



Today's issue of PD

Pharmacy Daily today features four pages of news.

Top employer

THE TerryWhite Chemmart Intern Development Program has been refreshed for 2023.

It is designed to develop interns and early career pharmacists to become future health leaders embedded in the heart of every community.

The program aims to support the network partners to be an employer of choice through training, market specific job ad placements and a dedicated careers portal.

The program also has a collaborative partnership with pharmacy schools to engage the next generation of pharmacists.

For more information on the TerryWhite Chemmart intern program [CLICK HERE](#).

Raft of positives to come in Tas review

THE Pharmacy Guild's Tasmanian branch President, Helen O'Byrne (pictured) wants to see several positive recommendations as the state heads into the Review of Pharmacists' Scope of Practice (PD 03 Jan).

"We hope to see a raft of positive recommendations included when the Review's final report is released, due out in the middle of this year.

"The Guild stands ready to work with the Tasmanian Government to ensure any changes in legislation are underpinned by rigorous education and training for pharmacists," said O'Byrne, bolstered by comments from Premier Jeremy Rockliff in support of the increased role pharmacists can play in the State's healthcare system at the National Cabinet meeting focused on Medicare reform last week (PD 06 Feb).

O'Byrne said that to ensure that the pharmacist workforce is mobile



across Australia, pharmacists' scope of practice should be harmonised across all States and Territories.

"We don't want pharmacists in Tasmania to feel that their professional opportunities in clinical practice are out of step with what is being achieved in Queensland or Victoria.

"That could result in a potentially greater workforce deficit in this State if pharmacists are unable to apply their skills in their chosen location," she explained.

The Ernst & Young report into the Pharmacists' Scope of Practice commissioned by the Guild it says

not only demonstrates potential savings across the healthcare system but also productivity gains across the broader community if pharmacists are able to treat a range of conditions, including minor ailments, medication continuance and point of care testing.

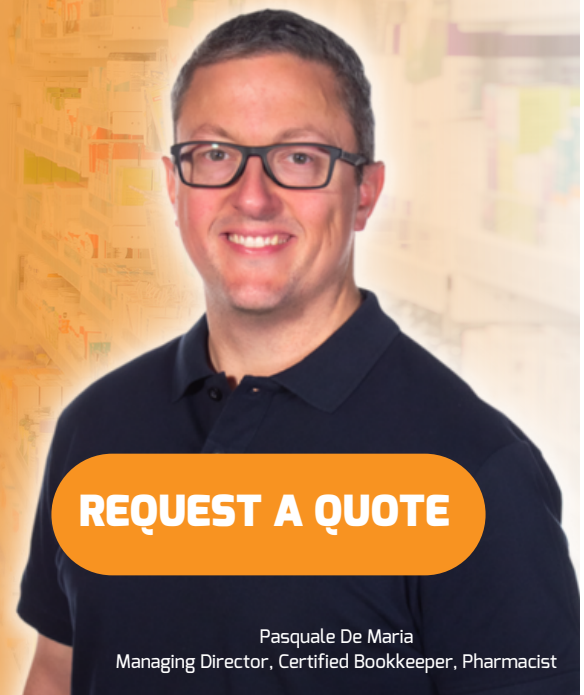
The Guild will provide the Report to the Tasmanian Review, along with international examples.

O'Byrne said that the Guild in Tasmania agrees with the Federal Health Minister Mark Butler's comments that at a time of workforce constraints, "it doesn't make sense...not to have every healthcare professional work to the top of their scope of practice".

O'Byrne added that "our members are excited by the potential opportunities the Review of Scope of Practice will provide pharmacists to work together with other healthcare professionals to assist our patients to achieve positive health outcomes".

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DDS' top loyalty program turns one!

DISCOUNT Drug Stores (DDS) celebrated one year of its refreshed loyalty program, DiscountPlus, yesterday.

The free-to-join program allows members to earn points for every dollar spent in-store and offers exclusive discounts, gifts, and birthday bonuses, further reinforcing DDS' commitment to providing personalised value and convenience for every customer, a spokesperson said.

Adding that since its launch only a year ago, the program has seen success across key performance markers, including an average basket size of 3.7 items from members, and more than 12m points earned.

DDS Head, Hugo Ortiz, said the program has been a valuable way to create repeat purchase opportunities while building meaningful connections with customers.

"DiscountPlus is value and



convenience combined in a way that's refreshingly appealing," Ortiz said.

"It's the best of both worlds in helping pharmacies build their base and retain existing customers with compelling offers across our whole pharmacy, especially for the likes of our Vitamin Hub and monthly

exclusive member offers.

"The program has already seen significant success within its first year, and it's pleasing to experience firsthand how DiscountPlus is not only a fantastic talking point for our team members, but our customers genuinely want to hear about it - there's something special about redeeming or claiming something just for you," said Ortiz.

Customers can redeem and earn points with their DiscountPlus card or by providing their email address, phone number, or name.

Points can be used for the full or part payment of any purchases (excluding prescription, pharmacist-only, and pharmacy-only medicines).

DiscountPlus is one of the promotional in-store activations offered by DDS, with further consumer loyalty campaigns to be announced this year.

Pictured: Mandurah Discount Drug Store Retail Manager, Jacinda Crompton.

FIP '23 Brisbane

THE International Pharmaceutical Federation (FIP) World Congress of Pharmacy and Pharmaceutical Sciences will be in Brisbane, Australia, from 24-28 Sep, and registration is now open.

FIP will gather experts from around the world under the theme 'Pharmacy building a sustainable future for healthcare - Aligning goals to 2030', to share their knowledge on a wide variety of subjects to pharmacists, scientists and pharmacy educators.

A preliminary program is expected in Apr.

The congress is supported by the Australasian Pharmaceutical Science Association, the Pharmaceutical Society of Australia, and the Society of Hospital Pharmacists of Australia.

To register **CLICK HERE**.

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\$1.7m for peer support

THE Federal Government has invested \$1.7m to extend The Essential Network (TEN) project until 30 Jun 2024.

Facilitated by The Black Dog Institute, TEN is a national, blended care mental health support service, available online and in-person.

Developed by healthcare professionals for healthcare professionals, TEN provides tailored mental health and wellbeing support, including clinical interventions, peer support, self-guided check-ups, and digital programs.

To date, TEN has helped more than 86,000 health professionals across Australia.

Assistant Minister for Health Emma McBride discussed the project, saying "it is critical health professionals have access to evidence-based tools and resources to support their own mental health so they can continue caring for others.



"I encourage health professionals - those directly involved with patient care and practice managers - to access these services when they need them.

"This investment is a testament to the Government's commitment to supporting those who support us, our healthcare professionals," she concluded.

Resistance training improves continence

WOMEN with continence issues may be reluctant to continue many sports and gym programs, but new research has found a way to help women undertake resistance training that will help reduce the risk of stress urinary incontinence.

It involves women engaging in a Kegel exercise program that will tighten pelvic floor muscles before they commence resistance training, with the combined exercises helping to prevent or control urinary incontinence.

Urinary incontinence affects up to 70% of women worldwide, with stress urinary incontinence reported as the most prevalent sub-type.

Some women suffering from stress urinary incontinence confided that the condition was distressing, reducing their quality of life, leads to social isolation, and results in them modifying or

avoiding sport completely.

However, efforts to maintain resistance training - which includes exercises using free weights and/or machines - actually lead to improved urinary continence.

Donelle Cross, from the College of Nursing and Health Sciences at Flinders University, said her research has identified that some incontinent women who continued to perform resistance training experienced an improvement in their daily continence.

"Physically active women tend to have stronger pelvic floors, and this is thought to contribute to a successful continence mechanism when there is an increase in their intra-abdominal pressure," said Cross.

The study was published in the *International Journal of Environmental Research and Public Health*.

Time to rethink your dispensary set-up?

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Dispensary Corner

A JAPANESE zoo has solved the mystery of a gibbon which became pregnant while living in isolation - and a tiny hole in a board is to blame.

Zookeepers at Kujukushima Zoo and Botanical Garden Mori Kirara in Sasebo City, Nagasaki Prefecture, said they were surprised when a lar gibbon named Momo gave birth in Feb 2021, as the ape had been living in her own enclosure without any males present.

Officials said Momo was protective of her offspring, so it was nearly two years before they were able to collect enough stool and excrement samples from the mother and baby to perform DNA tests.

The father of the male baby was found to be Itou, a 34-year-old agile gibbon.

Zookeepers said the two apes were never on display together, but they discovered that the partition between Momo's exhibit and the back yard where Itou was kept had a perforated board with holes about 9mm in diameter.

Officials said they now believe the apes managed to mate through one of the holes.

The board has now been replaced by a solid steel plate.

Plans are in progress to officially introduce Itou and Momo so they and their child can live as a family, *UPI* reported.



Pfizer takes a pulse check on beliefs

A RECENT survey of 1,075 Australians aged 18 years and older, released by Pfizer yesterday, provides a snapshot of common attitudes and behaviours of Australian adults around health and wellbeing, with 83% looking to improve their understanding of health and wellbeing matters.

Australians who participated in the study stated that taking better care of their general health (61%), living healthier (47%) and infectious disease prevention (44%) were personal health priorities.

Among millennials, taking care of the health of family and loved ones was also a high priority, with nearly half indicating this was important.

Two-thirds consider infectious diseases, including COVID-19, to be among the most important health-related topics covered in the news.

Older Australians (Baby Boomers and Silent Generation) are more concerned with infectious diseases prevention compared to Gen Z and Millennials (Baby Boomers - 59%, Silent - 74%, Gen Z - 31%, Millennials - 34%, Gen X - 39%).

Dr Krishan Thiru, Pfizer Australia & New Zealand Medical Director, said it is encouraging to see so many Australians recognising the importance of health and disease prevention, together with the role individuals can play in protecting themselves and their loved ones.

"Infectious diseases continue to be part of our lives.

"We see that COVID-19 is showing no signs of disappearing, and the recent spikes in meningococcal and other transmissible infections demonstrate the need to continuously improve our

understanding of diseases to protect ourselves.

"It is so important for people to prioritise their health and know what tools they have to protect themselves and their loved ones," said Dr Thiru.

According to the research findings, the majority of Australians obtain health information from general practitioners (59%) and medical specialists (44%).

However, more than 40% of Australians still rely on Internet search engines when seeking answers about their health.

'Talking Your Health' is a part of how Pfizer said people could improve health and wellness by providing science-based health tips and connecting people to trusted resources to manage their health. Learn more [HERE](#).

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