

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.

Salsa Dancing

Weekly Salsa classes are held each Thursday at the SDA Hall from 5.30pm. Daniela Cristofaro in conjunction with the Health & Wellbeing office have teamed up once again to shake up your routine. Please bring a water bottle and wear comfortable shoes that stay on your feet. For more information, please call the Health & Wellbeing team on 22687. Cost is \$5.00 per person (school children are free).

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 Heart Foundation Walking 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.

An individual's risk of developing cardiovascular disease (CVD) is influenced by genetic factors. 25% of the population are at risk of developing CVD.

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 to pre book a table.

Health & Wellbeing Newsletter

Health & Wellbeing office sends out a newsletter each week, would you like to be on our mailing list to receive? For more information, please contact the Health & Wellbeing office on 22687 or email Maria Massey on maria.massey@health.nlk.gov.nf

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/HR4RMmSs0W>.



AWARENESS WEEK

19-25th August – National Fertility Awareness week

The Australasian Institute for Restorative Reproductive Medicine (AIRRM) is a peak professional organisation dedicated to the holistic management of fertility/infertility and reproductive health disorders.

We promote contemporary and evidence-based fertility management and aim for excellence in the provision of physical and psychological care.

Anti-Mullerian Hormone

Anti-Mullerian Hormone (AMH) plays different roles in males and females and normal levels of AMH vary with your sex and your age. Measuring AMH levels can provide information about a variety of reproductive health conditions. As females age, and the number of eggs decreases, which causes AMH levels to decrease. At menopause, no eggs are left, and the AMH level in the blood drop to zero.

This test can be done to:

- Check how many eggs you have left in your ovaries
- Predict how well you may respond to fertility medicine
- Find out if you're getting close to menopause or have already begun menopause.
- Help diagnose and monitor problems with the ovaries that cause high AMH levels.

This test can be done at NIHRACS, the test will need to be sent away to get results. If you would like this test, you will need a Doctor referral, please contact the GP Clinic for an appointment on 24134.

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 Staffing Update

The following locum GPs will be joining the GP team:

Dr John Russell 4th August - 1st September

Dr Kevin Gattey 7th July – 31st August

Dr Deirdre McCormack 20th July – 31st August

Dr Sharwan Narayan (GP Registrar) 4th August – 5th Feb

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.

