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Today's issue of PD

Pharmacy Daily today features three pages of the latest news, plus a full page from MediChoice.

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MEDICHOICE analgesics provide cost-effective solutions for pain relief, with fast-acting paracetamol and ibuprofen products, and modified-release paracetamol for osteoarthritis. See **page four** for details.

PCOS renamed to recognise complexity

POLYCYSTIC ovary syndrome (PCOS) has been renamed polyendocrine metabolic ovarian syndrome (PMOS) to direct focus away from ovarian cysts and recognise the condition as a complex, long-term hormonal or endocrine disorder.

The 14-year name change journey was a global collaboration between experts and those with lived experience, led by endocrinology professor Helena Teede from Monash University.

PMOS affects an estimated one in eight women and is characterised by fluctuations in hormones, with impacts on weight, skin, the reproductive system, and metabolic and mental health.

Research has shown that there is no increase in abnormal cysts on the ovary, and the former name contributed to missed diagnoses and inadequate treatment.

Learn more about the global consensus process **HERE**.

Budget hands down mixed results

THE 2026-27 Federal Budget announcements were a mixed bag for pharmacy, with peak bodies welcoming expanded vaccination services, increased public hospital spending and more investment in the PBS, while lamenting the ones that got away, particularly around medicine safety spending.

The government has committed \$41.2 million to the expansion of the National Immunisation Program Vaccinations in Pharmacy (NIPVIP) Program, which will allow children under the age of five years to access free vaccination services in pharmacy - where permitted by state and territory regulation.

The Pharmacy Guild of Australia has welcomed the measure, saying that broadening access to childhood vaccinations through community pharmacy will help lift vaccination rates while removing constraints that many families face.

"This is a positive and practical reform that puts children and families first," Guild national president Prof Trent Twomey said.

"By expanding access to NIP vaccines through community pharmacy, the government is making it easier for busy parents and carers to get their children vaccinated without long waits or unnecessary barriers."

However, the Guild's calls to extend the freeze on PBS co-payments at \$25 until 2030 were not realised.

While also welcoming the expanded NIPVIP program, the Pharmaceutical Society of Australia (PSA) noted that the Budget failed to deliver "urgent and overdue investment" in pharmacist-led medicine safety programs.

PSA national president Professor Mark Naunton said the outcome was "incredibly frustrating,



particularly for vulnerable Australians living with chronic and complex conditions, the elderly, and those in residential care and more acutely felt in rural, remote and regional Australia".

The PSA highlighted there was no funding to reinstate indexation for pharmacist service fees, which have been frozen since 2019; no change to the monthly cap of 30 Home Medicines Reviews; no reform on any flexibility measures to help pharmacists care for vulnerable people promptly and effectively; and no change to key medication management programs.

However, Advanced Pharmacy Australia (AdPha) has applauded support for older Australians through expanded aged care beds and Support at Home initiatives, the additional \$25 billion investment in public hospitals, and support for the implementation of national digital health reforms, as well as a \$508.5 million boost for medical research.

While welcoming the \$5.9 billion investment in new medicines through the PBS (PD Breaking News 12 May), AdPha called for greater focus on ensuring medicines remain available and manageable during ongoing and worsening medicines shortages and discontinuations.

AdPha national president Associate Professor Tom Simpson said governments must now turn their attention towards supporting and building Australia's pharmacy

workforce, including aged care onsite pharmacists, to ensure patients can fully benefit from investments across the broader health system.

MEANWHILE, the Council of Small Business Organisations Australia welcomed the commitment to making the \$20,000 Instant Asset Write-Off permanent from 01 Jul 2026, helping pharmacists cover expenses on equipment. **KB**

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1. Australian Government. Department of Health, Disability and Ageing. Australian Immunisation Handbook. Available at <https://immunisationhandbook.health.gov.au>. Accessed March 2026. sanofi-aventis australia pty ltd trading as Sanofi. All rights reserved. ABN 31 008 558 807. Sydney, Australia. www.sanofi.com.au. MAT-AU-2600393 V1. Date of preparation: March 2026.

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New frailty care framework

A NEW Australian Consensus Statement on preventing and managing frailty in older adults has been published in the *Medical Journal of Australia*, with medication reviews, screening for people aged over 65, a protein-rich diet and social prescribing to support engagement among the key recommendations.

The consensus team was led by University of Queensland researchers, and comprised experts from universities across Australia, healthcare professionals and consumers with lived experience of frailty.

Focussing on six key pillars - health promotion and screening, nutrition, exercise, social activities, medicine optimisation, and management of severe frailty - the team developed 19 consensus statements to guide frailty prevention and management and enhance quality of life for adults over 65 years.

The consensus document outlines practical recommendations for clinicians, such as raising awareness of frailty, personalised counselling on health behaviours, supporting adequate protein intake, structured exercise, meaningful social engagement and tailored care plans.

The researchers recommended that a comprehensive review of medications take place when frailty is first identified, and also when there is a significant change in the person's clinical condition or goals of care.

"Frailty has significant impacts on medication use and response, including higher rates of



polypharmacy and suboptimal prescribing, frailty-associated changes in pharmacokinetics and pharmacodynamics, and increased vulnerability to medication-related harm," the consensus noted.

"People living with frailty may therefore benefit from more frequent medication reviews than those without frailty."

The statements noted that medication optimisation was particularly important for people living with frailty and dementia, "who may be more susceptible to medication-related harm and in whom medication-related harm can be more difficult to identify".

Lead author Dr Sakshi Chopra from UQ's Frazer Institute said the aim of the framework is to reduce long-term complications, take pressure off the health system and offer practical recommendations to support healthcare professionals in delivering consistent and proactive care".

"By raising awareness and providing guidance to healthcare practices, we hope the framework will empower healthcare professionals and the public to recognise early signs and take action," Dr Chopra said. KB

The consensus statement is [HERE](#).

PSA welcomes NT expanded scope

THE Pharmaceutical Society of Australia (PSA) has welcomed yesterday's announcement by the NT Government to expand scope of practice for pharmacists in the territory (PD 12 May).

The 2025 PSA Symbion Pharmacist of the Year, Jaimee Anderson (pictured), who lives and works in Katherine, said the initiative has potential to streamline services and provide access, particularly during the tourist season when primary health services are under pressure.

"Pharmacist prescribing can and will reduce the burden on GPs during periods of increasing demand," Anderson said.

"This announcement is the right move for the NT and is sure to be well received by patients, healthcare professionals, and travellers," she added.

The PSA's Pharmacist Prescribing Scope of Practice Training Program is now accepting enrolments, with eligible



pharmacists able to access a training subsidy of up to \$8,500 for successful completion of the course.

Hailing the announcement as a step forward for pharmacists to deliver frontline health care, PSA national president, Professor Mark Naunton, said: "We expect this to ease the pressure on primary health networks, reduce hospital presentations, and support the Territory's health system overall.

"We look forward to working with the Northern Territory government and pharmacists to ensure patients continue to receive safe, high-quality healthcare," he concluded.

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Dispensary Corner

IT IS not uncommon for pharmacists to find themselves needing to debunk and clarify misleading health advice that has worked its way into the zeitgeist - whether it be an old wives' tale or a new trend peddled on TikTok.

However, one pharmacist has confirmed that some of the more unusual health facts may hold a grain of truth.

Craig Watt, director of major UK pharmacy retailer Superdrug Stores, has said that despite sounding fake or far-fetched, "many of these lesser-known tips are grounded in science and can make a real difference to your health".

He identified five of these facts, including the advice to not lie down straight away after taking medication.

"If you lie flat too quickly, there's a greater chance the tablet can linger in the oesophagus rather than reaching the stomach, which may cause irritation, discomfort or a burning sensation known as pill oesophagitis," he explained.

Watt also said not to dismiss the advice to wear sunglasses to prevent headaches.

"It's not just about protecting your eyes, bright light can also act as a trigger for headaches and migraines in some people."

Other quirky-but-true tidbits of advice include wearing light clothes to reduce mosquito bites, staying hydrated throughout the day in order to prevent bad breath, and keeping windows closed to prevent hayfever worsening.

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