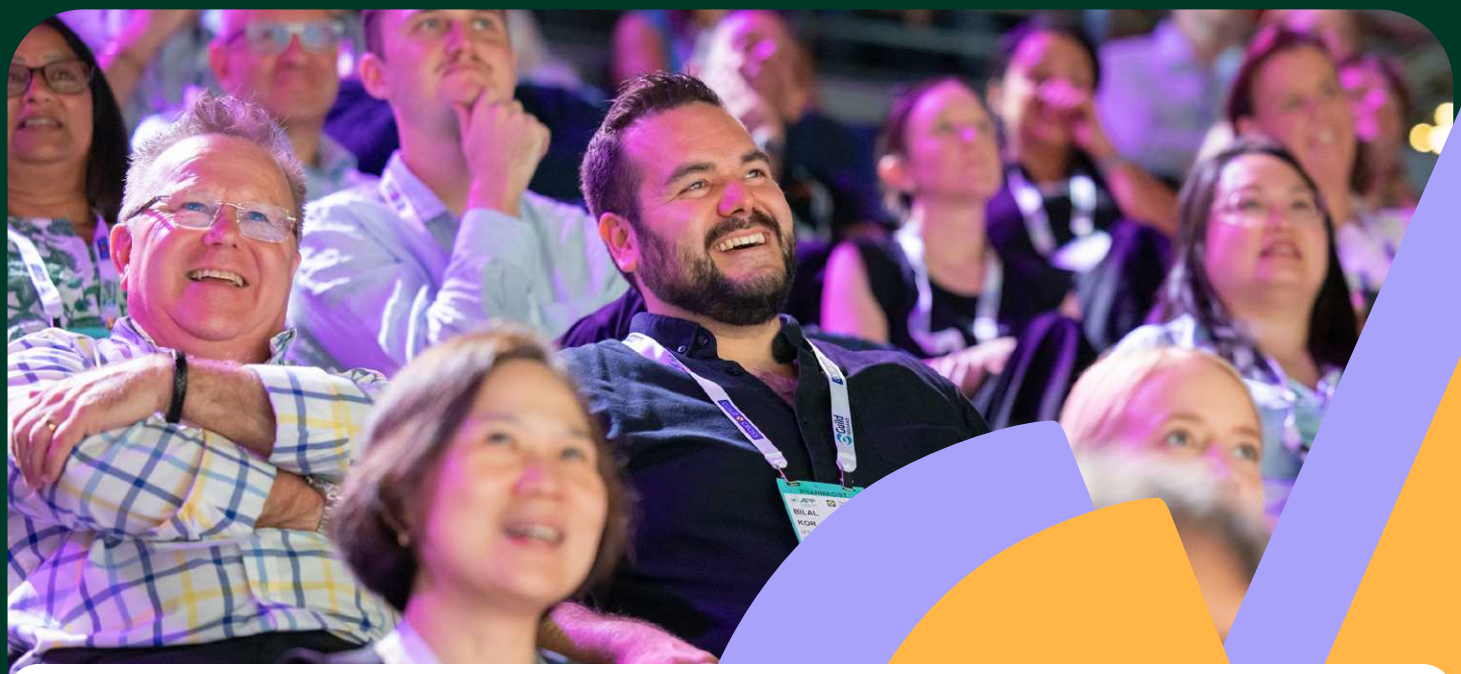
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Pharmacy Daily
Thursday 12th Nov 2026



Today's issue of *PD*

Pharmacy Daily today features four pages of news, plus a cover wrap from **APP2027**, our **Beauty & Wellness** feature, and a full page from **Restin.**

APP2027 program

THE program for next year's Australasian Pharmacy Professional Conference & Trade Exhibition (APP2027) has been released, built around the theme 'Where pharmacy transforms'.

See the **cover page** for more.

Get better sleep

RESTIN 2mg melatonin modified release tablets help offer a better quality sleep.

Nova Pharmaceuticals is offering pharmacists a special deal - see **page five** for more.

AdPha cancer practice standards updated

ADVANCED Pharmacy Australia (AdPha) has released revised pharmacy practice standards for oncology and haematology to support the highly specialised pharmacists working in this area.

While the number of cancer diagnoses continues to grow, mortality-to-incidence ratios have declined steadily, demonstrating improvements in survival rates and the impact of collaborative healthcare delivery.

Led by Shaun O'Connor, chair of AdPha's Oncology and Haematology Leadership Committee, the revised standards highlight the increasingly important role pharmacists play within interprofessional teams supporting people with cancer.

"Patients with cancer face a particularly high risk of medicines-related problems, and that risk is only increasing as treatments become more complex and personalised," O'Connor explained.

"Cancer pharmacists are essential to navigating this complexity, ensuring patients receive the safest and most effective treatment possible - they help prevent avoidable hospitalisations, minimise treatment-related toxicities and optimise the benefits of systemic anti-cancer therapies.

"This expertise is becoming increasingly important as personalised therapies and pharmacogenomics continue to transform cancer care."

The updated standards outline best-practice principles, quality statements and quality elements for oncology and haematology pharmacy practice, including guidance on clinical services and staffing levels, such as patient-to-pharmacy technician ratios.

They provide a clear framework for delivering safe, high-quality care while ensuring pharmacy teams are equipped to meet the growing needs of people affected by cancer.

AdPha president Associate Professor Tom Simpson said pharmacists make a significant



contribution to patient safety and treatment outcomes.

"Studies have shown that cancer pharmacists can reduce hospitalisations by up to 22%, identify risks of medicines-related problems in up to 24% of cases and improve medicines adherence by up to 20%," he said.

He also highlighted research showing vastly reduced medication errors when they were charted by pharmacists in team-based settings.

"These figures demonstrate why specialist cancer pharmacy services are not simply an added benefit - they are an essential part of safe, effective cancer care," he concluded.

The standards are **HERE**. *KB*



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Pharmacists' poisons education

NSW Poisons Information Centre (PIC) is holding a dedicated toxicology education day for community pharmacists, in recognition of the vital role they play in poisoning prevention.

Providing practical, evidence-based updates from NSW PIC specialists and toxicology experts, topics include highly toxic medicines and medication errors in supported living.

It takes place at the Children's Hospital Westmead and online on Sat 14 Nov - more **HERE**.

PDL NSW regs reminder

WITH new medicines and poisons legislation in place in NSW (PD 27 Oct), professional indemnifier Pharmaceutical Defence Limited (PDL) is urging all NSW pharmacists to familiarise themselves with the requirements that apply to their practice.

The new framework affects pharmacists in community, hospital and other practice settings and includes mandatory standards for specific areas of practice, including the opioid treatment program (OTP).

For those involved in the NSW OTP, compliance with new standards setting minimum requirements for the safe and consistent delivery of the program is mandatory.

This includes registration and notification being required to prescribe, supply and administer medicines - see more **HERE**.

Harm reduction fund launches

PHARMACY leaders will today join Harm Reduction Australia (HRA) at NSW Parliament House to celebrate the 40-year anniversary of Australia's first publicly declared needle and syringe exchange program, where a new fund to support harm reduction programs will be announced.

Called The 86 Fund, the program will provide financial support for niche pieces of work and activities that will help re-establish Australia's place as a leader in harm reduction policies and programs.

Mario Barone and Daniel Kicuroski from the Pharmacy Guild NSW branch, former Guild national vice president Silas Banks and International Pharmacy Federation president Paul Sinclair are set to attend the event.

"Australian community pharmacies play a vital role in national harm reduction as accessible outlets for Needle and Syringe Programs (NSPs)," pharmacist HRA board member Dr Chris Alderman told ***Pharmacy Daily***.

"About half of Australian pharmacies supply sterile injecting equipment and safe sharps disposal to help prevent spread of blood-borne viruses , and many distribute tamper-proof Fitpacks on a low-cost or exchange basis.

"This process is especially critical in regional areas and after hours," he added.

Pharmacies also provide take-home naloxone, opioid replacement therapy, and confidential health referrals.

The 86 Fund is named for the year the first needle and syringe program (NSP) in Australia began in 1986, as an act of civil disobedience at St Vincent's Hospital Drug and Alcohol Service in Sydney's Darlinghurst.

Activists set out to address



the growing concern about the AIDS epidemic and the high risk to people who injected drugs as a result of heavily restricted and illegal access to sterile injecting equipment.

The action raised awareness among the public and applied pressure on the NSW and Federal Governments to act before the epidemic took hold, and was followed by the rapid establishment of NSPs nationwide.

This helped maintain low rates of HIV among and from people who inject drugs, making Australia a world leader in harm reduction.

The early acceptance of harm reduction as a critical part of drug policy and programs created even greater impact by setting a course for Australia to fundamentally change how health and social services are designed and delivered for all people who use drugs. *KB*

AMH gets new look and name

AUSTRALIAN Medicines Handbook is launching its 2027 with a fresh new look and a new name - AMH Medicines.

The update reflects AMH's ongoing evolution and its digital-first direction, while continuing its commitment to supporting the Quality Use of Medicines in Australia.

Available in print and online, the 2027 resource retains the same purpose: to provide independent, trusted and evidence-based medicines information that supports informed clinical decisions across Australian healthcare practice.

Updates to the 2027 edition reflect changes in medicines and clinical practice and include new drug monographs, new specialised drugs, late additions, deleted monographs, rearranged information and updated chapter names.

Pre-orders are now open, with $35,300 in prizes up for grabs, including laptops, phones and AMH resources.

Learn more **HERE**.

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Good Intent takes skincare range to collarbone and beyond



THE UK's leading skincare brand, No7, is taking its Good Intent range beyond the face, expanding into body care alongside new skincare innovations.

Bringing the brand's popular facial formulas to the collarbone and beyond, the range expansion delivers high-performance hydration, nourishment and smoothness from head to toe.

The Good Intent collection extension is available exclusively at Priceline with every product priced below $40.

Formulated with skincare actives like niacinamide, hyaluronic acid and CICA, the products are designed to target specific skin concerns from dullness and uneven texture to dehydration while nourishing and refining skin in time for summer.

In addition to the new body care products, the Good Intent skincare range now includes three new products designed to help deliver a fresh, glass-skin finish: the Dew Bank Water Serum (RRP $37.99), featuring oil-encapsulated bubbles suspended in a cushiony hyaluronic acid and PDRN base; a Micro Shot Spicule Glow Serum ($37.99) and Hydrocolloid Blemish Patches (RRP $14.99).

Serving up sun safety



AUSSIE SunMate has announced 22-time Grand Slam doubles tennis champion Todd Woodbridge (**pictured**) as brand ambassador, supporting the Australian sunscreen brand on its mission to make effective sun protection a natural part of every sporting routine.

Aussie SunMate's range of SPF50+ sunscreens has been created specifically for sport, and includes specialised formulas for tennis and cricket, football and rugby, and active kids.

The products combine broad-spectrum sun protection with sweat resistance and up to four hours' water resistance in a lightweight, non-greasy feel.

Having spent decades playing for long hours outdoors, Woodbridge understands the demands that heat, sweat and sun place on athletes.

For him, sun protection is an essential part of preparing to perform.

"Playing tennis in the Aussie summer means 30°C+ heat, so you need sunscreen that can keep up," Woodbridge said.

"That's what I love about Aussie SunMate - it's specifically designed for the demands of sport."

See the range **HERE**.

Give the gift of good hair

WITH Christmas just around the corner, Nioxin has two gift sets targeting hair thinning, scalp health, and hair fall defense.

The Age Defense trio (RRP $129) is designed to help address visible signs of hair ageing, including thinning and dullness, creating healthier and more vibrant-looking hair, while the Fall Defense set (RRP $106) brings together three products designed to help strengthen hair and reduce breakage.



Skincare to keep tattoos looking fresher, longer



EXPERIENCING faded and infected tattoos led enthusiast Jon Ponsford to question why, having spent hundreds or even thousands of dollars on a piece, is aftercare only an afterthought.

"When you've spent your money, time and pain getting a piece done, it's pretty gutting to have something go wrong afterwards," Ponsford said.

This disconnect inspired him to create Skin Fuel Co, a skincare range formulated specifically for tattoo preparation and aftercare.

Dermatologist-tested and recommended, the products reduce redness, dryness and irritation, while helping to heal with less scabbing and keeping lines sharp and colours bright long term.

Its products have been designed around different stages of the tattoo journey, with the brand's Survival Kit bringing key products together into one simple routine.

The Australian brand is now working alongside Bondi Beauty Distribution Agency as it prepares for wider retail expansion, with pharmacies firmly in its sights.

For stockist enquiries, click **HERE**.

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Dispensary Corner

APPARENTLY there is a simple and free way to tell if you will live a longer-than-average life - in fact, you do not even need to leave the house.

Leslie Kenny, co-founder of the Oxford Longevity Project, has identified six exercises you can do to figure out how well you are ageing.

The first one is to lower yourself to the floor and stand back up without using your hands and knees.

A 2025 study of 4,282 adults aged 46 to 75, published in the *European Journal of Preventive Cardiology*, rated participants out of 10 for their ability to complete this task.

Five points were given for sitting down and five for standing up, with a point detracted for using a hand or knee to help, and half a point taken for a wobble.

"Those who score eight or above are considered to be healthy, but lower scores have been shown to predict cardiorespiratory illness in middle-aged and older people," Kenny said.

Strong grip strength, the ability to hold a deep squat and being able to do the 'downward dog' yoga pose were also identified as ways to gauge your health and longevity.

Kenny also recommends a one-leg balance drill.

A study of 1,702 adults aged 51 to 75 found that being unable to complete a 10-second one-legged stance was associated with an 84% higher risk of death in the next seven years.

Long-term vaping damages lungs

LONG-TERM vaping in young people may induce persistent changes in lung function and heighten the risk of developing chronic obstructive pulmonary disease (COPD), according to research published online in the journal Tobacco Control.

The US researchers conducted lung function tests on 22 current primarily e-cigarette users aged 21-35 at the start of the study and again 12 months later.

The tests measured forced expiratory volume in the first second (FEV1), which assesses how much air can be blown out of the lungs in one breath in one second, and found a significant reduction in FEV1 at the second point in time.

There was also a trend towards greater decline in FEV1 as the amount of daily vaping increased, although this was not statistically significant.

While acknowledging the study's small sample size and limited time points for testing, the researchers suggested that their study "provides credible evidence of the effect of prolonged exposure to e-cigarette use on the pulmonary functions of young adults and its dose-response relation."



"While an accelerated decline in FEV1 requires more lengthy observations and tobacco-free controls, this study provides the first indicator of the potential of prolonged e-cigarette use to have persistent and clinically important cumulative effects on FEV1 and pose a COPD risk," they added.

Read the research **HERE**. *KB*

GLP-1s may harm unborn babies

RESEARCH on pregnant sheep conducted at Adelaide University has found that semaglutide reduces blood flow to the uterus and oxygen levels in the developing fetus.

While the findings are preliminary and have not been demonstrated in humans, the researchers said they raise important questions about the safety of weight-loss drugs during pregnancy.

The drugs are not recommended during pregnancy, and women are advised to discontinue their use if planning to get pregnant, but there is a risk that women may conceive unexpectedly or continue taking the medication before realising they are pregnant.

The team has called for more research to further understand the implications - more **HERE**.

Alternaleaf educates on medicinal cannabis for men's health

LEADING medicinal cannabis clinic Alternaleaf hosted its inaugural NSW Doctor Symposium on 10 Nov, bringing together 40 doctors and community clinicians from across the state to advance evidence-based care, clinical confidence, and responsible prescribing practices in medicinal cannabis.

Timed to coincide with Movember, the symposium focused on men's health and the practical integration of medicinal cannabis into patient care.

Through interactive case studies, real-world treatment evaluations and collaborative discussion, participants explored strategies to support safe, effective prescribing.

Head of clinical governance Sylvia Salaj (**pictured**) said holding targeted, therapeutic-specific educational events is essential to elevating clinical standards across the rapidly evolving medicinal cannabis landscape.

"Medicinal cannabis is a complex, rapidly developing field of medicine where clinicians need more than high-level overviews - they require regular opportunities to test their clinical judgement, examine emerging evidence, and share real-world insights with experienced peers," Salaj explained.



"By focusing specifically on men's health and incorporating interactive, case-based learning, we are providing clinicians with actionable, evidence-based tools they can apply directly to patient care," she continued.

"Responsible prescribing starts with rigorous clinical education and peer collaboration," she added.

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