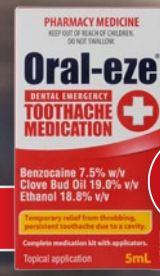


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Today's issue of PD

Pharmacy Daily today features four pages of news, plus full pages from:

- Pharmaciaum
- Glucojel
- Nova Pharmaceuticals

Design your space

PHARMACIUM will create work spaces that reflect your working style and improve efficiencies throughout your pharmacy, with a focus on dispensary operations.

See **page five** for details.

Glucojel Glucofest

GLUCOJEL is running a competition giving your customers the chance to win a year's supply of their favourite Glucojel products, so make sure your shelves are well-stocked - see more on **p6**.

Union takes on CW

A MAJOR retail union is pushing for Chemist Warehouse to negotiate the pharmacy industry's first collective bargaining agreement, according to a report in the *Australian Financial Review*.

Papers have been lodged by the Shop Distributive and Allied Employees Association using new multi-employer bargaining laws to boost wages and reduce the number of casual staff among 335 employees at eight CW stores in Adelaide.

If the Fair Work Commission opts in favour of the union, it could pave the way for further talks between the union and other Chemist Warehouse franchisees across Australia.

Pharmacy employees have not previously been covered by a collective workplace agreement.

Currently, pharmacy workers are paid under the pharmacy industry award, which offers a \$25.65 base hourly pay rate.

Aged care voices in agreement

ADVANCED Pharmacy Australia (AdPha) has kicked off its Voices in Agreement series, which gathers leaders from aged care, transitions of care and geriatric medicine to improve pharmacy programs.

The first of three virtual sessions with leaders from across the aged care industry sector was held yesterday as part of AdPha's co-governance role toward a new pharmacy programs agreement, complementing last year's 8CPA.

The Voices in Agreement series comprises two industry medication advisory committees, followed by a consultation with leaders from AdPha's Transitions of Care and Primary Care and Geriatric Medicine Specialty Practice Leadership Committees.

AdPha President Tom Simpson welcomed the collaboration of aged care sector leaders to enhance pharmacy programs, noting that they share a patient-centred focus on evidence that is "native to Australian hospital pharmacy".

"It's only through the latest research and evidence that we can ensure these programs are appropriately targeted to our most vulnerable Australians first and foremost, maximising health outcomes and keeping more people well and out of hospital," he said.

AdPha Chief Executive Kristin Michaels said the series will reflect the reality of the care continuum in Australia and the importance of safe, innovative and evidence-based models of pharmacy care.

"In Australia we have complex and transitional care models, requiring clear communication, robust clinical pharmacy standards and strong collaboration," she said.

Get better sleep

RESTIN 2mg melatonin modified release tablets help offer a better quality sleep.

Nova Pharmaceuticals is offering pharmacists a special deal - see more on **page seven**.

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Arvo inhaler best in asthma

A SINGLE daily preventer dose of inhaled corticosteroid (beclomethasone), taken mid-afternoon, may be the best time for effective asthma control, researchers have found.

The mid-afternoon dose suppressed the usual nighttime worsening of symptoms more effectively than a morning dose or the standard protocol of two smaller doses morning and evening.

Aligning the timing of drug treatment with the body clock, known as chronotherapy, can enhance the therapeutic effects of medicines, said the researchers.

This may be particularly important in asthma, which has a distinct daily rhythm, with the effects of airflow obstruction and airway inflammation peaking overnight, which is when 80% of fatal asthma attacks occur.

As glucocorticoid sensitivity is enhanced in the afternoon, this may be the ideal time to take it.

The study involved 25 people



with mild-to-moderate asthma, and the dosage regimens were 400 µg beclomethasone at around 8am, 400 µg beclomethasone at around 4pm, or 200 µg beclomethasone at 8am and 8pm.

Airway inflammation and nighttime lung function were improved in all dosing regimens, but more so with the afternoon dose.

While the differences were small, benefits may be more apparent in a larger sample size or for people with severe asthma.

If the findings are confirmed in larger studies, this approach may lead to better clinical outcomes for patients without increasing unwanted steroidal side effects or medical costs, the researchers said.

The paper is available [HERE](#). KB

Pharmacist, advocate and changemaker

DENI Salmon, Pharmacist in Charge at TerryWhite Chemmart Tuggerah and co-founder of Queer Pharmacists of Australia, is an early career pharmacist, transgender woman, and passionate advocate for the LGBTQIA+ community.

Salmon combines lived experience with clinical expertise to champion inclusive, culturally competent and patient-centred care.

In the latest *Your Pharmacy Career Podcast*, Salmon shares a raw and heartfelt account of her personal journey navigating the healthcare system as a trans woman, and the powerful moment when a single act of recognition by a pharmacist led her to choose pharmacy as her career.

“Becoming a more authentic version of myself didn’t require legal changes or milestones,” Salmon said.

“It took just one pharmacist

seeing me as I am, and that changed everything.”

Listeners will also learn about Salmon’s role in co-founding Queer Pharmacists of Australia, a growing support network that provides safe, inclusive spaces exclusively for LGBTQIA+ pharmacy professionals across the country.

As someone who identifies as queer, and having experienced discrimination in previous pharmacy roles, Salmon understands the struggles faced by marginalised communities, including Aboriginal and Torres Strait Peoples, women and individuals with disabilities, who often lack adequate representation and support in healthcare settings.

This marks the beginning of a new series of episodes from the podcast exploring the diverse roles pharmacists play across the profession.

Listen to the episode [HERE](#).

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Call for cultural medicines to help close gap

HEALTH outcomes for Indigenous people could be drastically improved by increasing access to cultural medicines through Medicare and the PBS, according to Southern Cross University researcher and Truwulway woman, Dr Alana Gall, and pharmacist Mike Stephens of NACCHO.

Cultural medicines, also called bush medicines, can include specific foods or plants as medicine, traditional healers, ceremonial or spiritual practices, or connecting with Country.

New research led by Dr Gall highlights the need to “decolonise healthcare” by including cultural medicines in Australia’s mainstream healthcare, key to closing the gap.

The findings are based on an expert review of 52 national health policies that guide the practice of registered health professionals, Aboriginal health workers and Indigenous liaison officers.

“My community at large is either using or wants to use our cultural

medicines, but access is low,” said Dr Gall, pointing out that 90% want to access it but cannot.

“Our cultural medicines connect us back to our culture from the beginning of time, having clear impact on the cultural determinants of health.

“We need to look at increasing our access to it.”

Dr Gall said the Australian healthcare system follows a biomedical approach to health, which has seen cultural medicines “largely and conspicuously absent” from policies that guide practice.

“A lack of national leadership and of clear definitions mean there is also a disproportionate onus on Aboriginal and Torres Strait Islander healthcare workers to be the keepers of knowledge about cultural medicines, which is often not practical nor appropriate,” Dr Gall said.

Stephens, a pharmacist and Director of Medicines Policy and Program at the National Aboriginal

Community Controlled Health Organisation (NACCHO), said policy and practice need to change.

“Aboriginal and Torres Strait Islander peoples are the first doctors and pharmacists of this country,” Stephens said.

“The healing and wellbeing that can be derived from these practices and medicines should not be understated or forgone in conversations around healthcare.”

Dr Gall said better training and information on this issue is needed for all healthcare professionals, on a national level.

“By including cultural medicines in Medicare and even the Pharmaceutical Benefits Scheme, we could empower both Indigenous and non-Indigenous professionals while also protecting the Indigenous knowledge associated with the medicines,” she concluded.

The paper was published today in *First Nations Health and Wellbeing - The Lowitja Journal* - see [HERE](#). KB

PA stream for Pharmacy Connect

FOR the first time, the Pharmacy Connect conference will feature a pharmacy assistant (PA) stream alongside the business and clinical streams.

The PA stream will feature sessions on product knowledge, and personal and professional development, with industry experts delivering valuable information and insights to equip pharmacy assistants with the tools and expertise needed to excel in their roles.

Pharmacy Connect 2025 takes place in Sydney on 03-05 Sep, with the program due out in May.

A special accommodation rate of \$390 per night at the conference venue, Hyatt Regency Sydney, is also now available for all Pharmacy Connect 2025 delegates.

To book now and save with earlybird registration, see [HERE](#).

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Dive into our latest podcast episode featuring **Deni Salmon**, Pharmacist in Charge at TerryWhite Chemmart Tuggerah and co-founder of Queer Pharmacists of Australia.

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Dispensary Corner

MANY women dread that time of the month - the pain, the mess, the inconvenience.

But what if those few days dragged on for the whole month, or even the whole year...or three whole years, as happened to a US woman.

"TikTokker Poppy" began her odyssey three years ago, when two weeks of non-stop bleeding drove her to seek medical help.

She was told to wait another week, but still it flowed.

She was then prescribed a medication that was supposed to stop the bleeding, but didn't.

Three months in, Poppy was diagnosed with polycystic ovary syndrome, but was told that was not causing the problem.

The next three years comprised a battery of tests and scans, all sorts of specialists and a variety of medicines - all to no avail.

Her iron levels were "rock bottom"; muscles, bones and everything hurt; she suffered constant headaches and nausea; and the cost of sanitary products was sending her broke.

Finally, where medicine had failed, TikTok succeeded, and with the help of her followers, the problem was spotted in an early ultrasound image.

Poppy has a heart-shaped uterus, also called a bicornate uterus, where the uterus is divided into two chambers instead of one single cavity.

It is associated with heavy prolonged bleeding, among other issues.

She's now exploring surgery to get her uterus corrected once and for all.

PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email newproducts@pharmacydaily.com.au

Revive Tears - PBS-listed

Revive Tears lubricant eye drops provide long lasting and soothing relief against burning, irritation and discomfort due to dry eye.

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CRAMPEZE RRP: 30 Capsules - \$16.95 / 60 Capsules - \$24.95 / 120 Capsules - \$39.95

CRAMPEZE FORTE RRP: 30 Capsules - \$22.95 / 60 Capsules - \$33.95

Stockist number: contact 1300 555 597.

Website: [CLICK HERE](#) for more information.



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