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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

*The news you can use  
delivered to your inbox every fortnight*

18 February 2021

Welcome to MSK News! Wow, what a difference a few weeks make!

We've had the long awaited start of the Australian Open, lockdowns, over-the-counter medicinal cannabis, Valentine's Day, vaccines arriving in Australia and changes to how our medicines are prescribed. And that's just the highlights! It's enough to make your head spin.

But we've got you. This issue is packed with info to help you understand some of the things the world is throwing at us at the moment, including COVID-19 vaccinations. And as usual we have a delicious recipe for you to try this weekend and something to make you smile. So sit back, relax and enjoy our latest issue of MSK News.

Rob Anderson - CEO

P.S. We have some exciting information to share with you in the next issue of MSK News. So look out for it in your inbox on 4 March. You don't want to miss it.

## COVID-19 vaccines

You can't open a paper, watch the news or look at social media and not know that the COVID-19 vaccines are coming. And there's a lot of confusion, concern and misinformation out there. [So here are](#)



answers to some of the FAQs we're being asked.

## Join our Consumer Advisory Committee!

Our Consumer Advisory Committee (CAC) plays a vital role in supporting the MSK Board and management on the strategic direction and future planning of the organisation. We're seeking new members from other states and territories and we'd love to hear from you! [Find out more.](#)

## Active ingredient prescribing

As of 1 February, doctors are required to prescribe your medicine by its active ingredient/s. That means you'll need to be prepared to know (or at least recognise) what they are. [Find out about these changes and why they're happening.](#)



## Veggie loaded fried rice

[Here's a healthy twist on a take away favourite.](#) And it's a great way to use left over rice and any veggies sitting in the fridge. This recipe is much lower in salt than the take away option and helps you get in those 5 serves of veggies we should all be aiming for!

## Contact our Help Line

Did you know our nurses and several of our Help Line volunteers and other staff are certified in Mental Health First Aid? This training has never been more relevant than now. So you can feel confident that not only can we answer your queries about managing your pain, your musculoskeletal condition, treatment options, COVID-19 and so much more, we can also help you with mental health information and support. Contact us weekdays between 9am-5pm on

1800 263 265; [email](#) or via [Messenger](#).

## Your rights at work

If you're concerned about the impact your condition may have on your ability at work, it's important to understand your rights. Join us on 10 March for our FREE webinar, as Jessica Dawson-Field, an employment Associate at Maurice Blackburn, takes us through issues such as disclosing your condition, what your employer should do to keep you in your job, and your options if you experience discrimination. [Register today](#).

### Win a BONUS \$250 Myer voucher!

Simply buy a \$10 Play for Purpose raffle ticket on **Sunday 28 February** to help us support those who need us most, and you're in with a chance - winners will be announced the next day. And you'll also go into the draw to win a first prize worth \$250k and hundreds of other amazing prizes. [Get your ticket on 28 February](#).



### Medicinal cannabis update

On 1 February the Therapeutic Goods Administration approved over-the-counter sales of low dose cannabidiol oil from pharmacies. [So what does this mean?](#) Can you just walk into a chemist and ask for cannabis? Should you ask your doctor for a prescription? And is cannabis the wonder drug that many people claim it to be?

### Ethics in healthcare

As a proud member of the Australian Ethical Health Alliance (AEHA), we adhere to the Consensus Framework for Ethical Collaboration in the Healthcare Sector. This is a consensus of shared values and ethical principles that form the basis of collaboration and interaction among organisations in the Australian healthcare sector. Applying the principles of the Framework has allowed us to reflect on our existing policies, practices and processes with an ethical overlay which serves to support our consumers to the highest standards of care. Now more than ever, organisations within the Australian health sector are facing new, complex and ever-changing challenges. We would encourage any health organisation to become a member of the AEHA.

[Find out more.](#)

### Smile!

We all know our medications are sometimes a bitter pill to swallow, but **Lempi the cheeky bulldog** is a master at not taking her meds.



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