

**4 ways to help build strong bones**



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## Today's issue of PD

*Pharmacy Daily* today features two pages of the latest industry news, plus a full page from **Restin**.

## Get better sleep

**RESTIN** 2mg melatonin modified release tablets help offer a better quality sleep.

Nova Pharmaceuticals is giving pharmacists a special deal - see **page three** for more.

## Collagen warning

**THE** Therapeutic Goods Administration (TGA) is advising consumers that Natures Valley Collagen Builder tablets may contain sildenafil and pose a serious risk to health.

While not sold locally, the products are being imported and the TGA is working with Australian Border Force to help stop future shipments.

## Guild: RACGP all talk, no action

**THE** Pharmacy Guild of Australia WA branch has called out the Royal Australian College of GPs for questioning patient safety in the Enhanced Access Community Pharmacy Pilot (the EACPP), yet declining to play a role in developing quality and safety protocols for the program.

The RACGP called for "guardrails to protect patient safety" for the EACPP, stating WA must demonstrate that the pilot is safe before expanding training to more pharmacists (**PD** 16 Feb).

"This is the same organisation that elected to withdraw from the committee established by the WA Department of Health specifically to develop the safety and quality protocols for the EACPP," a spokesperson for the Guild WA branch told **Pharmacy Daily**.

This committee comprises a range of stakeholders, including doctors, pharmacists, patient advocates and state government representatives, the Guild explained.

"The RACGP's most recent comments are in contradiction to their unwillingness to participate in the process to develop the EACPP's protocols," the spokesperson continued.

"They declined the opportunity to influence the EACPP when they had the opportunity, and further, their comments show a lack of consideration and respect for the knowledge and expertise of the people that are involved."

The Guild also took issue with the RACGP's contention that expanded pharmacist scope will lead to fragmentation of care, pointing out that WA has the lowest rate of GPs per 100,000 people, especially in rural and regional areas.

"We know that there are patients who through lack of availability or increasing expense are delaying or deferring seeing a GP," the Guild pointed out.

"Let's not kid ourselves - you cannot fragment care where it does not exist." KB

## PSA calls for state leader nominations

**THE** Pharmaceutical Society of Australia (PSA) is urging members around Australia to nominate for leadership positions within their state or territory branch committee.

"Branch committees are a vital voice for pharmacists in every state and territory," PSA interim CEO Bridget Totterman said.

"Our branch committee members do an extraordinary job advocating for our profession, helping ensure the role of the pharmacist is understood, valued and trusted by governments, stakeholders and the community."

"Nominating for this election is about leaning in, contributing your experience and helping shape the profession we all care about."

Nominations close 5pm AEDT on 16 Mar 2026.

Learn more **HERE**.



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## Dispensary Corner

**SCIENTISTS** have debunked the long-held idea that humans have five senses - sight, sound, smell, taste and touch - suggesting there could be as many as 33.

An early addition to these five, which were originally proposed by Aristotle, was balance, courtesy of the vestibular system, with proprioception and interoception (which allows the brain to perceive, interpret, and monitor the internal physical state of the body) bringing it to eight, and temperature to nine.

As for the other 20-odd, researchers say this is down to the different senses affecting each other to create new sensations.

Writing in *The Conversation*, British philosopher Barry Smith pointed out that what we feel affects what we see and what we see affects what we hear - and so on.

For example, rose scented shampoo makes hair seem silkier, while certain scents in low-fat yoghurt can make them feel richer and thicker.

And if you've ever wondered why you may crave tomato juice when you're on a plane - and why airline food is often oversalted - it seems aircraft noise interferes with our perception of taste.

"While our perception of salt, sweet and sour is reduced in the presence of white noise, umami is not, and...tomato juice is rich in umami.

"This means the aircraft's noise will taste enhance the savoury flavour."

## AMR, antibiotic use increasing

**ANTIBIOTIC** prescriptions in Australia have increased, antibiotic resistance is on the up, and less than half the antibiotics given after surgeries were appropriate, according to the Australian Centre for Disease Control (CDC)'s report on antimicrobial use and resistance in human health (AURA report) released today.

Based on 2022-24 data from hospitals, aged care settings and the wider community, figures show that 23.2 million antibiotic prescriptions were supplied to about 37.1% of Australians under the PBS, a 4.8% increase from 2023.

A 25.2% increase in reports of critical antimicrobial resistance was also reported in that same period.

It showed that 88.1% of 'last-line' antibiotics were prescribed appropriately in hospitals, but only 45% of antibiotics given after surgeries were deemed appropriate.

Meanwhile in aged care facilities, 14.4% more antimicrobials were prescribed to older Australians in residential aged care in 2024 than in 2023, while 34.7% of antibiotics prescribed were used for prolonged periods (over six months).

A CDC spokesperson said the findings showed there were key areas of significant concern.

"The fact that in Australia, cases of critical antimicrobial resistance



increased by 25% in 2024 and less than half of the antibiotics given after surgeries were appropriate, shows the need for us to focus our attention a lot more strongly in targeted areas," they said.

"Encouragingly, overall antibiotic use in Australia is almost 21% lower than a decade ago, and 'last-line' antibiotics used to treat life-threatening infections are still being carefully dispensed in hospitals.

"However, there appears to be less caution when prescribing antibiotics that are considered to have a lower risk of promoting resistance, resulting in their more frequent use even in situations where there is no clear benefit."

The report noted that many antimicrobial stewardship programs are working well, but prescribing practices vary significantly across settings, and improvements in some areas are not keeping pace with emerging resistance.

The report is available [HERE](#). KB

## APC a finalist in tech awards

**THE** Australian Pharmacy Council (APC) has been recognised for the technical implementation and deployment of its new Accreditation Management System (AMS), being named as a finalist in the 2026 iTnews Benchmark Awards in the not-for-profit category.

The AMS initiative set out to modernise and automate APC's accreditation processes using a digital platform designed to enhance efficiency, strengthen security and improve data management across the entire accreditation lifecycle.

APC deputy CEO, Brett Streatfeild, stated that the APC is "honoured to be recognised for [its] commitment to technological innovation".

"This project reflects extensive collaboration with our partners and showcases how an innovative solution can enhance efficiency for our stakeholders and optimise internal operations," Streatfeild said.

"Building on our commitment to innovation, APC continues to demonstrate industry leadership by delivering a scalable and adaptable accreditation solution that will enable ongoing business improvement and enhance service delivery.

"The AMS also positions APC as a forward-thinking and responsive organisation", Streatfeild added.

The iTnews Benchmark Awards are one of Australia's major tech annual awards.

The awards will be presented on Wed 26 Mar 2026.

## Guild highlights pharmacist heart care

**WITH** RedFeb in full swing, Pharmacy Guild of Australia Qld branch president Chris Owen is urging locals to take advantage of support and advice available at their community pharmacy.

Run by Heart Research Australia, RedFeb is an annual heart disease awareness campaign.

"Services such as blood

pressure monitoring, cholesterol checks, medication guidance and cardiovascular risk advice can help Queenslanders understand their heart health and take action early," Owen said.

More than 1.3 million Australians live with one or more conditions related to heart, stroke or vascular disease.



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\*Primary insomnia is insomnia without an underlying medical cause or any other clear cause.