



Dispensary Corner

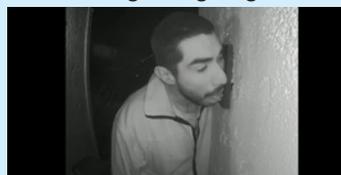
IF YOU had a spare three hours in the early morning, say 4.00am, how would you invest it, if you are not sleeping that is?

Indicating a possible need for a pharmacy-based sleep service to assist with insomnia, Californian man Roberto Daniel Arroyo, 33, was captured licking a doorbell on the home CCTV in Salinas, California, on Sat morning, for three hours.

The bizarre act was reported to police when the on-camera action alerted the owners who were not at home at the time.

Officers recognised the man and made a quick arrest, but not before he managed to visit a few other homes and allegedly relieved himself in one of the gardens.

Some people have fascinating fetishes - ring-a-ding-ding!



THREE-LETTER baby names are all the rage this year, with specialist website nameberry.com reporting a surge in popularity of monikers such as Rio, Van, Kit and Lux.

Jem, Ida, Koa, Liv, Van and Rex are also "on-trend" for 2019, along with gender-neutral names such as Briar, Campbell, Story, Journey, Robin and Justice, for parents wanting to raise their kids free of gender stereotypes.

Apparently the most fashionable consonant is "F" with the site reporting a boost in newborns with names like Faye, Felix, Fern, Finnian, Flora, Frances, Frost, Frankie and Frederick.

WA pharmacist disqualified

WEST Australian pharmacist Lex Walliss has been reprimanded and disqualified from re-applying for registration for six months after he admitted to professional misconduct.

According to an update from the Pharmacy Board of Australia on Fri, the State Administrative Tribunal of Western Australia heard Walliss admit that he had attended work as a pharmacist on 29 Sep 2016 while under the influence of numerous substances and fatigue and made four dispensing errors in Jan and May 2016.

In addition he confessed to practising as a pharmacist on 20 and 23 October 2016 when he



knew that doing so would be in breach of conditions on his registration prohibiting him from practising. Had Walliss been registered at the time of the hearing, the Tribunal said it would have cancelled his registration.

The Tribunal also determined that Walliss has an impairment, and is required to pay the Pharmacy Board of Australia the costs of its application to bring him to justice, namely \$2,500.

Digital bootcamps

DIGITAL health business accelerator ANDHealth has been awarded \$250,000 from the Medical Technologies and Pharmaceuticals Growth Centre, MTPConnect, to deliver "intensive Digital Health Market Success Bootcamps" for up to 40 Australian digital health companies.

MTPConnect CEO Dan Grant said ANDHealth's five-day focused curriculum covered clinical evidence, regulation, business models, intellectual property, partnering, attracting investment & exploring international markets.

Since Oct 2017 ANDHealth program participants have raised over \$14m, launched in nine new markets, and created 63 jobs, with one of the most noteworthy successes being Queensland-based DoseMe, which was acquired by Tabula Rasa Healthcare for US\$30 million (*PD* 10 Dec 2018).

See andhealth.com.au.

PSNZ membership

THE Pharmaceutical Society of New Zealand has posted reminders to pharmacists that renewals are open and they will have received a renewal notice and invoice, by email during the first week of Dec.

To pay invoices, visit psnz.org.nz and go to My Dashboard/accounts.



Weekly Comment

Welcome to Pharmacy Daily's weekly comment feature.

This week's contributor is Sally Benedek, Pharmacist, Diabetes Consultant & Trainer and Professional Services Account Manager at instigo Pharmacy Consulting.



Benefits of Self-Monitoring Blood Glucose (SMBG)

ARE your patients with diabetes able to make informed decisions around their diet, exercise and treatment based on their blood glucose readings? Are they getting overall improved health outcomes? After all, glycaemic control is one of the most important factors in managing the risk of complications.

The key is structure. A structured approach is needed so that patterns can be identified, results can be interpreted and decisions made to improve diabetes management and outcomes.

A structured approach allows the patient to see how food, physical activity, pain, stress, illness, medications and other factors affect their blood glucose. It also allows them to make informed and timely decisions to make adjustments to their food, physical activity and insulin doses.

The intensity of the structured approach needs to be individualised based on the type of diabetes, treatment, risk of hypoglycaemia, anxiety around testing & knowledge of what to do with the results.

For a patient living with Type 1, this structured approach should occur daily. However, for patients with Type 2 it will vary extensively.

For some patients, structured monitoring for 3 days before they see their healthcare professional may be adequate for the clinician to make informed treatment decisions and the patient to receive the best outcomes.

Taking a patient centred approach and creating an individualised SMBG plan for your patients can reinforce beneficial health behaviours, increase adherence to medication and overall, generate positive health outcomes.