



# Calm mind, focused brain.

Finding focus within the frenzy of daily life can be challenging, and over the past year we've all had to adapt to a new normal.

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1. Stough C, et al., Psychopharmacology (Berl) 2001;156(4):481-484. Funded by a Research Grant from Keenmind Pty. Ltd. 2. Stough C, et al., Phytoter Res 2008;22(12):1629-634. 3. Benson S, et al., Phytoter Res 2014;28(4):551-559. Funded by Soho Flordis International (SFI). 4. Downey LA, et al., Phytoter Res 2013;27(9):1407-1413. Funded by Soho Flordis International (SFI).



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## Tackling post-discharge wastage

**CHANGES** to the way hospital discharge medications are funded and the quantities supplied could help minimise the financial and environmental impacts of medicines wastage, researchers from Monash University and Austin Health believe.

In a paper published in the *Australasian Journal on Ageing*, the authors noted that patients who have been discharged to residential care facilities (RCFs) generally received medications in quantities “consistent with manufacturer pack sizes (typically 28 to 30 days for long-term medications)”.

However, they found that RCFs tended to use hospital supplied medicines for one to three days

post-discharge, preferring to use community pharmacy-packed dose administration aids (DAAs).

A total of 52 RCFs caring for 73 recently discharged patients, were involved in the study, with all reporting that unused hospital-supplied medicines were sent to their community pharmacy once DAAs were supplied.

The authors found that nine pharmacies that catered for 80% of the patients, with three stores reported that they “usually or sometimes reused hospital-supplied medicines when packing patients’ DAAs”, while six other pharmacies said they did not reuse medications supplied by hospitals, with the

exception of difficult to source medications.

The authors suggested that the solution to overcome this problem is for all hospitals to provide a small supply of medications, along with an interim medication administration chart, to cover the transition period.

“Dispensing small quantities like this, for patients who are typically on multiple medicines, has financial and resource implications for already stretched hospital pharmacies, as it requires additional resources for the labour-intensive process,” they said.

“We propose that the Pharmaceutical Benefits Scheme should fund hospitals to provide a three- to seven-day supply of medications to cover this high-risk transition period, to ensure vulnerable patients don’t miss out on medications and hospitals are able to resource this important process.”

### Today's issue of PD

*Pharmacy Daily* today features three pages of news, a cover page from **Flordis**, and a full page from **Seipel Group**.

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### Finding focus

**FLORDIS** integrative medicine is taking KeenMind across Australia in a new ‘Calm mind, focused brain’ campaign.

KeenMind will be nationally in 667 office towers and Qantas domestic airports throughout Mar 21.

See the **front page** for the health professional version of the campaign.

### Bladder health

**WITH** more than 50% of post-menopausal women experiencing urinary incontinence, and a similar proportion of men aged over 50 years living with an overactive bladder, urgency, frequency and nocturia, Urox could provide relief.

See **page four** for more information.

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## TGA approves Apple ECG app

THE Therapeutic Goods Administration (TGA) has approved the listing of Apple's smartwatch electrocardiogram (ECG) app on the Australian Register of Therapeutic Goods.

The app is a software-only mobile medical application that is intended to be used with the Apple Watch to create, record, store, transfer and display a single-channel ECG similar to a Lead I ECG.

The TGA noted the app determines the presence of atrial fibrillation or sinus rhythm on a classifiable waveform, but is not recommended for users with other known arrhythmias.

The data displayed by the app is intended for informational use only and users should not take action based on the output without consultation with a health professional.

## SHPA leading gender equity drive

**EMBRACING** the #ChooseToChallenge theme of this year's International Women's Day, the Society of Hospital Pharmacists of Australia (SHPA) is voicing its commitment to gender equality.

SHPA CEO, Kristin Michaels, said women across Australian hospital pharmacy were challenging a legacy of traditional leadership, taking on influential positions on the organisation's Board and committees.

"Our membership currently comprises 76% women pharmacists and technicians, with 70% representation on the SHPA Board of Directors and 66% on the SHPA Executive," she said.

"Shaping clinical practice and achievement, women lead 18 of SHPA's 27 Specialty Practice Leadership Committees, have received nearly 60% of SHPA Fellowships and more than half of our three major annual awards bestowed so far this century.

"We are proud to lead pharmacy in female representation across organisational leadership and governance, strengthening our advocacy on behalf of the predominantly female Australian hospital pharmacy workforce."

Michaels said there was a need for greater workplace flexibility if the profession is to continue to expand its scope and increase the impact pharmacists can make on patient care.

"This is especially important with such a significant and valuable female workforce," she said.

"I am proud we are able to support women in clinical leadership roles; currently all of the senior pharmacists working within my clinical program are women, and half are young mothers who work part-time.

"Without them, our clinical services would not be where they are now.

"I urge those in positions of



influence to support flexible and part-time work in clinical leadership roles, and to encourage practice-based research including PhDs for pharmacists working in clinical positions."

Michaels added that research led by SHPA members predicted women will achieve an average 50% representation in Australian pharmacy professional committees no sooner than 2029.

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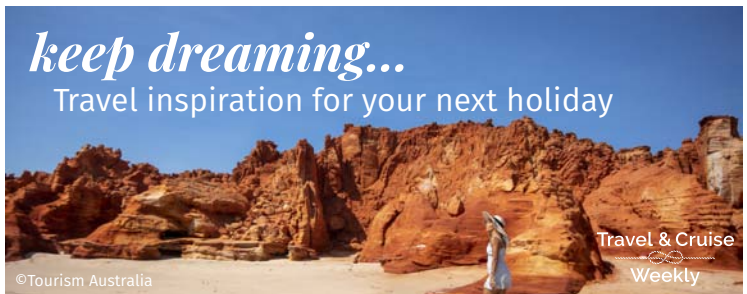
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## Dispensary Corner

A BRITISH attempt to honour frontline health workers has backfired, after some special commemorative sculptures were removed because they were mistaken for garbage.

The items were created by army veteran Martin Feeney, and placed on a roundabout in Radstock, Somerset after gaining permission from local authorities, the *BBC* reports.

Feeney, who teaches welding and metalwork at the Army Engineering College in Lyneham, said he spent several weeks creating the silhouettes of a nurse holding a red heart as well as a rainbow-coloured "thank you" message (pictured).

"Everyone loved them," his wife said, adding "but at the weekend a council worker put them on a flatbed trailer and removed them".

However after an outpouring of public outrage, the missing items have been reinstated.

Radstock Mayor Rupert Bevan said a council worker tasked with removing items that had been dumped on the roundabout believed the sculptures were rubbish too.

"He thought they had been abandoned...he took them home for safekeeping," the Mayor said, confirming the sculptures were back in place after a "thorough cleansing".



## High flying Cap Chemist



**PHARMACY** owner and hot air balloon pilot, Amanda Galbraith, is flying the Capital Chemist Group's colours above Canberra this week, as part of the ACT's Enlighten Festival Balloon Spectacular.

Speaking with *Pharmacy Daily*, Galbraith said she has been a passionate balloonist since first taking flight as a six-year-old, gaining her pilot's licence when she was 17 years old.

When it came to buying her first balloon with her family, 16 years ago, Galbraith who had embraced pharmacy ownership and as part of

the Capital Chemist Group, decided it would be appropriate to adopt the group's branding.

As part of the festival, Galbraith has been combining her duties at her pharmacy with early morning flights over Lake Burley Griffin with guests to witness the sunrise.

Capital Chemist Group Business Manager, Andrew Topp, said the balloon had become part of the group's heritage.

**Pictured**, the Galbraith's Capital Chemist balloon hovering over Lake Burley Griffin, courtesy Paul Jurak the Kayak Cameraman.

## Guild Update

### Back to the future

**RURAL**, regional and remote pharmacists have a chance to detail their "Back to the Future" moments as the theme for the latest Pharmacy Guild "Why I Love Rural Pharmacy" video competition.

You are asked to submit a 30-45 second video with the winners of Best Video and People's Choice being announced on Thursday 20 May during the Rural Pharmacy and Indigenous Health Stream at APP2021 on the Gold Coast.

With the "Back to the Future" theme, pharmacy participants can share how they have introduced change into their practice, reflecting on how things used to be done and how they've since adapted. They are asked to use 'practise' and 'practice' interchangeably.

Incorporating the signature item – which this year is a skateboard – into the video earns bonus points. Double bonus points if it's a hoverboard!

Entrants must be an employee or owner of an MM 3-7 pharmacy and entries close by 12 midnight AEDT Tuesday 27 April 2021.

Send your entries to: [CPRIA.Network@guild.org.au](mailto:CPRIA.Network@guild.org.au)

Access [more information](#), including video ideas, terms and conditions.

## Win an Evolt 360 package

This week Pharmacy Daily & Evolt are giving away an Evolt 360 Body Composition package valued at \$2500 - a high tech body composition platform that is proven to increase profitability, drive foot traffic, whilst engaging with the local community and establishing brand loyalty. To learn more click [HERE](#). Click [HERE](#) to enter & to see last weeks winner.

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Over 50% Men 50+ have overactive bladder, urgency, frequency and nocturia

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\*Schoendorfer et al, BMC-CAM, January, 2018. Research funded by the Australian Federal government and Seipel Group. For relief of urinary incontinence and urgency associated with medically diagnosed overactive bladder. Always read the label. Read the label before purchasing.



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