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Today's issue of PD

Pharmacy Daily today features two pages of news, plus a full page from Wizard.

\$500k in support

WIZARD Pharmacy's lifetime donations to date have exceeded \$500,000 through supporting the Starlight charity for sick children.

See more on the **back page**.

New PSS award

THE Pharmacists' Support Service (PSS) announced the John Coppock Pharmacist Wellbeing Award in honour of pharmacy stalwart Coppock's significant contribution to the wellbeing of pharmacists.

To be given out every Oct, during Mental Health Month, the wellbeing award is sponsored by Pharmaceutical Defence Limited.

PSS President Curtis Ruhnau thanked both Coppock and his wife Lyn (pictured), and said, "there comes a time in life when we hope that we have left our profession in a better state than we found it".

"For John Coppock, there can be no doubt that he's done exactly this with Lyn's support."



National opens 24/7 pharmacy in SA

NORWOOD National Pharmacies is the first community pharmacy to open its doors 24/7 under a South Australian Govt initiative to increase access to healthcare.

The National Pharmacies store in Norwood is now operating 24 hours a day after its official opening by National Pharmacies CEO Vito Borrello, Premier Peter Malinauskas, and Health and Wellbeing Minister Chris Picton.

Norwood National Pharmacies will service central Adelaide and is the first of three community pharmacies to open round-the-clock under the initiative.

The State Govt has invested \$2.5 million a year to fund the initiative which will help to reduce avoidable presentations to busy hospital emergency departments.

Acknowledging the State Govt for improving access to many community pharmacy services, Borrello said "Norwood National Pharmacies is leading the way in providing Adelaide families and individuals an immediate gateway to manage personal health and wellbeing every hour of every day, while also benefiting the wider health network".

"Our professional team of pharmacists are now available 24/7 to provide health advice and dispense time-critical medications, including pain relief for sick children and antivirals for COVID and shingles, allowing for rapid treatment and recovery of illnesses that require prompt management."

Premier Malinauskas commented that this initiative is "a game-changer for South Australian



families and will also relieve pressure on our busy hospitals".

"If someone gets sick in the middle of the night and needs quick access to medicine or health advice, they can now go to a 24-hour pharmacy instead of the ED."


Minister Picton added the introduction of improved access to uncomplicated urinary tract infections (UTIs) treatment and a resupply of the contraceptive pill will also provide a "major boost" to women's healthcare, putting patients first and providing "faster access to support", while helping to ease pressure on hospital emergency departments and wait times to see a GP.

From next month, South Australian women aged 18-65 with UTIs will be able to access antibiotic treatment through participating community pharmacies.

And from May this year, eligible women will also be able to visit a local pharmacy to access a resupply of their oral contraceptive

pill, without needing a doctor's appointment or prescription. JG

Pictured (L-R): National Pharmacies Chief Pharmacist Bec Rogers, Premier Peter Malinauskas, National Pharmacies CEO Vito Borrello, and Health and Wellbeing Minister Chris Picton.



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Dispensary Corner

TEA has traditionally been the UK's favourite hot beverage, and a cuppa is the answer to sitting down to discuss many a stressful problem over the years.

However, a US chemistry professor's suggestion that salt and warm milk should be added to tea caused a collective shriek of horror in Britain.

Michelle Francl at Bryn Mawr College in Pennsylvania said in her new book *Steeped: The Chemistry of Tea* that salt can rescue an overbrewed cup.

"A pinch of salt is not even enough to taste and it turns out salt can moderate your perception of bitterness, and it's great if you've accidentally overbrewed your tea."

The US embassy also weighed in on the storm in a tea cup by suggesting brewing up in the microwave, which drew a rebuff from Britain's Cabinet Office, a department that confines itself to running the govt.

"We appreciate our special relationship, however, we must disagree wholeheartedly - tea can only be made using a kettle."

Gender sensitive training

A NEW training program is aiming to restore the balance after research revealed that transgender and gender diverse (TGD) people experience unequal treatment in some pharmacy settings.

James Cook University has designed a training program to address the knowledge gap and help equip pharmacists with tools to communicate with TGD customers in non-judgemental and inclusive ways.

PhD candidate Swapna Chaudhary, supervised by Prof Beverley Glass and A/Prof Robin Ray, considered the experience of pharmacists specifically trained in dealing with TGD clients.

She said it's estimated that between 0.1% and 2% of the global population identifies as TGD.

"Challenges faced by TGD people in healthcare settings, including community pharmacy, are widely recognised.

"Even though pharmacies provide various pharmaceutical services to TGD people, many report encountering several obstacles to receiving competent care," explained Chaudhary.

The university's research findings confirmed that pharmacists' awareness and knowledge about



TGD healthcare significantly improved after completing the training program.

"After three months the impact of training on pharmacists' practice was examined and most found the training program valuable and relevant, with noticeable changes in their knowledge levels and attitude," commented Chaudhary.

"Interestingly, the most noticeable change in the attitudes reported by pharmacists was their perspective of how they view not only TGD people, but everyone.

"This training program enabled pharmacists to be introspective and observe their own attitudes, behaviours, and practices."

However, she said that the skills learned are perishable.

"Providing training at regular intervals, summary communications, and printed materials, including new updates in gender-affirming therapies, may be necessary for pharmacists to retain the knowledge and skills learned." JG

Tough times app

THE Australian Suicide Prevention Foundation has released the 'Prevent A Suicide: What to Say' app.

The app gives medically-approved messages which in effect give concerned individuals and the community a safety net to convey to anyone close to them who mentions suicide.

Founder Clinical Associate Professor David Horgan said, "the person's safety can become a shared effort involving both the community and health professionals".

Horgan said 40% of people will have contact at some time in life with a person who has attempted suicide.

Suicidal ideas are due to emotional pain and may be brief or go on for weeks or longer, with one in six Australians having had suicidal thoughts in their lives (ABS).

"Establishing a connection using our messages on the app with a family member, friend, or workmate to let them know you are there to help them can save their life," said Horgan.

The app needs no training or signups to ensure privacy.

Check out the latest in Beauty & Wellness

Every Thursday in *Pharmacy Daily*

Do you have a beauty or wellness product? Send it HERE for consideration.

Beauty & Wellness
by Pharmacy Daily



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Giving Half a Million Reasons to Smile

WIZARD *pharmacy*

Our lifetime donations have exceeded \$500,00!

Our 2023 Starlight Giving Tree Christmas Appeal concluded with great success, raising an impressive \$56,632.79. Thanks to the collective efforts of all involved, including each store's hard work, we can provide invaluable access to Starlight Express Rooms for over 1440 sick children.

In addition to this year's achievement, we are thrilled to announce that our cumulative lifetime donations have surpassed \$500,000 over 13 years.

This remarkable milestone reflects our dedication to creating enduring positive change in the community.

We express our heartfelt gratitude to everyone who contributed to these milestones. The generosity of our communities continues to inspire us, and we look forward to our ongoing collaboration with the Starlight Children Foundation to make a lasting positive impact for years to come.

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