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20-23 October 2020

Sleep for pharmacists

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Fundamentals of sleep 20 October 2020

Full day course with 17 experts on healthy sleep, the major sleep disorders, and how they're treated. Build a solid foundation for expanding pharmacy services into the world of sleep.

Primary care management of insomnia

23 October 2020 6pm-8pm AEDT

With Christina Sandlund (Sweden) on cognitive behaviour therapy for insomnia and Claire Ellender on pharmacotherapy for chronic insomnia. Learn more about supporting those who struggle to sleep.

"Sleep is such a critical part of good health, that all of us working in pharmacy can benefit from this type of education. I have found ASA resources to be incredibly useful in my day to day pharmacist life, and not just for delivery of sleep apnoea services."

Todd Marion, Pharmacist and Co-Proprietor, Kiama Pharmacy NSW



Find out more
bit.ly/3b9zLLe

Today's issue of PD

Pharmacy Daily today features three pages of news, plus a front cover page from the **Australasian Sleep Association** and a full page from the **Australasian College of Pharmacy**.

Sleep training

THE Australasian Sleep Association is set to run education sessions to support pharmacists in delivering sleep services to patients in need.

See today's **cover page** for more information.

UQ COVID vax

THE Australasian College of Pharmacy will host a webinar on Tue 29 Sep, outlining the development on the University of Queensland's potential COVID-19 vaccination.

See **page four** for more.

Patients do better with pharmacists

PATIENTS around the globe deserve access to pharmacists working to their full scope of practice, International Pharmaceutical Federation (FIP) Andre Bedat Award winner, Professor Martin Schulz, believes.

Addressing the FIP Virtual 2020 conference last night the Federal Union of German Associations of Pharmacists Chair, highlighted the evidence supporting pharmacist-led interventions in improving outcomes to patients with cardiovascular diseases (CVDs).

Schulz outlined a series of studies and reviews of pharmacist-led interventions and prescribing that had shown evidence of significant benefits including improved control of CVD risk factors, systolic blood pressure, haemoglobin HbA1c and LDL cholesterol.

He highlighted a trial of guidelines to support pharmacists in referring patients who had undergone blood pressure monitoring in-pharmacy to their GPs, had found



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16% of patients with no history of hypertension were referred "with urgency to their physician because of uncontrolled blood pressure", while 55% of patients with diagnosed hypertension were found to have poorly controlled blood pressure, with pharmacists being able to provide support to improve healthcare outcomes in conjunction with the patients' doctor.

"Primary healthcare pharmacists' scope of practice and prescribing is presently limited to certain jurisdictions," he said.

"As such full scope of pharmacy services is almost entirely unavailable to patients.

"Yes more research needs to be done alongside the implementation of local guidelines and practice standards for pharmacists, however, patients around the world deserve to receive the full scope of pharmacy practice.

"And [the] lack of CVD risk control, [the] lack of access to prescribed medications and to laboratory testing [for pharmacists] are major obstacles to this."

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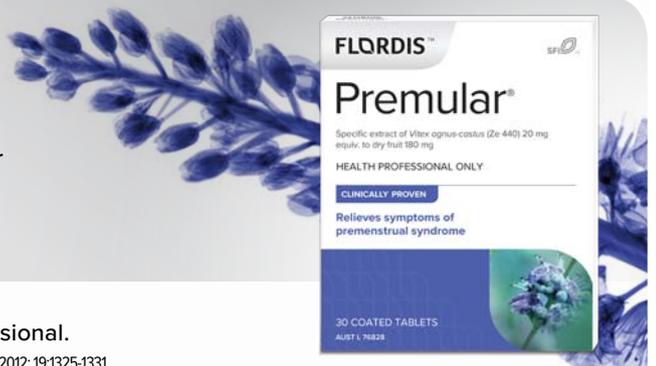
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*Schellenberg R, et al., BMJ 2001;322:134-137. Berger D, et al., Arch Gynecol Obstet 2000;264:150-153. Schellenberg R, et al., Phytomedicine 2012; 19:1325-1331



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GP questions Pharmacist-Only CBD

THERE are better ways to improve patient access to cannabidiol (CBD) products than down-scheduling certain products, an authorised GP prescriber of medicinal cannabis believes.

Speaking with the Royal Australian College of General Practitioners' (RACGP) *NewsGP* publication, Dr Vicki Kotsirilos, questioned the interim decision to amend the Poisons Standard to allow pharmacists to provide CBD products in over-the-counter oral, oral mucosal and sublingual formulations for therapeutic use in daily doses of 60mg or less (*PD* 10 Sep).

"The GP knows the patient well, their medical history, and is ideally suited to monitor the patient for clinical responses to the CBD product, watch for interactions with other medication and report any side effects to the Adverse Drug Reaction Advisory Committee," she said.



"How can pharmacists be in a position to determine when it is appropriate to dispense CBD and monitor the clinical responses of CBD for these conditions?"

"A better system would be to provide our patients an S4 script without the need to make a SAS Category B application... through the Therapeutic Goods Administration (TGA), which is still

quite an onerous process."

While the delegate of the Secretary of the Department of Health's interim decision has backed Pharmacist-Only CBD, it ruled that it was "unsuitable for general sales".

A final decision on the scheduling of CBD is expected to be announced on 25 Nov, with a consultation process running until 13 Oct.

Get rego ready

PHARMACY students who are set to graduate this year are being urged to prepare their application for provisional registration now.

In a statement released yesterday, the Pharmacy Board of Australia said students should prepare the necessary documentation to meet requirements now, to make sure their registrations go through first time.

"We recommend that you submit your application before you graduate and as soon as your supervised practice arrangements (internship) are signed off so that it's ready to finalise when we receive your results," the Board said.

It added that it can process registration applications within two weeks of receiving a graduate's results.

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Dispensary Corner

AUTHORITIES in Indonesia have come up with a graphic way to encourage people to wear masks during the COVID-19 pandemic.

Rather than being fined for flouting the mask-wearing mandate, eight people in Gresik, East Java, have instead been ordered to dig graves for coronavirus victims.

"There are only three available grave diggers at the moment, so I thought I might as well put these people to work with them," said regional chief Mr Suyono, who added "hopefully this can create a deterrent effect against violations".

AND while we're on the subject of COVID-19 precautions, a remote mountain community in the USA is this month celebrating Bigfoot as a "social distancing champion".

The residents of McDowell County in West Virginia hold an annual celebration of the wily creature, but this year instead of the regular festival they are instead hosting a "Bigfoot Scavenger Hunt" in which participants look for emblems depicting the allegedly mythical beast in local businesses across the county, taking photos and sending them in for a prize.

Let's hope some of those snaps are suitably grainy images of a bipedal mammal running through the forest, or curiously shaped giant footprints - but we doubt it, with Sasquatch having long proven he is way too tricky to be tracked by any feeble human smartphone.

Guardian Angels knitting

GUARDIAN Pharmacies is working with the St Vincent de Paul Society to ensure beanies, scarves and jumpers made by the group's Guardian Angels during its annual Knitting for Good campaign, can be safely collected.

Despite the impacts of the COVID-19 pandemic, Guardian Pharmacy Head, Kurt O'Brien, hailed the latest campaign a success, as it recorded positive engagement.

"Many of us have been seeking a bit of social connection and new ways to occupy our time during lockdown, and better still, our Guardian Angel Knitting for Good program helps us to spread a little bit of warmth and look after the most vulnerable in our community," O'Brien said.

"Due to some COVID-19 related factors, garment drop off boxes were not available this year, however it was amazing to see just how excited this year's Guardian Angels were to knit beanies, scarves, jumpers and gloves, for those less fortunate and get



involved in the program.

"We are encouraging our Guardian Angels to hang on to their garments while we work with Vinnies to coordinate a safe collection."

To assist aspiring knitters the group has released a downloadable edition of its Guardian Angel Knitting Book, featuring easy to follow patterns.

The Sigma Healthcare banner has also encouraged participants in this year's Knitting for Good campaign to share images of their creations on Facebook @GuardianAustralia.

Win With John Plunkett's

Everyday this week Pharmacy Daily and John Plunkett's are giving away a SuperBright Exfoliating Skin Brightener Serum worth RRP \$29.95

Overnight micro-cellular exfoliation containing salon strength glycolic acid (25%) in a buffered solution for easy at-home treatment. Reduces fine lines and surface discolouration, revealing brighter, clearer new skin without visible peeling. Lactokine protects against potential inflammation and Aloe Vera soothes and hydrates. For more information click [HERE](#).

Q: When should Exfoliating Skin Brightener Serum be used – in the morning or at night?

To win be the first to send the correct answer to comp@pharmacydaily.com.au

Guild Update

Regional business support

SMALL businesses in regional Australia are being offered additional assistance to recover from COVID-19 through the Regional Recovery Small Business Support Program.

The program offers specialised small business financial counsellors to help rural and regional businesses navigate the path to recovery.

The program makes it easier for eligible businesses to access immediate support, as well as receive ongoing assistance in developing long-term plans and improve their viability.

The RFCS across Australia will be funded by the Australian Government's Regional Recovery Small Business Support Program to bolster its small business experts and support officers, as well as financial support to access specialist businesses advice such as legal and marketing consultants.

If a business is facing hardship due to COVID-19, an appointment with a local RFCS provider can be made by calling 1300 771 741 or visit [RFCS Network](#).



Pharmacy Daily
www.pharmacydaily.com.au
Pharmacy Daily is part of the Business Publishing Group family of publications.
Pharmacy Daily is Australia's favourite pharmacy industry publication.

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PROFESSOR PAUL YOUNG



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Professor Young completed his PhD at the London School of Hygiene and Tropical Medicine and was appointed to a lectureship in the University of London in 1986. He returned to Australia as Senior Research Fellow at the Sir Albert Sakzewski Virus Research Centre in 1989 and joined the University of Queensland as a Senior Lecturer in 1991. Prof. Young is the Chair of the Virology Division of the International Union for Microbiological Societies. He is the past President of both the Australian Society for Microbiology and the Asia Pacific Society for Medical Virology. Prof. Young is currently leading the development of the University of Queensland's COVID-19 vaccine.

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