

## Today's issue of PD

**Pharmacy Daily** today features three pages of news, including our **Beauty & Wellness** feature, and a full page from **Dispense Assist**.

## Dispensary help

**DISPENSE** Assist is a low-cost staffing solution with dispensary technicians available 24/7, at rates from as low as \$7.42 per hour, for services that include compounding, DAAs and any other required tasks - see **p4**.

## Know a mental health champion?

**ORGANISERS** of the 2025 Australian Mental Health Prize are calling on Australians to nominate people making a real difference in mental health across the country - see **HERE** for more on the prize.

## Stakeholders back Ahpra action

**MEDICINAL** cannabis-focused healthcare company Montu has welcomed yesterday's announcement from Ahpra and the National Boards reinforcing the importance of clinical integrity and patient safety in medicinal cannabis prescribing (**PD** 09 Jul).

"We have consistently called for stronger safeguards around prescribing including the appropriate use of Schedule 8 controls, real-time prescription monitoring, and prescribing practices that prioritise therapeutic need over commercial convenience," said Jodie Thomas, Vice President of Corporate Affairs and Patient Advocacy at Montu.

"Our clinical standards have long reflected the core principles Ahpra has outlined: longer consultations, mental health and substance use assessments, clinician education, and clear protocols to prevent early repeats or product oversupply."

The Pharmacy Guild of Australia also applauded Ahpra's release of new guidelines for practitioners

who prescribe and dispense medicinal cannabis, and supports proactive action against those who have shown poor professional practice when prescribing.

"Like Ahpra, the Guild has been concerned about recent reports of irresponsible prescribing and dispensing of medicinal cannabis," National President, Professor Trent Twomey said.

He noted that pharmacists play an important gate-keeping role.

"When dispensing medicinal cannabis prescriptions, community pharmacists should also assess the therapeutic need for the prescription and ensure prescribers have developed an appropriate management plan with the patient, which includes a clear exit strategy."

"The Guild also reinforces the responsibility of all healthcare providers, including community pharmacists, to report any unprofessional prescribing practices related to medicinal cannabis to the relevant regulatory authorities," Prof Twomey concluded. **KB**

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## Have your say on NSQHS standards

**THE** Australian Commission on Safety and Quality in Health Care is developing the National Safety and Quality Health Service (NSQHS) Standards (third edition) to improve patient care into the future.

The Commission is undertaking broad public consultation until 30 Sep to inform the Standards' development in collaboration with the healthcare system and community representatives.

Consultation will involve key stakeholders nationally, including health services, clinicians, clinical experts, consumers, peak bodies, and state and Federal Government health departments.

To have a say, interested parties can provide email submissions, complete an online survey, or attend in-person or online meetings.

Learn more **HERE**.

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## Editor's Choice: High-performance skincare without the fuss

**KIWI-BORN** Two Dudes skincare was founded by two mates Tomas Tappin and Michael McRae, who are passionate about offering men effective products without the fuss - or breaking the bank.

"There's a massive men's health issue in general where men don't really take care of themselves," said McRae.

"We created our products to help men look after themselves and give back to men's health."

Some of the brand's hero products include the Daily Face Wash (RRP \$18), Coconut Rush Deodorant (RRP \$18) and Shave Butter (RRP \$15).

Two Dudes also offers packs, such as the Face, Pits & Rig bundle



(RRP \$150), including Daily Face Wash; Weekly Face Scrub; SPF Daily Moisturiser; Night Cream; Shave Butter; Zesty Forest Body Wash; Coconut Rush Body Wash;

and Coconut Rush Deodorant.

All products are 92-100% natural origin, tested on "real dudes" and support men's health by working with partner charities.

## Thermoskin creams



**THERMOSKIN** is a 40-year-old Australian brand that offers products to help people recover from injuries and manage their arthritis.

The brand has now launched a range of topical pain relief creams made with natural ingredients and targeted to support muscular soreness, mild joint pain and inflammation.

To provide temporary relief from osteoarthritis, Thermoskin's Arthritis Skin (RRP \$29.95) is ideal for those managing flare-ups or seeking relief on a daily basis.

To help reduce muscle cramps and tension and promote relaxation, Thermoskin's Magnesium Cream (RRP \$29.95) includes magnesium and lavender oil to soothe and calm the body.

For those dealing with aches and soreness after physical activity, Thermoskin Recovery Cream helps (RRP \$29.95) to offer temporary relief, while also increasing muscle performance during exercise.

Thermoskin also has a wide range of knee sleeves and stabilisers for rehabilitation and sports injuries, as well as compression and thermal products.

## Help prevent DVT

**MEDINCO** Health has launched the CLOTBuster In-Flight Passenger Foot Pump, a medical device specifically designed and developed for long-haul airline passengers to mitigate the risk of deep vein thrombosis (DVT).

Lightweight and simple to use, the device is registered with the Therapeutic Goods Administration.

For more info, contact:  
[barryd@medincohealth.com](mailto:barryd@medincohealth.com).



## Indigenous plants meet modern science



**THIRSTY** Turtl is a part Indigenous-owned skincare brand combining native plants and science with First Nations culture, targeting a range of skincare concerns from reducing pigmentation to skin hydration.

The plants used in the products are sourced from First Nations

farmers, which are combined with proven, clinical ingredients.

According to the Aussie start-up, the brand has created the world's first moisturiser in the world using native Australian tomato, a desert plant known for its hydrating and UV fighting compounds.

Thirsty Turtl offers a three-step skincare routine, available in a full size pack (RRP \$165) or travel-size bundle (3 x 15ml bottles RRP \$49).

Key products include the Forest Therapy Balancing Cleanser (RRP \$45) formulated with native white cypress hydrosol and 10% glycerin; Desert Glow Brightening Gel-Creme (RRP \$65); and Pacific Dust Overnight Barrier Cream (RRP \$65) featuring 2% colloidal oatmeal, seaweed extract and polyphenol-rich grape skin extract.

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**Beauty & Wellness**  
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## Dispensary Corner

**AN AUTOMATIC** external defibrillator (AED) near Mt Everest Base Camp saved a young woman's life just weeks after it was installed.

David Sullivan, a 62-year-old from the UK, is the founder of Code Blue CPR, an organisation that trains defibrillator use and CPR skills at home and around the world.

He was driven to launch Code Blue CPR after losing four close friends, all under the age of 45, to cardiac arrest.

Earlier this year, he travelled to the Himalayas where he installed what he said is the world's highest defibrillator.

While many climbers die on Everest, death from cardiac arrest is not particularly common - but it happens.

Sullivan first climbed to around 6,700 metres to test the device, then installed it in village near Base Camp at around 5,300 metres.

He also gave multiple CPR and defibrillator classes to the locals who had never had access to training before.

Three weeks later, back in the UK, he was told it had been used to save a 30-year-old French woman's life.

"I hope it will help people realise how important it is to have access to defibrillators," he told *Southwest News Service*.



## Pharmacy Connect top picks

**WITH** Pharmacy Connect to take place in Sydney from 03-05 Sep, convenor Kos Sclavos (**pictured**) has selected his top recommendations from this year's program, starting with some pre-conference workshops and finishing with the final session of the conference - *AI and the pharmacy of tomorrow*.

Among the picks are the *Full Scope Panel Session* on Fri morning, which will cover practical steps for implementing initiatives like point-of-care testing and the administration of injectable medicines.

"The Guild strongly encourages pharmacists to undertake the relevant training to provide this service," Sclavos said.

"We hope that by attending this panel session, you'll leave inspired to take action and embark on a journey to complete full scope training, where permitted in your



state or territory."

An enduring must-see is the *Industry Update Panel Session*, which will follow the keynote address from NSW Premier Chris Minns (**PD 03 Jun**).

"This year's industry panel will have a strong patient focus, with discussions likely to include the 'Affordable Medicines' campaign and the essential role of patient groups," Sclavos explained.

"Expect thoughtful perspectives on many of the hot-button issues in pharmacy today," he concluded.

The full list of Sclavos's "top 12 must-attend sessions" is **HERE**.

## Building body confidence in IBD

**AN ONLINE** body image and wellbeing program designed to help people with inflammatory bowel disease (IBD) feel more positive about their bodies has been developed by Flinders University in collaboration with IBD patients.

People with IBD - a chronic condition that includes Crohn's and ulcerative colitis - often have body issues because the disease and its treatments can cause visible and emotional changes that can be very hard to cope with, explained psychologist Dr Mia Pellizzer.

Up to 81% of people with IBD experience distress related to their body's appearance after surgery or weight changes due to

medication.

"While much of the focus in IBD care has been on managing the disease, the psychological impact, particularly how patients perceive their own bodies, has often been neglected," said Dr Pellizzer.

The three-week, ten-module online program aims to improve body image and wellbeing for people with IBD, drawing on mindfulness techniques, cognitive behavioural therapy and self-compassion training.

The program will undergo testing with Australians living with IBD, and if successful, could become an easily accessible tool.

Learn more about the program's development **HERE**.

## From combat to community care

**COMMUNITY** pharmacist Nick Pincombe has used his experiences as an infantry officer on the frontlines of Afghanistan to inform his pioneering, self-funded initiative, Veterans' Medication Review Service.

The service helps veterans better understand their medications, treatment options and referral pathways, and is about "giving people the tools, knowledge and confidence to own their journey to better health", Pincombe told host Krysti-Lee Patterson in the latest episode of *Your Pharmacy Career Podcast*.

Pincombe shared how his lived experience in the military has shaped his compassionate, purpose-driven approach to pharmacy, offering a raw and honest perspective of the challenges veterans face when transitioning to civilian life.

"I went from sleeping on the floor in pain to studying pharmacy while raising a family," Pincombe shared.

"And I knew I wanted to use what I'd lived through to help other veterans find their path to healing."

Pincombe also discussed how he and his GP wife work side-by-side in their rural community, and the power of simply taking the time to listen to patients in the pharmacy setting.

"You don't have to build a huge service," Pincombe said.

"Sometimes it's just about taking five extra minutes to ask the right question and being someone who gives a damn."

Listen to the podcast **HERE**.



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