

Dispensary Corner

PET therapy is a much welcomed diversion at many aged care homes, but usually it involves somewhat fluffy animals of the canine or feline variety.

However a senior living facility in Pennsylvania experienced a visit of a different kind when Wally - a metre-long alligator - was brought in to meet the residents.

The not-so-cuddly companion arrived courtesy of its owner, Joie Henney, who encouraged the locals to get to know him.

"He's just like a dog...he wants to be loved and petted," she said.

The *York Daily Record* quoted one of the reluctant residents saying "I'm not scared of snakes, but that thing has a lot of teeth".



PHARMACY students could take a tip from Bristol University in the UK, which is prescribing special "stress relief packs" to help relieve exam tension.

Each pack contains a piece of bubble wrap, along with detailed instructions advising the items are: "For immediate stress relief. Pop three capsules every 4-6 hours, or as needed".

The initiative apparently follows the delivery of some new furniture, with the student union deciding to repurpose the packaging.

VPA reference warning

THE Victorian Pharmacy Authority (VPA) has highlighted the outcome of several recent pharmacy inspections in which "gross deficiencies in mandatory references" were identified.

The VPA said the absence of one or more of the current references mandated by the Pharmacy Board of Australia continues to be one of the most common issues noted during pharmacy inspections.

"Licensees and pharmacists in charge are responsible for ensuring the maintenance of required references at registered premises," the VPA said in a communiqué issued late last week.

"The Authority expects pharmacies to have procedures in place to ensure that references are continuously updated so that all pharmacists can practise safely and effectively."

The Board-mandated list of references include **current editions** of the Australian Pharmaceutical Formulary and Handbook; the Australian Medicines Handbook; the Therapeutic Guidelines; a source of current product information such as MIMS or

Low back pain clinic

NPS Medicinewise has posted a series of resources for health professionals counselling patients with low back pain.

They include key points, articles, a podcast, the role of education, a practice review and prescribing guidance - visit nps.org.au.

AusDI; a drug interactions reference updated at least quarterly; the AMH Children's Dosing Companion; an evidence-based reference work on complementary and alternative medicines; copies of the legislation controlling the practice of pharmacy; the Australian Immunisation Handbook; the PSA and SHPA professional practice standards; the Pharmacy Board of Australia guidelines; the Merck Manual; and the recently updated Australian Don't Rush to Crush handbook - pharmacyboard.gov.au.

Texts must be readily accessible in either hard copy or electronically.

Dr charged with fraud

A 50 year-old Brisbane doctor has been charged with 17 counts of fraud, uttering, obtaining or detailing with identification, falsification of records and forgery.

Police allege he used records of four different patients at the Chermide medical clinic where he worked to self-prescribe and have his scripts filled.

He will appear in the Brisbane Magistrate's Court in Feb.

Win with Plunkett's



Name one use for Plunkett's Aloe Vera.

Everyday this week Pharmacy Daily and Plunkett's are giving away an Aloe Vera prize pack valued at over \$60 each including Plunkett's Pure Aloe Vera gel 240ml, Plunkett's Pure Aloe Vera gel 75g, Plunkett's Pure Aloe Vera Spray 125ml, Plunkett's Pure Aloe Vera Moisturiser 200ml and one Plunkett's Pure Aloe Vera facial mask.

Aloe Barbadensis 'Natures medicine plant' is renowned for its soothing, cooling and hydrating properties. Plunkett's Aloe Vera is fragrance and colour free and contains pure certified organic Aloe Vera extracted from Aloe Barbadensis Leaf - rich in vitamins, minerals, amino acids and antioxidants to restore dry and damaged skin all year round.

Visit: www.Plunketts.com.au.

To win, be the first from NSW or ACT to send the correct answer to the question to comp@pharmacydaily.com.au

Check here tomorrow for today's winner.



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.



Know the Four T's of Type One Diabetes

IN PRACTICE, I have found the diagnosis of type 1 diabetes is being delayed in children due to a lack of awareness of the early signs of type 1 diabetes, by parents and by healthcare professionals. The consequence of this can be very serious. The onset of type 1, especially compared to type 2, is rapid and if left untreated can lead to diabetic ketoacidosis (DKA), which is a life-threatening condition and can be fatal.

Diabetes UK developed the "Four T's" campaign to promote the awareness of the early signs of type 1 diabetes. Education campaigns, not only in the UK, but in parts of Australia too, have significantly reduced the proportion of children presenting to hospital with DKA at time of type 1 diagnosis.

The most common and early symptoms of type 1 diabetes are polydipsia, polyuria, lethargy, and unexplained weight loss. These are represented in the "Four T's" campaign as Thirst, Toilet, Tired, Thinner.

Unfortunately, there is an average of 7 new cases of type 1 diabetes each day in Australia¹ so it is important that awareness is raised. Make sure you and your pharmacy team are aware of the "Four T's" to recognise symptoms so patients can then be referred promptly to the doctor or emergency department for early diagnosis and treatment. The earlier the diagnosis, the better outcomes for the patient and less stress for their families.

¹<https://www.aihw.gov.au/reports/diabetes/diabetes-snapshot/contents/how-many-australians-have-diabetes/type-1-diabetes>