

Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature, plus full pages from:

- Nova Pharmaceuticals
- PharmXchange

NostraData report

FOLLOWING the Govt's recent 60-day dispensing policy announcement, a team of concerned pharmacists from networks including Platform Alliance Group, Amcal, Capital Chemists and DDS, in conjunction with research company NostraData, have come together to offer a free report to all owners who register for it.

"We understand that pharmacists are concerned and we wanted to provide them with some concrete information that can help them navigate this new landscape," said Nick Biggs, a spokesperson for the supportive networks.

"The report offers an in-depth analysis of the effects of double dispensing, including its impact on patient care, customer service, staff retention, and pharmacy income.

"The report will also include information on mitigating these impacts.

"We've worked alongside the Guild Health Economics team to make our information as robust as possible."

Ask for a report copy [HERE](#).

PSA ups women leaders

THE Pharmaceutical Society of Australia (PSA) has elected a record number of women to its branch committees to serve till 2026.

Published today, the results of appointments by state show an increase from 42 women elected last term to 52 this term, making the branch committees 71% female.

Incoming leaders will take office from 01 Jul and will meet in the coming weeks to elect Branch Presidents and Board Directors.

The PSA National President, Dr Fei Sim was re-elected to the WA branch committee and her predecessors, Shane Jackson and Assoc Prof Chris Freeman were reappointed on the Tas and Qld branches respectively.

New to the NSW branch committee was Simone Diamandis, the former PSA NSW state manager, along with Karen Carter, Jack



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Collins, Luke Kelly, and Nick Logan, with past PSA presidents, Warwick Plunkett and John Bell leaving along with past Pharmacy Guild National President John Bronger.

Deborah Hawthorne who was the PSA 2022 Early Career Pharmacist of the Year winner was one of six new members of the Victorian branch committee.

For the full list of appointees [CLICK HERE](#).

Final decision out

THE TGA yesterday published a final decision to reduce the maximum size of packs for various paracetamol products.

Each year in Australia around 225 people are hospitalised and 50 Australians die from paracetamol overdose, with rates of intentional overdose highest among adolescents and young adults.

From 01 Feb 2025, new restrictions on paracetamol will reduce the maximum size of packs available for general sale (e.g. supermarkets and convenience stores) from 20 to 16 tablets or capsules.

Reduced too will be the maximum pack size available in pharmacies, without the supervision of a pharmacist (Pharmacy Only packs), from 100 to 50 tablets or capsules.

Pack sizes of up to 100 tabs or caps will be available only under the supervision of a pharmacist (Pharmacist Only packs).

Paracetamol tabs and caps for both general and Pharmacy Only sale will also be required to be in blister packaging.

The maximum size of Pharmacy Only packs of individually wrapped powders or sachets of granules containing paracetamol will also be reduced in line with tablet and capsule packs.

Access to liquid, modified-release and Schedule 4 (Prescription Only) paracetamol is not affected by this decision.

60,000 Aussies join to fight breast cancer



MORE than 60,000 people are expected to participate in the biggest fun run and walk for breast cancer research, the 2023 Women in Super Mother's Day Classic on Sun next week.

Registrations have already surpassed last year's numbers. There are 73 locations in major

cities, metro areas and regional towns to raise awareness for breast cancer research.

A new feature this year is longer running distances.

In Melbourne, people can sign up for a 12km run, 5km or 10km in Sydney, and a 15.5km on Victoria's Mornington Peninsula.

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TB strip test kit

TUBERCULOSIS (TB) is one of the most contagious diseases that continues to challenge public health systems globally today.

The World Health Organization aims to end the TB crisis by 2035, but the disease trend is still worrisome.

Thailand, where the disease is very prevalent, has its Chulalongkorn University researchers developing an MTB Strip (Mycobacterium Tuberculosis Strip) that should be easy to use, reads clearly, yields fast and accurate results at a low cost.

“One of the mechanisms to help end TB is identifying patients as early as possible to control and limit its transmission,” said Assoc Prof Dr Panan Rattawongjirakul about the inception of the research project.

“If we can distribute this test to small hospitals, we will be able to identify TB patients within two hours and screen them quickly into the treatment system.

The MTB Strip TB Test Kit consists of two main parts.

The genetic material extracted from the sputum sample is amplified using a special primer for 20 to 40 mins at 37°C.

The developed test strip is dipped into the amplified genetic material with results appearing on the test strip as positive and negative results.

Occupational hazard up

COMMUNITY pharmacists report the busy nature of their work means they are not always able to follow their own professional dry eye management advice.

This is according to new findings from the *Metis Healthcare Research Pharmacy Eye Health Report* commissioned by CSL Seqirus, in which pharmacy survey respondents completed an Ocular Surface Disease Index (OSDI) questionnaire.

The results of the OSDI revealed two-in-three pharmacists had a score indicative of at least mild dry eye symptoms, while two in five were classified as having moderate-to-severe dry eye symptoms.

Outcomes of the quantitative online survey, based on a national sample of 200 pharmacists, show one in three affected pharmacists reporting moderate-to-severe symptoms have discussed their dry eye symptoms with an optometrist, with a small percentage consulting a GP or ophthalmologist.

Dry eye can affect anyone, but those who regularly spent time in front of a computer screen, in air-conditioning, wear contact lenses and/or a mask all day, are at a significantly higher risk, according to pharmacist proprietor, National Director of the Pharmaceutical Society of Australia (PSA) and Vice President of the PSA NSW Branch, Caroline Diamantis.

“It is crucial that pharmacists implement strategies to protect their ocular health and take the time to look after themselves, so they can look after their patients.

“Discussing symptoms with an



optometrist or ophthalmologist is an important part of this.

“Preventive screening would be a particularly beneficial measure, identifying pharmacists with dry eye disease, and addressing the problem before it proves detrimental to their work productivity, quality of care delivery, efficiency, and overall quality of life.”

According to the survey findings, pharmacists who reported more severe dry eye symptoms also noted a higher frequency of daily eye drop use and were more likely to describe their symptoms as either ‘very’ or ‘extremely’ bothersome.

Symptoms of dry eye are commonly attributed to, and/or exacerbated by environmental conditions and occupational factors, such as mask-wearing.

The COVID-19 pandemic has significantly contributed to this issue, with nearly 60% of pharmacists in the survey reporting they currently wear a face mask for at least eight hours a day, and two-in-three pharmacists with existing symptoms of dry eye reported a worsening of symptoms due to mask-wearing.

The affected pharmacists used artificial tears to manage their dry eye symptoms, the survey found.

EndoCann trial

DEAKIN researchers are exploring the potential use of medicinal cannabis for pain management in people with endometriosis.

The ‘EndoCannED’ trial will examine if prescribing medicinal cannabis instead of opioids can reduce emergency department (ED) presentations among people living with the condition.

Prof Antonina Mikocka-Walus from Deakin’s Centre for Social and Early Emotional Development said insufficient pain control can lead to people presenting to ED with breakthrough pain, putting pressure on an already busy health system.

“Opioids are often ineffective in managing pain from endometriosis and are not suitable for the long-term treatment required by those with the condition,” explained Mikocka-Walus.

“Women with endometriosis have a four times greater risk of chronic opioid use compared to women without it.

“Despite substantial use of these medications, most people with endometriosis in Australia report poor pain and symptom control.”

The three-month project will involve 63 patients, living in Victoria, who will be monitored by researchers to learn whether the use of medicinal cannabis reduces the need for them to present to emergency departments.



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Editor's Choice: improving muscle strength in golden years

AUSTRALIAN-OWNED pharmaceutical company, Bioglan, has launched a new product, Bioglan Muscle Protect HMB+D3, to help improve muscle health and mass in older Australians.

Beta-hydroxy-beta-methyl butyrate, or 'HMB' for short, is a chemical produced by the body when breaking down the amino acid, leucine.

The body only naturally produces HMB in small amounts, so supplements to increase the level of HMB can be useful.

Daily HMB supplementation helps to support muscle mass and strength, maintain lean body mass in ageing individuals

by helping to decrease protein breakdown and stimulate protein synthesis within muscles.

Muscle mass declines naturally at an average rate of 1% per year after reaching its peak in our 30s, increasing to 1.5% per year for those in their 70s.

Studies show HMB may help those with sedentary lifestyles to maintain lean body mass.

Just 3g per day of HMB should provide the clinical dose required to see improvements.

The directions are to take three tablets daily with water.

Customers can break, cut or crush the tablet if they have swallowing concerns.

The product retails for \$44.50.



Pressing on upwards



AUSTRALIAN brand Glowie, founded by Chloe Zhu, is redefining press on nails, selling a range of trendy and classic styles that aren't flimsy and actually stay on.

The idea for Glowie first began in the 2021 lockdown, when we all were unable to go to salons.

Zhu went hunting for alternatives and came across press-on nails at the chemist and "thought they were a brilliant idea.

"But while they were great in concept, they did not work for me at all," Zhu said.

"The sizes were too big and not inclusive, they barely lasted an hour, and they also looked fake when applied.

"I knew there was so much potential in this product as an alternative to pricey and time-consuming salon products.

"So I thought, what if I was able to make press-ons in trendy designs that actually worked?

"And so, I went back home, got on my laptop, and started furiously researching the product, manufacturers, trends etc. and that's when Glowie was born."

Zhu said with no formal beauty background the e-commerce brand is customer-driven every step of the way from packaging and designs to initiatives.

No dry eye in sight

CATIONORM is a hydrating, lubricating emulsion eyedrop designed to reduce the discomfort and irritation of persistent dry eye caused by prolonged use of contact lenses, or environmental conditions.

Cationorm offers long-lasting protection from the symptoms of dry eye disease, via a first-of-its-kind cationic attraction between the positively-charged eyedrops and the negatively-charged ocular surface.



Korea's AHC's Real Eye Creams a best seller

KOREA'S top skincare brand AHC is now available in Priceline nationally.

The signature line in the range, Essential Real Eye Cream for Face, sells one product every three seconds in Korea.

A rich, concentrated cream infused with a nutrient-rich composition of peptides and vitamins it may boost skin resilience, stimulate skin renewal, collagen, and cell growth.

The Luminous Glow Real Eye Cream for Face is made up of ingredients such as adenosine and hyaluronic acid to brighten skin and help restore skin firmness.

Age Defence Real Eye Cream for Face fights wrinkles with peptides to improve skin health and increase collagen synthesis.



Ingredients are effectively delivered to the skin via ultrafine micro technology for optimal absorption.

The range retails from \$25-\$45.

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Beauty & Wellness
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Dispensary Corner

TURNs out it wasn't a very bad case of tinea.

A guest staying at a hotel in Tibet was initially concerned that the strong smell in his room was related to his own smelly feet - but it turned out to actually be due to a dead body under his bed.

Reports in local media say the incident occurred at a property called the Guzang Shuhua Inn, which is apparently popular for taking selfies.

The guest, known only as Zhang, posted about his stay on Chinese social media network Weibo, saying he checked in last month and noticed a bit of an odour - and after taking a nap and finding the stench had worsened, ended up requesting a room change.

The body was discovered shortly thereafter, apparently, and later in the night hotel staff knocked on the door and asked him to come to the room he had vacated, where police collected DNA and conducted an interview.

However they reassured him that a suspect had already been arrested.

Zhang told *Shangyou News*, "I am very scared and I am still struggling to sleep", adding that he was frustrated at denials from the hotel that the incident had even occurred.



Health journalism shines

ADELE Ferguson and Chris Gillett from the *Sydney Morning Herald*, *The Age* and ABC 7.30 were named Health Journalists of the Year in the National Press Club's 2023 Health Journalism Awards, this week.

There were four categories in this year's awards - Health Policy, Cancer, COVID-19, and Health Innovation, with the Health Journalist of the Year selected from the winners of each category.

The awards are supported by Rare Cancers Australia and health data analytics company, Propection, in partnership with the National Press Club of Australia, with the overall winner receiving \$20,000, and each category winner \$1,000.

The category winners include Health Policy winning entry by Adele Ferguson and Chris Gillett, for their series on Medicare.

The judges were unanimous in selecting Ferguson's and Gillett's joint investigation into "suspected fraud, overservicing and other misconduct which has drained billions of dollars from Medicare and helped prompt an independent review of the healthcare scheme".

The Health Policy commendation went to Natasha Robinson from *The Australian* for her story Shake-up for 'unfit' Medicare and Sick System can be saved.

The Cancer entry winners were Monique Pablos and Alex Tarney from SBS *Insight* for Outliving Your Cancer Prognosis.

The Cancer commendation went to Robyn Riley from *Herald Sun* for Victoria Leading the world in cure for childhood cancer and Kids cancer heart links.

The COVID-19 category winner was Liam Mannix from *The Age* and *Sydney Morning Herald* for a selection of stories looking at those still at risk from Covid and the



impact of long Covid, particularly on children.

The COVID-19 commendation went to Sahil Makkar and Yumi Oba, SBS, for the Coronavirus Portal assisting non-English speakers with the latest information on Covid.

The Health Innovation winner was Stephen Schubert, ABC *News*, for How artificial intelligence is helping to detect heart disease in remote Australia.

The Health Innovation commendation went to Andrew Probyn, ABC, for The most Famous Australian you've never heard of - Bendigo born Dr John Gorman.

Removes limits

FROM 01 Jun, prescribing of oral ivermectin for 'off-label' uses will no longer be limited to specialists such as dermatologists, gastroenterologists and infectious diseases specialists, the TGA has stated.

In its final decision published yesterday, the TGA has removed the restriction through its scheduling in the Poisons Standard because there is sufficient evidence that the safety risks to individuals and public health is low when prescribed by a general practitioner in the current health climate.

However, the TGA asserted that it does not endorse off-label prescribing of ivermectin for the treatment of COVID-19.



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