

Today's issue of PD

Pharmacy Daily today features two pages of news.

mRNA flu vax beats standard shot

MRNA-BASED influenza vaccines may perform better than traditional shots at preventing flu-like illnesses, with new research on a vaccine manufactured by Moderna backing earlier findings on a Pfizer mRNA flu vaccine (PD 20 Nov 2025).

In the latest research, over 40,000 participants aged over 50 received the Moderna vaccine while 20,000 had the standard flu shot.

Both vaccines acted on the three influenza strains targeted in the 2024-25 Northern Hemisphere flu season.

The mRNA vaccine was 26% more effective than the regular shot, with 2% of the Moderna cohort developing the flu, compared to 2.8% of the standard flu vaccine group.

Those given the mRNA vaccine were more likely to have mild to moderate reactions including injection site pain, fatigue and headache, though these symptoms were temporary.

Apart from potentially better efficacy, another benefit of mRNA vaccines is that making them is significantly faster than traditional methods, which rely on growing the virus in eggs or cells and can take six months or more.

Access the paper [HERE](#).

Digital clinical safety course

THE Australian Digital Health Agency is offering an intermediate level clinical safety course that extends learning for those looking to apply clinical safety principles in real-world digital healthcare settings - learn more [HERE](#).

Moving forward on inclusive conversations

THE Australian Pharmacy Council Interprofessional Education (IPE) Colloquium on 05 May saw more than 160 delegates from over ten health professions come together to explore how best practice in interprofessional education can be embedded to promote respectful and inclusive conversations.

Facilitator Professor Sarah Roberts-Thomson reflected on the importance of interprofessional education as a foundation of modern workforce development, and the sector's shift from siloed practice to genuine partnership.

"Person-centred care begins with communication that honours the varied experiences and cultures of the people we serve," she said in her opening remarks.

"An event like this reminds us that when we come together across professions, we strengthen not only our own practice but the collective capacity of the health workforce to deliver truly inclusive care."

Delegates heard different perspectives across a series of

presentations, case studies and panel discussions, and took part in an interactive workshop designed to strengthen their capability for respectful, inclusive conversations with interprofessional colleagues and within workplace settings (PD 17 Apr).

In an outcome statement shaped collectively by delegates, attendees acknowledged their position of privilege as health professionals and the importance of the way they communicate.

Attendees then committed to fostering a health system grounded in trust, empathy and advocacy that values lived experience, delivers person-centred care, and partners with individuals, families and communities in shared decision-making.

Delegates also agreed to amplify diverse voices in education and health system improvement, support inclusive and respectful conversations that enhance patient care and practitioner wellbeing, and create learning and workplace

Performance coach for Pharmacy Connect

THE Pharmacy Guild of Australia has announced human performance and mindset coach Kim Bessell as a speaker at Pharmacy Connect 2026.

A community pharmacist and former Australian Government principal pharmacist with broad leadership and strategic experience, Bessell (pictured) is well placed to advise pharmacy professionals looking to protect their wellbeing while continuing to deliver high-quality care.

Set to deliver a session 'Burn out and resilience: Burn bright, not out', he will challenge the idea that burnout is simply part of the profession, and demonstrate how sustainable change is possible.

Bessell will draw upon evidence-based approaches to equip pharmacists with realistic strategies that fit into busy, high-pressure environments.

Conference convenor Kos Slavos said the session will



provide timely and practical insights for pharmacy professionals navigating increasing workplace demands.

"Kim Bessell brings a rare combination of frontline pharmacy experience and high-performance coaching," Slavos said.

"At a time when pharmacy professionals are doing more than ever, his insights on enhancing performance without sacrificing wellbeing will be invaluable to delegates."

Pharmacy Connect takes place from 09-11 Sep - earlybird registration is now open.

Learn more [HERE](#).

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environments where everyone feels respected, safe, valued and empowered to succeed.

APC CEO Bronwyn Clark closed the event and reflected on a way forward.

"Across the day we heard powerful insights, but with insight comes responsibility," Clark said.

"Lived experience speakers reminded us that inclusion is not achieved through listening alone, it requires deliberate, sustained action," she continued.

"A call for work that is sustainable, incremental and meaningful resonated deeply with me and will guide our efforts at APC," Clark concluded. [KB](#)

Aluminium vax adjuvants safe

A COMPREHENSIVE review of current evidence found no causal associations between aluminium-adjuvanted vaccines and serious or long-term health outcomes, including autism, diabetes, asthma and myalgia.

Commonly used in vaccines against diphtheria, tetanus, pertussis, hepatitis, HPV, and meningitis to make them more effective and longer-lasting, the use of aluminium salts has given rise to questions about potential long-term effects.

The review of 59 studies found that high-quality evidence consistently showed no link between aluminium-adjuvanted vaccines and health outcomes, with only a small number of low-quality studies suggesting a link with macrophagic myofasciitis.

Read the study [HERE](#).



Dispensary Corner

LAST week *Dispensary Corner* learnt that yawning may improve brain health by stimulating fluid flow in and out of the brain, clearing away waste products in the process (PD 29 Apr).

The good news this week for those who find yawning too much hard work is that doing planks may have a similar effect.

Scientists have found that every time you tighten your abdominal muscles - even just a little - your brain appears to gently sway inside your skull.

As the abdominal muscles tighten, they press on blood vessels connected to the spinal cord and brain - like in a hydraulic system - causing the brain to shift slightly in the skull.

This motion appears to help circulate cerebrospinal fluid around the brain, potentially flushing out harmful waste that can interfere with normal brain function.

The researchers investigated the phenomenon in mice, using imaging to detect brain movement in lightly anaesthetised animals.

While coaching the critters to do sit-ups was beyond their capabilities, the researchers improvised by pressing gently on the tiny abdomens, and used simulations to model fluid flow.

The researchers acknowledged that more research is needed to determine how these findings apply to humans, but suggested that it could be another reason why exercise is good for our brain health.

PRODUCT SPOTLIGHT

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

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Suitable for use with contact lenses.

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