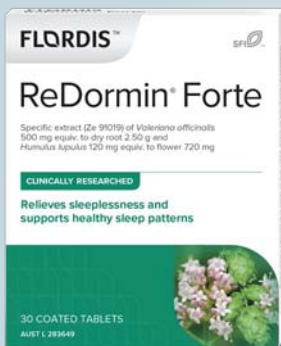


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Today's issue of PD

Pharmacy Daily today has three pages of the latest pharmacy news, a front cover wrap from **Flordis**, plus a full page from **POS Works**, and our **Winter Spotlight** feature.

Winter essentials

WITH temperatures dipping it's time to get your pharmacy ready for winter with some key products.

Check out this week's **Winter Spotlight** featuring Flo Nasal Relief for Children, and Sweet Escape's stylish range of knitted hot water bottle and cover sets.

Next week will be our final Winter Spotlight, to have your product featured, contact our team at advertising@pharmacydaily.com.au.

Optimism has its place in pharmacy

PHARMACISTS' resilience is being tested through the COVID-19 pandemic by their natural inclination to strive for perfection, Irish Institute of Pharmacy Executive Director, Catriona Bradley, believes.

Speaking during an International Pharmaceutical Federation (FIP) webinar on mental health, last week, Bradley, noted pharmacists' conservative nature made them "prone to pessimism", which could impact them personally.

"There are some specific things about pharmacy that can deplete our resilience," she said.

"I think we can be perfectionists, which is brilliant in dispensing, but not necessarily always helpful in our lives.

"We have a real skill in identifying errors, risks, problems, and if we didn't we wouldn't be good at our

jobs, but if that spills into our lives [outside work], it means we can sometimes focus on the risks, the issues and the problems rather than necessarily seeing all the positivity and optimism.

"I know, I for one thought, 'optimism? Yeah fine, that's great as a personality trait, but actually when it comes to a job as a pharmacist, you know gamblers are optimistic! Pharmacists aren't'.

"We're conservative, what we have is a professional pessimism, which is a really good thing - it sounds really bad.

"But an over-expression of any strength can become our weakness, so let's be more attuned to the positives."

As part of an all-female panel, led by FIP CEO, Catherine Duggan, Bradley also expressed the need for the profession to focus on the



mental health of male pharmacists. "I would say they need to be particularly mindful [of their mental health], because who is minding our men?" she asked,

If you are finding the ongoing COVID-19 crisis or any other aspect of life in or outside of pharmacy challenging, the Pharmacists' Support Service is available on 1300 244 910 to assist you.

SHPA releases updated COVID-19 AIDH

THE Society of Hospital Pharmacists of Australia (SHPA) has released an updated edition of the *Australian Injectable Drugs Handbook* (AIDH) in response to the COVID-19 pandemic.

The 'yellow book' now features a new section listing how key medicines and important medical equipment can be managed or prioritised as part of Australia's preparations and national response to COVID-19.

With states and territories

starting to ease restrictions related to COVID-19, SHPA CEO, Kristin Michaels, stressed the virus would continue to hospitalise patients.

"By including new guidance specific to COVID-19 care, SHPA is ensuring our indispensable AIDH resource continues to provide up-to-date and relevant information for health professionals, ensuring the safe and quality use of medicines in all care settings across Australia," she said.

Recommendation on VTE prophylaxis

THE National COVID-19 Clinical Evidence Taskforce has issued a "consensus recommendation" that venous thromboembolism (VTE) prophylactic doses of anticoagulants should be used in adults with moderate illness or other indications, unless there is a contraindication.

The recommendation is for the use of low-molecular-weight heparin (LMWH) medications such as 40 mg enoxaparin once daily, or 5,000 IU of dalteparin once daily.



Where severe acute kidney disease is present, unfractionated heparin or renally adjusted doses of LMWH may be used (e.g. enoxaparin 20 mg once daily or dalteparin 2,500 IU once daily).

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Pharmacy united on RACGP attacks

REPRESENTATIVES of general practitioners are being urged to focus on their own scope of practice, rather than voicing opinions on pharmacists' training and competencies.

Responding to criticism of the decisions to down schedule sumatriptan and zolmitriptan (*PD* 08 May), by Royal Australia College of General Practitioners (RACGP) Executive Committee for Quality Care Chair, Dr Mark Morgan, who warned the management of patient use of triptan was "far beyond the training and ability of a pharmacist", Pharmaceutical Society of Australia (PSA) National President, Dr Chris Freeman, said the decision reflected the confidence the Therapeutic Goods Administration (TGA) has in pharmacists.

"The decision to down-schedule these medicines will allow those suffering from migraines to access sumatriptan and zolmitriptan as quickly as possible, which is important for patients taking this medication due to migraine pain," he said.

"To be clear, this remains well

within the scope of practice of pharmacists, and Dr Morgan should refrain from providing comment outside his own scope of practice, that is the training and competencies of pharmacists.

"PSA will be working to deliver guidance and implementation tools to support pharmacists to fulfil their professional obligations in the handling and provision of these medicines which have been rescheduled to Pharmacist Only medicines.

"Migraines don't always present 9-5, Mon to Fri and patients who suffer from migraines need relief quickly sometimes in the matter of minutes and the fact they now don't need to worry about having a prescription on hand is a very good outcome for them."

Meanwhile, Pharmacy Guild of Australia Tasmania Branch Director, Monique Mackrill, defended calls for emergency supply measures to be made permanent, in a post on LinkedIn, responding to criticism by RACGP President, Dr Harry Nespolon.

"Being able to supply medication



under continued dispensing arrangements makes a lot of sense, during the current pandemic and beyond," she said.

"Pharmacists have stayed in their practices, managing medication requests for many vulnerable people during the current crisis working to manage the impacts of recent telehealth consultation changes where medications are regularly prescribed over the phone with pharmacists required to provide advice as to the validity of the condition.

"I believe that on the ground pharmacists and doctors are working in collaboration to ensure that people receive the care they need."

AMA backs permanent National Cabinet

AUSTRALIA'S National Cabinet should become a permanent feature of politics, the Australian Medical Association (AMA) believes.

AMA President, Dr Tony Bartone, said the success of the National Cabinet in guiding the country through the COVID-19 crisis, provides a strong case for maintaining it on an ongoing basis.

"The National Cabinet has largely taken the politics out of politics," he said.

"We have seen a level of coordination and cooperation in the national interest rarely seen in peacetime in the Federation.

"The leaders of Coalition and Labor Governments have worked as one to protect the health of the nation.

"Despite the enormity and breadth and economic impact of some of the decisions made, the National Cabinet has delivered effective outcomes with a minimum of red tape and bureaucracy."

COVID 'cure' kills pharmacist

AN INDIAN pharmacist has died after consuming a chemical concoction developed as a potential COVID-19 treatment.

The 47-year-old worked for a herbal medicine company and had developed the would-be cure, which included nitric oxide and sodium nitrate, along with his colleague, who is currently recovering in hospital, *The Star* reports.

COVID test kits

THE Therapeutic Goods Administration (TGA) has published an updated list of 51 COVID-19 test kits that have been including the Australian Register of Therapeutic Goods (ARTG) for legal supply.

Only the approved sponsor, or a person acting on their behalf, can supply the test.

CLICK HERE for the full list of ARTG approved test kits.



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Travel & Cruise Weekly

Dispensary Corner

IT'S hard to believe, but apparently some people around the world are actually consuming less alcohol, not more, during the coronavirus lockdowns.

Brewers in France are saying "sacre bleu" as they have been forced to discard 10 million litres of beer which has gone out of date.

Industry association Brasseurs de France said much of the wasted brew was unpasteurised craft beer which has a much shorter shelf life.

The closure of cafes and restaurants and the abrupt cessation of tourism has been blamed for the wastage, which equates to about for Olympic swimming pools of beverages.

WHEN the world emerges from the COVID-19 crisis things are going to get very busy - and that's proved particularly true for barbers in Istanbul.

Authorities in Turkey this week eased restrictions, with some extremely hairy blokes turning up to have their beards trimmed after weeks of being unkempt.

"The value of barbers has been well understood," enthused Sadettin Celikcioglu, a haircutter from the Nisantasi neighbourhood, who told news agency AFP that some blokes had foolishly actually allowed their wives to trim their facial hair during the lockdowns.

"Nobody can do our profession...men were wandering on the street with inappropriate hair.

"We are now correcting them," Celikcioglu said.

We need to row together

PHARMACISTS and other health professionals from around the world need to work together to tackle the COVID-19 pandemic, a South African pharmacist believes.

Pharmaceutical Society of South Africa Professional Development Officer, Dr Mariet Eksteen, told delegates attending an International Pharmaceutical Federation (FIP) webinar last week, that health professionals needed to collaborate on strategies to get through the crisis.

"Although we are all currently in the same storm, we are not all currently in the same boat," she said.

"We have the same purpose - we all have to get our boat to the other side - but keep in mind it's not your sole responsibility to row the boat.

"We are together [as health professionals] and we can share strategies and together we're going to get all the boats to the other side."

Sharing the view that the "storm" of COVID-19 will pass,



Pharmaceutical Society of Australia (PSA) Early Career Pharmacist (ECP) Working Group NSW National Representative, Sarah Dineen-Griffin, told the webinar that pharmacy will come out of pandemic in a strong position.

"You are valued," she said to the pharmacist delegates.

"Coming out of this pandemic people will remember our role as pharmacists."

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Everyday this week Pharmacy Daily and Plunkett's are giving away a SuperLift Collagen Eye Lift worth RRP\$39.95

John Plunkett's SuperLift Collagen Eye Lift is a day and night eye cream packed with peptides including Matrixyl 3000 and Eyeseryl to boost collagen by 100%, and Hyaluronic Acid to provide cushioning hydration, while Rosehip Oil softens and smoothes delicate skin around the eyes. Effectively targets three causes of ageing - fine line and wrinkles, eyebags and puffiness and dark circles. For more information [click here](#).



Q: Name one of the peptides contained in Collagen Eye Lift
To win send the correct answer to comp@pharmacydaily.com.au

SHPA webinar

DISCOVER what comes next as the COVID-19 pandemic unfolds with the SHPA. [CLICK HERE](#) for more.

Pharmacy Guild Update

COVID-19 web pages

THE Pharmacy Guild of Australia's COVID-19 dedicated website pages have been providing invaluable information to Guild members since the start of the pandemic crisis.

The pages are reviewed and updated daily to ensure that the most up-to-date information is available to help pharmacists and their staff negotiate these difficult times.

Clinical and business information pages are very popular and the easy-to-understand explanations on initiatives to help pharmacies continue operating and serving patients have proved especially useful.

The value of Guild membership is underscored by some of the resources available only to members.

These include details of how to make the most of home delivery options to ensure patients continue to receive their medicines in a timely manner.

This section is constantly updated as new services come online and new opportunities arise.

The pages can be accessed [here](#).

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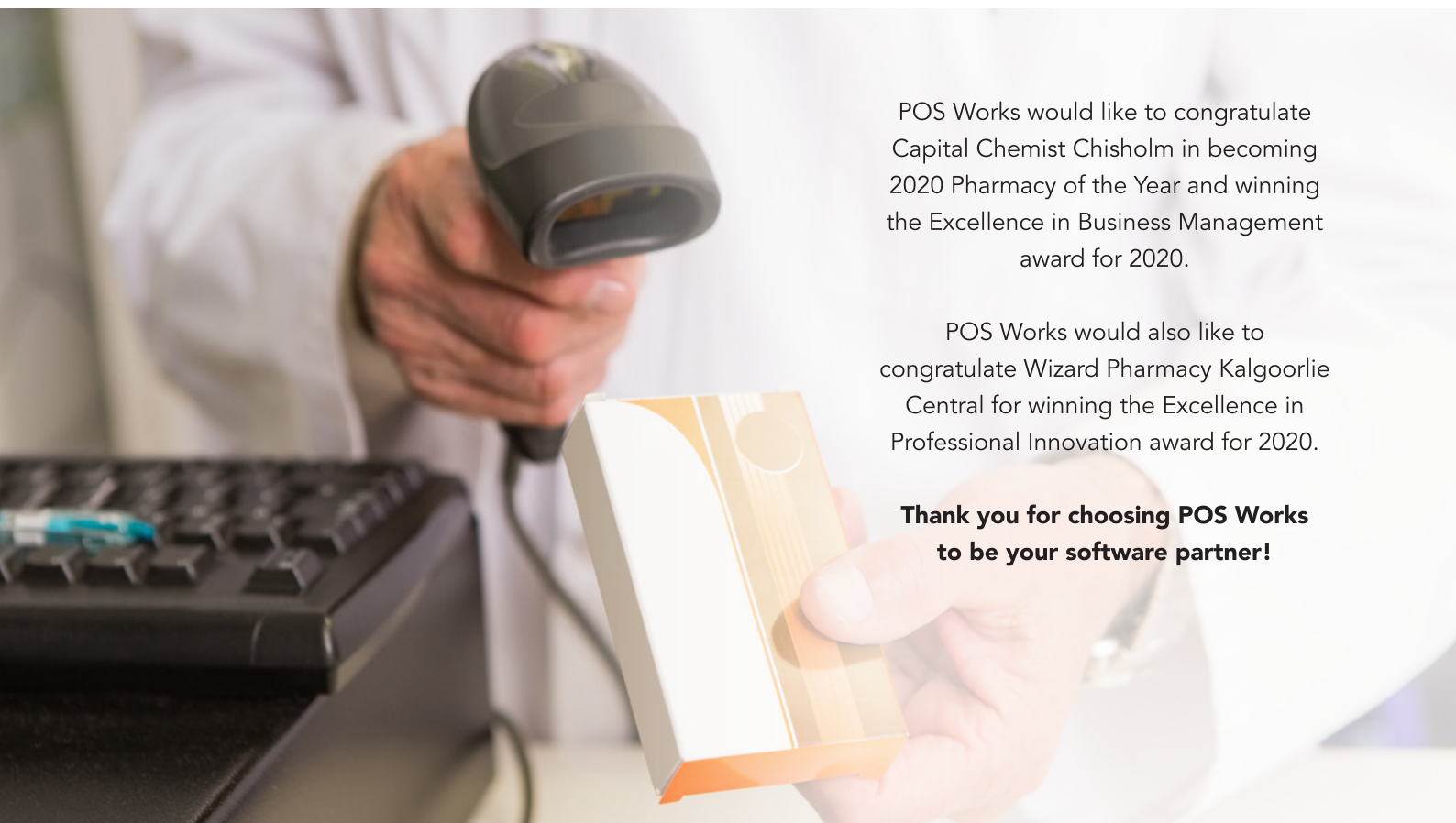


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Pharmacy Daily's Winter spotlight is your guide to all the essentials - from products to assist with coughs and colds through to keeping you hydrated and vitamin boosted - ready for this years Winter season. To feature here email advertising@pharmacydaily.com.au.

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