

## Today's issue of PD

*Pharmacy Daily* today features three pages of news, plus a full page from **Differin**.

## Retinoid action

**DIFFERIN** Acne Treatment contains the potent retinoid Adapalene to treat and prevent acne and restore the skin's natural texture and tone.

Available over the counter - learn more on **page four**.

## Save \$140 on APP

**APP2026** is offering a three-tiered registration pricing structure to help improve affordability, with tier 2 pricing available until 31 Jan 2026.

You could also win your way to the conference, including registration, accommodation and return economy class flights - learn more **HERE**.

## Next stage for new CPD standards

**PUBLIC** consultation has closed for the Pharmaceutical Society of Australia's (PSA) Standards for Continuing Professional Development (CPD) for pharmacists, marking the next step in finalising the new CPD standards.

The new standards will be used to assess the quality and applicability of education for pharmacists before accreditation, and will transition from the Australian Pharmacy Council's (APC) standards that are set to be retired on 31 Dec 2025 (**PD 30 Jun**).

PSA's CPD Manager, Chloe Tobin, said feedback to the consultation showed a commitment from the profession for "robust, high-quality training", and strong support for the draft standards.

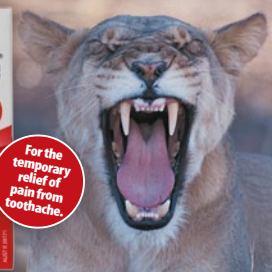
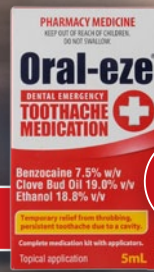
"Respondents valued the concise and clear structure, as well as the inclusion of guidance information," Tobin said.

"Stakeholders also expressed strong support for the standard's focus on independence and

## Don't suffer the pain of toothache.

Available from Symbion, Sigma, API & CH2

Always read the label and follow the directions for use.



practical applicability to pharmacy practice," she continued.

"When a pharmacist selects PSA Accredited CPD activities, they can be confident the education they access is of high quality, upholds pharmacy practice standards, guidelines and ethics, and is free from commercial bias."

More information about the PSA's Accredited CPD scheme will be available in Jan 2026, with the new standards to be published in Dec.

CPD activities which have been accredited against the current APC CPD Accreditation Standards will remain accredited until their expiry date, or up until 31 Dec 2026, whichever is earlier. **KB**

## Pharmacists step up on COPD Day

**THE** Queensland chapter of the Pharmacy Guild of Australia is encouraging people to speak to their local community pharmacist about lung health in recognition of World COPD Day today.

Early detection of chronic obstructive pulmonary disease (COPD), along with proper management and consistent monitoring, can significantly improve quality of life and slow disease progression.

"Breathlessness is something people often ignore or attribute to ageing, but it can be an early warning sign of COPD," explained Cate Whalan, Sr VP of the Guild's Qld branch.

"Community pharmacists are trusted and accessible health professionals who can help people recognise symptoms early and manage their lung health before conditions worsen," she said.

# PAIN RELIEF THAT LASTS THE WORKING DAY

### With once or twice daily dosing<sup>1\*</sup>

\*Directions – First Day: Initial Dose 2 capsules. Subsequent Days: 1 capsule once or twice daily. A working day is typically 8-12 hours.



**NOW AVAILABLE WITHOUT A PRESCRIPTION FOR PAIN RELIEF FROM MUSCLE AND JOINT INJURIES<sup>1</sup>**



Click here or scan the QR code to access our CPD accredited module. 1.5 CPD credits

Indications: Short-term relief of pain from muscle and joint injuries, and period pain. Before recommending please review the full Product Information available from [https://medsinfo.com.au/product-information/document/Celebrex\\_Relief\\_PI](https://medsinfo.com.au/product-information/document/Celebrex_Relief_PI)

References: 1. CELEBREX RELIEF® (celecoxib) Product Information.

CELEBREX RELIEF® is a Viatris company trademark. Copyright © 2025 Viatris Inc. All rights reserved. Viatris Pty Ltd. Millers Point, NSW 2000. ABN: 29 601 608 771. Tel: 1800 274 276. AU-CELE-2025-00099. July 2025.



## New BP combo med on PBS

**ARROTEX** Pharmaceuticals has announced the Pharmaceutical Benefits Scheme (PBS) listing of ARX-Telmisartan/Amlodipine, a new brand of fixed-dose combination therapy for the management of hypertension.

Available in several different dosages, the drug will be subsidised for adults whose blood pressure is not adequately controlled with monotherapy, providing clinicians with a once-daily combination option that supports long-term cardiovascular risk management.

Fixed-dose combination therapies have been shown to play a role in improving adherence and patient outcomes.

"The PBS listing of ARX-Telmisartan/Amlodipine strengthens our commitment to improving access to high-quality, affordable medicines for Australian patients living with chronic cardiovascular disease," said Hayley Tamborini, Chief Commercial Officer, Arrotex Pharmaceuticals.

"Combination therapies such as this simplify treatment regimens



and have been shown to enhance adherence, which is crucial in managing long-term conditions like hypertension," she added.

With the originator and authorised generic brands of the Telmisartan/Amlodipine combination set to be discontinued in coming months, the Arrotex brand provides another alternative for patients, and is a further addition to Arrotex's cardiometabolic medicines portfolio.

"We are strategic in our approach to supply therapies when others can't or won't - we do this to enable continued, sustainable, and affordable access for Australian patients," Stephen Mellett, Arrotex's General Manager of Pharmaceuticals said. *KB*

## Pregnancy vitamins reduce autism risk

**RESEARCH** from Curtin University in WA has linked folic acid and multivitamin supplements during pregnancy with reduced risk of autism spectrum disorder (ASD) in kids.

The team analysed studies that looked at prenatal folic acid or multivitamin supplementation during pregnancy.

They found that maternal prenatal multivitamin supplementation was associated with a 34% reduced risk of ASD, while folic acid was associated with a 30% reduced risk.

Obstetrics and gynaecology professor David Ellwood of Griffith University said the review was timely, and "of considerable interest given that it comes on the back of recent concerns about a possible link between maternal paracetamol ingestion and ASD".

"One issue not discussed is



if these results should lead to recommending folate supplementation throughout pregnancy, as opposed to current guidelines aimed at reducing the risk of neural tube defects by taking periconceptional folate," Professor Ellwood noted.

"The authors discuss the biological plausibility of how ASD could be influenced by folate supplementation, but if the mechanisms involve an effect beyond the periconceptional period, it may be that supplementation should continue beyond this time."

Read the paper [HERE](#).

NEW

Test with confidence, at home.

5in1

Rapid Antigen Test Kit  
Available in 1, 2 and 5 packs



- ✓ Influenza A
- ✓ Influenza B
- ✓ COVID-19
- ✓ Adenovirus (ADV)
- ✓ RSV

Ordering via Symbion PDE 833452 OR Email [sheena@melbournebrands.com](mailto:sheena@melbournebrands.com)



## Scope in focus

Professor Trent Twomey

**MANY** readers will be aware that the Pharmacy Board is working to establish a formal endorsement model for pharmacist prescribing.

Getting this model right is pivotal to creating a nationally consistent framework supporting safe, accessible care in community pharmacies across Australia.

This matters for our profession.

We must ensure the right model is adopted - one that improves workforce mobility, service delivery, and professional development.

Autonomous, or independent, prescribing has already been shown to work internationally.

It has been proven to be safe, and to reduce GP waiting times and unnecessary hospital admissions.

Yet, as pharmacists, we continue to see misinformation spread by groups claiming to represent doctors.

Some pharmacists may feel uncertain about how to maintain good relationships with their local GPs while expanding the services they offer.

On the ground, the reality is very different.

Prescribing pharmacists across the country are working closely with GPs.

They share patient information and collaborate within their training and expertise to support better health outcomes.

Pharmacists are well placed to provide consultations for uncomplicated UTIs, to initiate hormonal contraception, and treat everyday health conditions like impetigo or otitis externa.

Prescribing pharmacists can also triage and refer patients to other parts of the health system when a condition is more complex or beyond their scope of practice.

This fosters constructive GP-pharmacist relationships.

GPs will soon realise that pharmacists are not trying to replace them but rather value their expertise, and have received additional clinical training to approach consultations differently.

Pharmacists need an endorsement model that enables autonomous prescribing.

It's right that we push to serve our patients to the full extent of our training, skills and experience.

And on the ground, we will continue to work with our GP colleagues to ensure patients can access healthcare safely and conveniently through their community pharmacy.

*Professor Trent Twomey is the National President of the Pharmacy Guild of Australia.*

*This column is part of a series addressing various issues around expanded scope of practice.*

*If you have questions for Professor Twomey, send them to [scope@guild.org.au](mailto:scope@guild.org.au).*

## Peking Duk confirmed for APP2026

**THE** APP2026 Street Party theme is 'Street Fiesta', the organisers have announced, promising "vibrant colours, lively entertainment, and a night of fun" as delegates come together to celebrate and connect.

Headlining the evening will be Peking Duk (**pictured**), the Australian electronic duo known for their electrifying live sets and festival vibes.

Street Fiesta takes place on



14 Mar from 7pm, at the Event Centre, The Star Gold Coast.  
Learn more [HERE](#).





## Dispensary Corner

**SETTING** goals is good, but letting go of them can sometimes be better, according to Aussie research.

While persistence is important, working towards unachievable targets could have a negative impact on overall wellbeing, leading to higher stress, poorer wellbeing and even physical health costs such as illness.

But neither should you cave at the first obstacle.

Lead researcher Dr Hugh Riddell, from the Curtin School of Population Health, said the study showed quitting isn't always a sign of weakness.

The research, which was published in *Nature Human Behaviour*, found letting go of unattainable goals was linked to reduced stress, anxiety, and depression, while shifting to new goals was found to restore wellbeing and life satisfaction.

"Changing how you pursue your goals by being flexible rather than rigid could help people stay resilient and still have a focus in their lives, even if it has changed," Dr Riddell said.

He noted the importance of individual differences, saying "motivation, age, stress management, strength of relationships, experiences growing up, health status and more were all found to play a part in how we approach goals".

The trick is knowing when to stick to a plan, or whether it's time to abandon or change unreachable goals - something Dr Riddell hopes to address in future research.

## PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email [advertising@pharmacydaily.com.au](mailto:advertising@pharmacydaily.com.au)

Available on promotion until 31 Dec 2025

APOHEALTH Diarrhoea Relief capsules provides symptomatic relief of diarrhoea.

The active ingredient is Loperamide hydrochloride 2mg.

**Stockist enquiries:** Call 1800 276 839 or contact your Vidacorp OTC territory manager.

**RRP:** \$7.99

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

*Always read the label and follow the directions for use.*



## Hartley's Gripe Water



Hartley's Gripe Water is a natural blend of herbal ingredients including dill seed oil, peppermint oil, chamomile and coriander oil.

These herbs have been used safely in commercial infant preparations for many years.

The product helps reduce the occurrence of excess intestinal wind and gas in infants, and helps relieve the symptoms of infant colic. It does not contain artificial sweeteners.

**Supplier:** Available from Symbion, Sigma, API & CH2.

**Stockist enquiries:** Contact your Clear Sales representative on 1800 640 043 for special deals.

**RRP:** \$11.27 - 200ml bottle

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

# Differin treats acne

with a potent retinoid: Adapalene.

Differin is the first (and only)<sup>1</sup> acne fighting retinoid available over the counter.

Adapalene works in three ways:<sup>2,3</sup>

## 1 Treats

acne deep in the pores at the source, to reduce redness and underlying inflammation

## 2 Prevents

new acne from forming by increasing cell turnover

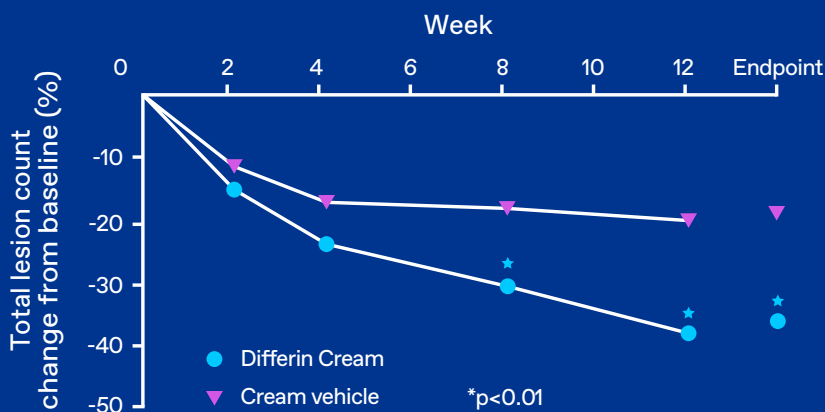
## 3 Restores

your skin's natural texture and tone

Acne visibly improves after just 2 weeks.<sup>4</sup>



Improvement in total lesion count with Differin Cream vs vehicle observed from 2 weeks.<sup>4,5</sup>



Differin Cream is clinically proven to:

- Reduce visible signs of acne within 2 weeks
- Shows significant reduction within 12 weeks ( $p < 0.01$ )<sup>4</sup>

In a meta-analysis of 5 pivotal studies<sup>5</sup>, adapalene 0.1% gel was shown to be:

- As effective as tretinoin (0.025%) cream in reducing total lesion count at 12 weeks
- Superior in local tolerability compared to tretinoin (0.025%) cream<sup>5</sup>

Who can be recommended Differin?

- Differin is indicated for the treatment of mild to moderate comedonal and papulopustular acne (blackheads, whiteheads & pimples) of the face, chest or back
- Can be recommended from 12 years to adult
- Breastfeeding – can be used however should not be applied to the chest
- Pregnancy – don't use

**ASK YOUR PHARMACIST ABOUT THIS PRODUCT. ALWAYS FOLLOW THE DIRECTIONS FOR USE.**

Apply a thin film to the affected areas once a day before bedtime and after washing. Avoid the eyes, lips and mucous membranes. The affected areas should be dry before application.

1. ARTG listing as at 15th October 2023. 2. Differin® Gel & Cream Consumer Medicines Information 2020. 3. Gollnick H et al. J Am Acad Dermatol 2003; 49(1 Suppl): S1+ S37). 4. Lucky A et al. Cutis 2001; 68 (4 Suppl): 34–40). 5. Cunliffe WJ et al. A comparison of the efficacy and tolerability of adapalene 0.1% gel versus tretinoin 0.025% gel in patients with acne vulgaris: a meta-analysis of five randomized controlled trials. Br J Dermatol. 1998 Oct; 139 Suppl 52:48–56. Galderma Australia Pty Ltd. 1 Denison St, North Sydney, Australia 206. AU-DIC-2500001

DO THINGS  
**DIFFERIN®**