

## Today's issue of PD

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

- Chemsave
- MediChoice

## Looking to buy?

**ALIGNING** with Chemsave delivers bottom-line benefits for your pharmacy.

If you are looking to buy a pharmacy, consider joining Chemsave's Wealth 100 Club - membership is free.

Learn more on **page five**.

## Offering choice

**NOVA** Pharmaceuticals' MediChoice offers rapid release paracetamol in packs of 16 or 32.

See **page six** to learn more about special pharmacy deals.

# Renewed call to extend prac payment

**THE** Health Services Union (HSU) and Health Students Alliance (HSA) are calling on the Federal Government to extend its Commonwealth Prac Payment to all allied health students, warning of future workforce implications in professions already experiencing critical shortages.

In a joint letter to the Minister for Education, Jason Clare, the two groups congratulated the government for implementing a payment of \$331 a week currently made to eligible teaching, nursing, midwifery and social work students, and expressed their ongoing support.

However, students in other health disciplines, including pharmacy, report struggling to pay for basics such as food and bills, with some being forced to decide whether they can afford to continue their studies.

Meanwhile, the letter pointed out there are not enough graduates in pharmacy, occupational therapy, physiotherapy, psychology and other allied health programs to meet the demands of a growing



health system.

"The Health Students Alliance remains deeply concerned by reports of students struggling to put food on the table, just so they can afford to finish their studies," said HSA spokesperson Sebastian Harper, who is also President of the National Australian Pharmacy Students' Association (NAPSA).

"Our partnership with the Health Services Union highlights to the Albanese Labor Government that students across the health disciplines are in urgent need of paid placements, to build the healthcare workforce of tomorrow."

The HSA and HSU called on the government to expand Commonwealth Prac Payments to allied health students as a matter of urgency in the 2026-2027 Federal Budget, requesting a meeting with the minister to discuss its implementation. **KB**

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**Are you a digital health innovator?**  
**THE** WA Digital Health Summit 2026 'Create Beyond' is accepting expressions of interests for presenters in the concurrent program, and invites those working in digital transformation in healthcare to submit an application.  
The summit takes place in Perth from 17-18 Mar 2026.  
Learn more **HERE**.

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## Tramadol doesn't help chronic pain

**THE** strong opioid painkiller, tramadol, is not very effective at easing chronic pain, despite often being prescribed for this purpose, according to a pooled analysis of studies.

The findings also suggested that it likely increases the risk of serious side effects, including heart disease, prompting the researchers to conclude that the potential harms of tramadol probably outweigh its benefits, and that its use should be minimised.

The dual-action opioid is widely prescribed for the treatment of moderate to severe acute and chronic pain, and is recommended in several medical guidelines for pain management.

Danish researchers analysed 19 clinical trials involving over 6,500 participants with chronic pain, including neuropathic pain, osteoarthritis, chronic low back pain and fibromyalgia.

The results showed that while tramadol eased pain, the effect was small and below what would be considered clinically effective.

Meanwhile, there was a doubling in the risk of harms compared with placebo, including heart-related events, such as chest pain, coronary artery disease, and congestive heart failure.

Milder side effects included nausea, dizziness, constipation and sleepiness - more **HERE**.

## Collaborating on meds safety



**THE** Pharmaceutical Society of Australia (PSA) and Consumer Healthcare Products Australia (CHP Australia) joined forces at Parliament House in Canberra earlier this week to demonstrate a shared commitment to improving medicines safety and promoting the Quality Use of Medicines (QUM) across Australia.

They highlighted key findings from the new Self-Care Opportunity Report, which showed one in four people (25%) do not know what an active ingredient is, and over half (54%) do not keep an up-to-date medicines list.

National President of the PSA Associate Professor Fei Sim said pharmacists are essential to ensuring medicines safety and equitable access to care.

"Quality use of medicines and medicines safety is Australia's tenth National Health Priority Area," she said.

"Medicines are used in every part of our health system, and every day, pharmacists play an

irreplaceable role in promoting the safe and effective use of medicines and vaccines."

CHP Australia CEO, Judy Stenmark, said the partnership highlighted the role of collaboration in improving health literacy and supporting consumer self-care.

"Over-the-counter and non-prescription medicines and products play a vital role in helping Australians manage their health and wellbeing," she said.

"By partnering with PSA, we are helping ensure consumers have access to accurate information and professional support to use these products safely and effectively, across a wide range of medical and community settings."

The two organisations are calling for continued collaboration across government and the health sector on medicines safety and informed self-care. **KB**

**Pictured:** CHP Australia Chair Phil Lynch, CHP CEO Judy Stenmark, PSA CEO Steve Morris, and PSA National President Fei Sim.

## Omron marks 400m BPMs sold

**WORLDWIDE** sales of Omron blood pressure monitors (BPMs) recently exceeded 400 million units, with the company celebrating the "landmark achievement" in its mission to extend healthy life expectancy through preventive cardiovascular care.

The brand launched its first home blood pressure monitor in 1973, a time when all blood pressure monitoring took place in medical facilities.

"Reaching 400 million units sold is more than a number - it represents the trust that millions of people place in Omron Healthcare to support their journey toward longer, healthier lives," said Ayumu Okada, President and CEO, Omron Healthcare.

"The quality and accuracy of Omron blood pressure monitors are well recognised by healthcare professionals around the world.

"We remain dedicated to our 'Going for ZERO' vision, aiming to eradicate cerebro-cardiovascular events globally by developing technologies that connect daily life and healthcare, empowering people everywhere to take preventive action."

Recent innovations include AI-powered atrial fibrillation detection, combined blood pressure and ECG readings, and data sharing via connected digital health monitoring.

## Save time. Save Money.

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## Editor's Choice: BioHacking a path to long-term wellness

**AUSTRALIAN** wellness brand Wanderlust has launched BioHack, a new supplement collection that combines science with self care.

The range includes 23 formulations that target a wide range of needs, from managing daily stressors to supporting faster recovery and optimising muscle performance.

The collection includes NAD<sup>+</sup> Boost (RRP \$66.99), which is gaining attention for its role in energy metabolism and cellular vitality; Creatine Max + (RRP \$67.99) for muscle strength and endurance; Omni Probiotic x55 (RRP \$121.99) for digestive health; and Cellular Longevity



Complex (RRP \$67.99), which is rich in antioxidants.

"We believe age is a privilege and our mission is to help people embrace where they are, so they can optimise where they're going," said Wanderlust

Chairman, Radek Sali.

"This isn't biohacking as a fringe experiment - BioHack by Wanderlust is about smart, science-backed choices that help you own your evolution." Available at Chemist Warehouse.

## Natio shares festive spirit



**NATIO** has released its 2025 Christmas Gift Collection, a sparkling range of beauty packages and stocking stuffers ready to pop under the tree.

With prices starting from \$9.95, the range features spa, aromatherapy, wellness, suncare and wellbeing sets, each wrapped in recyclable packaging or in a reusable bag, with decorative keepsake boxes designed to re-gift.

Highlights include the 'Gentle' aromatherapy gift set (\$14.95), including a full-size Aromatherapy Antioxidant Hand and Nail Cream and Natio 5-in-1 emery board and Natio pencil case.

The 'Sunshine' suncare kit (\$39.95) features Natio Sun Quick Dry Moisturising Sunscreen and Invisible Stick Sunscreen SPF 50+ in a drawstring bag, with a quick dry full-sized Natio sun towel.

Then there is the indulgent 'Revitalised' spa set (\$64.95), perfect for pampering and including: Relaxing Magnesium & Mineral Bath Salts, Papaya & Cane Sugar Gentle Body Exfoliant, Nourishing Botanical Body Oil and Pep-Up Body Cleanser and bath sponge, presented in a Natio tote.

## New Palmer's lotion

**AIMED** at offering moisture, protection and nourishment, Palmer's has launched its new Cocoa Butter Formula Tahitian Vanilla Body Lotion (\$12.89).

The moisturiser is formulated with shea butter, sweet almond oil and vanilla sourced from Tahiti.

Palmer's has also released its Tahitian Vanilla Whipped Body Cream for deeper moisturisation.



## Dr Teal's launches new revitalising bath soak



**WELLNESS** brand Dr Teal's has expanded its range of Epsom salts with three new products to help rest and relax.

Each priced at \$20, the three products are formulated to soothe sore muscles and nourish the skin thanks to the benefits of Epsom salts and essential oils.

The Shea Butter & Almond Oil Soak is infused with sandalwood essential oil and is ideal to help reduce stress, gently exfoliate the skin and relieve tired muscles.

The Restorative Minerals Pure Epsom Salt Soaking Solution is formulated with magnesium, potassium, and zinc and is perfect for everyday aches.

Lastly, the Wellness Therapy Pure Epsom Salt Soaking Solution has ingredients including rosemary and mint essential oils to revitalise and refresh the skin.

For stockist inquiries contact: [info@chemcorp.com.au](mailto:info@chemcorp.com.au).

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**Beauty & Wellness**  
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## Dispensary Corner

**WHEN** it comes to dumb ways to end up in hospital, this case out of the UK takes the cake.

Nathan Rimmington, a 33-year-old businessman from South Yorkshire, was rushed to hospital with intense stomach pain and dramatic swings in body temperature.

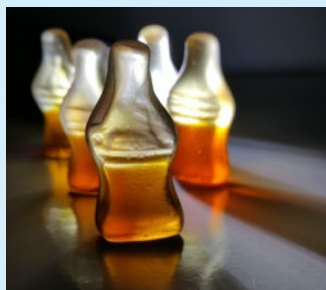
Tests revealed the patient's blood pressure was dangerously high, and that he had a large amount of gelatine in his system, prompting doctors to ask what he'd eaten recently.

Rimmington mentioned a Sunday roast, but only after further prompting did he mention the three kilograms of Haribo cola bottle gummies he had eaten a few days earlier.

He was diagnosed with acute diverticulitis - a condition that affects the large intestine, causing abdominal pain, high temperature and even rectal bleeding, and in rare cases, can lead serious complications such as bowel perforation.

Doctors treated Rimmington, who was kept in hospital for six days, by administering antibiotics and fluid intravenously through a drip.

"It was my own stupid fault and I haven't eaten a cola bottle since," he said.



## AI and PBS unlock potential medicine repurposing

**MONASH** University researchers have used a data mining tool typically used to pinpoint buyer behaviour patterns to evaluate the safety and repurposing potential of medicines.

The new study brought together medicine and technology expertise from the Centre for Medicine Use and Safety (CMUS) within the Monash Institute of Pharmaceutical Sciences and colleagues in the Faculty of Information Technology (FIT).

The research utilised data from the Australian Pharmaceutical Benefits Scheme (PBS) - over 300 million records - to identify associations between a wide range of medicines and three common chronic medical conditions: coronary heart disease, type 2 diabetes and epilepsy.

They analysed all the medicines each cohort was prescribed before those that were prescribed for their condition, with the team able to spot and categorise several patterns - including some unexpected ones.

For example, for coronary heart disease, there were links with cholesterol-lowering medicines and blood thinners, likely due to comorbidities.

Higher risk of type 2 diabetes was linked with use of antipsychotics, diuretics and statins, as expected, but medications for Parkinson's (levodopa) or osteoporosis (denosumab) were linked to a lower risk - something the team is keen to investigate further.

They also observed many expected associations between antidepressants, antipsychotics and increased risk of epilepsy risk, while a common blood pressure-lowering medicine was unexpectedly linked to lower risk.

Practicing pharmacist Dr George Tan, a Research Fellow with CMUS and co-lead author, said the findings show how powerful prescription data can be in revealing the hidden connections between medicines and health outcomes.

"We think this study is a good example of how real-world data collected from routine delivery of healthcare - in this case, medication dispensing captured mostly at community pharmacies - can be incredibly useful for researchers to identify both harmful and new beneficial effects of medications," Dr Tan told **Pharmacy Daily**.

Senior author Professor Geoff Webb from FIT said that AI is helping healthcare move from being reactive to proactive, and the same algorithms that predict what people buy may also help predict which medicines may work best for which patients - and which might pose hidden risks.

The team emphasised that



the findings are early-stage and hypothesis-generating, and further studies are needed to refine and validate the signals.

"By adapting association discovery algorithms to healthcare, we can uncover meaningful relationships across millions of prescriptions, not to replace clinical research, but to help guide where that research should look next," explained co-lead author Dr Lyn Miller from FIT.

Read the study [HERE](#). **KB**

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Pharmacy Daily





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