



Pharmacy Choice
GOLD MEMBERS GET MORE
 LoyaltyOne rewards program is part of Gold membership!
 Call 1800 036 367 now to join

Sigma locum service

SIGMA has announced it is launching Stage 1 phase of setting up a Pharmacist Locum database service.

This is part of a new service that will be offered to pharmacies and members once a pool of potential locums for pharmacies has been developed.

There will be no cost or obligation for applicant pharmacists.

Contact 1300 761 239 or write to sigmalocums@signet.com.au to register interest.

ARA 'modest' raise

THE Australian Retailers Association (ARA) has recommended a modest increase to the minimum wage of no more than 1.2% in its submission to the Fair Work Commission's (FWC) Annual Wage Review.

The peak retail organisation said its position preserves the value of the minimum wage over recent years, where wages have outstripped selling prices in the retail industry for an extended period.

The recommendation translates to a \$7.90 per week increase bringing it to \$664.80 per week.

PBS sustainability input

GIVEN Australia's health system focus on fiscal sustainability, the significant contribution of the medicines supply sector in delivering the ground-breaking 01 Apr PBS reforms "stands out like a beacon for the wider health sector", according to Medicines Australia, the Generic and Biosimilar Medicines Association, the Pharmacy Guild and the National Pharmaceutical Services Association in a joint statement.

On the weekend, Health Minister Sussan Ley trumpeted the reduced pricing of some 400 medicines as a result of the changes that are "being funded by the medicines supply sector," the statement read.

While Ley lost no time alerting consumers to her government's achievements in delivering savings of around \$17 billion in medicines costs, the reforms impose a considerable burden on suppliers.

In addition, the group said this direct contribution the medicine supply chain is making to these savings will ensure the PBS is sustainable into the future, enabling the reinvestment savings into the funding of new, breakthrough medicines for

Australian consumers.

Ley credits her government for its investment of more than \$3 billion in listing new medicines on the PBS, including significant "break-through cures for melanoma, breast cancer and hepatitis C".

About 370, or 80%, of patent protected drugs that have been on the PBS for five years or more will, for the first time, take a one-off 5% reduction in their price, saving taxpayers a further \$1 billion delivered through the Government's reform package over five years to help list new innovative medicines, Ley said.

GP & pharmacy Bloom

BLOOMS The Chemist has announced it will open a "MedClinic" medical centre housed inside its Penrith Plaza pharmacy in Sydney's western suburbs next Mon 11 Apr.

The Blooms initiative is based on data from customer feedback regarding the difficulty of securing appointments with a local GP close to a pharmacy in Penrith.

Pharmacist Rachel El-Fawal, said the new venture coincides with a recent Penrith Plaza Blooms The Chemist refurbishment.

The GP clinic is available to all members of the community and offers the convenience of bulk-billing for consultation services covered by Medicare, she added.

News weighs heavily

OVER the past 40 years, there has been a "startling" increase in the number of obese people worldwide, rising from 105 million in 1975 to 641 million in 2014, according to the most comprehensive analysis of trends in body mass index (BMI) to date, published in *The Lancet*.

The age-corrected proportion of obese men has more than tripled (3.2% to 10.8%), and the proportion of obese women has more than doubled (6.4% to 14.9%) since 1975.

CLICK HERE to access the research.

HCH can save lives

THE Stroke Foundation has weighed in on the Health Care Home (HCH) concept (*PD* 31 Mar, 01 Apr) welcoming the Federal Government's announcement of a new approach to the management of people with chronic and complex health conditions, to be trialled across 200 medical practices.

Stroke Foundation ceo Sharon McGowan said vital action was needed to manage chronic and complex health conditions, including cardiovascular disease and stroke, to keep Australians out-of-hospital and living happier and healthier lives at home.

"More focus must be given to prevention, earlier diagnosis and referral of patients with or at risk of chronic disease," McGowan said.

"GPs and primary care providers play an important role here," she explained.



HOW ARE YOUR CREDITS CLOCKING UP?

The CPD year is half-way through.
 Dial up your credits with our CPD activities ▶

NPS MEDICINEWISE PROFESSIONAL



YES 1ST GENERIC NOW AVAILABLE

FOR TOUGH PAIN RELIEF, COUNT ON TRUST DIFENAC

TRUST DIFENAC
 Acute Muscle and Back Pain Relief
 30 Tablets

- ANTI-INFLAMMATORY
- 8-HOUR RELIEF*

MUSCLE STRAINS ✓

SPRAINS ✓

BACK OR JOINT PAIN ✓

PERIOD PAIN ✓

HEADACHES ✓

*When taken as a dose of 2 x 25 mg tablets, Trust® Difenac 25 provides pain relief for up to 8 hours. Always read the label. Use only as directed. Incorrect use may be harmful. If symptoms persist, see your healthcare professional.



Follow us on social media

Just one click away from keeping up to date with all the *Pharmacy Daily* breaking news as it comes to hand



Weekly Comment

Welcome to *PD*'s weekly comment feature. This week's contributor is **Julie Germain** **IBCLC, Mater Mothers' Hospitals BFHI Coordinator & Lactation Consultant.**



Breastfeeding and Mastitis

MASTITIS is an inflammation of the breast that can be caused by an obstruction or infection. It is most common in the first weeks of breastfeeding with nipple trauma or with stasis of milk when the baby begins to sleep through the night or wean. Breastfeeding mothers may notice a reddened area or segment of the breast which becomes tender, hard and painful and may be accompanied by sudden fever and flu-like symptoms, joint aches and pains and lethargy.

For mums experiencing the symptoms of mastitis, it is important to aim to keep the affected breast as well drained as possible and it is advised not to wean during this time. Favouring the affected breast at feeds or expressing to drain will help ease inflammation and maintain supply. Milk supply from the affected breast may decrease temporarily and the baby may fuss with a change in flavour. Mothers are advised to rest, eat nutritious foods and drink adequate fluids. Before breastfeeding or expressing, it may help to apply a warm compress such as a warm pack or a face washer rinsed in warm water. During the feed, a gentle sweeping massage with vegetable oil, working towards the nipple may help drainage. Blocked ducts don't require antibiotics, though mastitis often does if not recognised quickly. Failure to treat mastitis effectively may lead to breast abscess. If pain medication is required, an anti-inflammatory such as ibuprofen is preferred. Paracetamol is recommended for mothers who are unable to take this type of medication.

COAG prevention focus

BOTH the Pharmacy Guild of Australia and Complementary Medicines Australia (CMA) have welcomed the focus on avoidable hospital readmissions in Friday's Council of Australian Governments (COAG) Communiqué.

The Communiqué recognised that too many patients are readmitted to hospitals as a result of complications arising from the management of their original condition, which is a reflection of failures in medicines management.

Guild national president, George Tambassis, said that as medicine and medicines management experts, community pharmacists are a vital factor in tackling Australia's unacceptably high levels of hospital admission and readmission.

"There is much more that can be done to tackle this recurring problem, and community pharmacy can play an important role in addressing this pattern," he said.

CMA chief executive officer Carl Gibson highlighted how complementary medicines contribute to a required preventive health revolution.

"Given that millions of Australians suffer from conditions that are potentially avoidable, such as diabetes and heart disease, and

half of all potentially avoidable hospital admissions in 2013-2014 were to treat chronic conditions, the preference for prevention over cure needs to be given greater weight in the Australian health system," said Gibson.

Reforms to deliver tailor-made care packages need to include a smarter role for preventive health measures, which "is not limited to, but certainly includes, the use of complementary medicines for primary and secondary prevention of illness, and encouraging and empowering all Australians to take better care of their health," he said. "A greater focus on preventive health is an essential move towards improving the cost-effectiveness of the Australian healthcare system."

New AusPAR listings

TWO new additions have been made to the TGA's Australian Public Assessment Reports for prescription medicines (AusPARs).

The products assessed and reported are Novo Nordisk's Saxenda (liraglutide) solution for injection for weight control and Astellas Pharma's Xtandi (enzalutamide) for metastatic castration-resistant prostate cancer. Go to www.tga.gov.au.



DISPENSARY CORNER

FOUR new billboards depicting the slogan "Feel the Burn?" have been unveiled in Los Angeles, advertising free STD check-ups via FreeSTDCheck.org.

The billboards have been fashioned in the same theme and colour scheme as the Bernie Sanders' presidential campaign slogan, "Feel the Bern".

AIDS Healthcare Foundation's senior director of creative, Jason Farmer, commented "Senator Sanders' powerful message resonates with a lot of Americans, particularly young people.

"We hope that our lighthearted - but highly important - billboard campaign for testing will as well."



FORGET expensive orthodontist appointments, a student from the US has managed to straighten his own teeth for only \$85.

The digital design student, Amos Dudley, had no prior experience in dentistry, but managed to create plastic aligners utilising a 3D printer to re-shape his smile.

Upon publishing the results of his experiment on his website, Dudley has since received hundreds of requests from strangers asking for help to straighten their teeth.

However, if you think that's the end of orthodontic work as you know it - think again.

Hera Kim Berman, the director of graduate orthodontics at the University of Michigan warns the experiment was "very dangerous" and could potentially create significant problems such as a disrupted bite.

WIN WITH PLUNKETTS

This week Pharmacy Daily and Plunketts are giving away a John Plunkett Dark Spot Eraser and Facial Cleanser everyday.

New John Plunkett Dark Spot Eraser is a concentrated serum with Eventone Complex™ - a blend of multiple actives to visibly lighten pigmentation and boost your skin's health and radiance, plus it's easy to incorporate into your daily skincare routine with guaranteed results. RRP \$39.95. Visit: www.JohnPlunkett.com.au



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

What is Eventone Complex™?

Check here for tomorrow's winner.