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## SA Pharmacist win

HELEN Brauer has been honoured as the Pharmaceutical Society of Australia's South Australian Pharmacist of the Year for her work in improving the health outcomes of Alzheimer's sufferers.

"Helen Brauer graduated from Adelaide University in 1971 and worked in community pharmacy and then became an accredited pharmacist so she could perform RMMRs in the aged care facilities that her pharmacy serviced," said South Australian President of the PSA, Sue Edwards.

"In this role she looks after about 400 nursing home beds, and does about 20 HMRs a year.

"This work led to her being approached by the Dementia Behaviour Management Advisory Services of Alzheimer's Australia to give advice about medications on a casual basis," Edwards added.

As such, Edwards provides advice about medicines to the clinical behavioural consultants and conducts medication management reviews for complex cases in nursing homes, and is also involved in helping to produce help sheets for the SA branch of Alzheimer's Australia such as *The Pharmacological Management of Behavioural and Psychological Symptoms of Dementia*, and general pharmacological advice for booklets such as *Behaviours of Concern*, produced by Alzheimer's Australia SA.

"I am delighted to name her SA Pharmacist of the Year and I congratulate her on her exemplary work which serves as a role model for all pharmacists," Edwards said.

## Patent extension review

THE Parliamentary Secretary for Industry and Innovation has announced a Government review into the appropriateness of the extension arrangements for pharmaceutical patents.

"In certain circumstances, pharmaceutical patents can be extended by up to five years beyond the normal patent term, Dreyfus said, adding that "these provisions were introduced back in 1998, and are due for review".

Addressing the need for the review Dreyfus said that concerns had been raised about a number of aspects of pharmaceutical patents, including bringing generic pharmaceuticals to market and the effect of patent terms on innovation.

According to Dreyfus the review will look at issues that impact on competition in the pharmaceutical industry, for example, the ability of generic medicines to enter the market; issues around fostering innovation and bringing new pharmaceuticals to market; and the importance of the patent system in providing employment and investment in research and industry.

The review will also consider the impact of pharmaceutical patent provisions on Government health expenditure; the impact on the Pharmaceutical Benefits Scheme; international approaches to extensions of term for pharmaceutical patents; Australia's obligations under international agreements (including free trade agreements and World Trade

Organisation agreements); and Australia's position as a net importer of patents and medicines.

The Review is set to be Chaired by Tony Harris, and will include two other members: Dr Nicholas Gruen and Professor Dianne Nicol.

MEANWHILE the review has been welcomed by the Generic Medicines Industry Association, which said the move was both important and timely.

"Market exclusivity must only be provided for truly innovative medicines," GMiA said in a statement.

"Given the regulated nature of the pharmaceutical market, it is imperative that the legal framework support appropriate, timely and efficient market entry of follow-on generic medicines," GMiA added.

In addition GMiA argued that patents play an important role in encouraging innovation of new pharmaceuticals.

"The patent system should not support trivial patents that extend market exclusivity to products that do not deliver a health benefit," GMiA said.

"Granting of weak patents restricts innovation, competition and diffusion of knowledge AND unnecessarily increases the cost to the public," GMiA added.

## CBT helps teens cope

COGNITIVE behavioural therapy in classrooms has been found to be helpful in reducing symptoms of depression in high risk adolescents, according to new research published in the *BMJ*.

The study involved 1,064 teens aged between 12 and 16 years who were randomly assigned to cognitive behavioural therapy, attention control, or usual school provision.

The results found that classroom based cognitive behavioural therapy programs may result in increased self awareness and reporting of depressive symptoms.

Researchers did however warn that classroom CBT programs should not be undertaken without further evaluation and research.

## Elective waiting times

LAST year 662,000 Australian patients attended hospitals nationwide for elective surgery procedures.

The data comes from the latest Australian Institute of Health and Welfare report titled *Australian hospital statistics 2011-12: elective surgery waiting times*.

According to the report during 2011-12, half of patients waited 36 days or less for public elective surgery, the same as in 2010-11, but a rise from the median waiting time in 2007-08 of 34 days.

Surgical specialties with the longest median waiting times in 2011-12 were ophthalmology; ear, nose and throat surgery; and orthopaedic surgery (74, 66 and 63 days respectively), whilst cardiothoracic surgery had the shortest median waiting time (16 days).

 5<sup>th</sup> Community Pharmacy Agreement

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## Guild Update

### myCPD platform upgrades

The Guild Pharmacy Academy is excited to be soon launching its new myCPD online learning platform for myCPD users at the end of October 2012.

It will provide a much simpler and user friendly experience for recording of CPD credits, learning about upcoming Pharmacy Guild CPD events and participating in online courses.

To help deliver these important and exciting updates, the myCPD platform will be unavailable for a period of time between Wednesday 24 October and Monday 29 October 2012.

It is highly recommended that all myCPD users login to [www.mycpd.org.au](http://www.mycpd.org.au) prior to Wednesday 24 October and print off their CPD summary to have as a record.

All CPD records from the previous accreditation year (1/10/11-30/9/12) will be transferred to the new myCPD platform and CPD record, but it is highly recommended that all users obtain a copy of their personal record prior to the upgrade to our new myCPD platform.

To print off your summary, please visit: [www.mycpd.org.au](http://www.mycpd.org.au) – log in, and then select View/Print summary.

For select summary option – choose Select Date range, and then input the dates; Start Date: 1/10/2011 and End Date 30/9/2012.

Then select Show CPD for selected date range. And then click on the Print now option at the bottom of the page.

If you have any queries, please don't hesitate to contact the Guild Pharmacy Academy team on: 02 6270 1888 or on: [guildpharmacyacademy@guild.org.au](mailto:guildpharmacyacademy@guild.org.au).



The Pharmacy Guild of Australia

## HRT for women's hearts?

**HORMONE** replacement therapy may have beneficial effects on the cardiovascular health of postmenopausal women, according to new research published in the *British Medical Journal*.

The research looked at the long term effect of hormone replacement therapy on cardiovascular outcomes in recently postmenopausal women, and involved 1,006 healthy women aged 45-58 who were recently postmenopausal or had perimenopausal symptoms.

During the study the researchers randomly allocated 502 participants to receive hormone replacement therapy, whilst the remaining 504 received no treatment.

Women in the treatment group who had an intact uterus were treated with triphasic estradiol and norethisterone acetate whilst those who had undergone hysterectomy received 2mg of

estradiol a day.

The drug treatment was stopped at 11 years, however women were followed for 16 years for death, cardiovascular disease, and cancer.

According to the findings after 10 years of randomised treatment, the women receiving hormone replacement therapy early after menopause had a significantly reduced risk of mortality, heart failure, or myocardial infarction, without any apparent increase in risk of cancer, venous thromboembolism, or stroke.

### ASMI rego closing soon

**THE** Australian Self Medication Industry is reminding pharmacists that the deadline to register for its 2012 Conference 'Future Proofing the Consumer Healthcare Industry' is closing soon.

The event will take place at Sydney Olympic Park on 13 November, see [www.asmi.com.au](http://www.asmi.com.au).

## WIN A PURE THERAPY GIFT PACK



Every day this week **Pharmacy Daily** is giving readers the chance to win a Pure Therapy Gift Pack, valued at \$75, courtesy of **The Purist Company**.

Skin in distress will find a head to toe solution in

the Pure Therapy range, especially formulated for severely dry and sensitive skin prone to Eczema, Psoriasis and Dermatitis. Free from harsh chemicals such as Parabens, Sulphates, Mineral Oils and DEA, the range uses carefully selected ingredients which benefit skin. Created after years of research, the products are dermatologist tested to be non-sensitising, non-irritating and provide 24 hour moisture to the skin.

For your chance to win, be first to send in the correct answer to the question below:

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

Hint! Visit [www.purist.com](http://www.purist.com)

Congratulations to yesterday's lucky winner, **Sigrid Hamacher** from **Actegy Health**.

## DISPENSARY CORNER

**BRAINS** and brawn.

A 21-year old US student, Michael Kotch, has proved that exercise can be combined with tough mental tasks.

The body-building enthusiast made headlines after he posted a clip of himself doing pushups whilst solving a Rubik's Cube in just 25 seconds.

The video was posted by Kotch on a bodybuilding website as part of a competition.

Needless to say Kotch won the competition, but was surprised when the reaction to his video went viral.

Kotch's unusual ability even earned him a spot on the popular Jay Leno *Tonight Show*, in which he admitted that "If I knew [the video would be so popular], I would have made myself look better".

To view the feat, **CLICK HERE**.

**ALL** the better to see you with.

The internet has exploded with theories about the origins of a giant eyeball which was found washed up on a Florida beach last week.

Guesses ranged from extra terrestrial visitors to as-yet-undiscovered deep sea creatures, and giant jellyfish.

Experts from the Florida Fish and Wildlife Conservation Commission have however dispelled the rumors this week, saying that after an examination based on its colour, size and structure, along with the presence of bone around it, that the eye originated from a swordfish.

"Based on straight-line cuts visible around the eye, we believe it was removed by a fisherman and discarded," a statement said

"Genetic testing will be done to confirm the identification," the statement added.

