

Sharks and diabetes

A DIABETES Australia awareness campaign inspired by National Diabetes Week compares Australians' fears of sharks with the threat of type 2 diabetes, to make people reassess what they considered a personal threat, reminding them that anyone can develop type 2 diabetes.

MEANWHILE Minister for Health Peter Dutton has also reminded Australians that the Australian Diabetes Risk Assessment Tool is available to assess risk of developing type 2 diabetes at www.checkmyrisk.org.au.

Smoking down 15%

SMOKING rates have decreased by 15% since 2010 according to the 2013 National Drug Strategy Household Survey.

In addition, only 12.8% of Australians aged 14 and over smoked daily in 2013, the data representing a "triumph of evidence-based public health policy" said chair of the joint Cancer Council/Heart Foundation Tobacco Issues Committee, Kylie Lindorff.

SMH reported public health experts said the figures coincided with plain packaging laws.

Pharma misuse increases

SMOKING rates are down but misuse of pharmaceuticals has increased "significantly" according to the 2013 National Drug Strategy Household Survey.

The survey of almost 24,000 Australians released by the Australian Institute of Health and Welfare (AIHW) found illicit use of drugs was increasing, with misuse of pharmaceuticals having increased from 4.2% in 2010 to 4.7% in 2013.

About 8m, or 42% of people aged 14 or older had ever illicitly used drugs, including misuse of pharmaceuticals, with 3m having done so in the last 12 months, compared with about 2.7m in 2010.

Non-medical use of pharmaceuticals in the past 12 months had increased overall since 2007 and was at the highest level of use seen since 1998, when it was just under 6.5%, the report found.

Use by men aged 30 to 39 increased from 4.5% to 6.9% and by women aged 40 to 49 from 3.1% to 4.5%, fuelled this overall increase.

Of the 3.3% who had misused recently with painkillers or analgesics, about 75% had misused OTC pain killers and 50% prescription pain killers.

UNSW senior research officer and National Drug and Alcohol Research Centre National Drug Indicators project manager Amanda Roxburgh said a 0.5% increase in the misuse of prescription pharmaceuticals was significant at the population level given the numbers involved. "Although the difference in consumption of pain killers and analgesics from 2010 to 2013 was not significant in and of itself, it looks like this category is driving the increase."

She said that although there had also been an increase in consumption of opioid analgesics, including OTC products, Australia was still ranked ninth internationally with the US first.

"With an increase in consumption we're likely to see an increase in misuse."

CLICK HERE for the report.

eHealth is economical

USING electronic health records to best manage patients is more efficient and less costly than the existing clinical trial process according to research published in *Health Technology Assessment*.

CLICK HERE to see the data.

Asthma tool

AN ONLINE survey of 1,151 adults with asthma commissioned by NPS MedicineWise found that 97% were confident they were using their medicine correctly.

Ceo Dr Lynn Weekes said this did not match figures from the Asthma Handbook which said up to 90% of Australians with asthma did not use their inhaler correctly.

To help address uncertainty around inhaler technique, Minister for Health Peter Dutton has launched a free online learning tool for health professionals including pharmacists, developed by Asthma Australia and NPS.

Weekes said more than 50% of respondents said they had experienced symptoms in the past four weeks and 72% said they don't have a health professional check their technique.

'Unlocking asthma inhaler technique' is available **HERE**.

NHMRC seeks input

THE National Health and Medical Research Council (NHMRC) is calling for submissions to turn research discoveries into improved medical practice and commercial opportunities.

For more information, **CLICK HERE**.



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Jobs of the Week

- **Pharmacist Manager** - Capricornia Region, QLD (Job# 2010682)
Opportunity with leading pharmacy group - small team, robotic dispense.
- **Pharmacist Manager** - Great Ocean Road, VIC (Job# 2010626)
Beachside small town on Victoria's west coast, very popular with tourists.
- **Pharmacist** - South East Rural NSW (Job# 2010678)
Country pharmacy providing professional services. All exp levels. Accom.

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for kids immunity

Inner Health Immune Booster for Kids may help reduce the frequency and severity of cold symptoms, such as runny noses and coughs, and reduce the days away from childcare and school.

www.innerhealth.com.au



Events Calendar

WELCOME to *Pharmacy Daily's* events calendar, opportunities to earn CPE and CPD points.

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

19-20 Jul: Tasmanian Clinical Weekend; Hobart; see: www.psa.org.au

19-21 Jul: Pharmacy Re-Entry Course "Refresher Training for Community Pharmacy"; Sydney; see: www.psa.org.au

22-23 Jul: Pharmacy "Essential Financial Skills"; Sydney; see: www.fmrcbusdev.com.au

25-26 Jul: Blackmores Institute Symposium: Integrating Natural Medicine Into Community Pharmacy - An Evidence-Based Approach; Sydney; more at: www.blackmoresinstitute.com.au

26-27 Jul: Medication Review Skills in Primary Care; Sydney; more at: www.shpa.org.au

27 Jul: Medicines Update 2014; Melbourne; more details at: www.psa.org.au

30 Jul: Advanced Clinical Education Cardiovascular Seminar; Sydney; more at: www.psa.org.au

30 Jul-1 Aug: The Pharmacy Management Conference; Surfers Paradise; more at: www.pharmacyconference.com.au/

9-10 Aug: The Great Victorian Railway Tour; Melbourne; details: www.psa.org.au

10 Aug: Managing Drug Interactions Seminar; Sydney; more at: www.pharmeducation.com.au

10 Aug: Medicines Update 2014; Echuca; more details at: www.psa.org.au

11-14 Aug: Health Informatics Conference 2014; Melbourne; more at: www.hisa.org.au

16-17 Aug: 8th AustralAsian Academy of Anti-Ageing Medicine Conference 2014; Melbourne; see: www.aasm.net

Hosp to integrate iPharmacy

PORTLAND Hospital has said it intends to integrate pharmacy software with its patient administration system, TrakCare.

Chief Health Information manager Claire Holt told *PD* the hospital had implemented a medication management module in the last six to eight months, as first reported by *Pulse IT*, and was now getting close to having completely electronic patient records.

The next step was to integrate the production of Pharmaceutical

Benefits Scheme (PBS)-compliant discharge scripts into this system.

This would be achieved by linking TrakCare with iPharmacy, which had PBS capabilities, she said.

The implementation should be fairly easy across the region as the interface already existed and should cost less than \$5,000, hopefully in place by early next year, Holt said.

TrakCare was an interoperable system and would be able to "speak" to other e-health systems, she said.

The medication management module had not seen a drop in errors as yet, which was difficult to achieve in such a small hospital, but had seen clinically intelligent errors, such as prescribing errors, replace errors such as legibility which had been removed, she said.

The module had saved time for the resident pharmacist, who no longer had to spend several hours on the wards checking charts, she said.

HIV end by 2030

THE United Nations Aids agency is forecasting the potential to end the HIV epidemic by 2030 averting 18m new HIV infections and 11.2m AIDS-related deaths between 2013 and 2030 in a new UNAIDS report - **CLICK HERE**.

MEANWHILE unprotected sex between men continues to be the main driver in Australia, causing about 70% of new diagnoses between 2009 and 2013, according to the latest Annual HIV Surveillance report produced by the University of NSW's Kirby Institute. Associate Professor David Wilson said while there were about 26,800 people living with HIV in Australia, about one in seven do not know they have the virus because they have not been tested and some 30% were diagnosed long after the optimal time to commence therapy.

ASMI Diamond Awards

2014 ASMI Diamond Awards for marketing and sales excellence are now open to all ASMI members, honour manufacturers and suppliers who excel in product marketing and sales.

Entries must be received by COB on 12 Sep.

CLICK HERE for details.

WIN A CAROLINE'S SKINCARE GIFT PACK

This week *Pharmacy Daily* is giving five readers the chance to win a **Caroline's Skincare** pack, containing two tubes of the New Caroline's Cream.

The New Caroline's Cream has been reformulated, making it more effective in offering symptomatic relief for skin conditions.

The addition of Aloe Vera, Vitamin A and Colloidal Oatmeal with the existing powerful natural ingredients makes it a formidable formulation. Australian-made, it's an absolute must for every bathroom cabinet.

Visit: www.carolineskincare.com.au

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

Does the New Caroline's Cream contain fragrances?

Congratulations to yesterday's winner, **April Pearce** from **Ayr Hospital Pharmacy**.



DISPENSARY CORNER

FOUR degrees of separation.

Do your friends visit your pharmacy? Then the next person you dispense for could be your fourth cousin, apparently.

Research out of the University of California has found that your friends probably have a similar genetic structure to your own genotype at the level of your fourth cousins.

Certain genotypes are also negatively correlated (heterophilic as opposed to positively correlated, or homophilic) in friends down to specific systems.

For example, the olfactory gene set is homophilic while the immune set is heterophilic, the study revealed.

So on your next encounter with your friends, you can assert that they are what the authors term your "functional kin".

If you want more evidence, **CLICK HERE** to read the abstract.

I SEE the problem, sir.

If someone comes into your pharmacy demanding a refund for deodorant that doesn't work, check they've removed the protective plastic first.

Scott Romine from Arkansas didn't, and got his son to record a negative review of the deodorant, which he said he had found useless after a week of use, when he realised his mistake, the *Telegraph* reported.

And yep, despite his dad's pleas, Romine's son uploaded the video to YouTube - view it **HERE**.

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