

## Only three days left

API is reminding pharmacists that they only have three days left to order their 2013 API Calendar.

The Calendar is personalised with individual pharmacy details, and features 12 images from around the world, as well as leading brand banner ads to promote sales.

For more details see p3.



## National Intern Training Program (NITP)

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## Overweight kids overdosed

THERE is significant confusion amongst pharmacists surrounding the appropriate dose of paracetamol that should be given to overweight and obese children, according to a new study.

Published in the *European Journal of Hospital Pharmacy* the *Perceived and actual paracetamol dosing in overweight and obese children* study looked at 28 community pharmacists to see what dose of paracetamol they thought should be given to an eight year old child, weighing 25, 32 or 50kgs.

The researchers, hailing from the University of South Australia, also observed doses of paracetamol given to 86 children, one in three of whom was overweight/obese, in the emergency care department of a specialist children's hospital.

According to the researchers, the recommended paracetamol dose per day for children weighing up to 60kgs (or 90kgs if under medical supervision) is between 15 and 20 mg/kg every 4 to 6 hours, whilst for children who are more than 120% above their ideal body weight, experts say this dose should be reduced.

"But it is unclear whether children should be dosed according to their actual, rather than their ideal, body weight," the authors said.

Interestingly, when posed with the dosing question, the majority of community pharmacists stated the correct doses for children who weighed 25 and 32kgs, however when it came to 50kgs, responses

varied greatly, with pharmacists recommending a twofold variation in dose.

When the doses were corrected according to actual and ideal body weight, one in four pharmacists underdosed the children in the overweight category.

Looking at the children in the emergency departments the researchers found that only a few children were given doses above 20 mg/kg when corrected for a child's actual body weight, however they also discovered that the further a child was above their ideal body weight, the higher the dose of paracetamol they were given.

This dosing trend flies in the face of current expert opinion that paracetamol doses be tapered down in overweight children.

"Simple evidence based dosing guidelines must be developed and communicated to practitioners to reduce the potential for confusion, which may lead to adverse consequences for these children," the researchers said.

## WIN A SKINCARE PRIZE PACK



Everyday this week PD is giving one lucky reader the chance to win a luxurious skincare pack, courtesy of A'kin.

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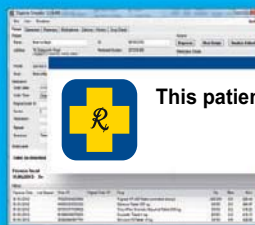
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Congratulations to yesterday's winner Merrill Wenlock from API.

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## Guild Update

Around 200 young pharmacists working in rural Australia will benefit from a new training allowance established under the Fifth Community Pharmacy Agreement.

The Rural Intern Training Allowance (RITA) will provide financial support to assist intern pharmacists from rural and remote areas to access compulsory intern training program activities.

RITA complements the existing CPE/Professional Development Allowance, and will be available only to intern pharmacists.

RITA will provide funding to at least 200 rural interns annually for a maximum of \$1500 per intern, per year, to enable them to defray travel and accommodation costs associated with undertaking compulsory intern training workshops, training days and examinations.

RITA is an initiative of the Rural Pharmacy Workforce Program, established in recognition of the key role pharmacists play in maintaining the health of all Australians, particularly in rural and remote Australia.

The eligibility criteria require the intern pharmacists to:

- be an Australian citizen, or permanent resident of Australia
  - reside and work in a rural and remote area of Australia
  - provide evidence to validate claims, e.g. proof of attendance and receipts
- Travel and accommodation costs for all other eligible CPD events attended by intern pharmacists are to be claimed through the CPE/Professional Development Allowance. More information, Program Specific Guidelines, and application form can be found - [www.ruralpharmacy.com.au](http://www.ruralpharmacy.com.au).

This program is funded by the Australian Government Department of Health and Ageing under the Fifth Community Pharmacy Agreement.



The Pharmacy  
Guild of Australia

## Social status and health

AUSTRALIANS from the lowest income households are less likely to report having excellent or very good health than adults from high-income households, according to the latest Australian Institute of Health and Welfare.

The survey looked at social factors (as found in the 2007-08 National Health Survey) such as post-school qualifications, equivalised household income, occupation category, remoteness, language spoken at home, sex, and age, to investigate the association between selected social factors and health status.

Findings in the report included the fact that people having a bachelor degree or higher qualification were less likely to report smoking and risky alcohol consumption than those without this level of education; whilst managers/professionals were less likely to smoke but more likely to engage in risky alcohol consumption than people who were unemployed or not in the labour force.

Interestingly, researchers found that there was little significant effect of geographical location for any of the health status or health risk factor variables, except for unhealthy body weight and self-reported health status.

People living in inner regional areas, according to researchers, were more likely to report excellent or very good health status than people living in major cities, whilst those outside of major cities were more likely to report unhealthy body weight than people living in major cities.

Meanwhile in terms of language spoken at home, those who spoke English had a higher prevalence of heart, stroke and vascular diseases and a lower prevalence of Type 2

diabetes than people who spoke another language at home.

In addition, those who did not speak English at home were less likely than their English speaking counterparts to smoke, consume risky levels of alcohol and have an unhealthy body weight.

Researchers found that increasing age was the strongest predictor for increased health risk factors.

Finally, females were found more likely to report excellent or very good health, and also had a lower prevalence of cancer; heart, stroke and vascular diseases; Type 2 diabetes; smoking; risky alcohol consumption; and unhealthy body weight than males.

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## DISPENSARY CORNER

### SAFETY warning.

Police in Sydney's Eastern suburbs have taken to Facebook to warn drivers of the dangers posed by paint.

Officers from Chifley posted a photo on Facebook of a group of people who were travelling in a car with a 25-litre bucket of paint in the back seat, when they got into a fender-bender.

No one suffered injury during the accident, but the group, and the inside of the car, did get covered in paint.

"Safety tip of the week. Always put the paint in the boot," the police Facebook post said.



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