



Be part of something better

Sigma's differentiated position in our industry is that our suite of five pharmacy brands and independent pharmacy offerings allow us to focus on partnering with you to find the right solution for your individual needs. We can help you plan your future and you can run your business with confidence by accessing our industry leading retail platforms, experience and connections.

Our ambition is not to push you into a brand or retail platform that is not right for you or your business, but to find the right solution for you taking advantage of our services and partners to help you succeed in this increasingly competitive landscape.

What we do

- ✦ We help pharmacy owners run better businesses.
- ✦ We help provide connected solutions to customers nationwide.

Our philosophy

We believe that healthy pharmacy partnerships support healthy communities.

How you will benefit from partnering with us.

- ✦ Choose the best solution for your business from the most comprehensive retail platform
- ✦ Plan your future and run your business with confidence by accessing our industry experience and connections
- ✦ Be assured that you are backed by our team of industry experts and our buying power

For more information, visit sigmahealthcare.com.au/change, or call a member of our leadership team on **0413 804 898**.

Today's issue of PD

Pharmacy Daily today has three pages of news, a front cover wrap from Sigma Healthcare plus our latest Summer Spotlight on page 4.

NPS diabetes audit

NPS Medicinewise has released its latest Clinical e-Audit titled 'Type 2 diabetes and CVD: managing the risk'.

This free course allows health professionals to review their approach to managing cardiovascular (CV) risk factors for patients with both type 2 diabetes and CV disease (CVD), and consider the emerging evidence.

See nps.org.au for details.

Sigma's five offerings

SIGMA Healthcare operates five different pharmacy brands and independent pharmacy offerings enabling pharmacists to find the best possible business solution to meet their specific needs.

Planning and business management support is ongoing through the Sigma Healthcare systems, building success and confidence.

See the **Front Cover Page** for more.

Biosimilar uptake push

THE Pharmaceutical Benefits Scheme (PBS) has specified dispensing regulations around infliximab biosimilars in both private and public hospitals.

A complex series of changes has been defined clarifying the situations in which biosimilars of the reference drug Remicade, from J&J's Janssen Biotech division, can be dispensed.

These took effect 01 Nov and the PBS yesterday reminded pharmacists that it is an offence under the National Health Act 1953 to substitute medicines that are not marked as equivalent ('a' flagged) in the Schedule of Pharmaceutical Benefits.

The Inflectra, Remicade or Renflexis brands of infliximab may be substituted for initial and first continuing treatment.

However, substitution is not available between the reference brand Remicade and the biosimilar brands Inflectra and Renflexis for subsequent continuing treatment, the PBS site now explains.

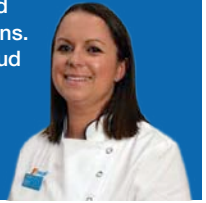
For the indication of Moderate to Severe Ulcerative Colitis, substitution between the three Inflectra, Remicade or Renflexis brands is available for initial



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CARLIE STREETER
Horsham Amcal Pharmacy

MedView



treatment and continuing treatment as a HSD private hospital prescription.

Due to the complexity of these arrangements and the need to have clarity when substituting in dispensary and claiming payment, the PBS has created a set of tables accessible at pbs.gov.au which clearly shows which biosimilars may be substituted under which conditions.

The PBS states, "If the relevant PBS item for claiming is unclear, pharmacists should contact the prescriber in the first instance."

"Subsequently contact can be made with the Department of Human Services (Medicare) on 132 290 for confirmation of the approved item code, provided the medication and strength on the prescription matches the authority approval record."

Bipolar study recruits

AUSTRALIAN researchers are seeking 5,000 adults who have been treated for bipolar disorder to volunteer for the world's largest genetic investigation into the potentially devastating chronic illness.

The research, Australian Genetics of Bipolar Disorder Study, aims to identify the genes that predispose people to bipolar disorder, and how they respond to medication, in order to develop more effective, personalised treatments, and ultimately, find a cure for the ailment.

Pharmacists are being alerted to the work in the hope they can help identify and encourage volunteer participation.

The Federal Government-supported study will provide total confidentiality and participation will be simple and easy - visit geneticsofbipolar.org.au for more.

PPIs IN GORD: SUPPORTING PATIENTS TO STEP DOWN

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Omega-3 tick for pregnancy

EXPECTANT mothers who up their omega-3 intake are less likely to have a premature baby, according to a new Cochrane review.

The data shows researchers' findings support advice that women can begin taking a daily dose of omega-3 at the 12-week stage of pregnancy.

"This is an extremely promising finding because we now have strong evidence that omega-3 supplements are a simple and cost-effective intervention to prevent premature birth," says researcher Professor Maria Makrides of the SA Health and Medical Research Institute.

The review includes 70 randomised controlled trials covering almost 20,000 women, mostly comparing supplementation with either placebo or usual care.

Increasing the daily intake of omega-3 acids during pregnancy lowers the risk of having a baby before 37 weeks by 11%, from 134 per 1,000 to 119 per 1,000 births.

Significantly, the data also shows it lowers the relative risk of having a premature baby (before 34 weeks) by 42%, from 46 per 1,000 to 27 per 1,000 births.

Most of the trials use omega-3 supplements containing docosahexaenoic acid and eicosapentaenoic acid rather than dietary changes.

Researchers from the institute, along with those from the Adelaide Women's and Children's Hospital and the University of Adelaide, carried out the Cochrane review.

Supplement dosing needs to contain between 500mg and 1,000mg of omega-3, with at least 500mg of docosahexaenoic acid, researchers say.

Visit cochranelibrary.com.

APC exam sites

DETAILS around exam dates and locations have been released by the Australian Pharmacy Council.

The information covers Knowledge Assessment of Pharmaceutical Sciences (KAPS) exams, Competency Assessment of Overseas Pharmacists (CAOP) Exams and Australian Intern Written Exams.

Overseas exam locations are nominated for KAPS as well as Competency Assessment for Overseas Pharmacists (CAOP) Exams - pharmacycouncil.org.au.

Intern of the Year

PHARMACY Guild of Australia has announced the search is on for this year's MIMS/Guild Intern of the Year Award.

Nominations are now open and the winning intern will receive a travel and educational scholarship to the value of \$4,500 courtesy of MIMS Australia.

Guild National Intern Training Program Manager Tim Roberts said the competition was an excellent opportunity to recognise a Guild Intern who had gone above and beyond.

"While it's a compulsory part of the registration process, the internship should be perceived as an opportunity for young pharmacists to build a strong foundation for their professional career.

"The MIMS/Guild Intern of Year Award aims to celebrate an intern who has proactively sought to implement positive change to their pharmacy and in the process has demonstrated excellence in one or more of the core judging criteria."

Candidates for the award can be nominated by their supervising preceptor, employer, pharmacist or colleague, Guild ITP clinical tutor, or even via self-nomination.

Visit internpharmacist.com.au.

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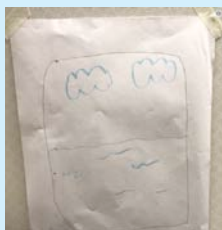
Dispensary Corner

DO YOU always choose the window seat for the view when flying?

A Japanese man who does was mortified to find he had no view, so the flight attendant fixed it.

She drew a picture of a window with a view of clouds and water on an A4 sheet and stuck it to the wall next to Mr Disappointed.

The action and the picture window ignited a Twitter storm with almost 8,000



tweets and 15,000 likes, reports the *Daily Mail*.

SPEAKING of social media - it may be a powerful marketing and money-making machine, but all is not always as it seems, apparently.

The frontman and sole official member of US metal band Threaten headed out on a European tour booked on the basis of his supposed popularity.

Industry media *Metal Sucks* reported that Jared Threaten bought social media followers, faked live concert bootlegs, and posed as his own manager and agent.

A hundred fans claiming to be attending a show in England all had Facebook profiles originating in Brazil - Threaten repeatedly lied to UK venues in Bristol and London about hundreds of tickets being purchased for shows, but they were simply staff or friends of support acts - almost no tickets were actually sold. Fail.

New guide to reduce surgery

THE Royal Australian College of General Practitioners (RACGP) has updated its guideline for the management of knee and hip osteoarthritis, aiming to reduce over-reliance on measures such as surgery, imaging technology and medication.

University of Sydney School of Medicine rheumatology clinician researcher and co-Chair of the guideline development working group for the RACGP's Professor David Hunter has put a new slant on treatments.

"The general philosophy of, 'This is just old age, it's wear and tear, there's nothing we can do about it', often times is inaccurate, but it also doesn't help the patient to manage their disease," Hunter told *newsGP*.

"It really discourages people from proactively managing [osteoarthritis] when we know there's a lot they can do to help make themselves better.

"So we're trying to encourage

people not to use that sort of language and to improve the proactive management of the disease."

The guideline, updated for the first time in eight years and approved by the National Health and Medical Research Council, has been designed to reflect changing evidence in the field of treatment for osteoarthritis.

Based on latest research data, the guideline ranks preventive and lifestyle treatments for most cases over prior suggestions of medication, surgery or treatments such as acupuncture.

"We emphasise lifestyle and behavioural interventions, such as exercise and weight loss, as the first line of management," Hunter said.

The new guide pans treatments including glucosamine, opioids and arthroscopic surgery, which "cost the healthcare system a lot of money and don't actually make people any better" - racgp.org.au.

Scotts lack phcy staff

MORE than 700 community pharmacists in Scotland report staffing difficulties, exacerbated by a shortage of students and EU migrants, according to a *Pharmaceutical Journal* report.



Guild Update

Guild Intern Training Program – Free Vaccination Course

ALL Guild Intern Training Program (ITP) enrollees in 2019 will have free access to the Guild Vaccination Course for Pharmacists.

Interns undertaking the Guild ITP will be able to complete their accreditation to provide pharmacist-administered vaccination services as a free benefit of the program. Currently we're the only intern training provider with this offer. The Guild ITP is committed to ensuring that all enrollees in the program are appropriately skilled to practice to the full extent of their scope as a pharmacist. By including the Guild Vaccination Course for Pharmacists as a free benefit, we are preparing the future pharmacist workforce to provide safe and convenient access to pharmacist-led vaccination services across Australia.

Enrolments in the Guild ITP are open across all States and Territories. Interns can enrol in the program at www.internpharmacist.com.au.

Win with Bellé Botanique

Each day this week Pharmacy Daily and Bellé Botanique are giving readers the chance to win a *L'elixir Skincare Cream* valued at \$64.50 each.

Bellé Botanique's vision is to provide natural & scientifically-advanced products that nourish your skin. *L'elixir* cream provides powerful skin moisturization and brightens complexion while being gentle and soothing to your skin.

www.bellebotanique.com.au

To win, be the first person from QLD to send the correct answer to the question below to: comp@pharmacydaily.com.au



Hyaluronic acid is a bio-polymer. For what purpose in skincare it is mainly used?

Congratulations to yesterday's winner, Tania Howlett

SUMMER SPOTLIGHT

Pharmacy
Daily presents

Pharmacy Daily's Summer Spotlight is your guide to all the essential products for summer 2018/19.
To feature here email advertising@pharmacydaily.com.au.

Dermal Therapy Paris Promotion

Dermal therapy is giving 2 lucky winners an all-expenses paid trip to Paris. Which includes 2 return airfares to Paris flying Emirates, 5-star accommodation, 2 day trip at Mont St Michael, Versailles Tour and much much more!

Discover superior skincare solutions with our innovative range of products. Each Dermal Therapy product has been formulated with a unique blend of ingredients to provide immediate results. This promotion ends Dec 31, so contact Pharmabroker on 02 8876 9736 for more information.

www.dermaltherapy.com.au/paris



Crampeze Gel | \$12.95 RRP

New Crampeze Gel contains active ingredients traditionally used in aromatherapy and western herbal medicine to relieve muscular cramps, muscle aches, pain & soreness and mild rheumatic pain. Formulated with the active ingredients Eucalyptus Oil, Lavender Oil and Wintergreen Oil, to relieve:

- Muscular cramps
- Muscle aches, pains & soreness
- Mild rheumatic pain

Can be used in combination with Crampeze Night Cramp Capsules and Forte tablets.

www.crampeze.com.au



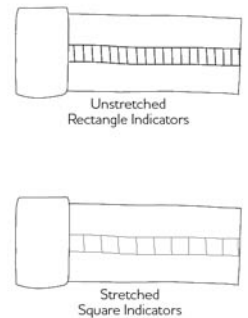
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www.dermaltherapy.com.au



Aero Snake Bite Bandage \$9.99 RRP

Aero Healthcare has released a new tension indicator bandage for the first aid treatment of snake bites. This bandage is longer (10.5m stretched) for sufficient length to bandage an entire adult leg. The unique stitching ensures the correct pressure is evenly applied over the entire limb by stretching the continuous indicators to form squares. Enquire for our current buying deal with your preferred wholesaler.

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