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Today's issue of PD

Pharmacy Daily today features three pages of news, plus a full page from Nova Pharmaceuticals' Restin.

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

Nova Pharmaceuticals currently has a special deal for pharmacists - see **page four** for more.

NMS symposium coming soon

THE virtual National Medicines Symposium is being held on 11 Nov, with key themes including person-centred medicines use beyond 'the right drug', and equity and access for all Australians.

The program is now available - learn more and register **HERE**.

Guild slams profit-driven healthcare models

THE Pharmacy Guild of Australia has pushed for greater scrutiny of profit-driven healthcare models, urging the Federal Government to examine whether Australia's healthcare regulations are keeping pace with the growth of vertically integrated prescribing and supply of medicines.

The call follows a recent *Four Corners* investigation into veterans-focused telehealth services, alleging some companies are funnelling vulnerable veterans through an interconnected web of internal companies to maximise billing to the Department of Veterans' Affairs (DVA).

The model drives aggressive prescription volumes for high-margin products such as medicinal cannabis and ketamine, and urges veterans into transferring their DVA-funded Coordinated Veteran Care (CVC) plans away from their regular family doctors to the company's internal telehealth network.

The Guild is concerned that this issue highlights broader concerns

about high-volume telehealth prescribing models.

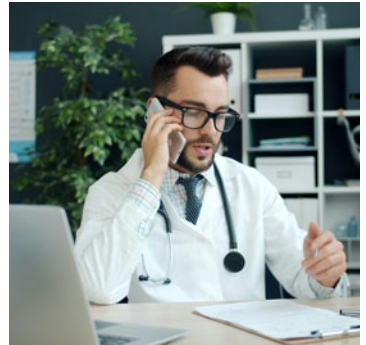
Regulators have been aware of these prescribing models for years, yet regulatory safeguards have failed to align with the risks to vulnerable patients, including veterans, the Guild pointed out.

National councillor and acting president of the Guild, Chris Owen, said veterans and other vulnerable patients should never be viewed as business opportunities.

"Australians rightly expect healthcare decisions to be driven by what is best for the patient, not by commercial arrangements designed to maximise revenue," Owen said.

"Regulators, policymakers and healthcare leaders must take a hard look at whether existing safeguards are keeping pace with these business models and whether vulnerable Australians are being adequately protected."

"Healthcare funding should support better health outcomes, not corporate profits," Owen said.



Direct-to-consumer healthcare models, such as LillyDirect (**PD** 22 Sep), demonstrate that these questions extend well beyond any single provider or sector, the Guild argued, and policymakers should consider the broader implications when commercial entities are able to market directly to consumers while influencing access pathways to treatment.

"Healthcare is not a subscription service, and patients are not revenue streams - and they should never be treated as such," Owen concluded. **KB**

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ATO credit card payments reprieve

TREASURER Jim Chalmers has intervened in the Australian Taxation Office's controversial banning of credit card payments (**PD** 09 Oct), with the change delayed to the end of Jun next year.

"This will give them the time to consult more with small business and to get it right," Chalmers said.

Council of Small Business Organisations Australia (COSBOA) chair Matthew Addison said the decision recognises the importance of credit cards as a cash flow management tool for small businesses, with an estimated \$2 billion in ATO payments made by credit card.

"We are pleased the Government has recognised the impact this decision would have on businesses that rely on credit cards to manage their cash flow and meet their tax obligations," Addison said.

"But this decision also highlights a much broader issue," he continued.

"If the cost of accepting credit card payments is significant enough for the ATO to reconsider its approach, the Government must also recognise the costs being imposed on small businesses that accept those same payments from their customers."

Addison said the extension provides an opportunity to find a more practical and sustainable approach to ATO payments, and added that COSBOA looks forward to working with the Government and ATO to make it happen.

2026 wellbeing award winner announced

PHARMACISTS' Support Service (PSS) has announced Canberra pharmacist Briohny Roberts (**pictured**) as the winner of the 2026 John Coppock Pharmacist Wellbeing Award.

Roberts is a lead pharmacist at North Canberra Hospital, where the team has navigated a range of challenges including COVID-19, workforce shortages, the implementation of the digital health record, as well as the changes associated with the integration of the former Calvary Hospital into Canberra Health Services.

Director of pharmacy Emily Diprose, who nominated Roberts, stated, "Briohny has embedded wellbeing into everyday practice with ongoing activities including a Shout Out Box to recognise acts of kindness, teamwork and support."

"These messages are then shared at meetings to celebrate the contributions of the team members and to strengthen a sense of belonging," Diprose explained.

Other wellbeing initiatives included fundraising days with the theme of Healthcare Heroes and the implementation of a psychological safety and wellbeing program

through The Resilience Project.

Diprose concluded her nomination by saying, "Briohny's impact extends far beyond individual initiatives."

"She has led a sustained culture change where wellbeing is embedded in everyday practice."

"Colleagues support one another, achievements are celebrated, people feel safe seeking help and personal challenges are met with genuine compassion."

Other highly commended nominations were: Pooja Sharma, for her work as an intern preceptor; Aspa Dukas, of Team Dukasa and the Wellness Division, which created a series of regular events to boost wellbeing in the pharmacy team; Ahmed Essa, for his initiative in supporting overseas trained pharmacists into Australian pharmacy practice; and The Children's Hospital Queensland Wellbeing Group.

Remarking on the strong field of nominees for the award, PSS President Curtis Ruhnau thanked everyone who participated this year and encouraged all "to keep looking after yourselves and each other".

"We look forward to seeing the



work of those nominated for the award next year," he added. **KB**

Have your say on the AMS standard

THE Australian Commission on Safety and Quality in Health Care is assessing the Antimicrobial Stewardship Clinical Care Standard (2020) to determine whether it still reflects current best practice and remains focused on areas where improvement is needed.

The standard plays an important role in supporting safe, high-quality care for patients across Australia who have an infection, or are at risk of an

infection, and was originally published in 2014 and updated in 2020.

Clinicians, quality managers, and clinical and service leaders involved in antimicrobial stewardship (AMS) across all care settings relevant to the standard are invited to share their experience of AMS practice and whether quality improvement priorities are reflected.

The commission has a survey which closes 30 Oct - more **HERE**.

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1. Australian Centre for Disease Control. Australian immunisation handbook. Vaccination for international travellers. Available at <https://immunisationhandbook.health.gov.au/contents/vaccination-for-special-risk-groups/vaccination-for-international-travellers>. Accessed July 2026. 2. CDC. Travelers' health. Before you travel. Available at <https://wwwnc.cdc.gov/travel/page/before-travel>. Accessed October 2026. 3. Australian Centre for Disease Control. Australian immunisation handbook. Available at <https://immunisationhandbook.health.gov.au>. Accessed July 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-2601898. Date of preparation: October 2026.

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Dispensary Corner

FORGET pricey supplements: anyone who is chasing luscious locks need not look further than the humble Brazil nut, according to UK-based nutritionist Gabriela Peacock.

Best of all, you only need to eat one a day to reap the benefits, while more than three could have an adverse effect.

Speaking on the latest episode of her podcast *Don't Judge Me*, Peacock revealed that Brazil nuts contain very high levels of selenium, an essential mineral that supports healthy hair growth and prevents breakage.

"It's a really good antioxidant," she told listeners.

"It's another kind of mineral which you need in your diet - it's very important for your hair."

More is not better though.

According to experts, a single Brazil nut can cover an adult's daily needs, and the advice is to stick to one to three a day, as too much can actually lead to hair loss.

Apart from helping your tresses, these nuts can also boost the immune system and help ward off heart disease.

Despite being high in saturated fats, Brazil nuts also contain magnesium, copper and phosphorus, with a small study even indicating that a single monthly serving could lower cholesterol faster than statins.



Cannabis misuse on the rise

A RISE in cannabis-related psychosis hospitalisations is sparking concern in Victoria, with new Monash University research highlighting its burden on the state's infirmaries.

Cannabis-related hospital admissions have grown sharply across Victoria over the past decade, according to a study published in the monthly *Addiction* journal, which found admissions primarily caused by cannabis increased by 49% across the state between 2013 and 2023.

Psychotic disorders, which can cause people to lose touch with reality through hallucinations and delusions, were the most common primary diagnosis for cannabis-related hospitalisations, accounting for 40% of admissions.

A further 15.2% of admissions were the result of harmful cannabis use, while 11.6% were due to poisonings, and another 11.6% due to withdrawals.

Patients aged 15 to 24 continued to record the highest admissions



overall, with males more commonly admitted than females.

Admissions among women and girls of all ages increased by 75% over the decade, more than double the 35% rise reported among men.

"The significant rise in hospitalisations among women and girls is particularly concerning, and highlights the urgent need for targeted public health campaigns and earlier intervention strategies," lead author Myfanwy Graham said.

More than two-thirds of all cannabis-related admissions involved hospital stays of multiple days, with a median stay of seven days; more than 1,500 admissions required intensive care. MS

Undeclared steroids in skincare products

TESTING by US researchers has revealed that popular skincare products sold online in the US and Australia contained undeclared ingredients, including superpotent corticosteroids that usually require a prescription.

Marketed for psoriasis, eczema and hyperpigmentation, products found to contain undeclared steroids included Neoprosone creams, serums and gels, Psor Val zinc pyrithione spray, and herbal products Zudaifu and Qian Nian Qi Cao.

In many cases, the concentrations of corticosteroids

exceeded prescription-only levels, and some products also contained undeclared antifungals at levels beyond prescription-only levels.

"Unsupervised chronic exposure to potent corticosteroids may cause skin atrophy, steroid acne, dyspigmentation, hypothalamic-pituitary-adrenal axis suppression, and other adverse outcomes," the researchers warned, adding that findings suggested that current regulatory and surveillance approaches "remain insufficient".

Read the study [HERE](#).



Weekly Comment

Welcome to *Pharmacy Daily's* weekly comment feature. This week's contributor is **Amit Saha**, head of technical & innovation at LaCorium Health.



When sweating becomes more than a nuisance

SWEATING is a normal physiological response that regulates body temperature.

However, excessive perspiration can affect confidence, clothing choices, social interactions and everyday life.

For pharmacists, the first step is understanding what customers are trying to manage - deodorants control body odour, while antiperspirants reduce moisture.

Persistent or disproportionate sweating may indicate hyperhidrosis, which can warrant medical assessment.

For those seeking an over-the-counter option, aluminium-free antiperspirants offer an alternative.

Dermal Therapy Sweat Control Spray and Roll-On combine natural actives to help reduce perspiration without aluminium salts, providing clinically tested protection against sweat and odour for up to 48 hours.

The spray offers flexibility for areas such as the hands and face, while the roll-on provides convenient underarm application.

The key message for pharmacists is simple: understanding each customer's experience helps to recommend targeted solutions while recognising when excessive sweating may require further clinical assessment.

Learn more [HERE](#).

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