



JUNE 2025

## THE PRESIDENT'S REPORT



### Welcome to our June 2025 newsletter.

The month of May events included

- The PSA 'Meet and Greet' event at the Living Room Wollongong last month was a successful evening and thoroughly enjoyed by the pharmacists that attended. We heard from Luke Kelly and Sharon Doolan with the latest information about Scope of Practice and Aged Care Onsite Pharmacist.



- World Asthma Day was on Tuesday 6 May is an important reminder about the impact of asthma in Australia and around the world. The [Global Initiative for Asthma \(GINA\)](#) uses this day to raise awareness about the important role that government, policy makers, health professionals and industry all have to together make a difference to improve the management of asthma.

Asthma is one of the most common chronic non-communicable diseases that affects over 260 million people globally. In Australia, 2.8 million, or 1 in 9 Australians, have asthma. The NAC produces a range of evidence-based resources for health professionals and people with asthma to promote the optimal management of asthma. To encourage the

dissemination of these resources, they can be accessed on their website. Using a spacer improves the clinical effectiveness of pMDIs however only about one in 10 patients can use their inhaler correctly. One of the most common errors is difficulty in coordinating inhalation with actuation of the inhaler. A spacer can improve medication deposition to lower airways by up to 50%.

### Upcoming Events –

Cultural safety training workshops for NSW pharmacists for OTP and NSP PSA is offering face-to-face cultural safety training workshops for NSW pharmacists about OTP and NSP services. Pharmacists will be reimbursed \$300 to attend the workshops hence this is free of charge

*The training has been designed specifically for pharmacists regarding Opioid Treatment Program - OTP, Needle Syringe Program - NSP, and Take-Home Naloxone Services - THN.*

*Date: Wollongong 15 June 2025*

*This activity has been accredited for 6.5 hours of Group 2 CPD (or 13 CPD credits) upon successful completion of relevant assessment activities.*

*Open to members & non-members!*

### *Why attend?*

- **Tailored to your location** – gain local insights and practical skills
- **A full-day interactive workshop (8.5 hours)** – hands-on learning for real-world impact
- **Make a difference** – help close the healthcare gap for First Nations people

*Seats are limited, so do not miss out! Register now to secure your spot. [Register here.](#)*

*Supported by an unrestricted educational grant from NSW Ministry of Health*

**Why is this important?** In Australia, Aboriginal and Torres Strait Islander people are disproportionately affected by alcohol, tobacco and



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other drugs and have been identified as a priority group in the National Drug Strategy. Approximately 18% of people who used alcohol and other drug treatment services and 12% of people who accessed opioid pharmacotherapy treatment services in 2022-23 identified as Aboriginal and Torres Strait Islander. In addition to commonly experienced barriers to harm minimisation programs such as limited access, stigma and discrimination, First Nations people also experience cultural inequities further hindering access and engagement and leading to poorer health outcomes.

### What is your role as a pharmacist?

Since community pharmacies serve as key access points for harm minimisation programs such as the Opioid Treatment Program (OTP) and Needle and Syringe Program (NSP) it is essential that pharmacists understand how Aboriginal and Torres Strait people experience these cultural inequities in everyday life, the impact on their health and wellbeing and what practical steps can be made to move towards providing culturally safe care.

### What is in it for you?

The Pharmaceutical Society of Australia's (PSA) Cultural Safety Workshops aim to promote cultural safety in the delivery of AOD services in community pharmacies. These workshops focus on raising awareness of ongoing impacts of colonisation experienced by Aboriginal and Torres Strait Islander people while encouraging self-reflection and fostering meaningful change in practice which can lead to greater engagement with services and better outcomes for our First Nations people.



On Wednesday 14 May a PSA meet and greet was held at the Livingroom in Keira Street Wollongong. Seventeen pharmacists and pharmacist interns enjoyed the hospitality of the PSA team of Luke Kelly (NSW PSA President), Sharon Doolan (NSW PSA

Councillor), and Amanda Fairjones (NSW PSA State Manager).







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NSW president Luke Kelly presented IPA member Glenn Steele with his 25 years of pharmacist accreditation in conducting comprehensive medications review.

In February 1997, Federal Government funding of Residential Medication Management Reviews (RMMRs) and early medication reviews for war veterans began. Four years later, in October 2001, Home Medicine Reviews (HMRs) commenced, together with a Medicare Benefits Schedule (MBS) Item for general practitioners, which led to the creation of a revolutionary collaborative model.

NSW PSA President Luke also spoke on the Member Census conducted at the end of last year. Saying a terrific response (the highest ever) had provided valuable insights into how we can better serve our members. Thank you to everyone who participated.

### **Our Strengths**

- Members depend on PSA as a key resource for professional development, equipping them with skills to advance their careers.
- Members highly value PSA's educational offerings and rely on PSA for timely updates on industry trends and challenges.
- The Australian Pharmacist journal and online learning modules are the most popular services, with 84% of members rating these as 'good' or excellent'.



**The highlight of the evening.**



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- Members are confident that PSA understands the challenges they face, and value PSA's strong advocacy efforts on behalf of the profession.

71% of members rate PSA's communication as good or excellent, valuing its clarity and relevance to their professional needs.

respiratory illness notifications specific to your local area.

### How can pharmacies prepare?

Pharmacies can plan ahead by:

- Actively promoting and encouraging influenza and COVID-19 vaccinations where appropriate. Pharmacists are trusted providers, and your recommendations are highly valued.
- The [NSW Pharmacist Vaccination Standards \(the Standards\)](#) were updated on 24 April 2025. This update lowers the age limit that pharmacist immunisers can administer influenza vaccines to people aged 2 years and over (previously 5 years and over).
- Free influenza vaccines are available to eligible people under the National Immunisation Program (NIP) and can be ordered from the [NSW Vaccine Centre](#).
- Under the National Immunisation Program Vaccinations in Pharmacy (NIPVIP) Program, participating pharmacists are funded to provide certain vaccines for eligible people aged 5 years and over and off-site at residential aged care facilities and disability homes. Pharmacies may charge an administration fee for flu vaccination for children aged 2 to less than 5 years.
- See the [2025 Respiratory Illness Campaign Communication toolkit](#) for stakeholders, including a new pharmacy brochure - [Protect your family from influenza \(flu\)](#).
- Refer to [ATAGI's statements](#) for seasonal influenza and COVID-19 for information on latest recommendations for vaccination.

### NSW Health's key respiratory illness campaign messages



**The Pharmacy  
Guild of Australia**  
NSW Branch

Peppe Raso our NSW Guild Councillor for the South Sydney- Illawarra region, District 7 has provided an update from the NSW Guild.



### NSW Health 2025 Respiratory Illness Campaign

The 2025 winter season is fast approaching. The influenza vaccine is recommended now for protection during the peak influenza season – typically June to September. International trends show the possibility of high influenza activity in 2025 and increased influenza B which can have a greater impact on children and older people.

The [NSW respiratory surveillance report](#) is a great way to keep track of current virus activity levels in the community, including the latest data on



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NSW Health will be running a campaign to promote the following messages to the community:

- Influenza (flu) is serious, but your yearly flu vaccine offers the best protection from getting really sick
- Book your flu vaccine at your doctor, local pharmacy, or Aboriginal Medical Service (AMS) or find your nearest provider at [www.healthdirect.gov.au/nswfluvaccine](http://www.healthdirect.gov.au/nswfluvaccine).
- The flu vaccine is FREE for:
  - children aged 6 months to under 5 years.
  - pregnant women, at any stage of pregnancy.
  - Aboriginal people aged 6 months and over.
  - anyone aged 65+; and
  - people with [certain health conditions](#), including heart disease, chronic lung conditions (including severe asthma), kidney, liver disease and diabetes.
- There are some simple steps you can take to help protect yourself and your loved ones from respiratory viruses like COVID-19, influenza and RSV, including:
  - stay up to date with your recommended vaccinations.
  - stay home if you are sick and wear a mask if you need to go out.
  - avoid crowded spaces and get together in well-ventilated spaces.
  - consider doing a RAT before visiting people at higher risk of severe illness.
  - make a plan with your doctor if you are at higher risk of severe illness from COVID-19 or influenza about what to do if you get sick, including what test to take, and discussing if you are eligible for antiviral medicine.
  - do not visit people who are at higher risk of severe illness if you are sick or have tested positive to COVID-19 or influenza; and

- practice good general hygiene, like regular handwashing.

#### **Additional resources**

- [Influenza Vaccination Program 2025: for immunisation providers](#)
- [NSW Health 2025 Influenza Vaccination Provider Toolkit](#)
- [Pharmacist Vaccination Program](#)
- [Sharing Knowledge about Immunisation for health professionals webpage](#)
- [Aus Vax Safety](#) for vaccine safety data
- Watch the [Influenza vaccination update webinar](#) prepared by NSW Health and NCIRS to help immunisation providers with the delivery of the influenza program.
- Resources for the [general public](#), [Aboriginal people](#) and [culturally and linguistically diverse \(CALD\) communities](#).

**Free** campaign materials are also available for order through the [Better Health Centre](#)

#### **Update to Continued Dispensing Arrangements – NSW Emergency Measure**

From 23 May 2025, a Continued Dispensing Emergency Measure has been temporarily put in place to support people affected by the flooding disaster in NSW to continue to access their PBS subsidised medicines.

This PBS Continued Dispensing Emergency Measure provides access to a wider range of PBS medicines than under ongoing Continued Dispensing arrangements, **covering most medicines on the General Schedule of the PBS**. This measure will be effective until **30 June 2025 (inclusive)**.

As some pharmacies may not have received related dispensing software updates to enable contemporaneous lodgement of claims in respect of items on the expanded list of medicines, pharmacies





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may submit their Continued Dispensing claims, that are not covered under existing (ongoing Continued Dispensing) arrangements claims, instead at the next available opportunity once their system is updated.

The full list of medicines eligible under the Continued Dispensing Emergency Measure can be retrieved [here](#).

### **NSW GPs to diagnose and treat ADHD in 2026**

**Suitably trained GPs** will be able to prescribe psychostimulant medicines to manage ADHD in NSW.

GP training will commence in the coming months and the ability for GPs to provide ongoing prescriptions for children is expected to open up in **early 2026**.

NSW Health is working on the implementation including the prescription approval format for GPs, and the Guild will update once this information is available.

Currently, a prescription for a Schedule 8 psychostimulant medicine is required to be endorsed with one of the following approval numbers (independent of any PBS authority) to be lawfully dispensed. This includes:

- CA2023 - for use by psychiatrists, paediatricians and neurologists prescribing under the conditions of the [class authority](#)
- A<sup>xxxxxxx</sup> **or** AU<sup>xxxxxxx</sup> - unique number that may be specific for a prescriber **or** specific for a patient
- CNS<sup>xxxxxxx</sup> **or** S28c<sup>xxxxxxx</sup> - unique prescriber approval previously issued to a prescriber by the Ministry of Health

For more information click [here](#).

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### **United Nations World Days to celebrate in June.**

- 1 June - Global Day of Parents
- 5 June - World Environment Day
- 8 June - World Oceans Day
- 14 June - World Blood Donor Day
- 15 June - World Elder Abuse Awareness Day
- 20 June - World Refugee Day
- 26 June - International Day Against Drug Abuse and Illicit Trafficking



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## FROM THE TREASURER.



Renewal of membership is due on the 1 July 2025.

Membership in 2025-26 is free upon renewing your membership online at our new website. At the **join now** prompt follow the steps and once completed will allow you to the members only area to view coming events, the IPA newsletters, positions vacant, governance material and much more.

### **IPA Annual AGM Dinner –**

Wednesday 23<sup>rd</sup> July – once members renew their membership after the 1 July 2025, they will receive a sticky tickets invitation to the Arrotex Annual Dinner.

This will allow you to register and pay for the dinner.

If you encounter any difficulties in registering for the dinner, please contact me on [treasurer@illawarrapa.com](mailto:treasurer@illawarrapa.com)



### Eating in Any 8-Hour Window Daily Yields Durable Weight Loss

Does The strategy, called time-restricted eating (TRE) work?

Yes, time-restricted eating (TRE) appears to be an effective strategy for weight loss and long-term weight management. Recent studies suggest that limiting the daily eating window to **eight hours**, regardless of whether it is earlier or later in the day, can lead to **significant weight loss** that lasts for at

least a year. The key factor seems to be the **16-hour fasting period**, rather than the specific timing of meals.

Research has shown that individuals who followed TRE for **three months** experienced **greater weight loss** compared to those with a traditional eating schedule. On average, TRE participants lost between **3.1 kg and 4.2 kg** (3.5%–4.5% of body weight), while those who ate over a **12-hour window** lost only **1.4 kg** (1.5% of body weight). Even **12 months after the intervention**, TRE participants maintained **greater weight loss** than those with unrestricted eating schedules.

TRE may also improve **cardiometabolic health**, reducing waist and hip circumference, and potentially offering a more sustainable alternative to traditional calorie-counting diets. However, experts suggest that **more long-term studies** are needed to fully understand its effects on metabolism and adherence.

## **Benefits of TRE:**

- **Weight Management:** Helps reduce overall calorie intake and promotes fat-burning.
- **Metabolic Health:** Improves insulin sensitivity and lowers inflammation.
- **Heart Health:** Can reduce blood pressure and cholesterol levels.
- **Cognitive Function:** Some studies suggest TRE may enhance mental clarity and protect against neurodegenerative diseases.

## FROM THE SECRETARY.





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### **Notice of the IPA Annual General Meeting.**

The Illawarra Pharmacists' Association Inc will be holding its annual general meeting on Wednesday 23 July 2025 at the Fraternity Club, 11 Bourke Street, Fairy Meadow at 7 pm.

Apologies if unable to attend to the [secretary@illawarrapa.com](mailto:secretary@illawarrapa.com)

### **Call for nominations.**

Those wishing to nominate for the positions of

- President.
- Vice President.
- Treasurer.
- Secretary.
- Or ONE of the three committee positions

please apply in writing by contacting the secretary on [secretary@illawarrapa.com](mailto:secretary@illawarrapa.com) of your nomination by 16 July 2025.

### **Annual Dinner 23 July 2025**

Tickets available on Sticky Tickets at \$60 pp for a three course meal to be held at the Fraternity Club, Fair Meadow on 23 July 2025. Tickets available now at <https://www.stickytickets.com.au/72XGU> Up to 18 July 2025.

**Renewal of IPA membership** is free and due at the 1 July 2025. You can renew your membership on the new IPA website at “**Join Now.**” To be included and continue on the IPA mail out you need to register on the new website.

The IPA committee with Sam from Kray Website Development & Design | Website Hosting | Email Hosting | Domain Names | SEO Services Unit 423, 83 Campbell Street Wollongong NSW 2500 have created an up to date website to meet the IPA needs.



- **Mentation:**
  - Are there mood issues? Is there cognitive impairment? Are they depressed?
- **Medications:**
  - Medications are our bread and butter, our favourite. We talked a lot about de-prescribing — we love it.
- **Mobility:**
  - How active are they? Can they get around? Can they perform their activities of daily living?
- **Matters:**
  - What matters? What do they value? What makes them happy?
- **Multimorbidity:**
  - What else is going on with this patient? What other illnesses could be contributing to unintentional weight loss?

Another interesting Medscape article was on

Thank you for taking the time to read our newsletter and until our next newsletter stay safe and healthy.





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*Sharon Doolan.*

IPA president on behalf of the IPA committee