

Today's issue of PD

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

- Dermal Therapy
- Glucojel

Skin and hair care

DERMAL Therapy is highlighting its range of skin and hair care products, including sebum control dry shampoo, moisturising lip balm and acne control.

Learn more on [page three](#).

Call for closer watch on psychotropic meds

PEOPLE with mental illness need better holistic healthcare to manage the physical side effects of their medications, experts have warned.

University of Queensland-led research, conducted with UK colleagues, investigated the side effects of psychotropic drugs, including antidepressants and antipsychotics, and found increased medical monitoring was needed to help manage side effects, such as weight gain, increased blood pressure and sleep disturbance.

The team recommended patients undergo a full physical health evaluation before being prescribed medication, to get a baseline of heart rate, blood pressure, weight, and liver and renal function.

Once using medication, the researchers suggested that

AdPha backs AMA AI oversight call

THE Australian Medical Association (AMA) is calling for the establishment of a dedicated group of health experts to provide clinical leadership and guidance on the regulation of artificial intelligence (AI) in healthcare, with Advanced Pharmacy Australia (AdPha) backing the call.

AMA President Dr Danielle McMullen said AI had gained significant momentum over the past decade, promising to revolutionise medical practice and transform patient outcomes.

However, she cautioned healthcare



Hartley's Gripe Water helps reduce colic and wind in infants.

Available from Symbion, Sigma, API & CH2.

Australian made. Pharmacy only. Always read the label and follow the directions for use. 



was a high-risk sector requiring tailored oversight.

"AI is a rapidly evolving field, which has real potential to enhance and save lives," Dr McMullen said.

"But the sector must establish robust and effective frameworks to manage risks, protect patient safety, and ensure the privacy of all involved," she continued.

"Any use of AI in healthcare must be clinically led, ethical, safe, and patient-centred, with its sole purpose being to advance the health and wellbeing of patients and the broader community."

The AMA supports regulatory measures that protect patients, consumers, healthcare professionals, and their data, and emphasises that AI must remain a complementary tool and not a replacement for clinical judgement.

AdPha supports the AMA's call, noting that while AI offers "huge potential" to improve medication safety, streamline workflows, and strengthen patient outcomes, in a high-risk environment like healthcare, innovation must be matched with rigorous safeguards.

AdPha will explore the role of AI and other technology in healthcare in its annual *Pharmacy Forecast Australia* report, to be released in Oct.

The report will focus on the ability to use, understand, and trust these systems, as well as the risks of over-dependence.

"With an ageing population and workforce pressures, technology will be part of how we build the capacity we need - but it must remain clinically led, robust, and accountable, enhancing rather than replacing clinical judgement," AdPha stated on social media. KB

Glucojel profits you

ALL the money raised by Glucojel assists the Pharmacy Guild of Australia in its advocacy work for community pharmacy - learn more on [page four](#).

PBS minimum stockholding update

THE Dept of Health and Aged Care has published an updated version of the Pharmaceutical Benefits Scheme Minimum Stockholding Guidelines.

The update is based on recommendations made in the 12-month review of the Minimum Stockholding Requirements (MSR) - suppliers can learn more [HERE](#).

Clinically proven to **EFFECTIVELY REMOVE WARTS** on hands and feet*

EndWarts[®] FREEZE



20% off

CLICK HERE to view offer

*In vitro temperature comparison of cryogenic wart treatment devices 2016. (Funding: Oystershell Laboratories). Always read the label and follow the directions for use.



infacol Teva

Relieves infant tummy discomfort caused by wind

FREE FROM SUGAR, ALCOHOL & COLOURANT

SUITABLE FROM BIRTH ONWARDS

Always read the label and follow the directions for use.



Dispensary Corner

WHILE some health hacks are probably too good - or too bizarre - to be true, one has just received the tick of approval from a doctor.

According to NHS GP Dr Sooj, taking a swig of pickle juice can stop a muscle cramp in its tracks.

Athletes have sworn by the hack for many years, and now the TikTok community is abuzz about it, after the doc posted the advice in a video to his 250,000 followers.

"It is thought drinking two to three ounces [60-85ml] of pickle juice for menstrual cramps can help because it has a high electrolyte content," Dr Sooj said, reacting to a viral video in which a woman claimed that the bizarre hack could alleviate period cramps.

"[Electrolytes] can help to ease muscle cramps and the vinegar may also trigger a reflex that promotes muscle relaxation and reduces pain", he explained.

A 2020 study in *The Journal of Strength and Conditioning Research* found pickle juice to be one of the most effective foods for treating muscle cramps, with its high salt content providing a key electrolyte to the body.

The briny liquid is also packed with antioxidants and vitamins C and E.

TikTok users who had tried the hack commented on Dr Sooj's video, with some saying it really did help with their cramps.



Rude customer? It's them, not you

RUDE and unpleasant customers - or worse, those who are abusive - are often part of working in retail.

According to the a survey from the Shop, Distributive and Allied Employees Association last year, 87% of workers had experienced verbal abuse or violence from a customer in 2024.

Ninety percent also said that this kind of behaviour impacts their mental health.

In the high-pressure environment of the pharmacy, where customers may be ill, injured, confused or stressed, or simply in hurry, rudeness is an occupational hazard.

To combat rude customers or patients, mental resilience and crisis intervention expert Gary Fahey offered some advice.

"Rudeness is a warning signal - it's not about you, it's about the internal world of the person being rude, and the faster you understand that, the safer your mental health will be," Fahey suggested.

Research studies show that rude behaviour does not just feel bad in the moment, it can have lasting neurological, emotional and even physical consequences.

Rudeness activates the same part of the brain that responds to actual threat, triggering the fight-or-flight response and hijacking the ability to think clearly.

Repeated exposure can lead to burnout, anxiety, avoidance behaviour and lowered performance.

However, Fahey said, there are steps pharmacists can take to protect their mental health.

"When people are sick, scared or short on cash, niceties are the first thing to go," Fahey told *Pharmacy Daily*.

"You can acknowledge pain, saying something like 'I can hear you're really hurting', and still



uphold non-negotiables like ID checks, wait times or quantity limits," he said.

"Empathy lowers the temperature, while clarity holds the boundary," he explained.

"Slow the interaction, simplify the choices, and keep the focus on care and safety."

Practical strategies include slowing breathing to stop the threat response, grounding the body by planting the feet firmly on the floor, using non-defensive body language and choosing strategic silence over emotional reactivity.

Fahey also recommended using phrases like "I'm not sure that tone is helpful right now" or politely asking someone to repeat their statement, which can help them re-engage their conscious thought.

However, he advised that if the interaction crosses into abuse or threat, end it - "psychological safety for staff is non-negotiable," he said.

New sleep disorder trend identified

LATE nights, alcohol and smoking on weekends could be triggering a newly identified sleep health concern known as 'social apnoea', according to Flinders University researchers.

Social apnoea refers to the weekend spike in obstructive sleep apnoea (OSA) severity, driven by lifestyle choices and irregular sleep patterns.

The research, which analysed data from over 70,000 people worldwide, found a consistent and significant increase in OSA severity on weekends.

"Sleep apnoea is already a major public health issue, but our findings suggest its true impact may be underestimated," said lead author Dr Lucia Pinilla.

"Most clinical diagnostic testing is done on a single night, typically a week night, missing the weekend effect we're now calling social apnoea."

The researchers said the findings highlight the need for multi-night sleep assessments to catch important variations in OSA and better assess its severity - learn more [HERE](#).



1800 429 829
info@ravensrecruitment.com.au
www.ravensrecruitment.com.au



Pharmacist - Clinical or Community
 Alice Springs, NT (Job #48400)

- Work either Wards or Hospital Dispensary
- ASAP min one month or longer.
- Open to newly registered Pharmacists keen to gain hospital exp.

Public hospital in Alice Springs, known for its beautiful desert landscape and history.

[...see more info](#)



It works



Root-level Oil Control.
3 Easy Steps.
Grease? Ghosted.



Bleach-Free.
Microbiome Balancing.
Pimple? Please.



Ultra Moisturising.
Visible Results.
The Undeniable OG.



For more information on the Dermal Therapy range

[CLICK HERE](#)





OUR PROFIT IS YOUR PROFIT.

Not only is Australia's favourite jelly bean the biggest selling confectionery in pharmacies, but all the profits we make go straight back into the Guild, to support community pharmacies like yours.

Support the beans that support Australian pharmacies.



GLUCOJEL™

The Original Pharmacy Jelly Bean