



Monday 24 Nov 2014

PHARMACYDAILY.COM.AU

Friday's comp winner

FRIDAY'S winner of the Vitalic Perio-TENS Pain Management device was **Peter Sykes** from Chemmart Pharmacy - Vic office.

This week **Pharmacy Daily** and **Vitality Brands** are giving five readers the chance to win an 800mL bottle of Chillax Natural Sleep Support Drink starting today with NSW and ACT readers.

See **page two** for details.

Oz longevity growing

AUSTRALIANS are living longer and with greater 'health expectancy' or less years of disability, according to a new report by the Australian Institute of Health and Welfare (AIHW).

The report said from 1998 to 2012, life expectancy at birth increased for both sexes and most of this increase would be accompanied by "an increase in years free of disability and severe or profound core activity limitation (that is, sometimes or always needing personal help with activities of self-care, mobility or communication)."

The disability-free period for males had increased 4.4 years to 62.4 years and for women 2.4 years to 64.5 years, with both sexes living a further 17.5 and 19.8 years respectively, the report said.

CLICK HERE for the report.

Hysingla ER approval

THE US Food and Drug Administration has approved Hysingla ER (hydrocodone bitartrate), an extended-release (ER) opioid analgesic with abuse-deterrent properties to treat severe pain.

The product is not yet approved for marketing in Australia.

CLICK HERE for details.

Hostility to Committee re: CM

THE Committee on the Health Care Complaints Commission said in its report on the inquiry into the promotion of false or misleading health-related information or practices that it had become apparent from the many emails it received that there had been concern, and hostility, from some quarters that the Committee was primarily interested in sidelining complementary and alternative healthcare.

The Committee said it had not recommended that any action be taken to restrict individual access to complementary healthcare.

"While the efficacy of these treatments may be doubtful, the Committee has no concerns about the continuing use and promotion of regulated alternative and complementary healthcare."

Complementary Medicines Australia (CMA) ceo Carl Gibson

said CMA had questioned the use of taxpayers' money for the inquiry when appropriate complaints processes already existed.

This was the right outcome, Gibson said.

The Committee's recommendations included that the Health Care Complaints Act 1993 should be amended to allow the Commission to issue public warnings without requiring an investigation first, where the risk to public health and safety was such that further delay could compromise public health.

The inquiry was announced last year due to concerns about a possible lack of oversight of publication of medical information contrary to medical practice (**PD 21 Nov**).

CLICK HERE to read the report.

NZ med reg upgrade

NEW Zealand Health Minister Jonathan Coleman has said his government will upgrade the country's therapeutic goods regulation following collapse of the Australia New Zealand Therapeutic Products Agency (**PD 21 Nov**).

"Both governments have agreed that a joint regulator has been thoroughly explored, but in the end respective interests are best served by separate therapeutic regimes."

Coleman said he had asked the Ministry to develop a comprehensive regulatory scheme for therapeutic products in the country.

"It is important we modernise our regulation of medicines."

"There are benefits in bringing medicines, devices, cell and tissue therapies under a single cost effective regulatory framework."

Nutrition and quitting

ENCOURAGING healthy eating and exercise along with ceasing smoking may be the most important interventions a pharmacist can make, according to a new McKinsey Global Institute discussion paper, 'Overcoming obesity: An initial economic analysis'.

Obesity joins smoking and armed violence, war and terrorism as one of the three most negative economic impacts on the global economy at about \$2t each.

The report said that a systemic, sustained portfolio of initiatives, delivered at scale, was needed to reverse the health burden of obesity.

Education, a co-ordinated community and government approach and ongoing investment in research were required to have the desired effect, the report said.

CLICK HERE for the paper.

Rhinocort deal

HealthOne is offering a deal on Rhinocort Hayfever medication.

The deal offers up to 30% off the hayfever medication and ends 30 Nov.

See **page three** for more details and an order form.

Vic Pharmacist Medal

NEIL Petrie was awarded the Victorian Pharmacist Medal at the annual Victorian Pharmacists Dinner at the Cossar Hall last Friday.

The Pharmaceutical Society of Australia said that Petrie was one of the earliest adopters of pharmaceutical care with a focus on QUM especially in aged care.

The Victorian Health Minister David Davis and PDL ceo Marie Ritchie presented the award.

Dooley SHPA head

PROFESSOR Michael Dooley has been re-elected as federal president of the Society of Hospital Pharmacists of Australia (SHPA).

Other executive members re-elected included Dr Ian Coombes as vice president

Optimise vit D levels

FRIDAY'S PD reported a review article regarding fragility fractures from osteoporosis in *Medicine Today*, stating it was a "study"

The Australian Self Medication Industry (ASMI) has clarified that this was a feature article not a study, although it was based on 56 studies referenced in the peer-reviewed journal article.

The article was comparing treatments under the assumption that calcium and vitamin D levels were "adequate", but pointed out that low levels "are surprisingly prevalent in Australia" and the "aim should be to optimise both."

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Weekly Comment

Welcome to PD's weekly comment feature. This week's contributor is **Gerald Quigley, Pharmacist, Master Herbalist and Consultant on behalf of Phytologic**



Antibiotics - is there an option?

THIS past week has reminded us about the appropriate use of antibiotics, and our responsibilities towards our patients. Nutritionals support a healthy immune system, and sometimes in the busy lives we lead, we forget that underpinning wellness requires vitamin A, vitamin D and zinc.

Herbal medicines play a major role in offsetting the early feelings of being unwell – the most common time when a person presents to us. So, why are we so quick to send that person to the doctor, to often wait a couple of days for an appointment? Is that why many people head to the grocer to self-select a health solution or two, based on slick advertising?

We have a primary role in primary care, so on behalf of your patients seeking your involvement, do some reading about aged garlic extract, astragalus, echinacea and probiotics. Prescribe the brands you trust with confidence, and seek feedback from your patients. That helps build more confidence in your own skills. But more especially, you play your rightful role in primary care. We need to regain this territory that is being hijacked by others. More especially, we seem to be allowing that to happen. Let's change that immediately.

Post-stroke support lacking

THE National Stroke Audit: Rehabilitation Services Report found out of 111 hospitals surveyed, only 26 reported having systems for follow-up or transfer of care once a patient went home, with less than half reporting that they provided support and education to patients and carers in support of returning home.

Only two hospitals reported adhering to all 10 elements of the National Rehabilitation Services Framework, while seven adhered to nine of the elements, and 50 to five to seven of the elements.

There was a need for specialised interdisciplinary stroke teams to support patients, as well as formalised systems, policies and procedures so patients and carers were supported to optimise return to life activities, the report said.

Improvement was needed in management of incontinence, with more than one third of the 7,750 patients assessed having urinary incontinence and 62% of these had a continence management plan.

National Stroke Foundation executive officer Dr Erin Lalor said pharmacists played an important role in a patient's life after stroke.

"Often, it is a pharmacist that has the most regular contact with a patient after they have been discharged from hospital and we would encourage pharmacists to keep an eye on the patient and their carer."

Lalor advised pharmacists to speak to patients and their carers, about how they were managing everyday activities, provide support, advice and referral to GP or back to hospital rehabilitation teams where appropriate.

Pharmaceutical Society of Australia national president Grant Kardachi said there should be more structure around existing processes when it came to ensuring continuity of care for stroke patients.

"A funded system of providing pharmacist-delivered care and advice for stroke victims would be a very positive step, a step which would result in greatly improved health outcomes for these people."

Continuity of care in the transition period after leaving hospital would be greatly enhanced through provision of Hospital Discharge Home Medicines Reviews, currently being piloted in two states, he said.

CLICK HERE to read the report.



DISPENSARY CORNER

THIS hotel would be great if it wasn't for the customers.

We wouldn't recommend this policy if your pharmacy ever receives a bad online review: a Blackpool hotel had a policy of charging an additional £100 to the organiser of any stay if a bad review was placed on the internet, but was forced to remove it.

According to *Orange News*, Tony and Jan Jenkinson stayed at the Broadway Hotel in August and reported back to TripAdvisor that the Broadway Hotel was "a rotten stinking hovel run by muppets", describing in detail the failings of the hotel during their stay.

They also reportedly said "if you are offered this place to stay for a fortnight for 10p, you are being robbed!!" (exclamation marks theirs), with accompanying photos.

POO power rides.

Thinking of a greener (or browner...) way of getting to work?

The first UK bus to be powered by food waste and human poo services the run between Bristol and Bath, *Quirky News* reported.

Running on gas generated through the treatment of sewage and food waste at Bristol sewage treatment works, the 40 seater Bio-Bus can travel up to 300 km on a full tank.

Sporting a humorous graphic depicting passengers sitting on a loo (pictured), the bus is also claiming environmentally friendly qualifications with its sustainable and renewable power sources.



WIN with CHILLAX

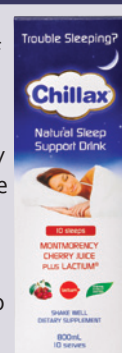
This week *Pharmacy Daily* and *Vitality Brands* are giving five readers the chance to win an 800mL bottle of Chillax Natural Sleep Support Drink.

Chillax Natural Sleep Support Drink is the natural way to help you get a better sleep. It's made with Montmorency cherry juice, which is high in natural melatonin (the same hormone produced within the human body to regulate the sleep-wake cycle). Chillax also contains lactium, a milk protein derivative, scientifically proven to help calm and relax you at the end of a busy day, according to Vitality Brands

To win, be the first from **NSW** or **ACT** to send the correct answer to: comp@pharmacydaily.com.au

What are the two active ingredients in Chillax?

Hint: chillax.com.au



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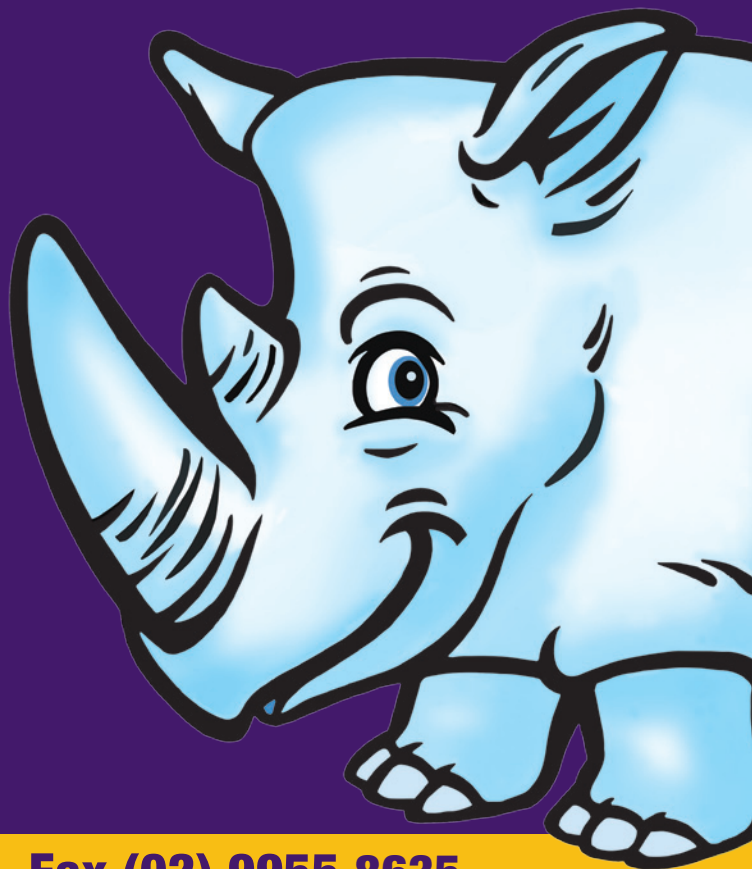
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