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Today's issue of PD

Pharmacy Daily today has three pages of news and a front cover page from Pharmacy Sleep Services.

Put sleep apnoea to bed

PHARMACY Sleep Services provides end-to-end solutions for community pharmacists. The service provides patients with discreet home testing, a CPAP therapy trial, ongoing support from the convenience of the pharmacy, and direct access to sleep apnoea experts and products without the need for a GP referral.

Pharmacists receive access to training, and materials to help them build a referral network through local GP clinics.

See cover page for more.

Monthly dispensing ideal for patients

CALLS to implement 60-day dispensing as part of the Seventh Community Pharmacy Agreement (7CPA) could lead to poorer patient outcomes, 2018 Churchill Fellowship Recipient and former Pharmacy of the Year winner, Lucy Walker, warns.

Following a seven-week, world tour of pharmacies, Walker reported the countries where 90-day dispensing had been introduced, pharmacists had seen an increase in medicines wastage and a decline in medication adherence.

"Pharmacists had less contact with their patients to ensure compliance, wastage of medicines was apparent and less patient footfall led to pharmacy closures and amalgamations (which limits patient choice and access)," she said.

"Poor adherence to chronic condition medications like diabetes,

hypertension and high cholesterol leads to health complications, premature deaths and increased use of health services.

"The best interventions to improve compliance involve individualised face-to-face interaction with a health care professional.

"Also some patients will need medication supplied in more frequent instalments under a staged supply arrangement."

Speaking to *Pharmacy Daily*, Walker expressed concerns over the Consumer Health Forum of Australia's (CHF) recent pre-Budget submission pushing for 60-day dispensing, warning it could lead to similar problems, as 90-day dispensing has in other jurisdictions.

"In Australia, the current method of pharmacist follow up for patients with chronic conditions is monthly



dispensing," she said.

"It is our ability to check in with how their blood pressure medication is going (BP readings/ side effects), if they are still remembering to take their night time cholesterol-lowering medication (or they stopped it due to something they saw on TV) and to see how their mood is going with the drought (and starting the new SSRI from the GP last month).

"I would be concerned about how it could reduce our ability to care for our patients."

Topical corticosteroid options for eczema, dermatitis and other steroid responsive skin conditions.

Potent strength topical corticosteroid ¹
PRESCRIPTION ONLY

KLOXEMA
clobetasone butyrate 0.05% w/w

Moderate strength topical corticosteroid ¹

Therapeutic Guidelines recommend moderate strength topical corticosteroids for first-line use in atopic eczema of the trunk and limbs ²

- Chlorocresol free

DermAid
hydrocortisone 1.0% w/w, 0.5% w/w

Mild strength topical corticosteroid ¹

Therapeutic Guidelines recommend hydrocortisone for first-line use in: ^{2,3}

- Mild atopic eczema on the face, axillae or groin ²
- Facial, flexural or scrotal seborrheic eczema, in combination with an antifungal ²
- Contact dermatitis on the face ²
- Psoriasis of the face in children ²

DermAid: Use for the temporary relief of minor skin irritations, itching and rashes due to eczema, dermatitis, cosmetics, jewellery, itching genital and anal areas and sunburn.

Kloxema: Short term (up to 7 days) treatment of milder forms of eczema, dermatitis and other steroid responsive skin conditions. **Dosage:** For 12 years and over. Apply a thin film and gently rub in, using only enough to cover the affected area twice daily for up to 7 days.

References: 1. Dermatology Expert Group. Therapeutic Guidelines: Dermatology, version 4. Topical corticosteroid preparations (Appendix 4.1). Therapeutic Guidelines Ltd [Internet]. 2019 [cited 2019 June 28]. Available from: <https://pubs.tg.org.au/view/Topic?topicfile=topic4-topical-corticosteroid-preparations>. 2. Dermatology Expert Group. Therapeutic Guidelines: Dermatology, version 4. Dermatitis. Therapeutic Guidelines Ltd [Internet]. 2018 [cited 2019 June 27]. Available from: <https://pubs.tg.org.au/view/Topic?topicfile=dermatitis>. 3. Dermatology Expert Group. Therapeutic Guidelines: Dermatology, version 4. Psoriasis. Therapeutic Guidelines Ltd [Internet]. 2018 [cited 2019 June 27]. Available from: <https://pubs.tg.org.au/view/Topic?topicfile=psoriasis>

Before recommending please refer to the full Product Information.

Full Product Information is available on request from Ego Pharmaceuticals Pty Ltd.

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MedAdvisor growth continues in H1

DIGITAL medication management company, MedAdvisor, is seeing continued growth in the uptake of health programs through its Plus One platform.

In a statement to the Australian Securities Exchange, the company reported use of its health programs offering grew in line with trend for the first half of the 2020 Financial Year, up more than 35% on the prior corresponding period.



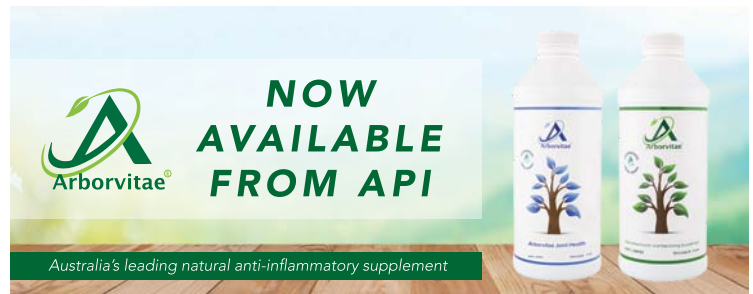
The statement added recurring revenue growth jumped by 30% in the second quarter of FY20, compared with the same period in FY19.

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WIP cap to limit savings: PSA warns

CAPPING funding for the Workforce Incentive Program (WIP) will restrict the savings general practices can achieve by integrating pharmacists into their teams, the Pharmaceutical Society of Australia (PSA) warns.

While PSA National President Dr Chris Freeman, welcomed the decision to include pharmacists as one of the allied health professionals general practices can engage through the program, from 01 Feb, he warned the fund cap could limit the success of the program going forward.

In its pre-Budget submission (PD Thu), the Pharmaceutical Society of Australia called for the value of the WIP per Standardised Whole Patient Equivalent and the upper limit cap on larger general practices to both be increased by 50%.

"We estimate integrating pharmacists into general practice would yield a net saving of \$544.87

million to the health system over four years," Freeman said.

"In the meantime, PSA would encourage general practices and pharmacists to consider the opportunity the current expansion of the WIP creates and consider how they can work together to improve health outcomes in their local community."

Having worked extensively in the GP-setting Freeman noted the benefits of having pharmacists integrated into general practice.

"Research shows integrating a pharmacist into the primary care team can improve health outcomes for patients with chronic diseases such as diabetes, osteoporosis and cardiovascular disease; and reduce medicine-related problems, total number of medicines and inappropriately prescribed medicines."

Royal Australian College of General Practitioners (RACGP)



President, Dr Harry Nespolon, described the decision to fund pharmacists through the WIP as a "positive development".

"The RACGP values team-based models of care in which a range of healthcare professionals can contribute towards patient health outcomes, maximising use of their skills within their scope of practice," he said.

NMS abstracts

NPS MedicinesWise is inviting health professionals to submit abstracts for its 2020 Choosing Wisely Australia National Meeting and the National Medicines Symposium (NMS) 2020, which will be held on 20 and 21 May respectively, at the International Convention Centre Sydney.

Empowering consumers to choose wisely, is the theme of the Choosing Wisely Australia meeting, while the NMS will focus on rising to the medication safety challenge.

The deadline for abstract submissions for both events is 26 Feb, with abstracts to be a maximum of 300 words.

[CLICK HERE](#) for more.

Overworked pharmacists fear for public

PHARMACISTS working for large US corporate groups are expressing concerns over their ability to provide medications safely, due to increasing pressures.

The New York Times reported last week, that pharmacists were feeling the pressure to meet "unreasonable and unsafe" performance metrics, while providing more services with fewer resources.

The publication quoted anonymous letters to State Pharmacy Boards, voicing concerns about the potential for dispensing errors.

"I am a danger to the public working for CVS," one pharmacist wrote to the Texas State Board of Pharmacy.

While another told the Pennsylvania Board that, "the amount of busy work we must do while verifying prescriptions is absolutely dangerous - mistakes are going to be made and the patients are going to be the ones



suffering".

Florida Pharmacy Association CEO, Michael Jackson, told *The New York Times*, that the number of complaints made by members over the last year about staff shortages and patient safety concerns, had been "overwhelming".

Despite pharmacists' reported concerns about their working conditions in the corporate environment, the major groups denied pharmacists were being put under extreme pressure or that they faced reprisals for failing to meet targets.

DoH coronavirus advice notices

THE Federal Department of Health (DoH) has released 10 information sheets this morning, relating to the novel coronavirus, providing advice for patients, employers and hoteliers among others.

People who have travelled from or through mainland China on or after 01 Feb, are required to self-isolate for 14 days.

Patients who have left Hubei Province less than 14 days ago must also self-isolate for at least 14 days, while people who have come into contact with a person who has a confirmed case of the virus must also isolate themselves for 14 days after the positive case became unwell.

People who must be isolated should not attend public places, in particular work, school, childcare or university. Visit the DoH [WEBSITE](#) for more information.



It's never too early to prepare!

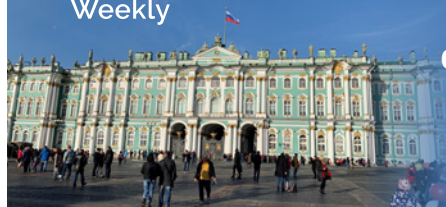
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Sore throat?
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Headache?



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Dispensary Corner

DNA is usually our friend when solving crimes, but for suspicious spouses, it may soon turn into an enemy.

Britons who use "catch a cheat" DNA services could face jail time, with some of the platforms potentially violating privacy laws.

Some services charge up to US\$660 to those wishing to send in soiled laundry to test who has been fooling around with who, but according to the United Kingdom's Human Tissues Act of 2004, the practice could be illegal.

According to the *Sunday Times*, violating this statute could carry up to three years in jail.

The act also requires consent in some parts of the United States, with genetic testing requiring the a-okay of the testee in New York.

According to Newcastle University researcher Pauline McCormack, you would have to somehow get your partner's tick of approval to use any of the services legally in the United Kingdom.

"People might be doing it with consent," she told the *New York Post*.

"A couple could have a row and she says, 'If you don't believe me, let's get [the suspicious article] tested', which would be legal."

We think honesty is always the best policy, and that it's best to ask your partner about anything concerning them - then again, if they're cheating, they may not be entirely up to it!

Emissions a health issue

WITH every medicine produced inevitably ending up in the global eco-system with potentially hazardous effects, Cochrane has launched a new group focused on sustainable healthcare.

Writing in the *BMJ*, former British GP, Dr Iona Heath, said the group will have the potential to bring together issues of futility and waste within biomedicine; corruption in the production and governance of biomedical research; exploitation of planetary resources and the resulting climate change; the burgeoning costs of biotechnical healthcare across the globe; and the threat this represents to universal health coverage.

"Modern medicine has been a powerful force for good, and many people owe their lives to that power," she said.

"However, because of humanity's shared reverence for that success, combined with the increasing financial rewards from the industrialisation of healthcare, almost everyone has been slow to recognise that medicine also has

great power to harm.

"The carbon footprint of the drug and health technology industries has received remarkably little attention, but the global drug industry alone has been estimated to be 55% more emission intensive than the automotive industry."

Heath noted data from the Chemicals, Health, and Environment Monitoring (CHEM) Trust, with aims to prevent synthetic chemicals from causing long-term damage to wildlife or humans, by ensuring that harmful chemicals are replaced by safer alternatives, found that in 2014, 613 pharmaceuticals had been detected in the environment.

Heath said the new Cochrane group was a recognition of the importance of this concatenation of issues and provides vital support for the increasing number of researchers working (often against fierce opposition) to quantify the harms being caused.

She added the importance of this support and validation could not be underestimated.

Win with Plunkett's

Everyday this week Pharmacy Daily and Plunkett's are giving away the pictured prize pack valued at over \$60.

Aloe Barbadensis 'Natures medicine plant' is renowned for its soothing, cooling and hydrating properties. Plunkett's Aloe Vera is fragrance and colour free and contains pure certified organic Aloe Vera extracted from Aloe Barbadensis Leaf - rich in vitamins, minerals, amino acids and anti-oxidants to restore dry and damaged skin all year round. Visit: www.Plunketts.com.au for more.

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

Name one use for Plunkett's Aloe Vera.

Check here tomorrow for today's winner.



Weekly Comment

Welcome to Pharmacy Daily's weekly comment

feature. This week's contributor is **Gerard Stevens**, Managing Director at Webstercare.



2020 Pharmacy Market Outlook

THERE has traditionally been a high risk in Residential Aged Care associated with continuity of medication supply when the doctor has not been forthcoming with prescriptions at the right intervals.

When reducing risk in aged care it's important to ensure you are on board with the National Residential Medication Chart (NRM), to eliminate owing prescriptions. The NRM standardises charting in residential aged care (RAC) and, importantly, the chart is used as a valid prescription.

As pharmacists we are, by our nature and training, risk averse. It's no great surprise that not one complaint has been made about the delivery of pharmacy services to the Aged Care Royal Commission. A significant and under reported fact to note. Nevertheless, we know that risk management will be front and centre of its recommendations. So, it's important to elevate our approach to risk management in line with community expectations.

Over the next month I will offer suggestions that minimise the risk of medication error and harm for the elderly living in aged care facilities and the community.