

Pharmacy Newsletter

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Deprescribing Guidelines

The debate continues about the long-term risk of Proton Pump Inhibitor (PPI) use with studies continuing to emerge. PPIs are leading evidence-based therapy for acid-related diseases due to their efficacy and safety profile, and the reduction in costs due to availability of generic formulations. However, these factors have contributed to overprescribing of PPIs. With statistics given in a recent NPS article indicating up to 60% of primary care physicians, do not attempt to reduce patients' doses over time, and almost 50% of patients receiving long-term PPI therapy having no clear indication for its continuation⁽¹⁾.

I will leave the debate regarding PPI safety for you all to ponder however; the above statistic brings me to remind everyone, about the great free online resource available to clinicians, Primary Health Tasmania Deprescribing Guidelines. This resource is available at <https://www.primaryhealthtas.com.au/resources/deprescribing>

These guidelines provide an overview to deprescribing and then specific guidelines for an array of drug classes e.g. Proton Pump Inhibitors, Opioids, NSAIDs and statins. Each guide is set out to provide background information, strategies, factors to consider, efficacy and adverse effects and consequently is a great reference for those making deprescribing recommendations to GPs through HMRs, RMMRs or MedcChecks.

(1) <https://www.nps.org.au/news/ppi-use-and-risk-of-death-cause-for-concern#summary>

Resources Update

Therapeutic Guidelines

In March 2018 the eTG complete completed and released a comprehensive update of the cardiovascular guidelines.

For a summary of what's new visit (https://tgldcdp.tg.org.au/fulltext/quicklinks/Cardiovascular7_WhatsNew.pdf)

Don't Rush to Crush

The third edition of the comprehensive guide to giving oral medicines to people who have swallowing difficulties or have enteral feeding tubes is due for release soon. This edition has been expanded to include 570 medicines and all information from the 2nd edition has been reviewed and updated. Pre-orders available now.

AMH Aged Care Companion

The April 2018 release of the AMH Aged Care Companion Book and online version are now available. New content includes information on age-related macular degeneration and updated information on allergic conjunctivitis, dry eyes, gout, heart failure, hypertension, insomnia, osteoporosis, major depressive disorder, pain management, restless legs syndrome, rhinitis, rhinosinusitis (formerly sinusitis), along with changes to several other topics.

Clinical Bites

- a. NSAIDS preferred analgesic for acute dental pain

https://www.pharmaceutical-journal.com/20204907.article?utm_campaign=2482_PJ_daily_alert&utm_medium=email&utm_source=Pharmaceutical%20Journal

- b. New Products MIMS Update June 2018

Dulaglutide (Trulicity) is an engineered long-acting GLP-1 receptor agonist. Trulicity is indicated as an adjunct to diet and exercise to improve glycaemic control in adults with type 2 diabetes mellitus: as monotherapy; in combination with the oral glucose lowering medications metformin, metformin and sulfonylurea, metformin and thiazolidinedione; in

combination with prandial insulin, with or without metformin.

Fluticasone furoate/umeclidinium bromide/vilanterol trifenate (Trelegy Ellipta) represent three classes of medications:

- an inhaled synthetic corticosteroid (ICS))
- a long-acting muscarinic receptor antagonist (LAMA), and
- a selective, long-acting β 2-receptor agonist (LABA)

Trelegy Ellipta is indicated for the maintenance treatment of adults with moderate to severe chronic obstructive pulmonary disease (COPD) who require treatment with LAMA + LABA + ICS.

Budget Update for Pharmacy

The PSA has welcomed the announcement in the 2018-19 Federal Budget for a new Workforce Incentive Program to strengthen multidisciplinary primary care through supporting general practices to engage allied health professionals including non-dispensing pharmacists. For more information, please visit the following link:

<http://www.psa.org.au/media-releases/budget-supports-general-practice-pharmacists>

TGA Adverse Events Reporting

As a pharmacist, you have an important role in ensuring the safe use of medicines.

The Therapeutic Goods Administration is urging you to undertake a short online survey about your views and experiences with reporting adverse events. The link is below:

<https://www.tga.gov.au/adverse-events-side-effects-reporting-survey>



Australian Government

Department of Health
Therapeutic Goods Administration

Intern Positions 2019

Are you considering or looking for an intern pharmacist in 2019. Students are sourcing employment options now, so get in early and beat the rush, encourage our students to go rural and reap the rewards. Should you have a position available please feel free to send an 'Intern Position Vacancy' Ad to Sonja (Sonja.littlejohns@newcastle.edu.au) or Claire (Claire.frewin@newcastle.edu.au) and we will have it uploaded on the UON student online platform.

Pharmacists' Support Service



We offer support related to the many demands of being a pharmacist in Australia

Just a reminder the PSS is available as a free service run by pharmacists for pharmacists. They provide a listening ear as well as resources to assist pharmacists by providing support, information and referral if necessary. Some of the resources include:

- Building resilience to manage stress
- After a hold up or trauma
- Tips for finding employment in pharmacy
- Bullying

[Visit the Pharmacists' Support Service website](#)

or

Phone 1300 244 910 for the cost of a local call.

Children's University Newcastle

UONDRH Taree was delighted to host the Children's University on Tuesday the 19th June. Children's University Newcastle is a program developed to encourage children between the ages of 7 and 14 to be curious learners by participating in validated activities beyond the school curriculum. During the day, we ran a pharmacy workshop for the children to participate in and ask many wonderful questions. The workshop involved a fun science experiment to make an 'anti-inflammatory gel' for a patient. Through this process, students became more aware of the pharmacist's role and sparked some great interest in how to become a health professional. Activities such as this are designed with the long-term goal of strengthening and supporting our rural workforce shortage.



Your Local UONDRH Offices

Armidale

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110 Butler Street
Tel: 02 6773-0100

Coffs Harbour

Coffs Harbour Education Centre
Specialist Medical Centre, Suite 212
343-345 Pacific Hwy
Tel: 02 4055-1960

Moree

Moree Education Centre
Victoria Terrace
Tel: 02 6757-0900

Port Macquarie

Port Macquarie Education Centre
Shared Health Research and Education Centre
20 Highfields Circuit
Tel: 02 5524-1547

Tamworth

Tamworth Education Centre
114-148 Johnston Street
Tel: 02 6755-3500

Taree

Manning Education Centre
69A High Street
Tel: 02 4055-1900

Your Local UONDRH Pharmacist Contacts

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