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E45 for dry skin

PHARMABROKERS says pharmacies can confidently recommend E45 cream for dry skin, with the product tested to help reduce conditions such as mild eczema and dermatitis - for details see **page six**.

RPTA registration is live

PHARMACIES are being urged to submit applications for the Regional Pharmacy Transition Allowance (RPTA) Program, which was announced by the Government in Jul with the intention of providing temporary assistance to owners as they transition business arrangements for 60-day prescriptions.

According to an explanatory document, when combined with the Regional Pharmacy Maintenance Allowance (RPMA) "the total support for some eligible pharmacies, on average, will largely offset reductions in dispensing revenue for 2023-24".

The allowance commenced on 01 Sep and is paid monthly in arrears to eligible proprietors of Section 90 pharmacies, and is calculated based on the remoteness of the pharmacy according to the Modified Monash Model (MMM) as well as its PBS and RPBS script volume between 01 Apr 2022 and 31 Mar 2023.

Pharmacies located within MMM categories two to seven may be eligible to receive the RPTA.

The allowance will be phased down over the next four years and will cease on 30 Jun 2027.

Applications opened on Mon 09 Oct via the Pharmacy Programs Administrator (PPA) Portal.

To receive the payments, the Main Authorised Person (MAP) for the pharmacy must register for the RPTA Program, and then an eligible community pharmacy must also submit a new application.

Eligible pharmacies need only submit an application for the RPTA once, with no annual renewal



procedures required.

Sep RPTA payments will be made in two batches, with eligible pharmacies who submitted an application by 20 Oct to receive their Sep RPTA payment before the end of the month; while those who submit between 21 Oct and 31 Oct will receive their Sep payment at the same time that Oct payments are processed, in the first half of Nov - for full details and to register **CLICK HERE**. *BP*

Today's issue of PD

Pharmacy Daily today features five pages of news, including our **Beauty & Wellness** feature, plus a full page from **E45** and the **October MIMS Update**.

DNA cancer test

THE US Food and Drug Administration (FDA) has granted the first marketing authorisation for a new DNA test to assess predisposition to a range of cancers.

The Invitae Common Hereditary Cancers Panel evaluates DNA extracted from a blood sample to identify variants in 47 genes known to be associated with an elevated risk of developing cancer.


The move could provide an important public health tool that "offers individuals more information about their health and help guide physicians on appropriate monitoring".

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APC Colloquium First Nations theme

THE Australian Pharmacy Council (APC) has announced that its 2024 Interprofessional (IPE) Colloquium will be themed "Winhangarra: Listen, Hear, Think" with an intense focus on "amplifying Aboriginal and Torres Strait Islander voices to transform health profession education and practice".

Now in its sixth year, the popular gathering will once again discuss health profession education and its links to practice.

"With Interprofessional Education at its core, the event has become a unique place of interaction between academics, policymakers, researchers, health practitioners and students across the health professions," according to APC CEO Bronwyn Clark.

Topics covered in the 2024 program will include co-design, Indigenising curriculum, cultural safety and how professions can



work together to achieve this.

"In Wiradjuri, Winhangarra means to listen, hear and think... when we honour this we are taking intentional steps towards personal transformation and achieving greater health outcomes for all Australians," Clark said.

"We need to prioritise listening to the advice provided by Aboriginal and Torres Strait Islander voices, so that decisions that affect them are

led by them," she explained.

"Currently, this matter is under a national microscope, and regardless of the outcome, we will continue to engage in our work to embed cultural safety into pharmacy education...our Colloquium theme aims to act on that commitment."

To take place in Brisbane on 22 May next year, the full program will be released shortly, with a program of Indigenous speakers and non-Indigenous allies from across health professions to discuss their work and research in this space.

The IPE Colloquium aims to highlight the latest research in health profession education and contemporary practice, with previous topics including creating resilience, student preparedness, virtual reality, mental health, interprofessional collaboration, and Indigenous health.

To learn more [CLICK HERE](#). *BP*

British pharmacy GP warning

THE UK's Pharmacists' Defence Association (PDA) says its members who work in GP practices are receiving "pay not reflecting the level of expertise required".

The statement follows a survey in which almost 1,400 members of the union group provided a snapshot of the "general practice frontline".

PDA said some respondents advised that they were asked to complete up to 100 tasks a day plus clinic appointments and fielding of queries, while just 10 minutes was allocated to complete structured medication reviews, according to UK trade paper *Chemist+Druggist*.

Workloads experienced by the pharmacists working in GP clinics "far exceeded the time available to carry them out safely", while pharmacist prescribers were expected to take on GP prescribing and diagnostic activities despite being paid "significantly less than their medical colleagues".

While many of the those who took part in the survey said they found working in general practice was professionally rewarding, they also felt they were undervalued.

England's National Health Service recently published a new long-term workforce plan which envisages an expansion of pharmacists working in general practices.

FIP focus on sustainability in pharmacy

THE International Pharmaceutical Federation (FIP) says that pharmacy professionals can "support planetary health...through equitable and environmentally sustainable practice".

According to a newly released FIP Statement of Policy on Environmental sustainability within pharmacy, climate change poses diverse, immediate and long-term threats to human health, and notes that global health systems have a significant climate impact.

In addition, pharmaceutical pollution causes damage to the environment and ecosystem degradation, with downstream impacts on patient care such as antimicrobial pollution causing antimicrobial resistance.

Pharmacists are "well-positioned and ethically responsible to mitigate climate and pollution risks to health throughout the pharmaceutical supply chain and across the spectrum of medication management," the paper notes.

View the policy [HERE](#).

Corum new code

CORUM Group is now trading on the Australian Securities Exchange under the PHX code, following the sale of its pharmacy software business to Canada's Jonas Software.

The company received the initial consideration of \$4.75 million on Tue, with the PHX code reflecting its focus on the PharmX platform (*PD* 24 Aug).

Henceforth, the company is to be known as PharmX Technologies, with about 60 suppliers and 175 brands now part of the platform.

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Sotyktu on PBS

BRISTOL-MYERS

Squibb's (BMS) Sotyktu (deucravacitinib) is now listed on the PBS for adult patients living with severe chronic plaque psoriasis who are candidates for systemic therapy or phototherapy.

Sotyktu's reimbursement is based on the outcomes of two pivotal, Phase three clinical trials (POETYK PSO-1 and POETYK PSO-2), which demonstrated superior efficacy of once-daily medication compared to placebo, and twice-daily apremilast, in 1,684 patients aged 18 years and older living with severe chronic plaque psoriasis.

"Today's reimbursement of Sotyktu is a positive step toward improving affordable treatment access for Australians living with this disease," according to BMS ANZ Medical Director, Dr Melinda Munns.

Cincotta falls in with Humpty Dumpty

CINCOTTA Discount Chemist (CDC), part of the Ventura Health group, has chosen to support the Humpty Dumpty Foundation's critical healthcare mission as its charity partner.

CDC's support of the Foundation will ensure lifesaving medical equipment and healthcare are provided to sick children across ACT, NSW, Qld, and Vic, as the group's franchisees and key suppliers give back to the communities in which their stores and customers reside.

The partnership was officially announced by Ventura Health Group CEO Mario Capanna and Humpty Dumpty Foundation CEO & MD, Claire Reaney (pictured), at the recent Ventura Health Unify Expo in front of franchisees, suppliers, retail managers, pharmacists and Ventura Health representatives.

The first of many pieces of equipment to be donated as a result of this partnership will be a Symphony Breast Pump to support



the Special Care Nursery at St George Hospital, NSW.

"This piece of equipment will ensure the health and wellbeing of infants in the community with long-lasting benefits extending throughout childhood and beyond," according to Capanna.

"We did a lot of research to find a charity that is truly aligned with our corporate values and that strives to assist some of the most vulnerable people in our community," he said.

Welcoming CDC's support for the Humpty Dumpty Foundation, Reaney said, "we are thrilled that support comes from far and wide, and this partnership will continue the extension of care from hospital to homes and communities."

"The huge generosity of Ventura Health and Cincotta Discount Chemist will undoubtedly create positive life-changing outcomes for children and their families," Reaney concluded. JG

Celebrating Success

Jacqueline Meyer

PSA Queensland Pharmacist of the Year 2023

Zain Langah

PSA Queensland Intern Pharmacist of the Year 2023

LiveLife Pharmacy is proud to have incredible pharmacists who embody the LiveLife Mission and Values, going above and beyond to care for and protect the health of our communities. Your passion to engage, connect and inspire are what make you both so deserving of your achievements and awards. Congratulations from the LiveLife Team.



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Other Distinguished LiveLife Awards

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LiveLife Pharmacy Cooroy, Finalist
2023 Guild Pharmacy of the Year Award

Georgina Morris, Winner
2022 MIMS / Guild Intern Pharmacist of the Year Award

LiveLife Pharmacy Bowen Plaza, Finalist
2020 Guild Pharmacy of the Year Award

Angelica Lagoda, Winner
2018 PSA MIMS Intern Pharmacist of the Year Award

Editor's Choice: apparel to make women feel cool and comfy

MENOPAUSE Awareness Month, celebrated each Oct, was introduced to support women dealing with the often debilitating symptoms of menopause by opening the supposedly 'taboo' conversation about women's health.

According to telehealth clinic, Wellfemme, 80% of Aussie women will experience symptoms of menopause, with 50% of these experiencing severe symptoms, but only 15-20% will manage their symptoms effectively.

For many women, these uncomfortable symptoms include night sweats, hot flashes, and light bladder leakage.

For global absorbent apparel

brand Modibodi, giving women the tools to manage menopause symptoms comfortably is a crucial step in destigmatising the conversation surrounding women's health.

Aimed to help women feel cool and comfy, the brand offers products dedicated to managing the symptoms of menopause, such as the ModiCool T-shirt Sleep Set, Modibodi Sweat-Proof Bra, and Modibodi Moisture Wicking Underwear.

The Modibodi clothing range retails from \$23.50 to \$89.



Yes to dairy for hearts



A COLLABORATION between Australian researchers has shown that the classic Mediterranean diet with added dairy has the potential to change the composition of gut bacteria for the better, triggering a variety of health benefits.

Funded by Dairy Australia and published in *Nutrients*, the study assessed how the classic Mediterranean diet, supplemented with milk, cheese, and yogurt, can affect gut microbiome.

Adult trial participants at risk of heart disease who followed the diet for eight weeks showed a sizeable increase in beneficial microbes associated with positive effects on overall gut health, alongside a decrease in bad bacteria linked to heart disease risk.

Flinders University Senior Research Scientist, Dr Jocelyn Choo, who led the microbiome analysis, says the findings support a correlation between the balance of microbiome, intestinal health, and cardiometabolic health.

"We found that as participants increased the number of good microbes in their gut, they also presented with lower blood pressure," Choo explained.

"These improvements are significant, given the potential implications for reducing the risk of heart disease and stroke."

Sunscreen for bubs

BABY Zinc Sunscreen Lotion SPF 50+ is mild enough for even the most delicate skin, Banana Boat claims.

This lightweight, non-greasy, formula is dermatologically tested and provides a very high UVA/UVB protection and four-hour water-resistance so that the whole family can be protected in the sun.

Store below 30°C and check expiration date before using the Banana Boat sunscreen, which retails for \$19.95.



Holistic approach to manage stress and sleep



ULTRA Nature Sleep & Stress is intended for adults seeking relief from mild anxiety, nervous tension, sleeplessness, and stress.

The product's natural ingredients aim to work in harmony to offer

a holistic approach to managing stress and sleep issues, without the need for harsh chemicals or synthetic substances.

Key ingredients include *Eschscholzia Californica* herb as a top extract, magnesium amino acid chelate, *piper methysticum* root and *rhizome* extract, and *ziziphus jujuba var. spinosa* seed extract, all traditionally used to soothe nerves and promote relaxation, aiding in falling asleep faster and enjoying a more peaceful sleep.

Ultra Nature's team of medical professionals and researchers say they are committed to creating products that focus on "quality ingredients at therapeutic doses".

Ultra Nature Sleep & Stress is available in a range of pharmacies and retails for \$34.99.

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Dispensary Corner

CRITICS warn decorum is falling apart at the seams in the US Senate after the Democratic leadership changed the rules to end the old requirement on wearing a jacket and tie in the tradition-bound chamber, *Yahoo News* has reported.

The relaxed attire rule applies to all the chamber's lawmakers, but the switch was seen as a special deal for Democratic Senator John Fetterman, whose love of shorts and hoodies has turned dress-down Fri into dress-down every day.

Fetterman's dress style, or perhaps lack of style, became his signature on the campaign trail for the Senate this year, and he also gained sympathy after he had to undergo treatment for clinical depression soon after taking office.

Lawmakers dropping in to vote in gym clothes or other unusual attire had previously been able to circumvent the rules by keeping one foot in the adjacent cloakroom, according to US media.

Mandatory care minutes in aged care

FROM today, the Federal Government announced that aged care homes must deliver a sector average of 200 care minutes per resident per day, including 40 minutes of registered nurse care.

This comes following the introduction of the 24/7 registered nursing responsibility on 01 Jul, with a registered nurse now on-site and on duty 98.08% of the time across the aged care sector.

Minimum care time standards were recommended by the Royal Commission into Aged Care Quality and Safety, which identified that staffing levels are vital to high-quality aged care.

Currently, the average number of care minutes provided per resident per day has increased from 183.53 to 193.99 - this includes the provision of 36.78 minutes of registered nurse care, according to the gov't's Quarterly Financial Report for the Jun 2023 quarter.

Care minutes delivered by registered nurses, enrolled nurses, personal care workers and assistants will be reflected in aged care homes' Star Ratings from Apr 2024, the gov't stated.

From 01 Oct 2024, mandatory care minutes will increase to an



average of 215 minutes of care, including 44 minutes from a registered nurse.

Minister for Aged Care Anika Wells said, "we are delivering an additional 1.8 million care minutes every day across the sector, and an additional 5,800 direct care staff.

"The introduction of mandatory care minutes targets today means that every older person in an aged care home will receive the dedicated care time they need; whether that be for essential medical treatment or help with daily activities.

"All aged care residents can have their clinical & personal needs met.

"Each home's care minutes targets are based on the needs of their residents, which means homes with higher-need residents will need to deliver more care minutes," Wells added.

"We are already seeing a concerted effort from the sector to increase care minutes, and there has been great progress to lift care minutes ahead of the mandatory targets commencing.

"My department and I will continue to work closely with aged care homes, particularly those affected by workforce shortages, to support them to meet their care minutes targets." JG

SafeScript NSW expands to other states

THE SafeScript NSW platform has been recently expanded to include health practitioners who practice interstate.

The expanded access supports health practitioners in border areas and those practicing via telehealth, a release stated.

Prescribers, nurses and pharmacists registered with Ahpra are eligible to access SafeScript NSW, once they have registered for the system.

Health practitioners who have a primary place of practice recorded in Ahpra that is outside of NSW are eligible to register for SafeScript NSW if treating patients who live in NSW or receive treatment from NSW practitioners.

People should consult the relevant state/territory systems to ensure collection rules for prescribing and dispensing transactions are followed.

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New Products

- **Enfortumab vedotin (Padcev)** is an ADC targeting Nectin-4, an adhesion protein located on the surface of epithelial cells including urothelial cancer cells. It is comprised of a fully human IgG1-kappa antibody conjugated to the microtubule-disrupting agent, MMAE, via a protease-cleavable linker. Nonclinical data suggest that the anticancer activity of enfortumab vedotin is due to the binding of the ADC to Nectin-4-expressing cells, followed by internalisation of the ADC-Nectin-4 complex, and the release of MMAE via proteolytic cleavage. Release of MMAE disrupts the microtubule network within the cell, subsequently inducing cell cycle arrest and apoptosis, and 13 immunogenic cell death. MMAE released from enfortumab vedotin targeted cells can diffuse into nearby Nectin-4 low-expressing cells resulting in cytotoxic cell death. *Padcev as monotherapy is indicated for the treatment of adult patients with locally advanced or metastatic urothelial cancer who have previously received a platinum-containing chemotherapy and a programmed death receptor-1 or programmed death-ligand-1 inhibitor.* Padcev powder for concentrate for infusion contains enfortumab vedotin 20 mg or 30 mg and is available in packs of 1 vial.
- **Tirzepatide (Mounjaro)** is a long-acting dual glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptor agonist. It is a 39-amino acid peptide with a C20 fatty diacid moiety that enables albumin binding and prolongs half-life. Both receptors are present on the pancreatic α and β endocrine cells, brain, heart, vasculature, immune cells (leucocytes), gut and kidney. GIP receptors are also present on adipocytes. Tirzepatide has high affinity to both the GIP and GLP-1 receptors. The activity of tirzepatide on the GIP receptor is similar to native GIP hormone. The activity of tirzepatide on the GLP-1 receptor is lower compared to native GLP-1 hormone. Tirzepatide is a biased agonist at the GLP-1 receptor with preferential signaling towards the activation of adenylyl cyclase as opposed to the recruitment of β -arrestin. Tirzepatide improves glycaemic control by lowering fasting and postprandial glucose concentrations in patients with type 2 diabetes. *Mounjaro is indicated for the treatment of adults with insufficiently controlled type 2 diabetes mellitus as an adjunct to diet and exercise either as monotherapy when metformin is not tolerated or contraindicated, or in addition to other medicinal products for the treatment of type 2 diabetes.* Mounjaro solution for injection contains tirzepatide 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg or 15 mg per 0.5 mL and is available in packs of 1 vial.

New Presentations

- **Azacitidine (Onureg)** is now available as a tablet. *It is indicated for continued treatment of adult patients with acute myeloid leukemia who achieved first complete remission or complete remission with incomplete blood count recovery following intensive induction chemotherapy and are not able to complete intensive curative therapy.* Onureg is contraindicated in pregnancy and breastfeeding. Onureg tablets contain azacitidine 200 or 300 mg and are available in packs of 7.
- **Glecaprevir and pibrentasvir (Maviret)** is now available as granules containing glecaprevir 50 mg and pibrentasvir 20 mg per sachet.
- **Vibrio cholerae vaccine (Vaxchora)** contains live attenuated cholera bacteria (*V. cholerae* O1 classical Inaba strain CVD 103-HgR). This attenuated strain remains able to synthesize the immunogenic non-toxic B subunit of CT (encoded by the ctxB gene). *Vaxchora vaccine is indicated for active immunisation against disease caused by Vibrio cholerae serogroup O1 in adults and children aged 2 years and older travelling to cholera-affected countries.* Vaxchora is contraindicated in individuals with congenital immune deficiency and in patients receiving immunosuppressive drugs or treatments. Vaxchora powder for oral suspension contains attenuated Vibrio cholerae bacteria cells (CVD 103-HgR strain) 4×10^8 to 2×10^9 CFU and is available in a pack of 1 box containing 1 buffer sachet (Sachet 1) and 1 active ingredient sachet (Sachet 2).

New Indications

- **Apremilast (Otezla)** is now indicated for the treatment of adult patients with plaque psoriasis (any severity) who are candidates for phototherapy or systemic therapy and adult patients with oral ulcers associated with Behçet's disease who are candidates for systemic therapy.
- **Dupilumab (Dupixent)** is now indicated for the treatment of moderate to severe prurigo nodularis in adults who are candidates for systemic therapy.
- **Glecaprevir and pibrentasvir (Maviret)** (granules) are now indicated for children 3 years and older.

New Contraindications

- **Arsenic trioxide (Phenasen)** is now contraindicated in pregnancy or when there is a possibility of pregnancy.

This list is a summary of only some of the changes that have occurred over the last month. Before prescribing, always refer to the full product information.