

Today's issue of PD

Pharmacy Daily today has two pages of news plus a full page from Zostrix.

Asthma training tick

SELF-TAUGHT breathing retraining improves quality of life just as much as training by a physiotherapist, according to the largest randomised controlled trial to test such training published in *The Lancet Respiratory Medicine* journal.

The self-taught training includes a video and booklet, and shows equivalent results in helping improve people's quality of life by improving symptoms, mood, and ability to conduct day-to-day activities.

In addition, the authors said the self-taught training was cheaper and less resource-intensive than physiotherapist training.

At the same time, researchers warn that the exercises were not a replacement for medication and people would need to continue their usual treatment alongside the breathing exercises.

CLICK HERE for the research.

Rx minor variations

THE Therapeutic Goods Administration (TGA) has posted a frequently asked questions (FAQ) page addressing issues around the new e-form for prescription medicines minor variations which replaced six paper forms in Jul this year.

Access the FAQ at tga.gov.au.

Sub co-payment data

THE collection of under co-payment prescription data for the Pharmaceutical Benefits Scheme (PBS) and Repatriation Pharmaceutical Benefits Scheme (RPBS) commenced on 01 Apr 2012, and in the period 01 Jul 2016 to 30 Jun 2017, approximately 85 million under co-payment prescriptions were supplied.

The PBS says the data on this is of a high quality, and it is now available at pbs.gov.au.

Litigation drives investigation

FEAR of litigation and the need to manage patient expectations are the top two reasons why some health professionals are requesting unnecessary tests, treatments and procedures, according to new research from Choosing Wisely Australia.

The 'Choosing Wisely in Australia 2017 Report' released today also revealed diagnostic uncertainty and difficulties

accessing information from clinicians in other settings as key drivers for low-value interventions requested by GPs, specialists and other health professionals.

The report also called for a multidisciplinary approach involving physicians, nurses, pharmacists and other healthcare professionals working in collaboration as one of the five key principles of the Choosing Wisely model.

Other model elements include health professionals taking the lead, rather than bowing to patient demands, an emphasis on quality of care and harm prevention, strong patient-focussed communication, evidence-based decisions with ongoing review and transparency in processes.

NPS MedicineWise chief executive Dr Lynn Weekes said, "Choosing Wisely Australia seeks to reduce the

incidence of patients not receiving the right care by facilitating a culture shift in how we think about healthcare.

"Intentionally led by the health profession, the initiative provides a platform for both health professionals and consumers to take a leadership role in influencing change.

Since the launch of the program, the organisation can claim 158 recommendations made around "tests,

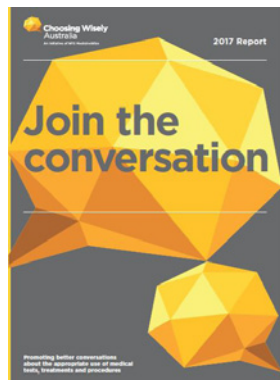
treatments and procedures clinicians and consumers should question".

"Integrating Choosing Wisely recommendations into NPS MedicineWise educational programs helps ensure the latest evidence-based advice is reaching primary care and is readily available to consumers," said Weekes.

Zoledronic acid funded

UP TO 3,000 New Zealand post-menopausal women with early breast cancer will soon be able to have funded zoledronic acid, to prevent the disease spreading into bones, NZ's Pharmaceutical Management Agency (PHARMAC) has announced.

Zoledronic acid, an infusion that is given twice a year for two years, is already funded to treat osteoporosis and bone metastases in cancer patients, in both hospital and community settings.



Progesterone implants

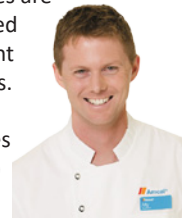
THE Royal Australian College of General Practitioners (RACGP) has made an announcement reassuring Australian women that long-acting reversible contraceptives, such as Implanon and Mirena, are considered safe and effective.

RACGP president Dr Bastian Seidel said he was concerned about recent media reports, which question the safety of long-acting reversible contraceptives, and said, "All contraceptive choices have benefits and risks, and it is important to have contraception suited to each woman."

Amcal pain plans

IN PREPARATION for the imminent upscheduling of products containing codeine in Feb 2018, Amcal Pharmacies are rolling out tailored pain management plans for patients.

Amcal senior pharmacist James Neville (**pictured**) applauded Pharmacists



for both their support and advice to patients seeking relief from all types of pain, and their work with local GP's to find appropriate long-term solutions.

"We've been working behind the scenes to make sure pharmacists are well-prepared with access to a huge range of resources including process and training guides, checklists to prepare for the changeover date, dialogue guides and FAQs."

Also available to Amcal Pharmacy members will be the database S.H.E.R.P.A. (Sigma Holistic Evidence References and Patient Advice) launched in Mar this year (**PD 07** Mar) to personalise evidence-based pain management plans for consumers, Neville added.

MEANWHILE, Pain Australia says it has been hard at work developing a codeine fact sheet and infographic as well as a joint 'myth buster' fact sheet (**CLICK HERE**) with the Royal Australasian College of Physicians.

"It has been a time of considerable mainstream and social media follow up on this issue, which will continue as Feb draws closer," a spokesperson said.



Your Pharmacy Recruitment Experts

FreeCall: 1800 429 829

Email: info@ravensrecruitment.com.au

Web: www.ravensrecruitment.com.au

WIN full registration to APP2018 and a return flight to the Gold Coast from your nearest capital city to attend!

What do I need to do?

Complete a Locum shift with Raven's Recruitment during **Dec, Jan or Feb** or Refer a Locum Pharmacist to us and go into our draw to WIN.

Refer a Locum

Terms and Conditions apply, for more information contact us.



Dispensary Corner

DO YOU or someone you know ride a motorbike?

If so, beware the full moon motorcycle mortality syndrome.

It appears to be a concern with USA researchers confirming similar analyses from the United Kingdom, Canada, and Australia, and concluding, "The full moon is associated with an increased risk of fatal motorcycle crashes, although potential confounders cannot be excluded."

An awareness of the risk might encourage motorcyclists to ride with extra care during a full moon and, more generally, to appreciate the power of seemingly minor distractions at all times, authors explained.

See the study at bmj.com.



WE ALL know Santa is real, but how about some evidence?

Oxford University researchers analysed a micro-sample of a pelvis bone fragment said to belong to St Nicholas, the inspiration for Father Christmas, and found that it dated back to the fourth century.

Legend has it that St Nicholas, who is depicted with a white beard in icons and was said to have died in 343 AD, was widely known for his generosity, inspiring the story of Father Christmas.

There were no reports around remains or remnants of red-nosed reindeer or rusty sleighs.

SHPA residency expands

MORE Australian hospitals have decided to seek accreditation

to host Foundation Residents through the Society of Hospital Pharmacists of Australia (SHPA) Residency Program in 2018, growing the program by seven sites in the new year.

SHPA chief executive Kristin Michaels says the addition of nine programs at private and public sites in metropolitan and rural/regional locations, to programs across 30 sites already accredited to deliver Australia's first structured and formalised hospital pharmacy residency program, reflects the quality of practice and diverse capabilities of departments across the country.

"After rigorous evaluation against the SHPA Residency Accreditation Standards, we are pleased to credential seven new sites, and two sites who first applied in 2016," Michaels said.

"Coupled with the consolidation of three programs in South Australia, we have a 37-site

program in 2018 that will be complemented, from 2019, by

Advanced Training Residencies that are currently in development.

"The quality and innovation on display across all applications was excellent, as was the willingness of sites to respond to feedback,

supplying additional information throughout the evaluation process so they could coordinate and support future residents."

Michaels added that supporting more residents to gain hands-on experience while strengthening the cumulative skill set of Australian pharmacy departments is part of SHPA's vision to embed the Residency Program as an integral development stage for hospital pharmacists across country.

In addition, Michaels said four private hospitals were now accredited to deliver SHPA Foundation Residencies.

Access a list of accredited residency sites at shpa.org.au.



TGA biovigilance call

THE Therapeutic Goods Administration (TGA) has posted a reminder to sponsors of biological medicines that they must have in place a "robust biovigilance system" including reporting and recording standards around any public threats or adverse events.

See details at tga.gov.au.



Events Calendar

WELCOME to *Pharmacy Daily's* events calendar, opportunities to earn CPE and CPD points.

If you have an upcoming event you'd like us to feature, email info@pharmacydaily.com.au.

5-8 Dec: APSA-ASCEPT 2017 Joint Scientific Meeting; Brisbane Convention & Exhibition Centre; to register visit: www.asceptasm.com

3-10 Jan: Dental & Medical Ski Conference; Aspen, USA; for more info and to register see: www.cpdconferecing.com.au

4-5 Feb: Pharmacy Ownership Ready Conference; Gold Coast, QLD; register your interest here: www.medic.com.au

16-18 Mar: Annual Therapeutic Update 2018; Fairmont Resort, Blue Mountains; for details and registrations visit: www.psa.org.au

3-6 May: APP 2018; Gold Coast Convention and Exhibition Centre; find out more and register at: www.appconference.com

30 May - 1 Jun: National Medicines Symposium (NMS) 2018; National Convention Centre, Canberra; registrations now open: www.nps.org.au

Win with Burnaid®

Each day this week Pharmacy Daily and the makers of Burnaid® are giving away 3x bottles of mundicare® Burnaid® Sunburn Gel Spray valued at \$44.97.

mundicare® Burnaid® Sunburn Gel Spray is an after sun spray specially formulated with aloe vera and Australian melaleuca oil in a cooling hydrogel to help:

- Cool to reduce the discomfort of sunburn
- Soothe to visibly reduce redness
- Rehydrate to minimise peeling

CLICK HERE to learn more.

To win, be the first person from VIC or TAS to send the correct answer to the question to comp@pharmacydaily.com.au

Where is mundicare® Sunburn Gel Spray made?

Congratulations to yesterday's winner, Michael Venn from Gambier Village Pharmacy.



Luminarie, together with Brand Solutions Australia are pleased to be now supporting Zostrix

www.zostrix.com.au

THE PAIN BARRIER

PRE-XMAS DEAL NOW ON

ORDER NOW VIA PDE



ZOSTRIX BLOCKS NERVE PAIN

associated with arthritis pain & post shingles pain.

15% DISCOUNT
ON 6 UNITS

20% DISCOUNT
ON 12 UNITS

25% DISCOUNT
ON 18 UNITS

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.
Zostrix is the registered trade mark of Link Medical Products Pty Ltd, Warriewood 2102 Ph 1800 181 060