

Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature, plus full pages from:

- Dispense Assist
- Chemist Discount Centre

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 **p5**.

Join CDC franchise

CHEMIST Discount Centre, part of the Independent Pharmacies Australia network, offers an end-to-end franchise solution and high profits. See more on **p6**.

First Doctor of Pharmacy graduates

SIX pharmacy graduates from Charles Darwin University (CDU) have become the first in Australia to be awarded the title of Doctor of Pharmacy.

Accreditation changes announced by the Federal Government late last year, and taking effect 01 Jan this year, recognise extended Master's programs under the Australian Qualifications Framework (AQF) Level 9, with students now able to use the title Doctor of Pharmacy.

CDU's Associate Professor Pharmacy (Faculty of Health), Heather Volk, said the title recognises the level and length of training required to provide the full range of medication management services - including prescribing - with students completing additional clinical and research studies as part of their learning.

"The introduction of the Doctor of Pharmacy award is an exciting time for the profession," Associate Professor Volk said.

The program is required to meet

the rigorous national standards set by pharmacy boards and is administered through the Australian Health Practitioner Regulation Agency (AHPRA), Associate Professor Volk explained.

"We also work closely with the profession as our students undertake weekly work integrated learning in a variety of healthcare settings," she added.

"Providing greater access to education in rural and remote areas is a priority of CDU, and the support of the profession allows us to deliver our course online - allowing people to obtain the qualification regardless of where they live."

One of the six Doctor of Pharmacy graduates, 26-year-old Mahsa Mosalla (**pictured**), said she believes the use of the title Doctor will create more career opportunities as well as open more doors to specialise within the profession.

"Back home in Iran, pharmacists



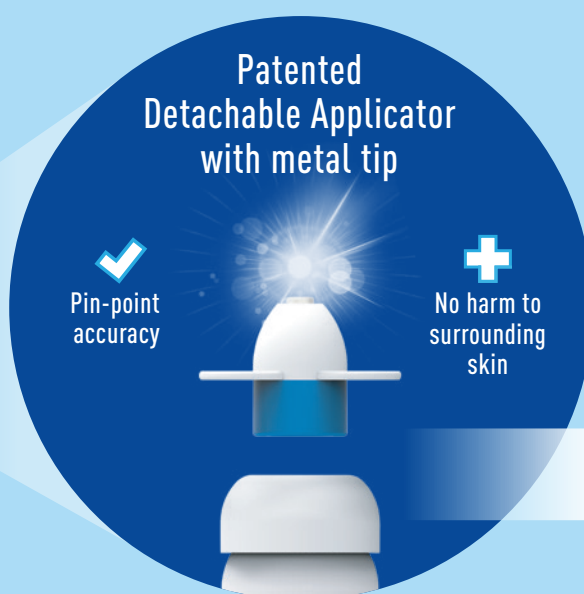
are very highly respected and in the same tier as medical doctors," Mosalla said.

"In Australia, however, there's a perception that pharmacists just stick labels on bottles and that's it.

"But it's a much more skilled profession - we're the second checkpoint for medical doctors and are an important part of that circle of patient care.

"We already do vaccinations, and hopefully there will be opportunities to prescribe and provide increased clinical services in the future," Mosalla concluded. **KB**

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Priceline menopause initiative

PRICELINE Pharmacy is set to launch a new project, *Anything Menopause*, a dedicated resource to guide women through this stage of life.

Designed to assist women who are experiencing menopause symptoms like hot flushes, mood changes and vaginal dryness, the project complements services and products already offered at Priceline Pharmacy.

The program will include exclusive first-to-market and CPD-accredited training for pharmacists and pharmacy assistants, which will be delivered in partnership with Jean Hailes for Women's Health.

Anything Menopause will extend across the Wesfarmers Health ecosystem and will further extend services such as the recently launched InstantScripts Menopause consultation service - a female GP-led initiative.

"As the most accessible health professionals, pharmacists are uniquely placed to bridge this



gap and it's critical they have the right tools and training," explained National Pharmacy Support Manager Mel Gannon.

"We're really proud to partner with Jean Hailes for Women's Health organisation to offer Australia's first end-to-end pharmacy-led menopause support initiative.

"This program is about normalising the conversation, helping women recognise symptoms earlier, and connecting them with trusted, expert care in every community," Gannon said.

The program, which officially rolls out from Sep, was announced at the 13th Priceline Pharmacy Franchise Conference in Melbourne. KB

PDL student grant winners announced

PDL has announced the three recipients of the 2025 PDL Student Grant Program, an initiative that aims to enhance the education and training of future pharmacists.

The 2025 grant recipients are:

- Janella Leombruno, University of South Australia, fourth year BPharm;
- Erin Fawcett, University of South Australia, third year BPharm;
- Huynh Thanh Truc Do, Monash University, fifth year BPharm (Hons) and MPharm.

Leombruno has chosen to attend APP2026, while Fawcett and Do will attend Life Long Learning in Pharmacy.

"Winning the PDL grant is a life-changing opportunity for me," Fawcett said.

"I am beyond excited to broaden my perspective on pharmacy through a global lens and look forward to integrating these experiences into both my

education and everyday practice."

The 2025 Student Grant program received a record number of submissions, with the committee commenting on the high standard.

"The quality of submissions being so high made the judging very difficult - a nice problem to have," said grant committee member Curtis Ruhbau.

"These students have demonstrated remarkable dedication to their studies and a clear commitment to the future of pharmacy," he continued.

"We're excited to support their journey and help nurture the next generation of pharmacy professionals."

Applicants were assessed based on academic achievement, extracurricular involvement and their responses to PDL's criteria.

PDL thanked applicants for their interest and effort, and encouraged unsuccessful students to apply again next year.

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Editor's Choice: The Kind Collective unveils new product line-up

AFFORDABLE Australian beauty brand The Kind Collective has released a line-up of new products, including entering the fragrance category with three nature-inspired fragrance mists priced from \$12 for 40ml.

The range also features colour-correcting concealers in six shades, targeting redness, yellow undertones, dullness, discolouration and pigmentation (\$19 each).

Meanwhile, The Kind Collective's lip oil collection has expanded to include Lip Luminisers and High Shine Tints (\$14 each).

New shades are also available in the brand's PH Skin-Adaptive



Glow up Stick range (\$16), Liquid Lip and Cheek Tints (\$16) and eyeshadow palettes (\$19).

"This new range is made to move with your skin and your

life, with intuitive formulations that are clean, hydrating and adaptable to a wide range of needs," said The Kind Collective founder Lynda Chapman.

Supplement to de-stress



GLOWABLE is a science-backed powder supplement brand on a mission to support chronic stress and help women manage burnout - in one scoop.

Founded by Queensland entrepreneur and naturopath Tegan Marshall, the brand's hero product Adapt (RRP\$69.99) is packed with ingredients such as ashwagandha, magnesium glycinate, B vitamins, taurine, vitamin C and glycine to support nervous system function and help ease tension.

"When I was a practising naturopath, I kept seeing the same pattern in my clinic - women exhausted, wired, burnt out, and juggling too much," said Marshall.

"I created Adapt because there simply wasn't a product on the market that worked as hard as these women do."

Manufactured in Australia and TGA-approved, Adapt is vegan, gluten-free and has no artificial colours, flavours or sweeteners.

The supplement powder is pineapple coconut flavoured and each container is available as a one month supply.

To use, one dose is required a day.

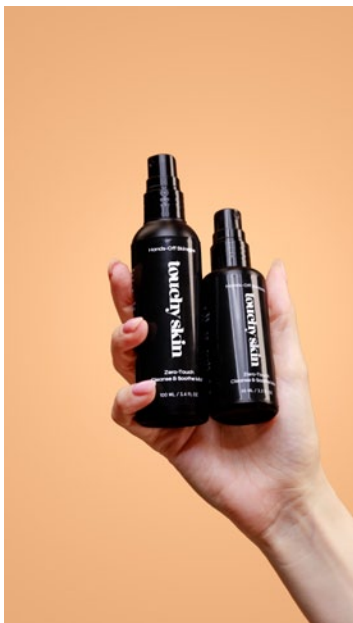
Beauty sleep in a tube

DERMAL Therapy has released the new Overnight Face Repair Cream (RRP \$22), which promises visible results in just eight hours.

Packed with more than 30 active ingredients such as hyaluronic acid, collagen and peptides, ceramides, antioxidants and urea, its lightweight formula promises to hydrate and restore the skin.



New gentle zero-touch product for sensitive skin



A NEW skincare brand specifically for sensitive, inflamed or reactive skin has recently launched called Touchy Skin.

The brand's debut product, Zero-touch Cleanse and Smooth Mist (RRP \$23 for 65ml; RRP \$29 for 100ml) features hero ingredient hypochlorous acid.

Gentle and soothing, the acid is known to mimic the body's own immune response, help reduce inflammation and support healing.

The ultra-fine mist leaves skin feeling refreshed and calm, whether the skin is battling a flare-up or it is being used as a one-step cleanse in the morning.

Touchy Skin is vegan and cruelty-free and was founded in November last year by Gold Coast entrepreneur, Holly Bartter.

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Dispensary Corner

DELICIOUS and nutritious, and now allergy preventative - is there anything avocados can't do?

A recent Finnish study found that infants born to women who consume the fruit while pregnant had a 44% lower risk of developing food allergies before the age of one, compared to those whose mums didn't eat them.

The researchers also looked at rhinitis, paroxysmal wheezing and eczema, but found no connection.

The researchers hypothesised that the fibre, folate, lutein and healthy monounsaturated fats found in avocados helped support the developing immune system, potentially reducing the likelihood of allergic reactions in infancy.

Researchers pointed out that the avocado eaters tended to be older, non-smoking, had higher diet quality scores and lower BMIs, were less likely to have a caesarean delivery, and breastfed longer.

However, even after accounting for these potential influences, the effect was still there.

Around 10% of Australian one-year-olds suffer from food allergies, so while eating avocados may prevent you from buying a house, at least you can prevent allergies in your child.



The vexed question of phenylephrine

ON 20 Dec last year, when big news was starting to get lost in the lead up to Christmas, Brisbane law firm JGA Saddler filed a class action against pharmaceutical giant Johnson & Johnson for allegedly selling "ineffective" cold and flu medicine containing phenylephrine to Australians (*PD* Breaking News).

The firm said group members in the class action are people who purchased any oral phenylephrine-containing products from 2005 to Dec 2024, and according to JGA Saddler Director, Rebecca Jancauskas, thousands of consumers have responded to the callout.

The next stage in the class action is that Johnson & Johnson is bringing an application to strike out parts of the statement of claim, with the hearing of that application listed for 02 Jun.

Concern over the lack of efficacy for phenylephrine has been circulating since it started being used as a replacement for the decongestant pseudoephedrine in cold, flu and sinus products.

The situation came to a head when the US Food and Drug Administration's (FDA) Nonprescription Drugs Advisory Committee (NDAC) declared in Sep 2023 that phenylephrine, when taken orally, does not work to relieve nasal congestion.

Class actions similar to the JGA Saddler one have been lodged in the US, where what has been described as an "avalanche of phenylephrine lawsuits" began after the FDA's declaration.

One such case before a federal judge was tossed out of court on the basis that until the FDA's monograph has been amended to remove orally administered phenylephrine as a nasal

decongestant active ingredient, the labelling of such products as "effective" is not misleading.

"So, even taking plaintiffs' allegations as true, nothing on the labels was false or misleading," the judge wrote.

"Unless and until the FDA amends the monograph in response to the NDAC's findings, it is not misleading to state that phenylephrine is an effective nasal decongestant."

The FDA has proposed making these changes to OTC Monograph M012, and invited stakeholders to submit comments on the proposal, with a closing date of 07 May 2025.

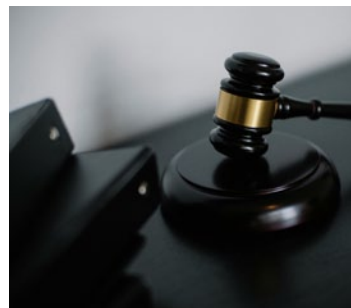
In the event that the proposal is made final, there is likely to be grace period for sponsors to remove their product from the market or reformulate, especially since regulators in other regions will probably follow suit.

At least one US pharmacy chain, CVS, has preemptively removed products that contain oral phenylephrine as a single active ingredient, but has left combination products that also contain analgesics and/or antihistamines on shelves for now.

In Australia, a spokesperson for the TGA told *Pharmacy Daily* it actively monitors the actions taken by other comparable overseas regulators and is aware of the FDA's ruling that phenylephrine is ineffective.

"At this time, while the TGA does not have current plans to conduct a review of the effectiveness of oral phenylephrine, we will continue to monitor the outcomes of the FDA review and consultation," the spokesperson said.

The Pharmacy Guild of Australia told *Pharmacy Daily* it is also aware of the situation in the US and is monitoring it.



So with the cold and flu season in full swing, where does that leave Australian consumers - and, importantly, pharmacists who are asked to recommend something to relieve symptoms?

While products containing phenylephrine are widely sold in pharmacies, the Pharmaceutical Society of Australia (PSA) Code of Ethics for Pharmacists states that pharmacists should not recommend or support medicines that have no evidence of efficacy.

Professor Andrew McLachlan, Dean of Pharmacy at the University of Sydney, told *Pharmacy Daily* that phenylephrine nasal sprays are still a good decongestant option.

"Orally administered phenylephrine has a very low bioavailability, meaning the drug does not reach adequate concentrations in the body to be pharmacologically effective," Prof McLachlan explained.

"However, phenylephrine remains an effective decongestant when administered topically directly to the nasal mucosa."

And getting back to where this all began, consumers may not realise that effective products containing pseudoephedrine can still be purchased behind the counter - subject to certain supply restrictions and medical contraindications. *KB*

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