

Today's issue of PD

Pharmacy Daily today features two pages of news, plus a full page from **MediChoice OSTEO-CAPS**.

Osteo control

NEW MediChoice OSTEO-CAPS from Nova Pharmaceuticals provides up to eight hours of relief from osteoarthritis pain.

The pharmacist-only medicine contains 665mg of paracetamol and comes in a pack of 96 - more on **p3**.

SSSI for HRT patches extended to 2027

THE Therapeutic Goods Administration (TGA) has been advised that shortages of certain hormone replacement therapy (HRT) patches containing estradiol will continue throughout 2026, and has extended the current Serious Scarcity Substitution Instrument (SSSI) for these products to 2027.

Affected products include all Estradot patches (Sandoz) and Estraderm MX 100 (Juno Pharmaceuticals).

NSW expanded scope training kicks off

THE University of Newcastle has commenced the first semester of its expanded scope of practice training program for pharmacists this week, with teaching for the University of Technology Sydney (UTS) program to start mid-Feb.

The Graduate Certificate in Pharmacist Prescribing programs will prepare pharmacists to deliver a broader range of clinical services, including everyday health conditions like ear infections and hay fever.

Mario Barone, president of the Pharmacy Guild of Australia, NSW



Branch, said pharmacists are ready to do more and are backing that commitment with training and education.

"This is about equipping our workforce to provide vital services that ease pressure on hospitals and improve access for patients," Barone said.

Pharmacists will gain the skills needed to provide expert, accessible care for 23 common conditions - from reflux and acute nausea to allergies, asthma, hypertension and oral contraception.

Meanwhile, those based in MMM3-7 areas can apply for a scholarship through the NSW Rural Doctor's Network, which aims to ensure rural and regional communities benefit from improved access to care.

"This is a game-changer for patients in rural and remote areas," Barone added.

"With the right training and support, pharmacists can provide essential services where they're needed most."

NSW Minister for Health Ryan Park said, "We are empowering pharmacists to treat some non-complex conditions to relieve pressure on our GPs and make it easier for people to access care when they need it."

"We support the national approach to the expansion of scope of practice, which we are pleased is

progressing," he added.

A 2025 analysis from Deloitte Access Economics commissioned by the Guild estimated that expanded community pharmacy services in NSW could free up 191,974 hospital bed days, save 81,129 hours of Emergency Department wait time during regular hours, and avoid 156,647 outpatient service events each year, resulting in savings to NSW Health of \$158.4 million (**PD** 10 Dec 2025). **KB**

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Dispensary Corner

PEOPLE taking GLP-1 RAs buy healthier, less processed foods and spend less on groceries in total, according to recent Danish research.

The team from Copenhagen University Hospital analysed supermarket dockets from almost 300 people before and after starting the medication, and also looked at those of people not taking the medication to compare against general trends in dietary habits.

A nutritional composition analysis found that after starting GLP-1RAs, participants purchased fewer sugars, saturated fats, and carbohydrates, alongside modestly more protein.

Energy density of food (kilocalories per 100g) was also reduced, and there was a shift from ultraprocessed to unprocessed goods.

The comparison group, on the other hand, mostly showed opposite trends.

They did acknowledge that participants likely reflected a self-selected group willing to share receipts, which may affect the findings.

"Although modest at the individual level, these changes may accumulate at the population level, particularly given increasing GLP-1RA use," the researchers concluded.



Ensuring medication safety in the heat

IMMUNISATION providers are being urged to review and enact appropriate vaccine cold chain preparedness measures as extreme weather conditions and the increased likelihood of power outages continue throughout parts of the country.

The National Vaccine Storage Guidelines 'Strive for 5', provide information and advice for vaccine storage management for Australian immunisation service providers - access the guidelines [HERE](#).

'Strive for 5' refers to 5°C, the point midway between the recommended vaccine storage temperature range of +2°C to +8°C.

In addition, the Victorian Department of Health has produced cold chain management provider resources, which include guidance on preparation for a

potential power outage, a readiness and response checklist, mobile and emergency storage guidance, and reporting procedures in the event of a cold chain breach - learn more [HERE](#).

MEANWHILE, the Pharmacy Guild of Australia has reached out to the general public with information about medicines that may increase the risk of sunburn and heat-related illness.

Guild national president, Professor Trent Twomey, recommends people speak to their community pharmacist if they have concerns.

"Community pharmacists are always available to provide advice on the safe storage of medicines, checking if medicines increase heat or sun sensitivity and helping to manage dehydration, heat stress or



sunburn" Professor Twomey said.

"Many people simply don't know that some non-prescription medicines like painkillers and antihistamines can affect your reaction to the sun.

"Other medications, for example, some antidepressants or ADHD medicine may reduce heat tolerance, increase dehydration, or slow down your body's cooling process," he added. KB

PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email advertising@pharmacydaily.com.au

Revive Tears - PBS-listed

Revive Tears lubricating eye drops provide long lasting and soothing relief against burning, irritation and discomfort due to dry eye.

The product moisturises, comforts and refreshes dry, tired and strained eyes.

Revive Tears helps lubricate, hydrate and protect dry eyes.

Suitable for use with contact lenses.

Contains hypromellose 3mg/g.

Suppliers: Available from Symbion, Sigma, API and CH2.

RRP: \$4.32 (available in 10ml packs)

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



NEW

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