The Green Dispensary Commitment

Diabetes is Australia's fastest growing chronic condition that requires support, education and understanding.

Kirrily Chambers is an Accredited HMR (Home Medications Review) Pharmacist and a Credentialled Diabetes Educator who worked as part of an extensive allied health care team at Diabetes SA for a number of years before leaving to set up her private practice full time with the Green Dispensary Group. Her special interests include type 1 diabetes including insulin pump therapy, continuous glucose monitoring, type 2 diabetes including insulin initiation and titration, weight management and pre-diabetes.

Julie Kha is an Accredited HMR Pharmacist and recently qualified Diabetes Educator who has had vast experience in medication management. Julie is equipped with the range of skills required to provide individuals with the support and guidance necessary in their personal journey with diabetes.

Jane Whitbread is an Accredited Practising Dietitan with a special interest in diabetes and insulin pump therapy. Her education for individuals includes carbohydrate counting, glycaemic index, label reading and she also offers various eating plans such as the Mediterranean and vegetarian diets. Jane is successful in helping individuals manage weight and diabetes using evidence based strategies.

The Green Dispensary has also undertaken to expand not only the services the pharmacies offer to individuals with diabetes by having dedicated Diabetes Educators on site in private consultations rooms, but also diabetes supplies available. We have increased our range of blood glucose monitors, continuous glucose monitoring available for loan for any individual that has type 1 or type 2 (cost of sensor applies), lancets, weight management supplies, sharps containers, hypoglycaemic treatments and insulin cooler transport bags, to name a few. There is also a HbA1c machine on site available for instant results, if this service is required. Each of the pharmacies in the Green Dispensary Group is also a NDSS access point.

The team at the Green Dispensary understand diabetes is a complex disease state that requires a multi-disciplinary team, with an individual centred approach. To ensure as much help and support is available at the time it is needed, we have chosen to specialise in areas such as insulin pump therapy, which is now recognised as the gold standard in the management for type 1.
New to the Green Dispensary services are **wound and pain management**.

Diabetes is associated with both peripheral neuropathy and peripheral vascular disease, which increase the risk of developing foot ulcers and infections. Amputations are associated with increased mortality and morbidity (Diabetes, Australian facts, 2008). Ensuring appropriate diagnosis and treatment, including risk assessment and referral when required, is imperative as part of our commitment to our clients. Of course, the wound management service is open to all individuals, not just those who have diabetes.

The **PainWise** clinic is an innovative, educational program that helps an individual understand, manage, optimise and reduce pain. PainWise has been specifically developed for people living with persistent pain within the community. It is the first individual education program that is available conveniently within pharmacy that aligns consistently with educational programs delivered at hospital pain clinics. This is helpful for all persistent pain problems but may be especially useful for those with neuropathy, often related to long standing diabetes.

Of course, for all prescription requirements, the Green Dispensary Group, is able to dispense all regular items. The Green Dispensary Group also operates South Australia's first and only dedicated **compounding pharmacy**. Boasting state of the art equipment, including a **NATA certified clean room** specifically built for the preparation of sterile products (eye drops, injections etc), the Green Dispensary Compounding Pharmacy produces tailored medications in dosage forms to suit the individual. The Green Dispensary Compounding Pharmacy works closely with GD Pharma, which is cGMP accredited by the Australian Therapeutics Goods Administration (TGA), and specialises in contract manufacturing of sterile and non sterile liquids from formulation to commercial release.

All the Green Dispensary pharmacists have undertaken extra study to provide further support and advice. Many of our pharmacists have extra qualifications in **HMRs**, **integrative medicine** (Australian College of Nutritional and Environmental Medicine) and **diabetes**. With the focus being **individualized care**, we have the skills and resources available to impact positively on health outcomes no matter how complex.

The Green Dispensary pharmacies bring to the community a philosophy embodied in our catch cry “for your health, your children’s health and the health of the environment.” Not only do we offer "big brand" products but we also offer a wide range of **natural, nutritional, organic and compounded products**.

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**THE GREEN DISPENSARY GROUP OF PHARMACIES**

BLACKWOOD 202 Main Road Blackwood South Australia 5051 8278 2388
ERINDALE 361 Kensington Road Kensington Gardens South Australia 5068 8431 6727
LOBETHAL 55 Main Road Lobethal South Australia 5241 8389 6070
STIRLING 28 Mt Barker Road Stirling South Australia 5152 8339 1347
STIRLING Chemmart Pharmacy 21 Mt Barker Road Stirling SA 5152 8339 2800