency management and specialising in Skin cancer management.

With a background of medical imaging and sonography Dr Sharwan has teaching experience in clinical anatomy, bedside real time ultrasound basics for interns and sonography supervisor and trainer for trainee radiographer and sonographers.

Fun facts: Dr Sharwan enjoys documentaries, history, travelling, music photography, art, farming, fishing, Charity and Mission work.