

Wellways workshops

NOT-FOR-PROFIT mental health and disability support organisation Wellways Australia is looking for groups interested in having a Well Together workshop.

Workshops, run by a qualified trainer, explore how to respond to the specific mental health needs of people in a community and include a presentation from someone with their own lived experience of mental health challenges and recovery.

The events are suitable for 10-20 participants and a Wellways representative will come to any suitable group with no cost involved due to government funding.

Days and times are flexible: phone 1300 111 400 or [CLICK HERE](#).

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References: 1. Ludwig M et al. Respir. Res 2013; 14:124. 2. Koenigshofer M et al. Multidiscip. Respir. Med. 2014; 9:57. 3. Fazekas T et al. BMC Complement. Altern. Med. 2012; 12:147.

¹When used at the first signs of a cold.
²From the nasal lining.

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Pregnancy products queried

DIETARY supplements of vitamins and minerals provide no obvious clinical benefit when taken before or during pregnancy among Australian women who are well nourished, according to new research published by the Society of Hospital Pharmacists today.

The study saw scientists from the University of Adelaide's Robinson Research Institute review local and international research, concluding that the use of supplements to boost vitamins and minerals should be dependent on a woman's ability to meet recommended intakes based on diet alone.

The SHPA's *Journal of Pharmacy Practice and Research* (JPPR) report cites author Claire Roberts saying there were discrepancies in the make-up of four heavily marketed multivitamins and the general recommendations regarding supplementation made by the Royal Australian & NZ College of Obstetricians and Gynaecologists.

Key nutritional deficiencies have been linked to various complications of pregnancy and

birth including pre-eclampsia, foetal growth restriction, neural tube defects, skeletal deformities and low birth weight.

Roberts said supplementation of folic acid was well-founded and remained important, while calcium, zinc and selenium supplements seemed to reduce some pregnancy risk factors to varying degrees.

However supplementation with vitamin B12, vitamin D and iron is heavily dependent on individual diet and lifestyle, she said.

The JPPR also includes associated commentary from Dr Debra Kennedy flagging concern that more Australian women are avoiding carbohydrates and gluten for non-specific 'health' reasons, depriving them of dietary balance.

"It is concerning that some women take excessive amounts of certain vitamins with no real evidence of need or safety, yet with potential risk of harm," she said.

Luke Grzeskowiak, chair of SHPA's Women's and Newborn Health Specialty practice streams says the research highlighted that advice regarding supplementation during pregnancy required and individualised approach & ideally, the involvement of a pharmacist.

Pharmacists strike

MORE than 1,000 government-employed hospital pharmacists in the Indian state of Delhi will observe a one-day 'token strike' today, protesting against a lack of opportunities and understaffing.

The Pharmacist Employee Association said the professionals were agitated over "the total apathy of the government", and a failure to implement a 2013 court order raising pharmacist salaries.

The pharmacists are threatening to go on an indefinite strike if the issues are not resolved, with 200 pharmacist roles in Delhi hospitals remaining unfilled leading to excessive workloads.

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GuildLink ceo resigns

ROSS Gallagher, long-time head of the Pharmacy Guild's GuildLink subsidiary, has



resigned from the company.

Guild president George Tambassis advised members of Gallagher's departure last Fri, saying he had led the organisation since 2006 and had been a "crucial part of many of the manager changes that have been put in place over that period for the benefit of our community pharmacy members and the sector more broadly.

"Under his management, GuildCare has become the pre-eminent services platform for community pharmacy," Tambassis added.

He noted that earlier this year the board level governance of GuildLink was brought under the umbrella of the broader Guild Group, which was undertaking a strategic review of the GuildLink business.

"Ross has made the decision that this is the right time for him to embark on his next career challenge," Tambassis said.

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Dispensary Corner

YOU never know when you're going to need to use CPR.

An American woman has created a viral sensation after her attempts to resuscitate a dead parakeet were loaded on YouTube.

Apparently Chelsea Steiner was at a friend's place when she noticed her pet bird lying face down in a food bowl.

Her training kicked in and she immediately leapt into action, turning the parakeet over and starting some extremely tiny chest compressions (**below**).

Steiner also performed some feathery "rescue breaths" and after about 30 seconds 'Tweety' wriggled and flipped onto its feet.

Unfortunately the recovery was short-lived with the ex-parrot found dead in its cage the next day.



NOW he can really rest in peace.

A healthily ageing 93-year-old US man has played his final round of golf, retiring with a bang after 7 decades playing the game as he scored his first ever hole-in-one.

He managed the feat last week in a round at Green Valley Golf Course in Zanesville, Ohio, with a direct hit on the third hole.

He told the *Zanesville Times Recorder* that "the Lord knew it was my last round".

The excitement seemed to exacerbate a hip problem, so he headed to the clubhouse after a few more holes and brought his golfing career to an end.

Ministers meeting

THE Commonwealth Health Ministers Meeting in Geneva yesterday has seen officials pledge to work "collaboratively and creatively" to tackle the rising issue of non-communicable diseases (NCDs) which kill "millions of people across the Commonwealth each year".

There are 53 states in the Commonwealth, with a range of measures discussed, including raising taxes on tobacco products to 75% of the total purchase price.

They're also proposing to implement a 20% tax on sugar-sweetened beverages, and to ensure that by 2025 all girls in Commonwealth nations aged between 9 and 13 will have a human papilloma virus vaccination.

The ministers discussed the possibility of sharing drug pricing information through the creation of a Commonwealth database on the cost of essential medicines, vaccines and health technologies, and urged harmonisation of health sector programs targeting gender-based violence.

The meeting took place in the lead up to this week's 71st World Health Assembly.

EMA confirms Zinbryta decision

THE European Medicines Agency has finalised a review of multiple sclerosis medicine Zinbryta (daclizumab beta), confirming findings that risks associated with the drug outweigh its benefits.

The agency's Pharmacovigilance Risk Assessment Committee (PRAC) has also confirmed a recommendation to suspend hydroxyethyl-starch (HES) solutions for infusion across the EU, because they continued to be used in critically ill patients despite restrictions introduced in 2013 to reduce the risk of kidney injury.

The PRAC has recommended new measures to minimise the risk of rare but serious liver injury with Esmya for uterine fibroids, concluding the medicine must not be used in women with liver problems and that regular liver tests are required for other patients.

The EMA said it was also evaluating preliminary results from a study which found four cases of birth defects such as spina bifida in babies born to mothers who became pregnant while taking the HIV medicine dolutegravir.

Vit D & body weight

SUPPLEMENTATION with vitamin D appears to confer beneficial effects on bodyweight management in type-2 diabetic patients, according to new research out of Iran published in the *Malaysian Journal of Nutrition*.

See nutriweb.org for the study.

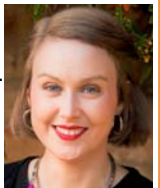


Weekly Comment

Welcome to **PD's** weekly comment feature.

This week's contribution is from **Centine**

Snoswell, Pharmacy and PhD Candidate, University of Queensland.



What's happening with telehealth?

I RECENTLY attended the American Telehealth Association conference in Chicago, which was very interesting and informative. What is telehealth you ask? Telehealth, telemedicine, digital health, online health, eHealth, mHealth are all terms you might have heard. They are often thrown around with the words 'emerging technologies' and 'innovation'. Telehealth (let's use one term from now on) has been around for a long time. Early last century you could talk to a GP over the two-way radio, then we had the telephone, and now we have video-conference, store-and-forward, mobile health, and remote monitoring, most of which have asynchronous or synchronous versions. The hot topics now are artificial intelligence and its potential to accurately predict medical events in advance, and virtual reality for immersive experiences to assist with clinician training and patient cognitive behavioural therapy. If there's a technology, someone is trying to use it to improve the health and wellbeing of the population. Some pharmacy examples include patients sending script requests via smartphone apps (mHealth), and patients sending pictures of scripts or medications to be filled (store-and-forward). If you are interested in telehealth, consider attending the Australasian Telehealth Society's Successes and Failures in Telehealth conference in October this year in Darwin.

WIN WITH EMTRIX

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What is the most common nail disease?

Check here tomorrow for today's winner.