Pharmacy Daily

Friday 13th Nov 2026



Today's issue of *PD*

Pharmacy Daily today features two pages of news.

Pharmacist care for older persons

ADVANCED Pharmacy Australia (AdPha) is holding its inaugural Care for Older Persons Colloquium online on 28 Nov, exploring the clinical and practical challenges of caring for older people and the role of pharmacists.

Earlybird rates end on Mon 16 Nov - learn more **HERE**.

Pharmacycle boosts collection

CONSUMER Healthcare Products Australia has marked recycling week this week with a new industry-supported postal satchel to enable at-home collection of empty blister packs for recycling.

The peak body and lead industry voice for the consumer healthcare products sector has partnered with Pharmacycle on the initiative, which will complement Pharmacycle's existing free drop-off collections in over 1,000 locations.

It is estimated Australians use around 2 billion blister packs per year, with 86 million recycled in the last financial year.

The satchel costs $9.95, including return postage, and can be purchased from the Pharmacycle website.

Once filled with empty blister packs, it can be sealed and posted in a street post box or taken to a post office.

MEANWHILE Medibank has announced it has partnered with Pharmacycle to introduce blister pack collection points across its corporate offices and 30 Better Medical and Myhealth clinics, with plans to extend the scheme across the Medibank network.

TWC boosts practitioner support



TERRYWHITE Chemmart (TWC) this week held its inaugural Practitioner Summit, an event exclusively for pharmacist practitioners focused on advancing clinical capability, strengthening peer collaboration and entrenching pharmacist-led healthcare into everyday community pharmacy.

Practitioners took part in interactive clinical workshops covering diabetes, cardiovascular disease, complex contraception for older women, chronic obstructive pulmonary disease (COPD) and spirometry, acne and dermatitis.

Alongside clinical development, the program emphasised the practical application of knowledge, exploring clinical governance, quality care, sustainable service models, and the challenges and opportunities of introducing prescribing services.

The Summit was co-facilitated by members of the newly appointed TWC Clinical Faculty, a group of experienced pharmacist practitioners who played an integral role in developing and delivering the hands-on program, and was supported by Viatris, Boehringer Ingelheim, GSK and WellFemme.

TWC general manager Michael Beaumont said the inaugural Summit demonstrated the network's ongoing commitment to leading the evolution of community pharmacy and investing in its prescribing workforce, which currently numbers more than 140 pharmacists.

"Expanded scope of practice represents one of the most significant opportunities for community pharmacy to improve access to healthcare, but realising its full potential requires more than additional qualifications or introducing new services," Beaumont said.

"It requires ongoing investment in our people, their professional development and the systems that support safe, high-quality patient care," he explained.

"Our inaugural Practitioner Summit demonstrates our commitment in action, bringing together the pharmacists who are already helping shape the future of healthcare in their communities."

Throughout the event, practitioners were able to learn directly from peers already successfully delivering expanded scope services in-store, including how to overcome barriers, build patient awareness, integrate new workflows and establish sustainable models of care.

TWC deputy chief pharmacist Kate Gunthorpe said the Summit was designed to move beyond clinical theory and equip pharmacists with practical knowledge and connections they could take back to their pharmacies.

"What makes this Summit particularly valuable is the opportunity to bring experienced pharmacist practitioners together to discuss not only the clinical aspects of care, but what successful implementation looks like in a busy community pharmacy," Gunthorpe said.

"From navigating complex patient presentations to maintaining robust clinical governance and building sustainable services, these are the conversations that help our pharmacists deliver safe, consistent and high-quality care." *KB*

Mt Isa pharmacist 2026 Champion

PHARMACY First Mount Isa owner Shana Valentine (**pictured**) has been crowned Champion Community Pharmacist of the Year at Pharmacy Innovation Assembly (PIA) 2026, honouring her dedication to improving healthcare access and outcomes in rural and remote communities.

Valentine demonstrated exceptional leadership and commitment to improving healthcare access across Mount Isa and the wider North West Queensland region, where as a pharmacist prescriber she has expanded access to timely, patient-centred care while strengthening the role of community pharmacy in frontline healthcare.

In addition, Valentine serves as an Ahpra Board Committee Member and First Nations Pharmacy Network Committee Member, contributing to the advancement of culturally safe healthcare and the future of the pharmacy profession.





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Dispensary Corner

IN GOOD news for the less courageous among us, recent research has revealed that ice baths and other cold water therapy after a workout doesn't help, and may be worse than doing nothing.

Often recommended to combat muscle stiffness, fatigue and muscle damage, resulting in a quicker recovery, a new study has found it left muscles damaged for longer while doing nothing to relieve pain.

UK researchers measured the leg strength of 40 volunteers, then had them do loads of leg extensions followed by another strength measurement to confirm their muscles were well and truly wrecked.

The volunteers were then split into four treatment groups: hot water immersion (30 minutes at 42°C), cold water immersion (15 minutes at 9°C), hot air exposure (30 minutes at 30°C) or resting at room temperature for 30 min.

Over the next three days, measurements showed that the level of strength recovered in the hot water, hot air and room temperature groups was similar, but strength recovery in the cold water group remained lower.

By 72 hours, none of the thermal recovery strategies were effective in alleviating pain and muscle soreness.



PRODUCT SPOTLIGHT

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Crampeze Active - high-performance support for active bodies

Crampeze Active combines magnesium glycinate, *Viburnum opulus* (cramp bark), creatine and carnitine in a high-performance formula designed to support energy production, electrolyte balance and performance during high-intensity exercise.



Key ingredients include:

- Cramp bark - traditionally used in western herbal medicine to help relieve leg cramps, mild muscle spasms and twitches.
- Magnesium glycinate - supports muscle function.
- Creatine and carnitine - provides support for energy metabolism and exercise performance, making Crampeze Active suitable for active bodies.

RRP: $27.99

Suppliers: Contact 1300 555 597.

Website: CLICK HERE for more information.

Hartley's Gripe Water

Hartley's Gripe Water is a natural blend of herbal ingredients including dill seed oil, peppermint oil, chamomile and coriander oil. These herbs have been used safely in commercial infant preparations for many years.



The product helps reduce the occurrence of excess intestinal wind and gas in infants, and helps relieve the symptoms of infant colic. It does not contain artificial sweeteners.

Suppliers: Available from Symbion, Sigma, API & CH2.

Stockist enquiries: Contact your Clear Sales representative on 1800 640 043 for special deals.

RRP: $11.27 - 200ml bottle

Website: CLICK HERE for more information.

Pharmacy Daily
www.pharmacydaily.com.au

Pharmacy Daily is part of the Business Publishing Group family of publications.

Pharmacy Daily is Australia's favourite pharmacy industry publication.

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