



JANUARY 2025

THE PRESIDENT'S REPORT



Welcome to our January 2025 newsletter.

Welcome to 2025 and an exciting year ahead for Pharmacy.



Not only will we have more professional development available in the Illawarra, but the opportunity for increased Scope of Practice is on our doorstep. All the best to the 2025 Interns at the local hospitals and pharmacies in your year of upskilling and your vital role with contributing to pharmacy practice.

The end of 2024 provided some exciting celebrations with the Christmas gathering for IPA bringing together local pharmacists and providing an opportunity to connect, share and reflect on our successes and highlights experienced over the year.



I was fortunate to attend the Newcastle Hunter Valley Pharmacist Association (NHVPA) Annual event where I had the opportunity to connect with fellow pharmacists, Guild representatives and industry experts.





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The experience provided insightful discussions and valuable networking which will benefit the IPA going forward.

The IPA wishes you every success and continued professional fulfillment for 2025. May the new year bring exciting opportunities for you to innovate, collaborate, and make a positive impact in your careers. Here is to a prosperous and rewarding year ahead.



**The Pharmacy
Guild of Australia**
NSW Branch

Peppe Raso the NSW Guild Councillor for the South Sydney- Illawarra region, District 7, invites all pharmacies in our region to consider becoming a Guild member if their pharmacy is not already a member.

The NSW Branch delivers a range of services and benefits to assist members in operating professional businesses that most importantly, service the healthcare needs of patients.



- As I reflect on the year that has ended, I am heartened by what our sector has achieved for our patients. After the challenging years of 2023 and 2024, we will come back stronger than ever, with pharmacy viability embedded into the Eighth Community Pharmacy Agreement and scope of practice reforms that will help ensure that every

patient in New South Wales has access to affordable, high-quality everyday healthcare.

- The introduction of 60-day dispensing last year represented a major threat to the viability of pharmacies across the country. It would have forced many pharmacies to cut staff, reduce their hours, or even close – leaving patients with less access to the front-line healthcare they need.
- In response to this policy, the Pharmacy Guild of Australia led a determined advocacy campaign to highlight the risks of 60-day dispensing to MPs and the public. As a result of this campaign and the hard work of thousands of Guild members and staff, we obtained an historic early start to the Eighth Community Pharmacy Agreement.
- In that Agreement, the Guild was able to secure some incredible outcomes for community pharmacies and their patients: \$2.11 billion in new payments related to 60-day scripts; a freeze on co-payment indexation; and the phasing-in of the \$1 discount.
- This will not only guarantee pharmacies stability over the years to come, but it will also make a real difference in the lives of our patients.
- Another exciting development for the pharmacy sector in New South Wales is Minister for Health Ryan Park's announcement that our state will be introducing full scope of practice for pharmacists. These changes, announced at the Guild's Pharmacy Connect Conference this September, will see appropriately trained pharmacists authorised to treat a wide range of everyday health conditions like nausea and earache.
- The Guild is now working with the Government and universities to create



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training for pharmacists in New South Wales to deliver these services. We expect pharmacists who have received this training to be on the ground treating patients by 2026.

- The Minister also announced a regional trial to allow pharmacists to treat chronic conditions like asthma and cardiovascular risk reduction, to commence within 12 months.
- Scope of practice reform will make a real difference in patients' lives. We know this because it already has since UTI treatments and oral contraceptive pill resupply were incorporated into pharmacists' scope of practice last year, nearly 20,000 treatments have been delivered.
- That is 20,000 times a patient has been able to receive the everyday healthcare they need without having to wait for a doctor's appointment or present to an emergency department.
- Changes like this remind us of the importance of determined advocacy from a united pharmacy sector, led by the Pharmacy Guild. With hard work, we can secure remarkable wins for our pharmacies and our patients, from cheaper medicines to accessible healthcare.
- I am looking forward to continuing that work with you all into 2025.

Finally, I would like to on behalf of the NSW pharmacy Guild wishes the members of the Illawarra Pharmacist Association a Happy and Prosperous New Year.

PSA COMING EVENTS



Upcoming events - NSW Annual Therapeutic Update February 20th to March 2nd, 2025, get your early bird discount for this empowering educational event which is taking place in the picturesque location at The Fairmont, Blue Mountains.

FROM THE TREASURER.



From the Fair Work Ombudsman.



New criminal underpayment laws start 1 January 2025



From 1 January 2025, intentional underpayment of wages or entitlements can be a criminal offence. Fair Trading can investigate suspected criminal underpayment offences and refer suitable matters for criminal prosecution. If a person is convicted of a criminal offence, a court can impose fines, prison time, or both.

There are protections in place for businesses to avoid criminal prosecution. This includes the Voluntary Small Business Wage Compliance Code (Code) and cooperation agreements.

About the [Code and Guide](#). Fair Trading cannot pursue criminal prosecution if they are satisfied that a small business has complied with the Code in relation to an underpayment.

The Code and a supporting guide are now available for download at [Voluntary Small Business Wage Compliance Code](#).



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FROM THE SECRETARY.



The IPA wishes to congratulate the five successful candidates at the recent Pharmacy Council of NSW election who will commence their three-year term on 1 April 2025. They being Rick Samimi, Caroline Diamantis, Quinn On, Kate Gray, and Tim Hewitt (Tim an IPA member).



Have you thought about installing an AED in your pharmacy.

An AED can deliver a life-saving shock. Every 20 minutes, someone living in Australia experiences a cardiac arrest.

A cardiac arrest can happen to anyone, at any time, and research shows that the chance of survival outside of a hospital setting is incredibly low. We can help change this.

If a bystander uses an automated external defibrillator (AED), the survival rate is around 50%, compared to 27% when immediate assistance is not provided, and the patient must wait for help. By taking quick and informed action, with the support of an AED, you can help to save someone's life.

Do you know how Shockingly Simple they are to use?



Understand the Chain of Survival

If you think someone is in cardiac arrest, follow the steps of Call, Push, Shock, also known as the Chain of Survival.

Remember, any attempt at resuscitation is better than no attempt and your quick action can give them the best chance of survival.



What is a sudden cardiac arrest?

- A sudden cardiac arrest is when a person's heart suddenly stops beating.
- It usually happens when there is a problem with the heart's electrical system, stopping the heart from pumping blood around the body.
- During cardiac arrest, a person will be unresponsive and not breathing (or not breathing normally).



What is an automated external defibrillator (AED)?

- An AED is a portable electronic device that can detect life-threatening abnormal heart rhythms.
- AEDs are smart and will only deliver a shock if it is necessary.
- AEDs are designed to be easy to use and will give simple step-by step instructions.



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This means anyone can use an AED even if you have never seen or used one before.

patients to make the best decisions about their health. Let us make safety a priority, together.

The next step is to register your AED with the Heart of the Nation App which allows users to locate up to ten registered AEDs within five kilometres of your location anywhere in Australia.

More information is available at <https://saferopioiduse.com.au/>

There is also the opportunity for free advertising in an interest story for local television, radio, and newspaper.

Medscape®

DA approves New Drug for Urinary Tract Infections (Full article is available on Medscape)

Joyani Das

October 29, 2024

WebMD

Oct. 28, 2024 — The FDA has approved Orlynvah, a new oral treatment for uncomplicated urinary tract infections (UTIs) in women who have limited options for effective antibiotic therapy. Uncomplicated UTIs are bladder infections that typically affect women who do not have other issues like kidney disease or urinary tract abnormalities. These infections are common, affecting around half of all women at least once in their lives. Orlynvah offers a promising new option by combining two drugs, sulopenem etzadroxil and probenecid, in one oral tablet. This combination helps keep the antibiotic in the body longer, making it work better, especially against bacteria that resist traditional treatments. Orlynvah is specifically approved to target infections from bacteria like *E coli*, *Klebsiella pneumoniae*, and *Proteus mirabilis*, which can be harder to treat.

Opioid Safety Toolkit

This toolkit is a comprehensive guide to safer opioid use when taking opioids for pain relief. Find out how the Opioid Safety Toolkit can help your pharmacy create a safety plan and support your



Artificial Intelligence (AI) can transform the way we do business and knowing how to use it effectively is becoming more essential. To help improve your AI knowledge, the **Institute of Applied Technology – Digital**, in collaboration with **TAFE NSW**, are offering **2 free short courses**.

1. **Introduction to Artificial Intelligence** which covers the basics like common terms, and how AI operates.
2. **Generative AI and its Business Applications** where you will learn how to use and discover the potential of tools like ChatGPT to support you in streamlining your processes.

Contact a Service NSW Business Concierge to get support

Call [13 77 88](tel:137788) Monday to Friday 8am to 5pm



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These changes include:

New Pharmacist only medicine.



Celebrex (Celecoxib) 200mg 10 capsules is now a pharmacist only medicine for short-term relief from muscle and joint injuries, including back pain or ankle strain; and period pain.

Its advantages as



Convenient Dosing: Once or twice daily¹



Pain relief onset within 30 mins^{2,3*}



GI Safety profile of a selective COX-2 NSAID¹

Changes to PBS authority prescription stationery pads

Published: 26 November 2024

New PBS authority prescription stationery pads will feature some changes to align with legislation changes.



- no longer requiring a patient/agent's signature
- the number of sheets per prescription pad has increased to 50 sheets.

Residual stock of authority prescriptions remains valid. There is no need to order new stationery until current stock runs out.



The PBS/RPBS computer prescription pad (PB023) is a green, A4 computer-generated prescription pad that can be ordered by:

- medical practitioners
- dentists
- nurse practitioners
- midwives
- optometrists.

Medscape®

(Extract from Medscape Saturday Quiz: Anxiety Disorders)

What is the most prevalent anxiety disorder in the United States?

Specific phobias affect 19.3 million adults or 9.1% of the US population. Symptoms typically begin in childhood, with the average onset age of 7 years. Females are twice as likely as males to be affected. Some of the most common specific phobias are fear of animals, heights, and thunderstorms. Other disorder statistics:



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- Social anxiety disorder affects 15 million adults or 7.1% of the US population.
- Generalized anxiety disorder affects 6.8 million adults or 3.1% of the US population.
- Panic disorder affects 6 million adults or 2.7% of the US population.

Is anxiety disorders concurrent with other disorders?

Anxiety disorders are often comorbid with one another and with other mental disorders (especially depression), as well as with somatic disorders. Such comorbidity generally signifies more severe symptoms and greater clinical burden and treatment difficulty. Obsessive-compulsive disorder and posttraumatic stress disorder are closely related to anxiety disorders, which some people might experience at the same time, along with depression.

Concurrent depressive symptoms are common in all anxiety disorders. Of patients with a depressive disorder, 67% also have a current anxiety disorder. Conversely, 63% of those with a current anxiety disorder also have a depressive disorder.

After remission, how long should medications be continued?

After remission, medications should be continued for 6-12 months. Treatment is indicated when a patient shows marked distress or suffers from complications resulting from the disorder. Anxiety disorders should be treated with psychological therapy, pharmacotherapy, or a combination of both. First-line medications are selective serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors. Benzodiazepines are not recommended for routine use. Other treatment options include pregabalin, tricyclic antidepressants, buspirone, and moclobemide.

Anxiety disorders affect children at approximately what rate?

Anxiety disorders are the most common psychiatric conditions in children and adolescents, affecting nearly 1 in 12 children and 1 in 4 adolescents. In 2022, 7.4% of all children aged 3-

17 years in the United States were diagnosed with an anxiety disorder (approximately 4.5 million young people).

Research shows that untreated teenagers with anxiety disorders are at higher risk of performing poorly in school, missing important social experiences, and engaging in substance abuse compared with their peers without anxiety disorders.

What is the current criterion standard for treatment of anxiety disorders?

Cognitive-behavioural therapy (CBT) is considered the criterion standard for treating anxiety disorders. It targets negative thoughts, feelings, and behaviours that contribute to anxiety. It can be used alone or in combination with medications or other interventions such as mindfulness. CBT also has fewer adverse effects than medications and equal or longer-lasting efficacy. Novel treatments in CBT include internet-delivered CBT (I-CBT), which offers an accessible, cost-effective option for treating anxiety. Delivered through computers or mobile apps, I-CBT can be therapist-supported or self-guided. It has been shown to outperform placebo in treating anxiety and trauma disorders, including posttraumatic stress disorder.

*Happy New Year from our IPA committee
Annmarie, David, Frances, Katerina, Sean,
Sharon, and Vlade.*



Sharon Doolan.
IPA president on behalf of the IPA committee.