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## Today's issue of PD

Pharmacy Daily today features four pages of pharmacy news, plus a cover wrap from Crampeze, and full pages from:

- Glucojel
- Nova Pharmaceuticals

## Eases cramps

CRAMPEZE targets multiple causes of cramps with a two-in-one formulation that gives day and night relief.

See more on the **cover page**.

## Customers' choice

GLUCOJEL, the original pharmacy jelly bean from Gold Cross, is so sought after that customers go looking for pharmacies that stock the confectionary - see **page five**.

## Discount offering

NOVA Pharmaceuticals is offering 15% off its Restin Melatonin 2mg Modified Release Tablets for purchases of 10 or more - see **page six**.

## 12,000 treatments offered



THE NSW Government yesterday announced that its scope of practice trial for pharmacists has seen 12,000 treatments delivered.

Under the trial, patients can access treatment for uncomplicated UTIs and repeat prescriptions of the oral contraceptive pill from their local pharmacist.

Beginning in May last year 100 pharmacies participated in the NSW trial that has expanded now to include over 1,000 pharmacies.

The trial is set to expand further in coming weeks to include skin conditions like impetigo, shingles, and dermatitis.

These and other scope of practice reforms are anticipated to deliver a total dollar benefit of \$1.6 billion annually to the New South Wales economy in productivity gains and reduced healthcare costs.

This comes as patients are able to access the treatment they need without presenting to an emergency department or waiting for a doctors' appointment.

"Patients need affordable, accessible everyday healthcare," said the Pharmacy Guild's NSW branch President, David Heffernan.

"With NSW pharmacists working closer to their full scope of practice, 12,000 patients across the state have accessed treatment at their local community pharmacy, taking pressure off of hospital emergency departments and GPs," commented Heffernan.

"Rather than having to wait weeks to see a GP for everyday healthcare issues, patients across the state have been able to get treatment from their local pharmacy thanks to these reforms." JG

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## Cybercrime rising as it targets health

EVERY six minutes a cybercrime is reported to the Australian Signals Directorate (ASD) with the healthcare industry in the top five sectors targeted in Australia.

Reminding pharmacy owners of the risk, National Australia Bank experts told *Pharmacy Daily* at a webinar yesterday, that cybersecurity threats were on the rise, particularly ransomware attacks and compromised business emails.

According to NAB Economic research, more than two in 10 health service businesses have already suffered a cyber attack, with malware attacks (38%) and ransomware attacks (38%) being the most common issues, with Small to Medium-sized Enterprises (SMEs) being most at risk.

Last financial year, ASD stated that cyber crimes cost SMEs an average of \$71,600, according to its latest research, with incidents surging by as much as 23%.

Speaking at the NAB webinar, Tessa Bowles, the bank's Security

Advisory and Awareness Senior Consultant, emphasised the importance of enabling multi-factor authentication and verifying invoices and payment requests before making payments.

While NAB Health's Specialised Business Bank Executive, John Avent, discussed the growing concern of deepfakes and the need to implement the Australian Cyber Security Centre's Essential Eight steps that can reduce the risk of cybercrime in pharmacies.

Bowles provided useful insights into identifying phishing emails and protecting personal information, including red flags such as lack of personalisation and spotting suspicious email addresses.

They also discussed how to analyse an audio transcript and identify phishing scams.

While the impact of cyber attacks is usually measured in time and money lost, *NAB Cyber Insights Report 2023* also showed it can profoundly impact mental and

emotional wellbeing.

This can manifest in several ways, such as emotional stress from stolen data and concern about how the data may be used, feelings of shame and guilt for not being cautious enough, a sense of helplessness, and loss of trust, autonomy and control.

When asked to identify the biggest impact from a cyber attack outside of money, almost four in 10 Australians pointed to feelings of anxiety, fear, stress, or frustration.

Around three in 10 had feelings of intense outrage and anger, and one in four had feelings of helplessness and feeling that they were likely to be the victim of future cybercrime.

Bowles' top tip was to use a password manager to generate and store unique passwords for various applications as well as implement awareness programs and processes to educate pharmacy employees on cyber security best practices, such as password hygiene and email phishing detection. *JG*

## FIP research grant

THE FIP Foundation for Education and Research and the Board of Pharmacy Specialties have announced that applications are now open for their collaborative research grant opportunity, available for non-USA-based investigators who are researching the impact of pharmacist board certification.

Applications for the grant close on 01 May.

The grant awardee will be recognised during the 82nd FIP World Congress of Pharmacy and Pharmaceutical Sciences in Sep 2024.

The FIP Foundation and the Board will publish the final research report in the organisation's *International Pharmacy Journal*.

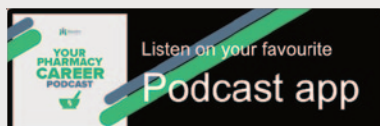
Those pharmacists interested in exploring the opportunity can visit the FIP Foundation webpage for the electronic application link, [HERE](#).



## YOUR PHARMACY CAREER PODCAST

Dive into our latest podcast episode featuring the remarkable journey of **Steve Morris**, CEO of the PSA.

Steve shares invaluable insights into the importance of resilience, innovation, and seizing opportunities.



### BCNA all for 60DD

**THE** Breast Cancer Network Australia (BCNA) has welcomed the news that six common drugs used to treat breast cancer can now be prescribed and dispensed for 60 days on a single prescription.

The drugs include common types of hormone-blocking therapies such as letrozole, anastrozole and tamoxifen, among others, which combined represented almost one million individual prescriptions in the 2023 calendar year.

These drugs are included in the second tranche of over 300 medicines that have moved to 60-Day Dispensing (60DD) since the policy was announced in Sep last year.

BCNA Director Policy, Advocacy & Support Services Vicki Durston said allowing these vital drugs to be prescribed for 60 days saves consumers hundreds of dollars.

"It is especially important that we work to reduce the cost of hormone-blocking therapies for breast cancer as some are required for 10 years or more after active treatment finishes," Durston said.

In its 2017 report, BCNA reported the average out-of-pocket cost relating to breast cancer at around \$5,000, but with some as high as \$21,000.

"Reducing the ongoing cost of these drugs is one way we can start to address financial toxicity and improve equity."

## Vision of a clinical future

**TERRYWHITE** Chemmart's network partner Theresa Lambert (pictured) was the recipient of the Rhonda White Leadership award last week for her total dedication to her rural Qld community, and her clear vision of the future of community pharmacy.

"I really enjoy helping others and I want to show how rewarding it is to work in community pharmacy to the next generation of our pharmacy students," Lambert told *Pharmacy Daily*.

A pharmacist prescriber, pharmacy owner of TerryWhite Chemmart Sarina, James Cook University lecturer, mother and community volunteer, Lambert has packed in a lot already, and heading towards a clinical future she remarked is definitely where she sees pharmacy going.

"I sat the exams to be a prescribing pharmacist so I can work to an extended scope and provide better care and outcomes to my community.

"I certainly have become a better pharmacist," Lambert remarked.

She added that she understood the concerns of GPs about pharmacists' extended scope and that they would be "hesitant about it, but communication is key", and the biggest thing to learn.

"It's not that we are going against them but we want to work with them, so that we can provide better care for the patient.

"Learning to prescribe has really extended my clinical knowledge and will take a load off our GPs as we can take care of minor



ailments," Lambert explained.

She mentioned how vigorous the training was and learning new critical thinking areas that covered physical assessments including respiratory and abdominal systems.

"This meant completely retraining your brain to think differently to treat people and to come to a probable diagnosis," said Lambert.

While the banner group has shown a lot of support to her, Lambert's main challenge, other than hoping to prioritise her family a bit more, has been to ensure her staff "are motivated and kept up to date and willing to jump on a change with me to always help move the pharmacy forward".

"That's probably the biggest challenge - getting everyone to go in the same direction."

Lastly, she mentioned she was humbled to win the award.

"Rhonda has been such an inspiration to me, it has been so rewarding, and I would not have been able to do this without my wonderful team, family and friends behind me." JG

### APP new session

A **NEW** panel session on implementing full scope was added yesterday to the Australian Pharmacy Professional Conference and Trade exhibition's (APP2024) program, shared the event's Chairman Kos Sclavos.

Titled 'Integrating Full Scope Pharmacist Services into Community Pharmacy Practice - removing friction points', the panel session will be held on Sat morning and will feature Queensland Scope of Practice Pilot pharmacists Cate Whalan, Amanda Seeto and Lucy Walker, and the Guild's Senior Manager - Full Scope Project (Qld), Sara Kemp.

They will be joined by the former National President of the Canadian Pharmacists Association and full-scope pharmacist, Christine Hrudka, who will lead the discussion.

Facilitated by Sclavos, the panel will cover issues including the key triage role of staff, utilising the consultation room in an optimised way, promoting services externally and to existing patients, and workflow issues in pharmacy.

"What pharmacies need to understand is that consultation room(s) will become critical to operational success under full scope," commented Sclavos.

He mentioned, for example, pharmacies with pre-booked services such as flu vaccines will now have to incorporate walk-in services that require a consultation, such as treating patients with UTIs.

"Staff will need to triage patients in a role that up until now has not been necessary in pharmacy," Sclavos remarked.

"This panel will cover such practicalities and other tips needed to be considered for full scope to be integrated into the pharmacy setting."

The APP2024 Conference and Trade Exhibition will be held at the Gold Coast Convention Centre from 13 to 17 Mar - to register **CLICK HERE**.

**1 WEEK TO GO**

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### Sleep crisis to air

**AUSTRALIA'S Sleep Revolution** with Dr. Michael Mosley premieres tonight on SBS at 7.30pm AEDT with episodes following weekly.

The three-part series exposes the magnitude of our growing sleep crisis - with up to 40% getting inadequate sleep, around 15% suffering from chronic insomnia and about 20% of people fitting the diagnosis for sleep apnoea.



### Dispensary Corner

A **UNIVERSITY** of Cambridge academic who was trapped in the bathroom of a medieval tower for seven hours said she took inspiration from TV show *MacGyver* to make her escape and used some common pharmacy products to get out.

Krisztina Ilko, 33, who resides in the rooms once occupied by 16th Century philosopher Desiderius Erasmus at Queens College, said she heard the heavy wooden door in the windowless bathroom lock behind her.

Ilko, who suspects the door's latch had been broken by a plumber who recently worked on her shower, said she found herself locked inside the room last Thu and it wasn't due to be cleaned until Mon.

"I was trying to remember how long a person can survive on just water and hoping that I wouldn't die there," Ilko told *BBC News*.

She said her initial attempts to escape proved fruitless.

Ilko said she then took inspiration from her childhood love of *MacGyver*, a show where the titular hero was known for his ability to turn everyday objects into useful tools, to mount her escape.

Ilko used a cotton swab to fashion a hook and an eyeliner pencil to push down on the latch so she could pick the lock.

The method freed the post-doctoral student from the bathroom after seven hours.

"I was really happy and also quite proud that I could use my wits to get out."

## PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email [newproducts@pharmacydaily.com.au](mailto:newproducts@pharmacydaily.com.au)

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\*References available upon request

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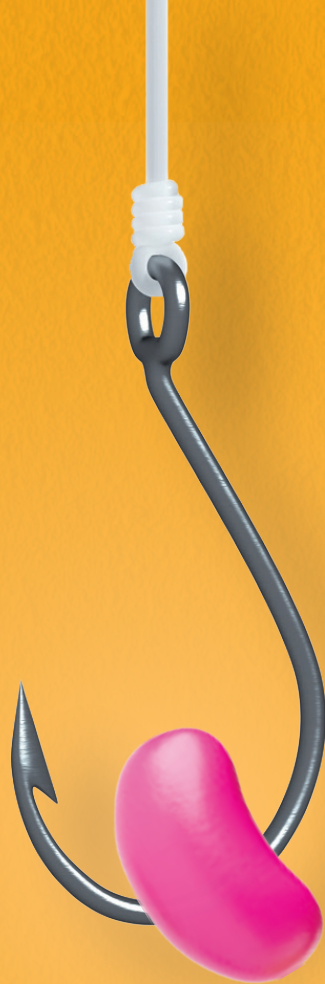
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\*clinical evidence available on request





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\*Source: Bliss Mobile post campaign reporting



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The full PI is available from Nova Pharmaceuticals Australasia on request.

Please review the full PI before recommending.

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