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Today's issue of PD

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

- MediChoice OSTEO-CAPS
- Hey Sister!
- MediChoice Ibuprofen Minis

Osteo control

NEW MediChoice OSTEO-CAPS from Nova Pharmaceuticals contain 665mg of paracetamol and provide up to eight hours of relief from osteoarthritis pain. See more on [page four](#).

Plant-based relief

THE Hey Sister! range of women's health products provide clinically proven relief for PMS, menopause and more. See [page five](#) to learn about a special pharmacy deal.

Mini-mise pain

MEDICHOICE'S new Ibuprofen Mini liquid capsules provide rapid pain relief in an easy-to-swallow format. See more on [page six](#).

GLP-1RA safety updates

THE Therapeutic Goods Administration (TGA) has updated product warnings for GLP-1 and dual GIP/GLP-1 receptor agonists for two separate safety issues, based on investigations by the TGA and international regulators.

The medications are used to treat type 2 diabetes and/or obesity, and in Australia comprise:

- Ozempic (semaglutide)
- Wegovy (semaglutide)
- Saxenda (liraglutide)
- Trulicity (dulaglutide)
- Mounjaro (tirzepatide)

The first warning relates to the potential risk of suicidal thoughts or behaviours.

Health professionals should monitor patients for depression, suicidal ideation or unusual changes in mood or behaviour, and should advise patients to tell them if they experience any such changes.

They are also asked to consider the benefits and risks for individual patients before initiating or continuing therapy in patients with suicidal thoughts or behaviours.

Adverse events relating to the drugs in Australia (as at 23 Sep 2025) include 85 reported incidents involving suicidal ideation and behaviour, including two



completed suicides.

The TGA stressed that while there is no direct evidence supporting a causal link between GLP-1RAs and suicidal or self-injurious ideation, there is a complex interplay with mental illness and the chronic endocrine disorders the drugs are used to treat.

The second warning applies only to Mounjaro (tirzepatide) and relates to the risk of reduced effectiveness of oral contraception.

Patients are advised to use a non-oral form of contraception or add a barrier method of contraception for four weeks after first taking the medicine and for four weeks after each increase in the dose.

The TGA added that none of these drugs should be used during pregnancy and individuals of childbearing potential are advised to use effective contraception during treatment with a GLP-1 RA. Learn more [HERE](#). KB

SSSI in place for nicorandil tablets

THE Therapeutic Goods Administration has advised there is a Serious Scarcity Substitution Instrument (SSSI) in place for nicorandil tablets.

Supplies will be in shortage intermittently until Mar 2026, and availability of the 10mg and 20mg strengths of both brands - APO-Nicorandil from Arrotex Pharmaceuticals and Ikotab from Viatrix - will vary.

Nicorandil is indicated for the treatment of chronic stable angina pectoris.

The SSSI allows a pharmacist to substitute whichever brand and strength of nicorandil is available, if appropriate, without a new prescription.

If 10mg is prescribed, either brand's 10mg tablets can be dispensed and taken, or 20mg tablets of either brand can be dispensed with half a tablet taken.

For a 20mg prescribed dose, either brand's 20mg tablets can be dispensed and taken, or 10mg tablets can be dispensed with two tablets taken.

Click [HERE](#) for more info.

2026 NSW Annual Therapeutic Update

THE Pharmaceutical Society of Australia (PSA) has published the program for the NSW Annual Therapeutic Update, to be held at the Rydges in the Hunter Valley from 28 Feb to 01 Mar 2026, with registrations now open.

The conference will provide local pharmacists with up-to-date clinical and practice information, customised to the NSW regulations and context. The content covered

will include vaccination, cardiovascular care, prostate cancer and asthma, with NSW Health to address pharmacists on the new NSW medicines and poisons regulations.

"I'm confident that all pharmacists will develop new skills and expand their knowledge to practice to the top of their scope when they attend," said PSA NSW President, Luke Kelly. See the program [HERE](#).

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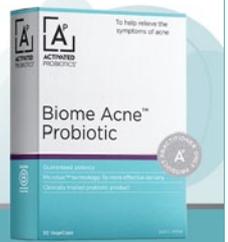
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More protection when making complaints

THE Australian Health Practitioner Regulation Agency (Ahpra) has introduced changes to the Health Practitioner Regulation National Law that make it an offence to retaliate against anyone who raises concerns with regulators, or to seek to use non-disclosure agreements to impede investigations.

Taking effect from yesterday, the changes aim to provide greater protection to people who have concerns about health practitioners and wish to make a complaint.

The changes guard against any attempted reprisals, and make it an offence to threaten, intimidate, dismiss, refuse to employ or otherwise discriminate against someone involved in a complaint to Ahpra and the National Boards, with penalties ranging from \$60,000 to \$120,000.

In addition, the changes stipulate that people are free to complain despite any clause in a non-disclosure agreement (NDA) they may have previously signed to resolve issues - and it is now an offence to enter into an agreement that does not set that out in writing.

"No one can make you sign away your right to make a complaint about a practitioner," Ahpra CEO Justin Untersteiner said.

"Ahpra's number one priority is to prevent harm, and to do that we need all the available evidence and information.

"While reprisals are, thankfully, uncommon, we will not hesitate to prosecute anyone who threatens notifiers or witnesses acting in good faith," he concluded.

Ahpra has policies against vexatious complaints and has been working to minimise the distress caused by the notifications process, including through more efficient assessments.

The way forward for social prescribing

PAUL Sinclair, President of the International Pharmacy Federation (FIP), addressed last week's EACH25 international social prescribing conference (**PD** 21 Nov), outlining the potential role of pharmacy and pharmacists in addressing the social determinants of health.

Social prescribing is defined as a means by which primary healthcare professionals, including pharmacists, can connect patients with community programs, services and other social supports to address non-clinical needs and improve health and wellbeing.

This approach recognises the impact that social determinants of health have on an individual's health and wellbeing, Sinclair explained, and highlights that a patient may need help beyond what can be provided in traditional healthcare settings.

Pharmacists may be more familiar with the notion of self care than with social prescribing, said Sinclair, but they share many commonalities including a focus on promoting and maintaining well-being, preventing disease, and coping with illness.

"The goal is to help individuals manage stress, reduce the risk of illness, and enhance their overall quality of life, and this is where pharmacists can play a particularly active role," Sinclair said, noting

that the FIP's work in the area aims to "leverage pharmacists' expertise, their accessibility, and their trusted relations in the communities in which they serve".

A sustainable funding model is essential, Sinclair pointed out, such that pharmacists' time, and that of the service providers, is adequately remunerated.

"The need for sustained funding within social prescribing teams cannot be ignored, because when funding collapses, members of the public attending those social activity services become once again unsupported persons," he said.

Sinclair highlighted a strategy to enhance social prescribing services in pharmacy, telling attendees:

"We must include self care as part of pharmacist health benefit offerings across all countries.

"We must introduce self care modules in healthcare professionals training curriculum and CPD.

"We must promote non-communicable disease (NCD) prevention through corporate social responsibility, partnerships with workplaces, schools, and community organisations.

"We must enable pharmacists to refer directly to other healthcare professionals.

"We must ensure better support for primary care networks to deliver



self care and social prescribing.

"We must ensure service and workforce data is used to identify equity issues and inform evidence-based policies.

"We must encourage pharmacy schools to develop and evaluate innovative care models, including social prescribing, and NCD focused public health initiatives.

"And we must accelerate efforts to enable sustainable funding for pharmacist led social prescribing."

Sinclair recommended those interested in social prescribing check out the International Social Prescribing Pharmacy Association, which aims to educate community pharmacists on the principles and benefits of social prescribing - learn more **HERE**. **KB**

Pictured: Paul Sinclair with session chair Jenny Kirschner of Pharmacy Addressing Loneliness and Social Isolation (PALS).

TerryWhite partners with Flight Centre on travel health

TERRYWHITE Chemmart has announced a major national partnership with Flight Centre Travel Group as the pharmacy partner for its new World360 Rewards loyalty program, which was launched last week.

Under the partnership, World360 Rewards members will be able to access health services at TerryWhite Chemmart pharmacies, such as complimentary pre-travel health consultations, helping them to prepare for safe, healthy and stress-free holidays.

With more than half (52%) of Australians planning an overseas trip in the next 12 months,

TerryWhite Chemmart General Manager Michael Beaumont said putting health up front is essential to travel planning, and the partnership reinforces pharmacies' growing role in preventing travel-related health issues.

"At TerryWhite Chemmart, we really believe that great holidays start with good health," Beaumont explained.

"This partnership means millions of travellers will come to TerryWhite Chemmart pharmacies for expert, trusted support that keeps them safe and confident before they fly," he said.

The partnership is expected to deliver significant foot traffic



to TerryWhite Chemmart's 620+ pharmacies nationwide, potentially introducing new customers to pharmacy services that support safe travel, chronic condition management, medicine optimisation and preventative health.

Dispensary Corner

IF YOU'RE pregnant and you love nothing better than the taste of bacon, your day is about to get worse - especially if you're also a mouse.

Researchers have found that exposure to smells associated with fatty foods - such as bacon - during development may change how the brain responds to food and increase the risk of obesity later in life - at least in mice.

While maternal consumption of high-fat diets has long been associated with increased obesity risk in offspring, this is usually attributed to the caloric and nutritional composition.

But researchers hypothesised that volatile compounds in foods may have a role in offspring's metabolic programming.

The team from the Max Planck Institute in Germany fed pregnant mice either a bacon-flavoured diet with the same nutritional value as normal chow, or normal chow.

Maternal body weight and weight gain among fetuses was the same for both diets, but in adulthood, offspring exposed to the bacon-flavoured diet showed increased accumulation of body fat and insulin resistance, and reduced energy expenditure when fed a high-fat diet.

Analyses revealed altered activity in the brain's reward circuits and hunger neurons in these mice, similar to those seen in obese animals.

This suggests that eating foods with artificial flavours during pregnancy and breastfeeding could put babies at higher risk of obesity later on.

Awards and celebrations as MM2025 wraps up

AS THE Medicines Management conference - marked by near-record attendance - closed out on Saturday, Advanced Pharmacy Australia (AdPha) celebrated members' honours, achievements and conference awards.

Jesslyn Ha was announced as the 2025 AdPha Resident of the Year in the closing plenary.

Ha, who is Lead Analgesic Stewardship Pharmacist at Monash Health in Melbourne, was awarded for her presentation: 'Researching the researchers: perspectives on what makes a good research supervisor'.

Julian Tran, who is undertaking the inaugural Registrar Training Program in Mental Health at The Alfred Hospital, was announced as the recipient of the 2025 KC Leong Memorial Registrar of the Year Award.

The award was renamed this year in honour of Kum Chuan 'KC' Leong, a pharmacist registrar training program participant whose dedication, compassion and commitment to excellence left an enduring legacy on the profession.

Tran developed and implemented an initiative to ensure safe benzodiazepine deprescribing in a psychiatric inpatient unit.

The 2025 AdPha Early Career Pharmacist of the Year was Katelyn Jauregui of NSW, honoured for her leadership on opioid tapering and pain management.

Karen Donn of WA was named 2025 AdPha Technician of the Year, having transformed the way the Statewide Obstetric Medicines Information Service manages medication safety enquiries.

The 2025 AdPha Hospital Team Innovation of the Year is the Pharmacist-led Parenteral Nutrition Prescribing Team at Fiona

Stanley Hospital (WA), led by Sharon Selvanayagam, which has pioneered a new model of care, in which pharmacist prescribers now work alongside dietitians to manage complex nutritional therapies.

Earlier in the day, Associate Professor Jonathan Penm from the University of Sydney was honoured with the Australian Clinical Pharmacy Award, recognised for his global leadership in advancing pharmacy practice.

AdPha President Assoc. Prof Tom Simpson said Assoc Prof Penm's impact reflects the highest ideals of the profession, and he "exemplifies clinical excellence, intellectual rigour and deep commitment to patient-centred care".

Meanwhile on Fri, pharmacy technician Tara Clayton-Fisher was awarded the 2025 AdPha Medal of Merit for her exceptional contribution to the advancement of Australia's pharmacy technician workforce, as well as her



national leadership in redefining pharmacy practice.

"Every year, our members and their peers arrive more energised, more ambitious, and more determined to push our profession forward - and this year was no exception," said Assoc Prof Simpson in summing up.

"With more than 400 presentations delivered by an extraordinary lineup of speakers, Medicines Management once again demonstrated why it remains Australia's most influential scientific pharmacy event."

MM2026 will take place in Brisbane from 22 to 24 Oct. *KB*

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