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Established in 1996, Mothernest is RBK's Flagship brand. "Mothernest" was chosen after careful consideration to represent the life-giving and nurturing features of nature by embodying it in the form of the mother and the safety and comfort of the nest being the home.



## Premium Nutrients Sourced from Nature

**RBK Nutraceuticals** brings you a range of healthcare supplements dedicated to helping Australians achieve better health all-round. Featuring a premium range especially dedicated to men, women and children, our array of products and trusted brands have been manufactured for over 20 years and distributed to both international and Australian markets.



### Greenshell Mussel with Glucosamine

- 3-in-1 Super Formulation
- Healthy Joints
- Relieve Inflammation



### Royal Jelly Powder Capsule

- 100% Lyophilized
- General Wellbeing



### Propolis, Eucalyptus & Manuka Honey Candy

- 99% Fat-free
- Gluten-free



### Mega-Multi for Women

- 21 Essential Vitamins and Mineral
- General Wellbeing



### Mega-Multi for Men

- 21 Essential Vitamins and Mineral
- General Wellbeing



### Premium Super Omega-3

- 600mg EPA & 273mg DHA
- Blood Circulation



### Probiotics Gummy

- 1 billion Good Bacteria
- Natural Fruit Flavours

RBK Nutraceuticals holds a **Therapeutic Goods Administration Licenses (TGA License)** to Manufacture Therapeutic Goods. (License No: MI-2010-LI-07342-3)

 **Mark Hatter**

 0491 604 748  
 +61 2 9674 3544  
 mark@rbk.com.au  
 www.rbk.com.au

### RBK PROVIDES OEM SERVICE

- RBK has over 20 years of valuable experience in marketing its own health supplement brands and can also assist companies to produce and market their own brands.
- RBK can provide specialised formulations for any health supplement in capsule, tablet or liquid form including bulk or fully finished packaged product.

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Use only as directed. Consult your healthcare professional if symptoms persist.

## \$100k fine for “excessive dispensing”

**AUTHORITIES** in Victoria have ordered a pharmacist to pay a fine of \$100,000 plus costs of over \$10,000 in relation to the ongoing supply of Schedule 4 items on fraudulently altered prescriptions.

Huyen Tran pleaded guilty to 10 charges, which represented a total of 457 separate contraventions of the *Drugs, Poisons and Controlled Substances Act 1981*, over a three year period between May 2015 and Oct 2018.

The offences involved supplying codeine-containing analgesics on 281 occasions “upon prescriptions which she had reason to believe had been fraudulently altered,” as well as nine instances where items were supplied in excess of instructions written on the scripts.

Tran also failed to notify the state’s health department on 167

occasions that she was “being requested, directed or called upon to sell, supply or dispense codeine-containing analgesics to a person in greater quantities than appears to be reasonably necessary”.

A total of 52,368 tablets of codeine-containing analgesics were supplied from Tran’s pharmacy on fraudulently altered prescriptions during the period, equating to 39 tablets per day.

During an investigation into the issue, the pharmacist told officers she didn’t think anything was amiss, because the patient was a regular customer.

The pharmacist “could not justify her treatment of the patient, and just blindly followed prescriptions that were being presented to her,” according to a Vic Department of Health statement.



The investigation was prompted after an analysis found the patient had obtained the highest dose of codeine-containing analgesics in Vic from Tran’s pharmacy between Jun and Oct 2018.

The magistrate said she was aware the fine would impose a major burden on the pharmacist.

“But there must be a way the court can - immediately - show the rest of the community, particularly those that operate in your particular professional realm, that these are offences they ought not enter into under any circumstances whatsoever.

“They need to take their professional integrity very, very seriously to ensure offences of this nature simply do not occur in the first place,” she added.

### Today’s issue of PD

*Pharmacy Daily* today has three pages of news plus a front cover wrap from **RBK Nutraceuticals**.

### Mothernest range

**RBK Nutraceuticals** is today showcasing some of the wide range of Mothernest products it offers through its TGA licensed manufacturing facility and more than two decades of marketing its own health supplement brands.

OEM services are also available - see the **cover page**.

### MATES module

**THE Veterans’ Medicines Advice and Therapeutic Education Services (MATES)** project has this month released a new topic titled “Medicines and your kidneys”.

An associated Therapeutic Brief for health professionals highlights the prevalence of prescribing renally cleared medicines outside of guidelines.

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## TWC connects with community



**TERRYWHITE** Chemmart is this week hosting its largest conference ever, with about 600 in attendance at the Star Resort on the Gold Coast welcomed last night by CEO Duncan Phillips.

Phillips (pictured) promised attendees that TWC was committed to providing them with more value by investing more in marketing, creating greater points of difference and shining a light on the network's pharmacist leadership.

"We are a national brand but really, we are a brand with an ambition to be connected to as many communities as possible.

"The launch of our brand proposition, That's Real

Chemistry, earlier in the year is providing us with the opportunity to drive these connections in our communities, with greater muscle coming from our key partnerships with Qantas Frequent Flyer and Bupa."

Growth is a key focus for the business, with Phillips saying TWC would "continue to strategically secure new partners to ensure there is a TerryWhite Chemmart in every community across the country".

He said 36 pharmacies had joined the brand since Dec, with the group also seeing encouraging growth both in existing pharmacy sales and gross profit.

## Pharmacy solution - Tsuyuki

**DEMAND** for pharmacists to be empowered to work to their full scope of practice would not be an issue if Australia's health system was working effectively, University of Alberta Department of Pharmacology Chair, Dr Ross Tsuyuki believes.

Speaking at Pharmacy Connect in Sydney earlier this month, Tsuyuki (pictured) described the failure to manage multiple conditions was "unacceptable" and urged Australia to follow in Canada's footsteps and legislate for pharmacists to be able to provide a broad range of services that would strengthen and complement existing care models.

"I don't think we'd be having this conversation if things were being done properly in the first place," he said.

"Is it acceptable that the vast majority of people with dislipidaemia are not treated to the recommended target values?

"Is it acceptable that only about 40% of your population have control of their hypertension?

"I don't find that acceptable."

Tsuyuki said that pharmacists were well placed to take on greater responsibility, noting research from Canada showed pharmacist prescribers were more meticulous in following guides than their colleagues in general practice, adhering to the guidelines 95% of the time, compared to 35% by



doctors.

"I think the advantage that we have as pharmacists is that we're systematic," he said.

"We actually follow guidelines."

He added that pharmacists' meticulous nature means they bring distinct benefits to the delivery of health services.

"It is impossible for a physician to, if you say, 'show me all your patients with diabetes, show me which ones are controlled and which ones aren't', they have no mechanism by which to do that," he said.

"Whereas we can do that - you just run a list of people on metformin and you've got 2,000 people with guaranteed diabetes and then you can take it from there. "So being systematic is our strength."

He added that pharmacists involvement in patient care had been shown to reduce physician burn-out, as another benefit of having pharmacists working to their full scope of practice.

## Supplements for mental health

**OMEGA-3S**, folate and Vitamin D have been shown to support some elements of mental health, according to a recently published paper from a University of Western Sydney researcher.

In what is claimed to be the world's largest review of top-tier evidence into the efficacy and safety of nutrient supplements in the treatment of mental health conditions, Dr Joseph Firth examined 33 meta-analyses to find omega-3s have the strongest evidence base, with multiple meta-analyses demonstrating significant antidepressant activity beyond the effects of antidepressants alone.

**CLICK HERE** to see the study.

## Aged care probe extended

**THE** Government has agreed to a request from the Royal Commission into Aged Care Quality and Safety for an extension of six months, to allow for further evidence to be presented.

Minister for Aged Care, Richard Colbeck, said it was important that the aged care sector continued to provide high quality care "and that we understand where we can make improvements," with reforms continuing to be implemented while the commission progresses.

## Win with Plunkett's

Everyday this week Pharmacy Daily and Plunkett's are giving away the pictured prize pack valued at over \$60.



Aloe Barbadensis 'Natures medicine plant' is renowned for its soothing, cooling and hydrating properties. Plunkett's Aloe Vera is fragrance and colour free and contains pure certified organic Aloe Vera extracted from Aloe Barbadensis Leaf - rich in vitamins, minerals, amino acids and anti-oxidants to restore dry and damaged skin all year round. Visit: [www.Plunketts.com.au](http://www.Plunketts.com.au) for more.

To win, be the first from NSW or ACT to send the correct answer to the question to [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

Name one use for Plunkett's Aloe Vera.

*Check here tomorrow for today's winner.*



Welcome to Pharmacy Daily's weekly comment feature.



This week's contributor is **Saurabh Mishra** Head of International Business Development, MedAdvisor.

### Behind the screens at MedAdvisor (Part 3)

**GOING** global has been a long-standing aspiration for MedAdvisor as a business, and indeed for me personally since I co-founded Healthnotes in 2009. When Healthnotes was acquired by MedAdvisor in 2016, I eagerly took on the responsibility of expanding the business beyond Australia.

We did a systematic survey of the global landscape, which reinforced our sense that we had an outstanding product that could stand its own anywhere. In the ensuing 3 years, I have met with over 50 organisations in the US, UK, Philippines, Malaysia, Korea, Taiwan, Singapore and Hong Kong, including pharmacy chains and pharmaceutical manufacturers, who have unfailingly responded positively to the MedAdvisor offering.

Better yet, some common themes are apparent across these countries - a) poor medication adherence is pervasive, b) customers are expecting their pharmacies to deliver convenience around managing script refills, renewals and appointments, and c) there is great appetite and activity to embrace innovation in this respect.

The key challenge for us was to create a global platform that could be readily adapted to the nuances of each country, rather than country-specific solutions. This has taken some doing, and so I am thrilled to now see it taking shape.

## Clarification

**PHARMACISTS** are not impacted by the proposed *Supervised Practice Framework*, announced last week as part of a consultation by the Australian Health Practitioner Regulation Agency (**PD 12 Sep**).

## Dispensary Corner

**EVER** diagnosed a patient with trypophobia? For the uninitiated, that's a fear of clusters of small holes.

Cases may be proliferating shortly, in connection with the launch of Apple's new iPhone 11.

According to a plethora of social media posts since the gadget's recent unveiling, the condition is being triggered in some people because of the "ultra-wide" rear camera (**pictured**) which has three lenses packed together.

Apparently high-profile sufferers include Kendall Jenner, part of the "famous for being famous" Kardashian family.

As well as having an aversion to the new Apple iPhone Pro, trypophobics are also likely to be afraid of crumpets.



**PHARMACY** staff in the English town of York - 60km inland - are now famous after coming to the rescue of a large crab.

The sea creature was found floundering in the alley behind their Coney Street store, with CCTV showing someone leaving the crustacean earlier that day.

The pharmacy team put the animal in a bowl with some water before calling rescuers who took it to an aquarium.

Investigators are baffled about who could have dumped the crab - but we think it could have been Santa Claws.

## PPA claims pay victory

A **FAIR** Work Commission (FWC) inquiry into pharmacist pay has been broadened to 29 awards requiring an undergraduate degree, with union group Professional Pharmacists Australia (PPA) saying this means its members are "leading the way for higher pay".

The case will now affect degree qualified workers in a range of sectors including banking, legal services and higher education.

A PPA submission earlier this year highlighted the relative discrepancy between different minimum award starting pay rates, with intern pharmacists receiving \$883.40 compared to \$952.60 for registered nurses, \$1008.42 for teachers and \$952.60 for physiotherapists.

In a statement on Fri PPA President, Geoff March, noted that the President of the Fair Work Commission had agreed that the discrepancies do exist, and referred an examination across all degree qualified workers back to the full bench of the Commission.

"Thanks to the members of PPA, degree qualified workers across the country will have the chance at arguing for a pay rise," he said.



March said PPA would be responding to the Commission, to seek that pay rises for pharmacists be considered first as the group that brought the issue to the FWC's attention.

"It has been a long hard slog, with members providing evidence through multiple stages of the work value case," he said.

The Commission found there was a "lack of alignment in pay rates and relativities" between pharmacists and other classifications requiring equivalent qualifications "as well as a lack of consistent relationship with the Australian Qualifications Framework.

## Magnesium delay

**BLACKMORES** has advised of the cessation of supply of Magnesium Oil 125ml and 250ml which was due for release to stores this month.

Faults have been found in the dispenser, and while there is no concern with the safety or efficacy of the product, "we have decided to cease supply until a suitable pump mechanism can be sourced," said Blackmores Acting MD Eric Jeanmaire.

## Sartan action

**THE** Therapeutic Goods Administration today announced new requirements for sponsors of 'sartan' blood pressure medications, ordering them to implement "rigorous testing of their medicines to identify the presence of any N-nitroso impurities".

The measures align with those being applied by the European Medicines Agency, with a two year transition period in place through to 13 Sep 2021.