



### OTC Update

#### Baby

The number of baby products available has grown rapidly over the last few years. This month we will look at some of the issues customers will be seeking advice on for treating their baby.

This week we will look at:

### Nappy Rash

Wetness in the nappy area is the main cause of nappy rash. Urine and faeces breaks down into substances such as acetone and ammonia, which are irritant to the skin. Nappy rash looks like red spots with blisters and broken skin, and can be very painful. To prevent nappy rash parents should increase the frequency of nappy changing, use disposable towels to cleanse the area, and apply a barrier cream at every change.

**Barrier Creams** provide a barrier between the skin and the urine and often contain **dimethicone** eg. *Silic 15*, or **zinc oxide** eg. *zinc and castor oil creams*, *Egoderma Oint*. Other barrier creams contain a variety of ingredients which may include lanolin eg. *Bepanthen*, *Covitol* and *Ungvita*. An anti-fungal should be used with a barrier cream if thrush infection is present. It should be used for a week after the rash has cleared. Anti-fungal creams include clotrimazole, econazole or miconazole, eg. *Daktazin*. Hydrocortisone cream may be recommended if the skin is particularly red and inflamed. eg. *Hydrozole 1%*, *Dermaid 0.5%*.

There are also many other soothing creams and bath products to treat nappy rash. But prevention is always the best cure!

## New automatic DAA system

GUILD-endorsed pharmacy automation specialist Gollmann Bouw has been appointed as the exclusive Australian distributor of a system which can automatically pack dose administration aids.

The range of MTS Medication Technologies products includes the 'Easy Med' automated packing system for 7x4 DAAs, with the Gollmann Bouw appointment following "many enquiries from Australia to represent MTS.

"Australia is a key part of our growth plans, and Gollmann Bouw Pharmacy Systems is central to making that happen," said MTS spokesman Peter Williams.

Gollmann Bouw ceo Mark Bouw said that until now pharmacies wanting to automate their packing systems only had the option of sachet machines - which are not always supported by nursing homes and aren't appropriate for patients who still live at home.

He said the Easy Med system "is revolutionising pharmacy services globally by automating the packing of medication into 7x4 blister packs at speeds in excess of 45 packs per hour."

### US health bill passes

THE US House of Representatives has narrowly approved President Barack Obama's sweeping healthcare reform bill.

The move is being described as the biggest US health policy change in more than 40 years, with the legislation expanding health coverage to almost all Americans and banning health insurance practices such as refusing to cover people with pre-existing conditions.

Bouw said Gollmann Bouw would be selling a full range of MTS products including an easy to use manual deblisterer which can remove tablets from up to 19 blister foils per minute.

The DAAs can also be used manually by smaller pharmacies, he added, and are supported by pharmacy software vendors including Corum, Minfos, Simple and soon FRED.

The first Easy Med automated packing system working with the Gollmann Bouw Automated Sotre+Pick system will be installed in an Australian pharmacy early next month.

### Competition winner

**CONGRATULATIONS** to Scott Ripley of Osborne Park Hospital in Western Australia who was the winner of Friday's Acai Berry competition.

If you didn't win, don't despair - we have another great competition this week; see below for details.

### AIDH update

**THE** monograph on sodium bicarbonate in the Australian Injectable Drugs Handbook (AIDH) has been amended to modify the information on compatibility.

Calcium chloride has been removed as a compatible drug, with the amendment applying to all copies received before Oct 09.

## WIN A MINERAL PURITY FOUNDATION



**THIS** week Australis has teamed up with **Pharmacy Daily**, giving readers the chance to win the new Australis Mineral Purity Powder Foundation.

Valued at \$17.95, the pure mineral powder formula allows you to create buildable even coverage that lasts all day.

The lightweight powder looks and feels like you are wearing no make-up.

It contains no talc, parabens or fragrance, ensuring that your skin is free from any irritations.

Available in five shades, the foundation includes a soft silky kabuki brush to help you achieve a natural flawless application.

For your chance to win your own Australis Mineral Purity Powder Foundation today, simply send through the correct answer to the following question:

**How many shades is the foundation available in?**

Email your answer to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au).

The first correct entry received each day will win!

For more info visit [www.australiscosmetics.com.au](http://www.australiscosmetics.com.au)

## Fed up with sky-high supply costs?

If you're not buying your pharmacy supplies through [pharmamarket.com.au](http://pharmamarket.com.au) you could be losing money every single day. Get in the market for the best deals, visit [pharmamarket.com.au](http://pharmamarket.com.au) today.



**7% PBS  
DISCOUNT!  
COST+0%**

**ON PBS PRODUCTS  
ORDERED DAILY THROUGH  
YOUR WHOLESALER!**

**Chemsave**

One of the 7 reasons why  
Chemsave is the **CLEAR CHOICE**  
for ALL pharmacies!

**Click on this banner  
for more information!**

## CoQ10 questions

A **NEW** study has revealed that a diet high in coenzyme Q10 may not promote greater levels of fitness or have any benefit on the anti-aging process.

In the controlled study, mice were given both high and low dose diets of CoQ10; those who were given diets with low concentrations were not found to have any greater age-related muscle strength deterioration or worsened balance coordination, memory or learning processes.

Despite the marked increase of spontaneous activity in those that were given a CoQ10 rich diet, the older mice were found to have worsened hearing and impaired spatial learning and memory problems, whilst neither group showed CoQ10 effected their life-span.

## Collaborative nurse scripts

**HEALTH** minister Nicola Roxon has agreed to support the introduction of "collaborative arrangements" between nurse practitioners, midwives and doctors.

Proposed amendments to the Midwives and Nurse Practitioners Bill 2009 incorporate a new requirement that, in order to access Medicare and the PBS, midwives and nurse practitioners will need to enter into an agreement with one or more medical practitioners.

The Royal Australian College of General Practitioners has welcomed the move, saying the requirement "will ensure that patients continue to receive coordinated care whilst accessing

a number of health professionals." RACGP president Chris Mitchell said the collaborative arrangements should include the patient's GP.

"The demands of an ageing populations and patients with chronic disease or complex care needs require a different approach and as the complexity of health issues increases this will only be achieved through expanded and extended general practice teams - teams which will include general practitioners, practice nurses and nurse practitioners," Mitchell said.

## Souls API stake up

**WH SOUL** Pattinson & Co has increased its stake in Australian Pharmaceutical Industries to 27.59%, after taking up its full entitlement in the API capital raising (**PD 22 Oct**).

When the company last advised its substantial shareholder status in Jun 2008, Souls held 23.96% of API and since then it's purchased about 1.7 million shares on the stock market, as well as taking up around 41 million shares in the capital raising for \$26.5m.

## No magnetic appeal

A study in the 'Complementary Therapies' journal which took into account the responses of over 50 patients, has found that magnetic bracelets used to treat osteoarthritis pain may not in fact provide anything more than placebo effect.

Half of the participants were given a bracelet, half not - of those who used the bracelets no significant lessening pain or stiffness was reported.

## Fibre-rich immunity

**NEW** evidence from the Garvan Institute has found a link between diets high in fibre and greater immune system function in mice.

Scientists have said that the link between 'diet, gut bacteria, and immune responses, may help explain (in humans) the rapid increase in inflammatory diseases such as asthma, atopy, inflammatory bowel disease, rheumatoid arthritis and diabetes', adding that the findings could pave the way for new human treatments for arthritis, asthma and diabetes.



## DISPENSARY CORNER

**YOU** never know what germs are lurking in an aircraft, according to a US firm called SmarterTravel, which has just released a new "travel advice resource" for staying healthy while travelling.

Tips include details of "some of the dirtiest parts of the plane you should avoid" such as not using aircraft blankets and pillows because they can harbour germs left by previous passengers.

There's also a warning against using the seatback pocket.

"Passengers store everything from used tissues to dirty diapers in there, making the pocket a holding tank for germs and bacteria," the company said.

**A RESEARCHER** from the University of NSW has found that being in a bad mood can actually be good for you.

Professor Joe Forgas said that his experiments showed that miserable people are better at decision making and less gullible than those who are cheerful.

He asked volunteers to watch different films and dwell on good or bad aspects of their life, with the aim of putting them in either a good or bad mood.

Then he got them to complete a series of tasks, with those who were grumpy outperforming their happier counterparts, making fewer mistakes.

The research was a follow-up to previous work by Professor Forgas which found that people think better on gloomy days, while bright sunny weather made them more forgetful.

**PHARMACIES** in Austria have started selling fish to their customers, as part of a campaign by a local seafood manufacturer to promote the health benefits of omega-3.

The chemists are offering "smoked char" which apparently contains high levels of fish oil, claimed to help prevent heart and blood vessel disease.

A spokeswoman for the supplier said the fish wasn't covered by the national drug subsidy scheme, adding that "it requires no prescription".

## Nice iNova outfits!



**INOVA** Pharmaceuticals unveiled increased production capacity at the state-of-the-art iNova Technology Centre in Sydney last week (**TD Fri**).

The \$2.2 million investment will see iNova able to create 20m blister packs per year - compared to the previous capacity of 8.4m.

Products made at the Centre contribute about 75% of the company's revenue - with about half of total revenue comprising export sales from Australia.

The Centre was opened by Federal Member for Calwell and Standing Committee Chair on Industry, Science and Innovation, Maria Vamvakou MP.

iNova ceo Andrew Howden said the company's success in creating



value was due to "incremental innovation" such as developing and manufacturing new product formulations and dosage forms.

**Pictured above** checking out the new facilities are, from **left**: iNova ceo Andrew Howden; Maria Vamvakou MP; John Bell, PSA; and Greg Minton, iNova chair.

Inset: one of the machines which form part of the new blister packaging production process.