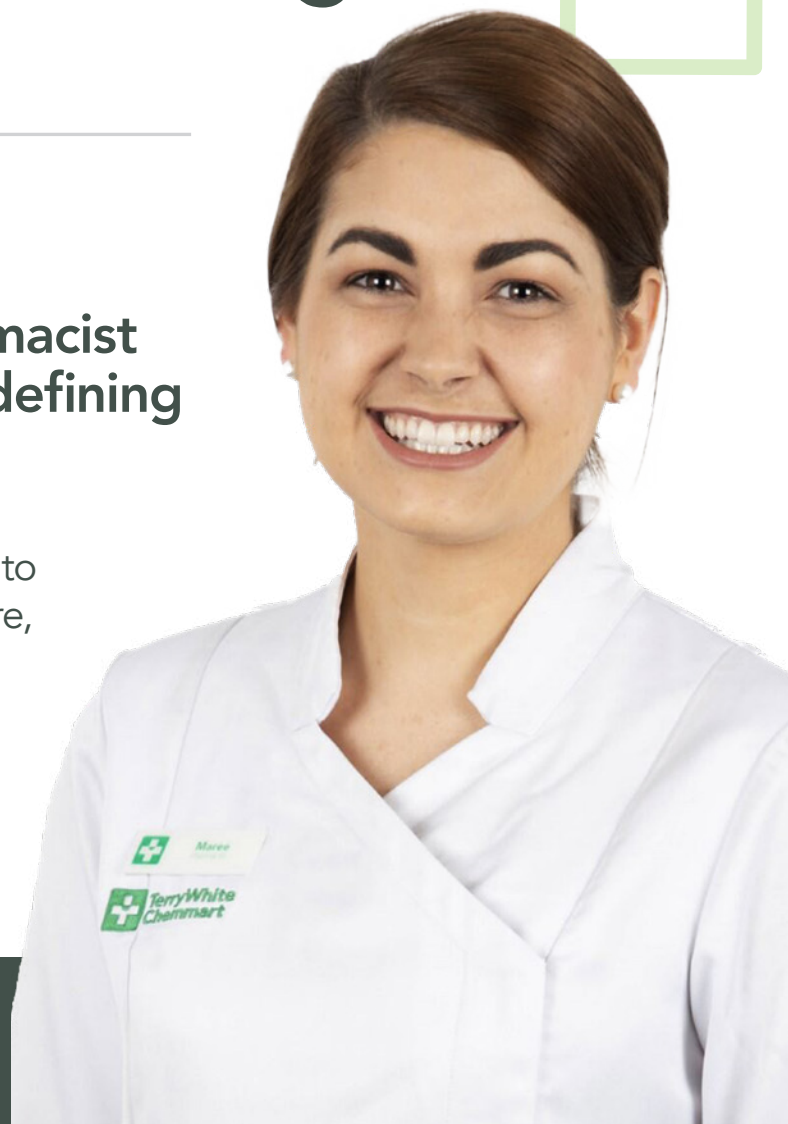


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## Today's issue of PD

Pharmacy Daily today features two pages of news, plus a front cover from TerryWhite Chemmart.

## Recency of practice and CDP changes

THE Australian Health Practitioner Regulation Agency (Ahpra) and National Boards are consulting on proposed changes to recency of practice and continuing professional development (CPD) registration standards, with pharmacists invited to have their say.

Key proposed changes around recency of practice include requiring 450 hours of practice in the last three years or 150 hours of practice in the last 12 months, and emphasising practitioners' responsibilities when moving to a new area of practice.

Changes for CPD include adopting a principles-based approach to CPD, completing a minimum 20 hours per year, and requirement for an additional 10 hours with additional technical or profession-specific skills, such as the proposed endorsement for scheduled medicines for pharmacy, if approved by health ministers.

The Pharmacy Board is calling for feedback on the proposed changes before public consultation closes on Fri 17 Jul 2026 - more [HERE](#).

## Cultural safety key to CTG program

PHARMACY peak bodies are calling on pharmacy professionals to strengthen their commitment to delivering culturally safe care when supporting Aboriginal and Torres Strait Islander peoples through the Closing the Gap (CTG) PBS Co-payment Program.

The initiative helps improve access to affordable medicines for Aboriginal and Torres Strait Islander peoples, supporting efforts to reduce health inequities, with a recent assessment finding it had made 'modest progress' towards this goal (*PD* 30 Mar).

However, pharmacy leaders have noted that improving First Nations health outcomes requires care that is respectful, culturally safe, and responsive, and acknowledge that patient experiences have not always met this standard.

They also stressed it is a shared responsibility across the healthcare system, requiring better relationships, communication, and service delivery.

The Pharmaceutical Society of Australia (PSA), with the support of Advanced Pharmacy Australia (AdPha), the National Aboriginal Community Controlled Health Organisation (NACCHO), and the Pharmacy Guild of Australia, is hosting a webinar, *'Stories that Drive Change: Pharmacy's role in Closing the Gap'* to assist all pharmacy staff in navigating and strengthening the CTG PBS co-payment Program.

It will be held on 27 May, the first night of National Reconciliation Week (27 May-03 Jun) at 7pm AEST.

"Wherever you practice, whether you're a pharmacy assistant, technician, student, intern, or pharmacist, you play a role in ensuring First Nations peoples receive care that is considered culturally safe, respectful, and responsive," said PSA national president Mark Naunton.

"I encourage you to get involved and attend the upcoming webinar." Register for the webinar [HERE](#).

## RSV updates in immunisation handbook

THE respiratory syncytial virus (RSV) chapter of the Australian Immunisation Handbook has been updated to reflect the expansion of the national RSV program to include RSV vaccine Arexvy for adults aged 75 years and older and Aboriginal and Torres Strait Islander adults aged from 60 years (*PD* 20 Apr).

Other changes include clarification on timing of long-acting RSV-specific monoclonal

antibodies nirsevimab or palivizumab in infants, as well as co-administration of RSV vaccines with other vaccines in older adults.

Updates were made to data on effectiveness and efficacy of Arexvy RSV vaccine in older adults, and the RSV product administration errors table.

The Dept of Health has also advised that the Australian Centre for Disease Control will take on responsibility for the handbook.

## Join the future

TERRYWHITE Chemmart's Pathway to Prescribing program provides structure, mentorship and confidence for pharmacists looking to qualify and practice at full scope. See the [cover page](#).

# NOT JUST FLU. THERE'S WHOOPING COUGH TOO

Ask about a **DOUBLE SHOT**

Help prevent whooping cough as well as the flu<sup>1</sup>

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](http://www.sanofi.com.au). MAT-AU-2600393 V1. Date of preparation: March 2026.

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# Pharmacy spend grew to \$15.6b over the year.

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## Dispensary Corner

**SCIENTISTS** have uncovered the sweet spot when it comes to sleep duration - and it is not the often-lauded eight hours.

People who sleep between 6.4 and 7.8 hours per night were found to display fewer signs of ageing, new research has found.

A team from Columbia University Irving Medical Center in the US collected data from half a million participants in the UK Biobank collection and assessed the relationship between a person's sleep duration and their biological age, which was based on AI assessments of various organs.

The researchers found that short sleep was linked to depressive episodes and anxiety, as well as obesity, type 2 diabetes, hypertension, ischaemic heart disease and heart arrhythmias.

Interestingly, too much and not enough sleep were both associated with faster ageing in nearly every organ, and were associated with chronic obstructive pulmonary disease, asthma, and several digestive disorders, including gastritis and gastroesophageal reflux disease.

"This does not mean that sleep duration alone causes organs to age faster or slower," said lead author Junhao Wen, assistant professor of radiology at Columbia University Vagelos College of Physicians.

"But it does suggest that both insufficient and excessive sleep may be markers of poorer overall health across the body," he added.

## NSAIDs safe in pregnancy

A **LARGE** study from Israel has found no link between taking nonsteroidal anti-inflammatory drugs (NSAIDs) in the first trimester of pregnancy and increased risk of major birth defects.

The research looked to address uncertainty around the safety of NSAIDs, including ibuprofen, diclofenac and naproxen, in early pregnancy, where research has been inconclusive.

Using data from the Southern Israeli Pregnancy Registry, the team from Ben Gurion University analysed more than 250,000 pregnancies between 1998 and 2018, of which around 20,000 (7.6%) were exposed to NSAIDs during the first trimester.

Major congenital malformations were identified from linked records, and the researchers adjusted risks for maternal and pregnancy characteristics including maternal age, ethnicity, diabetes, obesity, folic acid use, and the reason for NSAID use.

NSAID exposure was not associated with major congenital malformations overall (8.2% vs 7.0% in unexposed pregnancies), nor was there any increased risk of specific malformations or any link with any individual drug.

"Our results provide reassuring



evidence that NSAID use in early pregnancy is not associated with major birth defects," wrote the study authors.

"These findings can help both pregnant women and physicians make informed decisions about managing pain and fever in early pregnancy," they concluded.

Read the study **HERE**.

**MEANWHILE**, pregnant women prescribed medication for depression can rest assured there is no significant link between commonly used antidepressants taken during pregnancy and autism and ADHD in children.

The finding was based on a meta-analysis of 37 studies covering more than half a million pregnancies, and while there was a small association between antidepressant use during pregnancy and autism or ADHD in children, this appeared to reflect parental mental health and genetics rather than the medication itself. *KB*



## Weekly Comment

Welcome to **Pharmacy Daily's** weekly comment feature. This week's contributor is **Kate Gunthorpe**, deputy chief pharmacist, TerryWhite Chemmart.



### Documentation is care

**AS PHARMACISTS** take on more clinical responsibility, documentation can no longer be treated as an administrative afterthought - in expanded scope, the record is part of the care itself.

Every consultation, prescribing decision, vaccination, escalation or intervention contributes to patient safety, continuity and quality.

Without clear documentation, clinical reasoning is harder to follow, care becomes less connected and learning opportunities can be lost.

Good records also protect teams by supporting professional accountability, strengthening communication between healthcare providers and creating confidence in the consistency of care delivered across the network.

Importantly, documentation should not become a burden that pulls pharmacists away from patients - the future lies in systems, workflows and technology that make it easier to capture meaningful clinical information accurately and efficiently as part of everyday practice.

As community pharmacy continues to evolve, good documentation will increasingly define high-quality care - not because it satisfies a process, but because it makes care visible, defensible and repeatable.

Explore the future of community pharmacy **HERE**.

*Advertorial content*

## Swisse awarded 'most trusted' gong

**SWISSE** Wellness has been named Reader's Digest Most Trusted Brand in the Vitamins & Supplements category for 2026, marking its third consecutive win in the category.

"This recognition is incredibly meaningful for Swisse because it reflects the trust Australians place in our products and our purpose" said Stephanie Taylor,

marketing director ANZ.

"We provide consumers with choice through traditional and experiential formats that are all about making vitamins easy to consistently consume, without compromising on efficacy," she added.

Blackmores and Nature's Own received 'highly commended' awards in the category.