

Submission  
No 659

**INQUIRY INTO HEALTH OUTCOMES AND ACCESS TO  
HEALTH AND HOSPITAL SERVICES IN RURAL,  
REGIONAL AND REMOTE NEW SOUTH WALES**

**Name:** Name suppressed  
**Date Received:** 12 January 2021

---

Partially  
Confidential

This year has been an especially difficult year for health professionals, taking a significant toll on the health and wellbeing of our frontline staff, putting their own lives at risk. In particular it is important to address the mental health/wellbeing of these people.

Coping with the increased pressures and demands of COVID in addition to already growing concerns.

As a nurse myself working in the fever clinic, I have been put under pressure and during difficult circumstances, being expected to deal with often unrealistic expectations from the public and going above and beyond my line of duty.

The growing number of people accessing the clinics for swab tests is a growing concern and burden on our health system. Perhaps if the public were more informed of what actually constitutes a concern/ possibility of COVID, and educated on taking better care of their own health then bombarding services just to “be sure” or because “I passed through a hotspot” then this would ease the pressures and expectations of not only our health system, but our valuable staff and supplies/resources which are both being slowly exhausted.

Perhaps an order from a Doctor ? Or a fee incurred for taking the test may help defer Nonessential presentations, and pinpoint to the forefront those who are legitimately in need of health services/priority.

There appears to be a lack of education/ basic common sense for following standard procedures to keep oneself well and healthy.

Stay at home, look after yourself and present only if feeling unwell with COVID symptoms.