



Today's issue of PD

Pharmacy Daily today features five pages of news as well as a full page from Mölnlycke.

\$3m more funds

NORTH West Tasmania has received a further \$3m for additional mental health services to support families, first responders, and other locals affected by the Dec 2021 Hillcrest Primary School tragedy.

This funding will also enable key mental health programs to continue including services for people with moderate-to-high complexity needs and targeted services for adults and young people with severe and complex needs living in the region.

It brings the region's total mental health funding to more than \$91.9m over three years.

In residential aged care trial a success

IMPROVED safety and medicine management were the findings released from an ACT trial into Pharmacists in Residential Aged Care Facilities (RACF), last month.

Capital Health Network CEO Megan Cahill said that as over 95% of residents living in aged care facilities had medication-related problems, "we commissioned the University of Canberra to undertake a randomised controlled trial where pharmacists were employed to be on-site part-time for 12 months to conduct medication management.

"They worked collaboratively with the facilities' care teams, other prescribers, allied health professionals, community and hospital pharmacists, alongside the resident and their family," explained Cahill.

University of Canberra's A/Prof of Pharmacy, Sam Kosari said the trial demonstrated that an on-site pharmacist resulted in a reduction in residents taking potentially inappropriate medicines.



"We were pleased to see that having an on-site pharmacist conducting medication reviews actually reduced potentially inappropriate medicines.

"The on-site pharmacist also assisted in upskilling RACF staff in medication and improved communication within the care team," said Kosari.

When the trial commenced, 15 out of 25 RACFs in the ACT participated, with a pharmacist being employed by seven RACFs with the remaining eight RACFs in a control group.

A further 13 facilities were involved in the second phase of the study which looked at broader implementation.

"The trial also demonstrated that

an onsite-pharmacist resulted in a reduction of anticholinergic drug burden which is associated with increased risk of falls, delirium and cognitive decline.

"We also saw a reduction in the dose of antipsychotic medicines prescribed for residents," said Kosari.

"Having a pharmacist on-site has enabled our registered nurses to provide quality clinical care for residents as the pharmacist supports the management of medication, including minimising the occurrence and risks associated with polypharmacy," said Samantha Tosh, Regional Director and Registered Nurse, Southern Cross Care (NSW & ACT).

A key recommendation from the trial included rolling out the on-site pharmacist model nationally to improve medication management for residents living in residential aged care.

The full evaluation report and resources can be found [HERE](#).

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Connecting communities to care

ACT Memory walk and jog for dementia

THERE is just one week to go for Canberra's Memory Walk and Jog to raise awareness for dementia, the second leading cause of death in Australia and the leading cause of death for women.

Dementia Australia CEO Maree McCabe AM is encouraging as many local Canberra residents as possible to support the event, which will take place on Sun 19 Mar at Barrine Drive, Lake Burley Griffin.

"As we prepare to host the Memory Walk & Jog in Canberra for another successful year, we hope everyone will consider joining us," McCabe said.

The Canberra event is one of 20 scheduled at various locations around the country this year.

Pharmacists can encourage their customers to participate by registering as an individual or an entire team, to remember a loved one with dementia, or in support of a loved one



who is currently living with the condition.

Each event offers an opportunity for people impacted by dementia and their supporters to come together, walk or run, at any fitness level, and raise money and share stories.

If people can't attend an event, they can organise their own group or individual walk or jog, with a My Way event.

So to choose your own date and location do so by registering at www.memorywalk.com.au.

Sign-up to join in or volunteer at a Memory Walk & Jog event [CLICK HERE](#).

GPs 'critical to our future'

PHARMACIES in the UK "must find new income opportunities or accept steady decline", warned a well regarded consultant, and the former head of pharmacy for Boots UK, *Chemist + Druggist (C+D)* has reported.

Director of Innovate Pharma Services consultancy Sanjay Patel told delegates at the 2023 Sigma conference last week, that GP practices provide a "large opportunity" for community pharmacists to the tune of £60k [A\$109.8k] per year.

Patel acknowledged that some pharmacies experience "conflicts" with their local practices.

"I haven't done my research but my gut feeling is that most community pharmacies have challenges building strong relationships with surgeries."

But he added that pharmacies "can't achieve the services [they] need to do without partnership" with their practice.

"You might be thinking, it's not

possible to get hold of my doctor, they're not going to listen to me, they're not going to make time for me, they just think we put labels on pill packets and that's it," he said.

But he told delegates that local GP practices are "critical for our future."

"Big numbers" are possible for pharmacies working in partnership with their surgery, with the surgery referring patients across for services, he said.

A slide presented by Patel showed that a 7k-item pharmacy could earn £755 (A\$1,382) per month by working alone on services including the community pharmacist consultation service, blood pressure checks, travel vaccinations and contraception.

However, when working in partnership with their GP surgery and receiving referrals from it, this could rise to £5,120 (A\$9,374) per month equivalent to over £60k a year, according to the conference slide, reported *C+D*.



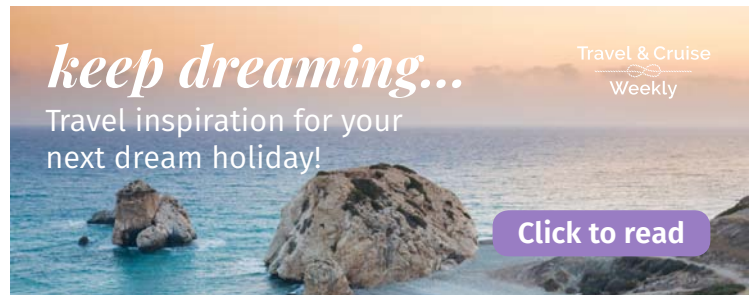
"The Wizard Pharmacy Services team looked after all aspects of our conversion, which allowed me and my team to do what we do best and focus on our customers. I am excited for this next chapter and the enhanced experience our customers will receive through the Wizard Rewards program, inventory solutions and additional health services."

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Head to Health opens

PEOPLE living in Sydney's west now have access to free, walk-in mental healthcare with the opening of Canterbury Head to Health at 1205 Canterbury Road, Roselands.

Fully-funded by the Federal Government, Canterbury Head to Health aims to offer a safe place for people to find mental health information, services and support.

It may provide short-to-medium term care for adults with moderate-to-severe levels of mental health needs and immediate support and follow up for people presenting in crisis or distress.

Services are provided by a multidisciplinary team which includes psychologists, social workers, alcohol and other drug workers and peer workers.

Canterbury Head to Health is run by One Door Mental Health which also operates the temporary Lakemba Head to Health pop up clinic in the same area.



People accessing care through temporary pop-up clinics in the Central Eastern Sydney region will be supported to transition to Canterbury Head to Health by mid-2023.

Pharmacy customers needing interpreting services can be told that these services are available after the recent investment in Translating and Interpreting Services.

Further, customers can also call Head to Health on 1800 595 212 to talk to a trained professional and connect with the support that best meets their needs.

Vit C testing may reduce diabetes risks

PEOPLE with diabetes should be routinely screened for vitamin C deficiency as new research has revealed it may help reduce the risk of complications from the disease.

Recently published findings by Dr Shaun Mason from Deakin University's Institute for Physical Activity and Nutrition suggest that screening of vitamin C levels in the blood should become a routine part of clinical diabetes management, regardless of whether the person has type 1, type 2 or gestational diabetes.

"People with diabetes are at high risk of vitamin C deficiency due to a range of factors including higher body needs from oxidative damage, poorer uptake into cells, excessive losses via the kidneys, and insufficient dietary intake," Mason said.

"Improving deficient or low levels of vitamin C can improve blood sugar control and reduce risk factors for heart disease such

as high blood pressure.

"Recent short-term interventions with vitamin C also appear promising for managing diabetes complications such as foot ulcers.

"These beneficial effects might relate to vitamin C supplementation correcting vitamin C deficiency as well as through its antioxidant effects."

Dr Mason's research involved a comprehensive review of evidence on the effects of vitamin C supplementation and its potential mechanisms in diabetes management.

He said further research was needed to determine the optimal levels of vitamin C required to protect against diabetes-related risks but it was likely that regular use of vitamin C at modest doses, such as the 500-1,000mg per day achieved through readily available supplements, could be safely added to diabetes therapies.

Call for a four-day week on a full wage

AUSTRALIANS would be paid their full-time wage to work just four days a week should sweeping proposals from a senate inquiry be adopted.

The landmark report by the select committee on work and care backed a raft of changes, including a year of paid parental leave and the right to disconnect from work outside of hours.

Greens senator Barbara Pocock, who chaired the inquiry, called

on the government to seriously consider the "ambitious" reforms to boost quality of life.

"We're at the other end of the spectrum with too many Australians working very long hours," she told the ABC.

The report recommended trialling the 100:80:100 model.

Workers would continue to be paid a full-time wage and maintain productivity despite working 80% of the week.

JSHealth fined \$13k+ for a TGA breach

SYDNEY company JSHealth Vitamins Pty Ltd was issued an infringement notice and fine for \$13,320 for an alleged breach of the *Therapeutic Goods Act 1989*, last week.

JSHealth Vitamins supplied a complementary medicine that the TGA alleges did not conform with legal requirements.

The TGA said the medicine included the ingredient *andrographis paniculata* (green chiretta), which may cause taste



disturbance, including loss of taste.

However, the label of the medicine did not include the required warning statement advising customers of this, and nor did JSHealth Pty Ltd have consent to supply the medicine without this statement, the TGA said.

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Raven's podcast

THE Raven's Recruitment Season six Episode five - A discussion about the Australian Pharmacy Student Research podcast can now be heard on their website, and on all the usual podcast platforms from tomorrow at 3pm.

The podcast features the co-editor-in-chief of the *Australian Pharmacy Students' Journal*, Elissar Mansour, and the President of the Pharmaceutical Society of Australia, Dr Fei Sim, sharing their research journey and encouraging more pharmacy students to participate in research.

The *Australian Pharmacy Students' Journal* is the only peer-reviewed pharmacy student journal that provides students with the opportunity to develop research skills, publish, and review and edit other's research.

Mansour has recently graduated with a Bachelor of Pharmacy (Hons I + University Medal) from the University of Sydney and is completing her internship at Blacktown Hospital in Western Sydney.

Her honours project was in the field of drug development.

She has held a number of leadership positions, including Executive Director at the National Australian Pharmacy Students' Association (NAPSA).

Mansour hopes to utilise her role within NAPSA to increase the engagement of students in research and create more opportunities for young researchers.

Pharmacists can listen to the podcast now with Mansour and Fei Sim **HERE**.

Gut & mental health link

FERMENTATION of protein in the gut could release toxins into the body's circulation and affect the brain's access to neurotransmitter compounds, an international study by Monash University researchers has revealed.

The research, published in *Frontiers in Nutrition*, adds to the growing volume of work which seeks to understand the relationship between diet, the gut microbiota, and mental health.

Tyrosine is an amino acid and precursor to key neurotransmitters, dopamine, adrenaline, and noradrenaline, which have profound effects on mood, reward behaviour, wakefulness, and motor activity.

Dietary tyrosine depletion has been implicated in an increased risk of clinical depression.

When amino acids such as tyrosine are fermented by gut microbes, they may be converted to potentially toxic compounds, such as ammonia, amines, N-nitroso compounds, phenols, cresols, indoles, and hydrogen sulfide rendering them unavailable as neurotransmitter precursors and mimicking dietary depletion.



Gut microbes also have the potential to convert amino acids to neurotransmitters (e.g. dopamine, serotonin) that function as signalling molecules in the enteric nervous system, with systemic and brain accessibility, known as the 'gut-brain axis'.

"The mechanisms that link diet, gut microbiota, and mental health are challenging to investigate as this is a complex metabolic pathway," said lead study author Prof Louise Bennett from Monash University's

School of Chemistry.

"Demonstrating that bacterial metabolites released in the gut can reach the brain, known as the 'gut-brain axis' is a key step in defining the relationship between nutrition and mental health," she said.

"Our study found that metabolites of gut-fermented protein and specifically amino acid

precursors to neurotransmitters such as tyrosine, are able to reach the brain and could influence brain functions including mood."

The research team found that gut microbial metabolism of amino acids from a high dietary intake of resistant protein diet could yield potentially toxic metabolites from fermented protein and disturb the availability of neurotransmitter precursors to the brain.

First and only FDA approval for Retts

DAYBUE (trofineide) is the first and only approved treatment for Rett syndrome, receiving US FDA approval yesterday.

Australian Neuren Pharmaceuticals announced that its North America partner

Acadia Pharmaceuticals received the approval for Daybue for the treatment of Rett syndrome in adult and paediatric patients two years of age and older.

Acadia expects Daybue to be available by the end of Apr.

Poor indexation

THE Australian Medical Association says critical problems in general practice of access and affordability can't be addressed without better indexation of Medicare.

Comparing Medicare indexation of 1.6% with the indexation figure of 3.7% for public hospital services, released recently by the Independent Health and Aged Care Pricing Authority (IHACPA), shows just how poorly Medicare is indexed, contributing to declining bulk billing rates and higher out-of-pocket costs for patients.

The IHACPA indexed the National Efficient Price for 2023-24 at a rate of 2.9% per annum, plus an additional 0.81% to account for increases in the minimum superannuation guarantee between 2020-21 and 2023-24.

AMA President Prof Steve Robson said the formula for indexing Medicare was broken, and the IHACPA decision was evidence of this.

"The formula for indexing Medicare has become a joke.

"It is delivering an indexation rate that falls well behind the rate of increase in key economic measures like the Consumer Price Index, Average Weekly Earnings, and the Wage Price Index.

"Years of inadequate indexation has meant the Medicare rebate no longer bears any relationship to the actual cost of providing high-quality services to patients, and this is one reason why we're seeing more practices unable to offer bulk-billing," explained Robson.

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 AFT Pharmaceuticals Pty Ltd, Sydney. Patent No. 2005260243.



Dispensary Corner

WHILE it's well known that mosquitoes can carry diseases like malaria or Japanese encephalitis, farmers in the USA are finding the annoying insects are killing livestock simply by biting them too much.

Clouds of mozzies have been so thick in parts of Louisiana after it was inundated by the recent Hurricane Laura that they have led to the deaths of horses and cattle, according to the *Associated Press*.

A veterinarian based in the township of Ville Platte has confirmed that in some cases the animals are being bitten so much that they are left anaemic - at the same time becoming exhausted because they are constantly moving in an attempt to avoid the bloodsuckers.

Some areas have begun aerial spraying to clear the infestations of the biting insects which have been pushed out of local marshes by the storm.

And in a similar vein, residents in the Chinese province of Liaoning have taken to carrying heavy duty umbrellas after a bizarre "rainfall" of what appear to be worms from the sky.

It's postulated that the slimy drizzle (pictured) is the result of the annelids being dropped after they were swept up by heavy winds - although others say the strange phenomenon is actually flower spikes from polar trees.



RPS returns to FIP ranks

BRITAIN'S Royal Pharmaceutical Society (RPS) is once again a member of the International Pharmaceutical Federation (FIP), in an about-face from a unilateral decision to withdraw from the organisation about 12 months ago.

The RPS was one of FIP's founding members when it was established to represent pharmacy globally in 1912, and many UK members were dismayed at the pullout which was reportedly undertaken without consultation with members.

After taking on board feedback, in Nov last year the Society announced it would once again apply for membership of FIP, saying an overwhelming majority of its members had voted in favour of returning to the fold.

"Members told us they wanted to see us rejoin FIP to further our commitment to international partnerships that support education and advocacy to develop and progress the pharmacy profession, said RPS President, Claire Anderson (pictured).

She said the Society "fully recognises the importance of international collaboration and the sharing of knowledge and best practice".

"Now that we have rejoined, our teams across RPS look forward to reinvigorating the close collaboration we have previously enjoyed with our colleagues, both within FIP itself and across the breadth of FIP member organisations to further our vision and mission," according to the Society's CEO, Paul Bennett.

FIP CEO Catherine Duggan said the Federation was pleased to welcome RPS back to the family.

"RPS is an influential voice in pharmacy across Great Britain, and their rejoining will strengthen our



objectives to advance pharmacy worldwide," she said.

Dominique Jordan, FIP President, noted that "all pharmacy bodies need to work in solidarity to advocate for the profession and improve health outcomes for patients around the world...amid the challenges our profession and health systems face".

Australia will be firmly in focus for the global pharmacy community later this year when Brisbane hosts the 81st FIP World Congress, scheduled for 24-28 Sep.

TGA social update

THE Therapeutic Goods Administration has revised its social media branding, with a new logo

(pictured) designed to align with the blue and white look of

the Department of Health and Aged Care.

The updated look is now live on the TGA's presence on Facebook, Twitter, YouTube, Instagram and LinkedIn.



Guild Update

APP is just over a week away

THE Australian Pharmacy Professional conference (APP) is now just over a week away with gates opening to delegates next Thu, 23 Mar at the Gold Coast.

Organisers have unveiled a roll call for delegates, exhibitors and speakers to let the wider industry know, you'll be at the conference.

The APP's website allows you to notify others you'll be there by downloading the #APP2023 social tiles.

You can also engage on APP's Facebook and Twitter pages and make sure you tag @Australian Pharmacy Professional Conference and Trade Exhibition (Facebook and Twitter).

The roll call comes as the finishing touches are being made to the 'Harm Minimisation Stream' taking place from 4pm on Fri 24 Mar.

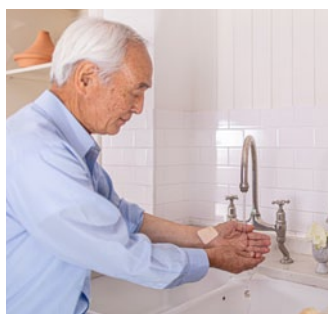
Community pharmacist and facilitator Angelo Pricolo has unveiled the speakers' list for the stream. These include:

- Dr Jacinta Johnson, Advanced Practice Pharmacist from the University of South Australia;
- Dr Jeremy Hayllar, Clinical Director Alcohol and Drug Service in Brisbane;
- Dr Susan Baidawi a researcher and fellow pharmacist; and
- Dr Paul MacCartney, an Addiction Medicine Specialist.

For all the latest on APP 2023, **CLICK HERE.**

Click or scan the QR code to sign up for complimentary wound care training

Wound Care Education Schedule for Pharmacists and GP's in 2023



Basic Wound Care and Dressing Selection for the Elderly

Date	Time
15th March	10.30 - 11.00am
15th March	2.30 - 3.00pm
14th June	10.30 - 11.00am
14th June	2.30 - 3.00pm
13th September	10.30 - 11.00am
13th September	2.30 - 3.00pm



SCAN TO ENROL



Skin Care and Skin Tear Prevention

Date	Time
12th April	10.30 - 11.00am
12th April	2.30 - 3.00pm
12th July	10.30 - 11.00am
12th July	2.30 - 3.00pm
11th October	10.30 - 11.00am
11th October	2.30 - 3.00pm



SCAN TO ENROL



Skin Tear Treatment in the Community

Date	Time
10th May	10.30 - 11.00am
10th May	2.30 - 3.00pm
9th August	10.30 - 11.00am
9th August	2.30 - 3.00pm
15th November	10.30 - 11.00am
15th November	2.30 - 3.00pm



SCAN TO ENROL