



## SHPA careers push

"REMUNERATION for pharmacists working in hospitals is very attractive," according to ceo of the Society of Hospital Pharmacists of Australia, Yvonne Allinson.

SHPA said that while the increase in pharmacy graduates means there is now increased competition for pharmacy positions in all sectors particularly in metropolitan areas.

"However many opportunities remain in rural and regional areas and this can be a good place for keen pharmacists to build their careers," Allinson said.

She said that award rates for pharmacists in hospitals with access to salary packaging, generous overtime and leave loading conditions are very competitive, while other benefits include working as part of a team, with stable and secure employment and access to a career path with promotional opportunities.

SHPA operates a Job Register website at [jobs.shpa.org.au](http://jobs.shpa.org.au), as well as promoting hospital pharmacy careers via its World of Possibilities portal at [careers.shpa.org.au](http://careers.shpa.org.au).

## New national guidelines

THE new national Pharmacy Board of Australia has endorsed the use of the Pharmacy Guild's Project STOP for reporting of possible pseudoephedrine diversion, as part of new draft guidelines for pharmacists issued yesterday.

The Board is inviting feedback on the proposals, with the three guidelines covering 'dispensing medicines', 'specialised supply arrangements' and 'practice specific issues'

The dispensing guideline also advises that pharmacists must be aware of the standards published by the SHPA and PSA.

It covers safe dispensing and labelling procedures and "providing a good pharmaceutical service," as well as addressing the training and roles of dispensary assistants.

A range of issues are covered including internet and mail order dispensing, under which the guideline states that the pharmacist must obtain sufficient clinical information from patients - including their current medications

- to ensure safe dispensing.

The supply of a Consumer Medicines Information leaflet is recommended whenever a new medicine is supplied, and the guideline also details procedures for extemporaneous dispensing, recommendations for incident recording and labelling of dispensed medicines.

There's also a clause on patient counselling as well as the handling of dispensing errors.

Workload for a pharmacist according to the guidelines should be an average of 150 scripts over a 9am-6pm day, with a dispensary assistant recommended for levels of up to 200 daily scripts, and an additional pharmacist for at least part of the day at higher levels.

There's a separate draft guideline focusing on miscellaneous issues, with a clause on pseudoephedrine stating that only one package is to be supplied at a time, with stock levels kept to no more than one week's supply - and the use of Project STOP to help pharmacists determine whether pseudoephedrine should be supplied.

This guideline also covers drugs of abuse, supply of S2 and S3 products as well as complementary and alternative therapy when practised by pharmacists or other people in the pharmacy.

It also prohibits the sale or supply of tobacco products as "inconsistent with the practice of pharmacy, and is considered as unprofessional conduct".

The third guideline, on specialised supply arrangements, covers such items as dose administration aids, automated dose packing systems and periodic administration of medicines.

Comments on the guidelines are due by close of business on 14 Jun to [natboards@dhs.vic.gov.au](mailto:natboards@dhs.vic.gov.au), and following finalisation they will come into force from 01 July.

See [pharmacyboard.gov.au](http://pharmacyboard.gov.au).

## SA regional chemo

THE govt yesterday announced \$5.4m in funding to establish new chemotherapy units in ten South Australian hospitals: Gawler, Mt Barker, Mt Gambier, Port Augusta, Victor Harbor, Clare, Murray Bridge, Northern Yorke Peninsula, Naracoorte and Port Lincoln.

## Baby boomer risk

IMPROVING patient medicines compliance is a key factor in dealing with the massive potential risk of heart attack or stroke among baby boomers in Australia.

That's one of the findings of a report released in Sydney this morning, which found that one in five Australians aged over 55 has at least a 30% likelihood of suffering a potentially fatal cardiovascular incident in the next five years.

The Access Economics report, sponsored by Boehringer Ingelheim, has renamed baby boomers as 'Generation Risk' after ranking people in this age group on a scale similar to the one used for bushfire warnings, based on an accumulation of risk factors such as being overweight, smoking or high blood pressure.

Almost half of all Australians aged 55 or older fall into the high risk end of the scale, facing at least a 15% chance of a heart attack or stroke in the next five years.

The report found that on average 20% of people stop taking blood pressure medications after just one month, while 80% had stopped taking them after 30 months.

"The analysis revealed that the risk of a 'catastrophic' cardiovascular event could be reduced by up to 22 per cent if these patients continued with therapy," said expert adviser on the report, Prof Murray Esler of Baker IDI Heart and Diabetes Institute.

The study also found that men were almost twice as likely as women to be at 'high', 'very high', 'severe' or 'extreme' risk of a heart attack or stroke, and were also more likely to have already suffered a cardiovascular event.

## RADAR review

THE National Prescribing Service has released the latest edition of its RADAR publication which contains independent, evidence-based assessments of new drugs and other updates.

This issue covers the doctor's bag listing of Pentrox (methoxyflurane) (PD 07 May), Circadin melatonin prolonged-release tablets for primary insomnia in older people (PD 21 Apr) and the use of lower doses of colchicine for acute gout, including updated information about drug interactions and toxicity.

More info [www.nps.org.au](http://www.nps.org.au).

## WANT YOUR SKIN TO LOOK FLAWLESS?



This week *Pharmacy Daily* is giving readers the chance to win a Natural Ground Minerals product, courtesy of **Total Beauty Network**.

100% Naturally Organic, with an in-built no waste grinder so make-up is protected from light, air and bacteria. It also contains ingredients that care for your skin such as Poly Peptides & Pomegranate. Apart from a foundation there is a bronzer to give healthy, natural sun-kissed glow and a finishing Illuminator to set your make-up for an all day fresh finish. No nasties, no fuss application and suitable for even the

most sensitive skin.

For a chance to win your very own Natural Ground Minerals product, simply send through the correct answer to the daily question below:

**Make-up is protected from  
what 3 things?**

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

The first correct entry received will win!

Hint: Visit: [www.tbn.com.au](http://www.tbn.com.au).

**Congratulations** to yesterday's lucky winner: **Catherine Paton** from **Symbion Pharmacy Services**.

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Stay across  
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advice that  
matters.

**Guild**

## Health, Beauty and New Products

Welcome to our weekly feature with all the latest health, beauty and new products for pharmacy!

Suppliers wanting to promote products in this feature should email [advertising@pharmacydaily.com.au](mailto:advertising@pharmacydaily.com.au).



### DISPENSARY CORNER

**THINK** about this the next time you're counselling a patient.

Research in the UK has found that men are much more likely to tell lies than women - and they also feel less guilty about it.

Scientists surveyed 3000 people, finding that the average British man tells three lies every day, or about 1092 a year.

Women came out as significantly more honest, lying about twice a day or 728 times a year.

The British Science Museum, which commissioned the survey, said that mothers were the people most likely to be lied to, with about a quarter of men admitting they had lied to their mum, compared to 20% of women.

The most popular male fib was the classic "I didn't have that much to drink".

**AS MANY** as one in ten new fathers suffer from post-natal depression, according to researchers in the USA.

The *Journal of the American Medical Association* published a study from the Eastern Virginia Medical School which analysed 43 studies involving over 28,000 parents from 16 countries.

Depression in dads appears to most often kick in three to six months after the birth, with the research team saying there should be more awareness of the condition because it can have "substantial emotional, behavioural and developmental effects on children".

**A CHINESE** man with no hands is suing authorities for the right to continue driving a lorry.

49-year-old He Yuelin of Lijiang lost both his hands playing with a discarded bomb at the age of 9.

He's been driving a truck since 1984 and has been featured in a number of TV documentaries - but has never actually held an official driver's licence.

"Over the years I've had so many tickets that I can't even count them all," he said.

"But I have to drive to support the whole family. Driving is the only skill I have," he said.

### Combat colds this winter

**Blackmores Immunodefence™** is the newest addition to Blackmores cold, flu and immunity range. The product provides key immune nutrients such as lactoferrin, vitamin D and zinc to support the body's immune defences which helps to fight colds and flu and relieve symptoms. It's recommended that adults take two of the capsules a day with a meal or as otherwise prescribed.

RRP: \$39.95

Stockist: Blackmores - 1800 808 522



### Maintain that 'beach babe' glow

**Face the Day** tinted moisturiser with SPF15+ is pumped full of Aloe Vera to soften and soothe the skin. The moisturiser also contains Vitamin A to balance the skin and help maintain a healthy complexion. The product's golden tint will have you sporting a glorious glow all year round and helps battle against winter's hidden rays with SPF 15 sun protection. Use Face the Day every morning and save your face from the dreaded cold during the chilly months this winter.

RRP: \$9.99

Stockist: Aspire Brands - (03) 9427 9222

### Avoid winter ills - the answer is CLEAR

The cold and flu season is approaching, and to help prevent being hit by a cold, flu or fever, Clear has released **Clear Germ Defense** and **Kids Germ Defense** antibacterial hand sanitiser sprays which claim to kill 99.99% of germs when applied to hands. The take anywhere slim-line pen applicators are small and compact and good for up to 150 applications. They're ideal for use when travelling, dining, at school, on public transport and in public areas.

RRP: \$4.99 (15ml)

Stockist: Keysun Laboratories - (02) 9999 2525



### Supple and smooth skin

**Creamy Cleanser** is a rich luxurious cream that gently cleanses without leaving skin feeling parched, taut or itchy - ideal for dry or aging skin types. It contains organic aloe vera, marshmallow and chamomile, and is enriched with apricot kernel oil and vitamin E for an added moisture boost to keep skin smooth. Creamy Cleanser is infused with a pure essential oil blend featuring geranium. It's free from soap, sulphates and petrochemicals and is Australian made and owned.

RRP: \$12.95 (125ml)

Stockist: GAIA Skin Naturals - (03) 9703 1707



### Bathe away winter skin blues

To keep skin hydrated and looking healthy this winter, Abahna have reformulated their **Dispersing Bath Oil** to include oleic acids, antioxidants, essential fatty acids, minerals and lecithin - essential for maintaining healthy skin after a long soak. The scented Abahna range also includes Bath Oils, Bath Forms, Shower Gels, Body Scrubs, Soaps, Body Lotion, Hand Lotions & Candles.

RRP: \$44.95

Stockist: Frostbland - (02) 8709 8800

