

back to school

Ensure your customers' kids head back to school feeling happy and healthy this year with the help of **Inner Health for Kids**.

If a child has been taking a course of antibiotics, **Inner Health for Kids** may assist in maintaining the levels of normal healthy flora that may have been disrupted.

www.innerhealth.com.au Always read the label. Use only as directed.



HP2652 - 01/14

New learning module

ASPEN Australia has released the Quality Care Pharmacy Program approved refresher training titled *Zantac Learning Module on Pharmacy Club*.

The module aims to give pharmacy assistants a better understanding about heartburn and acid indigestion causes, and the available treatments.

To access the module **CLICK HERE**.

Macular degeneration

MACULAR Degeneration Awareness Week is coming up, from 25 to 31 May.

Macular degeneration is the leading cause of blindness in Australia and the annual event is designed to raise awareness and encourage people over 50 (most at risk) to have their eyes tested and macula checked, the Macular Degeneration Foundation said.

First pharmacy vax trial

THE Pharmacy Guild of Australia (PGA) and the Pharmaceutical Society of Australia (PSA) will launch a pharmacist immunisation research pilot program in community pharmacies in Queensland.

The trial came after consultation with the Department of Health and would involve the Queensland University of Technology and James Cook University to ensure outcomes were robust, the PGA and PSA said.

The Queensland Pharmacist Immunisation Pilot (QPIP) will begin in this year's flu season, around April, and target consumers not covered by the National Immunisation Program.

PSA Queensland branch president Professor Lisa Nissen said that it was estimated that the bulk of immunisations would take place over the first three to four months, and that the pilot would not be immunising those under 18.

Nissen said the pilot hoped to have around 100 pharmacies across Queensland involved.

Criteria for participating pharmacists included general registration and having professional indemnity cover in place.

"A key part of the pilot is to provide training for pharmacists

around administration of vaccines and the management of adverse events, including anaphylaxis.

"The training aligns to the competencies expected of other health professionals providing immunisations and addresses the competencies approved recently by the board. This is in addition to pharmacists having a current first aid and CPR certificate."

Queensland Pharmacy Guild branch president Tim Logan said the pilot could lay the groundwork for more professional services delivered through community pharmacy.

Immunisation expert at the National Centre for Immunisation Research and Surveillance at the Children's Hospital Westmead Professor Robert Booy said the trial was taking a considered and careful approach in getting appropriate training and regulatory approval to do an appropriate, important pilot study to see if influenza vaccination uptake could be improved.

He said a key concern was that the primary care oversight of patients was integrated, so it was important that the family doctor be informed of any immunisation given, and that the public kept their own vaccine records.

Sex supplement recall

THE United States Food and Drug Administration (FDA) has advised consumers that Midwest Wholesale has voluntarily recalled several products labelled and intended to be used as dietary supplements for sexual enhancement.

The FDA said the products contained undeclared sildenafil and/or tadalafil, the active ingredients in prescription drugs used to treat erectile dysfunction.

The FDA said these undeclared ingredients could interact with nitrates found in some prescription drugs such as nitroglycerin, and could lower blood pressure to dangerous levels.

Consumers should stop using the products immediately and throw them away, the FDA said.

The products include Boost Ultra, XZone Gold and Sexy Monkey.

For more **CLICK HERE**.



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FDA alert for laxative

THE United States Food and Drug Administration (FDA) has warned consumers that some over-the-counter laxatives are potentially dangerous if dosing instructions or warnings on the label are not properly followed or when there were particular coexisting health conditions.

The FDA said there had been “dozens” of reports of serious side effects, including 13 deaths, associated with the use of sodium phosphate laxatives.

The organisation said it was warning adults older than 55, and adults and children with certain health conditions, to ask a health care professional before using the products.

For more detail **CLICK HERE**.

MEANWHILE NPS MedicineWise has a summary of sodium phosphate laxatives available in Australia, including the latest evidence-based information and resources for health professionals and consumers with links to all sodium phosphate laxatives.

CLICK HERE to read.

Medicare revamp urged

THE Consumers Health Forum (CHF) has urged the Federal Government to launch an inquiry to ensure Australia retains universal access to health care.

CHF spokesperson Mark Metherell said the proposed \$6 GP co-payment and Medibank Private and IPN’s trial program in Queensland pointed to an erosion of Medicare’s goal of access for all due to introduced cost barriers and “enhanced access” for insured patients.

Medibank has said that the trial explored ways to improve access to GP programs at more affordable prices, with an emphasis on preventative medicine.

The co-payments were proposed by Terry Barnes, former health policy adviser to Tony Abbott, to reduce “avoidable” visits, the *Sydney Morning Herald* reported.

The CHF said the Government should not introduce the co-payment as it would accelerate the trend towards a two-tiered health system, and could lead to poorer

health for those on low incomes and the chronically ill.

“CHF calls for an Inquiry into Medicare that focuses on how it should be remodelled to ensure that in the future it continues to meet its objectives of providing healthcare to all Australians in a way that is sustainable and affordable.”

Barnes today wrote in the *Sydney Morning Herald* that he stood by his suggestion of a modest price signal for bulk-billed GP and emergency department services, and encouraging people to question whether the necessity of a trip to the doctor.

He said bulk-billing should be confined, ideally with co-payment, to those who could least afford the trip such as pensioners and people with chronic conditions.

For more **CLICK HERE** and **HERE**.

ESP non-sense-able

NEW research from the University of Melbourne has dealt yet another blow to the commonly held belief in a sixth sense, or extra-sensory perception (ESP).

Published in PLOS ONE, the study investigated the concept of people being able to sense a change that had occurred without specifically being able to identify the change.

Dr. Piers Howe from the Melbourne School of Psychological Sciences said “We were able to show that while observers could reliably sense changes that they could not visually identify, this ability was not due to extra-sensory perception or a sixth sense.”

Cranberry & pregnancy

A NEW study from the Department of Pharmacy, School of Pharmacy, University of Oslo, Norway has indicated that cranberry, a commonly used fruit during pregnancy, may be safe.

The rationale for taking cranberry during pregnancy is to manage urinary tract infections rather than to take antibiotics.

This is the first study to address the risks of using cranberry during pregnancy, is published in *BMC Complementary & Alternative Medicine* and is based on data from *The Norwegian Mother and Child Cohort Study* including more than 100,000 pregnancies from 1999 to 2008.

The study concluded, “...cranberry does not appear to be a harmful adjunctive self-treatment” either for mother or offspring.

CLICK HERE to access the paper.

Coty consolidates

COTY Australia has announced they will assume full responsibility for OPI and Nicole by OPI distribution and public relations in Australia from 13 Jan 2014.

Following Coty Inc’s acquisition of OPI two years ago, the company is maintaining the established partnership between OPI Inc. and their Australian distributor, International Beauty Supplies Pty Ltd, to ensure a seamless transition and integration of the business.

All OPI enquiries remain unchanged and should be directed to Victoria Spring Ph: 02 9486 3211 or info@intbeauty.com.au.

WIN A THERMOSKIN SPORTS PACK

Pharmacy Daily has teamed up with **Thermoskin** this week and is giving five lucky readers the chance to win a Thermoskin pack from their New Sport Range, valued at \$65.

Leading Australian injury prevention and rehabilitation brand, **Thermoskin**, provides effective treatment with its New Sport Range of products designed to be worn during active performance.

The range is made with three-level super stretch fabric, offering sports participants the necessary compression, support and warmth at key injury prone body sites.

Thermoskin’s Sport Range Prize pack includes a Wrist Adjustable, Ankle Adjustable and Thermoskin Drink Bottle

To win, be the first person to send in the correct answer to the question below to: comp@pharmacydaily.com.au



What is the Thermoskin Wrist Adjustable product for?

Congratulations to yesterday’s winner, **Cameron Walls** from **Thurgoona Soul Pattinson Chemist**.

Oil & water does mix!

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A woman is shown relaxing in a bathtub filled with water and pink flowers. To her right is a bottle of 'LOVE LAVENDER' essential oil water-soluble solution. The bottle is purple and white with a label that reads 'LAVENDER 100% essential oil water-soluble solution 3.33 FL OZ (100 mL) Lavandula angustifolia'.

Guild Update

New emergency procedure resource

Community pharmacy has an essential role to play in ensuring pharmacy services are available throughout emergencies, to provide those affected with adequate care. All community pharmacies should have an Emergency Management Plan (EMP). Planning for an emergency should include continuity and recovery planning to help your business prepare for and survive any emergency.

An emergency is any event that adversely disrupts the community pharmacy's operations or damages pharmacy assets. It is usually a situation that requires an immediate response and includes natural disasters such as fire or flood, as well as pandemic and fuel emergencies. Many emergencies will have an impact either directly or indirectly, potentially leaving the pharmacy without essential services.

The Guild is pleased to provide new resources to help community pharmacies be prepared for emergency situations.

These resources will take you through researching and documenting an Emergency Management Plan for your pharmacy, as well as provide guidance on how best to get your pharmacy back on track if you do experience an emergency.

The Emergency Response resources are available on the Guild website in the member's only section, under 'Issues and Resources'.



Online PA DB training

DESIGNER Brands will launch an exclusive online training program for Pharmacy Assistants on 03 Feb 2014.

Entitled *The Designer Brands Beauty School*, Pharmacy Assistants will be encouraged to sign up to the course which they can complete in their own time.

The training is designed with numerous modules in a questionnaire format that focus on Designer Brands' core products, new products, companion selling and sales tips.

"Having excellent product knowledge not only gives pharmacy sales staff more credibility, but also makes it easier for them to close a sale," explains Designer Brands Marketing Manager, Natascha

Drug disabling tea

A STUDY published in the journal *Clinical Pharmacology & Therapeutics* has found that green tea may lower the plasma levels of the blood pressure drug nadolol.

The Japanese study looked at 10 healthy volunteers who each took a single oral dose of nadolol with green tea or water, after repeated consumption of green tea (at 700ml per day) or water for 14 days.

The study found that green tea reduced plasma levels of nadolol by more than three quarters, the *Australian* reported.

The study's abstract said nadolol effects on systolic blood pressure were "significantly reduced" by green tea.

To read the abstract [CLICK HERE](#).

New AusPARS added

THE Therapeutic Goods Administration (TGA) has added GSK's Tafinlar (dabrafenib mesilate) a treatment for a specific form of melanoma, and Specialised Therapeutics Australia's Aloxi (palonosetron hydrochloride) which is indicated for prevention of nausea and vomiting induced by cytotoxic chemotherapy, to the Australian Public Assessment Report (AusPARS).

[CLICK HERE](#) for details.

Dazkiw. "The Designer Brands online training is a fun and effective way to give Pharmacy Assistants the tools to increase front of shop sales."

Designer Brands cosmetics are exclusive to pharmacies and not stocked in supermarkets, petrol and convenience stores, or discount pharmacies such as Chemist Warehouse.

FIP signs consensus

FIVE global healthcare organisations have signed the Consensus Framework for Ethical Collaboration.

The International Pharmaceutical Foundation (FIP), the International Federation of Pharmaceutical Manufacturers and Associations (IFPMA) and three other organisations have signed the consensus which is based on four overarching principles: putting patients first, supporting ethical research and innovation, ensuring independence and ethical conduct and promoting transparency and accountability.

FIP said the organisations created the consensus to support partnerships which aimed to deliver greater patient benefits and support high quality patient care.

To read the consensus [CLICK HERE](#).

Vit C research flawed

A NEW review paper out of Linus Pauling Institute, Oregon State University, USA, has identified flawed approaches in studies investigating the role of vitamin C in human health.

Published in *Nutrients*, the review article referencing 139 scholarly papers, highlights "several flaws in study design endemic to randomised controlled trials and other human studies" in such a way as to limit their conclusions and impact.

The paper also makes reference to "anecdotal evidence of positive and negative health effects of vitamin C that are widely accepted but have not been substantiated."

To access the review, [CLICK HERE](#).



DISPENSARY CORNER

NOTHING to coffee at.

A study has suggested that caffeine pills could boost people's memory.

The United States study published in *Nature Neuroscience* found that, after testing the memories of 160 people over 24 hours, those who had taken caffeine tablets, rather than placebos, did better on memory tests, *BBC News* reported.

However leader of the study Professor Michael Yassa said the findings did not mean people should take lots of caffeine pills, the publication said.

"Everything in moderation. Our study suggests that 200mg of coffee is beneficial to those who do not regularly ingest caffeine.

"But we also show an inverted U-shape dose response suggesting that higher doses may not be as beneficial."

IT'S a sign.

The 'Mile 420' on Colorado's Interstate 70 sign has been stolen so many times by marijuana enthusiasts, the state has moved it slightly and re-named it 'Mile 419.99', the *Denver Post* reported.

'420' is a slang reference in California to marijuana and *Yahoo* reported the sign had been stolen so many times, state officials weren't sure of the exact number.

Colorado allowed the sale of recreational marijuana to those aged 21 and older on 01 Jan.

JE suis malade.

French company Citizen Sciences showcased its sickness sensing shirt at the Consumer Electronics Show in Las Vegas recently.

The shirt was made from "smart sensing" material that read body heat, heart rate, motion and location, the *New Zealand Herald* reported.

Data is sent wirelessly to a smartphone app, which can show if a wearer is tired, stressed, or even if a heart attack is coming.