

Today's issue of PD

Pharmacy Daily today features two pages of news.

Public holiday

THERE will be no issue of Pharmacy Daily on Mon 08 Jun due to the King's Birthday public holiday. We will be back again on Tue.

Save the date

THE Pharmacy Guild of Australia has announced that APP2027 will be held on the Gold Coast from 18-20 Mar.

Recent spike in pharmacist vax incidents

PROFESSIONAL indemnifier Pharmaceutical Defence Limited (PDL) has urged members to maintain vigilance when vaccinating patients following a recent increase in vaccination-related incidents.

Common incidents included the incorrect administration of intranasal flu vaccine FluMist, where it was supplied to people outside the approved age ranges, or not delivered correctly (for example, only to one nostril instead of both).

Other errors were administering expired vaccines, or wrong vaccines particularly for flu, COVID and varicella vaccines where age or indication are not confirmed; missed allergy checks, including for excipients; and lapses in administrative procedures when

New injectable drugs guidance

THE release of the 10th edition of the Australian Injectable Drugs Handbook (AIDH10) app on 01 Jul will see a significant transformation in the widely used clinical resource, with greater use of digital tools to support safe, efficient healthcare services delivery.

Among the new features is a purpose-built Infusion Rate Calculator that helps reduce the need for multi-step calculations, allowing clinicians to focus on delivering the best face-to-face patient care more efficiently.

The app's redesigned interface



also delivers enhancements to search while offering an experience that is user-friendly and intuitive as it provides clinical guidance at the point of care.

Published under a new partnership between Advanced Pharmacy Australia (AdPha) and Therapeutic Guidelines (PD 12 Mar), the app features extensively reviewed and updated information on more than 500 injectable drugs, including 29 newly added for the 10th edition.

Other important updates include information on ambulatory antimicrobial therapy, new guidance on the preparation and administration of the first antimicrobial dose for adults with sepsis across seven drug monographs, and advice on the safe selection and administration of potassium chloride premixed infusion bags.

The app is available on web and mobile, including offline access for use across a range of care settings, including in rural and remote areas, with updates to be released quarterly.

Learn more [HERE](#).

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Calls to review antidepressant use

AUSTRALIAN research has confirmed that long-term use of antidepressants has limited benefits and higher health risks, prompting calls for treatment reviews every six months.

The team from Adelaide University and the University of Queensland conducted a clinical overview, finding little robust evidence to suggest that antidepressants prevent relapse beyond 12 months.

Where there were apparent benefits to long-term use, this may have been due to the suppression of withdrawal symptoms rather than the true prevention of depression.

"Guidelines need to be updated to reflect that there are no good studies which show that antidepressants are effective in the long term," Adelaide University's Associate Professor Mark Horowitz.

"Symptoms such as anxiety, low mood and insomnia occur in both withdrawal from antidepressants and a return of depression.

"Concerningly, the risk of withdrawal effects appears to increase with the duration of use - one reason for stopping antidepressants sooner rather than later," he added.

Nearly one in seven Australians are taking antidepressants, mostly prescribed by GPs, with about a third of people taking them for more than a year.

Read the study [HERE](#).

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Dispensary Corner

HOME gyms are so yesterday - the latest big thing for health conscious fitness fanatics is home recovery rooms.

Interest in maximising the benefits of exercise by focusing on body care post-workout has seen an uptick in sales home recovery equipment like saunas, spas, infrared light chambers and cold plunge pools, reported the *New York Post*.

And while a home gym may set you back thousands of dollars for the latest smart treadmills and bikes, weight machines etc, you are looking at tens of thousands for a fully equipped home recovery room - with significantly more space also required.

"Most people are now saying, 'OK, a home gym is great, but I want to create this recovery oasis, this sanctuary that's more for mental, physical and overall well-being'," Justin Norris, who owns a company selling this stuff, told the *Post*.

"I think the customers who are building this at their homes truly value time and they want convenience," he continued.

"So they're willing to invest in those products in their home for those two things specifically."



PRODUCT SPOTLIGHT

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