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CPD Calendar

WELCOME to Pharmacy Daily's Continuing Professional Development Calendar, featuring upcoming events and opportunities to earn CPE and CPD points.

If you have an upcoming event you'd like us to feature, email info@pharmacydaily.com.au.

- 08 Sep:** Pharmacy Horizons: Pharmacy Ownership, NSW - www.psa.org.au/site.php?id=314.
- 11-12 Sep:** Australasian Conference for Compounding Pharmacists - www.accp.net.au.
- 23-23 Sep:** Australian Asthma & Respiratory Educators Assn Symposium, Canberra - 02 4340 8822.
- 15-18 Sep:** Pharmacy 2010, the Pharmacy Management Conference on Hamilton Island - www.pharmacyconference.com.au.
- 28-31 Oct:** PSA's Pharmacy Australia Congress in Melbourne - details www.pac10.com.au.
- 11-14 Nov:** The 36th National SHPA Conference, Medicines Management 2010 in Melbourne - mm2010shpa.com.

Chemmart is getting younger

THE median age for pharmacists working at Chemmart pharmacy outlets is decreasing, according to recent data released by the retail chemist conglomerate.

Seemingly bucking the traditional trends, the average age for Chemmart member pharmacists across the brand's 220 pharmacies is 42 years.

Conversely, recent data published in a *Medical Journal of Australia* report found that throughout the industry in general 33% of pharmacists are still practising at 65-69 years of age.

The Chemmart trend towards younger members is, according to past surveys, a relatively new one, with Chemmart data from 2003 finding the average age of Member Pharmacists to be 55.

Speaking about the findings Chemmart executive director, Jonathan Layton said the youth trend has much to do with "the success of the strategy behind the overall Chemmart Pharmacy offer.

"We have positioned Chemmart as a brand that drives value for

pharmacists and differentiates by delivering professional health solutions," he said.

"It is no accident that this focus on professional services and forward dispense is closely aligned with the approach being taken by Australia's pharmacy schools.

"We believe that our philosophies, proposition, business tools and management style have positioned Chemmart as the contemporary brand of choice for younger pharmacists," he added.

According to Layton Chemmart's dual professional and retail focus is a big drawcard for young pharmacists looking to grow their business.

"Health programs including Sleep Apnoea, Quit Smoking, Diabetes and the Kate Morgan Weight Loss Program are allowing our members to commence dialogue with customers and that, in turn, is helping grow their business through providing high-demand health services," he said.

Layton also credits the 'strong value' offered by the brand as critical in the decision made by older pharmacists "to transition out of their businesses and hand over to a younger partner".

Volunteers wanted

A MAJOR disease prevention trial is set to call on healthy Australians over 70 years of age to help test whether taking aspirin contributes to good health in the elderly.

The ASPREE study is led by Monash University and US Berman Center for Outcomes US researchers, and will recruit 12500 Aussies and 6500 people in the US to take part - more information www.aspree.org or 1800 728 745.

Pharmacy Daily Pharmacy Job of the Day!

Jobs4Careers is Australia's leading source for pharmacy jobs ... click here to find out more and see the Pharmacy Daily Job of the Day ...

jobs4careers.com.au



Pharmacy Daily has teamed up with **ULittleBeauty**, and is giving away exciting prize packs every day this week.

Each pack is valued at \$69.95 and contains two ULittleBeauty products: Intox-C-Cation Skin Firming Serum and Drought Relief - Hydrating Facial Gel Mask.

ULittleBeauty is Australian owned, contains natural & certified organic ingredients, cruelty free, vegan certified, and free of parabens, SLS, petrochemicals, artificial fragrances, colours, preservatives.

For your chance to win this exciting prize pack, simply send through the correct answer to the question below:

How much does the Intox-C-Cation Skin Firming Serum cost?

Email your answer to: comp@pharmacydaily.com.au.

The first correct entry received will win!

Hint: Visit www.ulittlebeauty.com.au

Congratulations to yesterday's lucky winner: **Janine Hando** from **Parkes Hospital**.

SHPA preceptorship

THE Society of Hospital Pharmacists of Australia has awarded the 2010 SHPA Janssen-Cilag Specialist Renal Pharmacist Grant to Alice Springs pharmacist, Angela Young.

Having worked as a Clinical Renal Pharmacist at the Alice Springs Hospital in the Northern Territory since Mar 2007, the grant will now allow Angela to undertake an intense one-week preceptorship at the Central Northern Adelaide Renal and Transplantation Service of The Royal Adelaide Hospital in South Australia in order to improve her clinical knowledge in this specialised area.

Professional Ethics: PAC10

PROFESSIONAL behaviour and the implications of the new legislation on the profession's Code of Ethics will be hot topics at this year's Pharmacy Australia Congress, according to the Pharmaceutical Society of Australia.

The topic, articularly pertinent given the current revision process of the Code of Conduct, will be explored by Dr. Betty Char, Lecturer in Pharmacy Ethics and Practice at the University of Sydney, in a session titled 'Professional Ethics and Law in Pharmacy - the Relationship and the Contradictions'. Included in the presentation will

be an overview of the situation the profession is currently in, the current challenges faced by pharmacists, whistle-blowing and a discussion of how the revision has prompted an examination of the profession's values, standards, behaviour and scope of ethical concerns.

In addition the presentation will feature the outcomes of the Inaugural Pharmacy Ethics and Law Workshop conducted at Sydney Uni June, with examination and explanation of the principalinvolved and how they relate to current pharmacy practice.

See www.pac10.com.au.



DISPENSARY CORNER

SO a special baby formula's out of the question then?

An Indian woman, Couthi Bai, hailing from the village of Kilchu has made headlines after revealing her rather unusual mothering skills revolving around her care of a month old calf.

According to reports Bai has been breast feeding the young bovine since her mother died when she was just three days old.

Considering it a sacred duty, Bai suckles the calf four times a day, and supplements her breast milk diet with water, grass and flatbread.

"For me, there is no difference between a calf and an infant," Bai said.

"The gods will be pleased if I raise her," she added.

YEASTY goodness brought up from Davy Jones' locker.

Lovers of a nice frothy ale will be excited to learn that researchers have un-earthed (or rather un-sea-ed) what they believe to be the oldest cache of beer ever.

Discovered at the site of an unidentified 200 year old Baltic Sea shipwreck 50 metres below the surface the beer was preserved because the constant temperature and light levels provided "optimal conditions for storage".

In addition, the pressure in the bottles prevented seawater seeping in through the corks.

Subsequent taste tests of the dark frothy liquid by scientists recorded positive results, with researchers saying they "quite liked it".

Also onboard the wreck is what's believed to be dozens of bottles of the world's oldest champagne.

ZSA Zsa's plastic afterlife.

The husband of world famous actress 93-year old Zsa Zsa Gabor has revealed he plans to have her body plastinated and put on display after she dies.

"My wife has always dreamt that her beauty would be immortal," he said, adding that German anatomist Gunther von Hagens (famous for his plastinated body exhibitions) should be the man for the job.

Rob shares his life-long dance with diabetes



ABBOTT'S FreeStyle launch and Australian Diabetes Educators Assn Annual Scientific Meeting expo stand, was given a fair boost of star power when 2010 winner of Dancing With the Stars and star of Better Homes and Gardens, Rob Palmer, joined their stand to promote the new test strips and also chat about his own battle with diabetes.

Whilst in attendance Rob spoke exclusively with PD about living with the condition.

When were you first diagnosed?

"When i was seven. And pretty much started playing sport straight away, i'd never really played team sport before that and mum and dad threw me straight into it thinking that it would be a good idea, the more exercise you do the better it is for your body, whether you're diabetic or not. Exercise is a really great thing."

How have pharmacists helped you manage your diabetes?

"It used to be really hard to find a chemist that stocked a variety of stuff so that you could actually help yourself, and just having a large range of stock is the best help you can get, otherwise it's a four hour exercise to find a chemist that that has what you need so that you can get on with your day."

Do you find managing diabetes with an active lifestyle a challenge?

"I think managing diabetes is a challenge full stop. And it doesn't matter what your lifestyle is the challenge is really no less. Even if you're not active it's really good to be aware of what your sugars are doing. The best way to manage diabetes i've found is just to know whether my blood sugar is going up or coming down or stable or what ever and you can only really know that by regular checks."

So you'd certainly recommend an active lifestyle?

"I'd recommend as active a lifestyle as is humanly possible. If i could play sport for a living i would."

Have you seen or felt much of a difference between treatment options that were available in the last decade to what's available now?

"It's extraordinary how different diabetes management tools are from when i was diagnosed to now. That was 25-30 years ago, and now, i mean what used to be the size of a large lunchbox, is now the size of a wristwatch and it's manageable, it's easy, it's fast, it's ten times faster than it used to be and it's so easy to check your blood sugar i don't see why you wouldn't do it all the time. The pin prick, the amount of blood you need is so much less, the amount of time you need is so much less and by knowing what your sugars are you can sort of know how to manage diabetes based on that. Things have gotten easier and quicker."

What advice would you give to people who are newly diagnosed?

"Never say no to something because you're a diabetic."

What advice would you give to pharmacists who deal with diabetic patients?

"I'd encourage regular testing, without being too insistent. No one likes to be told what to do. But quite often people like to know what is a good idea. And if you can encourage someone without telling them what to do, they're more likely to take that onboard and make their own decision as opposed to following your instructions."