



COVID-19 DUCHENNE & BECKER FREQUENTLY ASKED QUESTIONS

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Support

Telehealth Nurse

Save Our Sons Telehealth Nurse, Michele Cowie, is available to provide the Duchenne & Becker community with easy access to valuable support and services.

During these difficult and uncertain times in relation to Covid-19, we encourage our Duchenne & Becker community to take advantage of this free service and reach out to Michele in relation to any questions or concerns you may have.

You can reach Michele on 1300 798 328 or at nurse@saveoursons.org.au

Please see Michele's availabilities below:

Mondays & Tuesdays: available from 10am – 9pm (AEDT)
Wednesdays, Thursdays and Fridays – please call or email Michele and leave a message and she will get back to you in a timely manner.

Common Concerns

Access to prescribed medication

During these trying and uncertain times, we understand your concerns about the potential impact that the COVID-19 pandemic may have on the Supply of essential medications that your family member is taking.

State and Commonwealth health authorities, including the Therapeutic Goods Administration (TGA), have stated that there is no need to stockpile large quantities of medicines in response to concerns about the impact of COVID-19.

There are regulations that limit how many scripts of a prescription medicine can be dispensed by a pharmacist at one time. These rules are important from a safety and supply perspective.

Health professionals should only be prescribing or dispensing multiple months of supply of prescription medicines to patients where there is a clear clinical need to do so. It is important to note that having more than a month's supply of medicines is generally not necessary.

State and Federal governments have also announced that pharmacies will remain open, as essential services, with the authority to operate on a 24-hour basis as required, although other non-essential businesses must close to slow the spread of the virus.

The Commonwealth Department of Health is closely monitoring medicines supply, and working with sponsors, wholesalers and health professional groups to identify and address issues relating to supply.

At this time, the TGA has not received any notifications of medicine shortages in Australia that are a direct result of COVID-19.

We ask you to please contact your Neuromuscular team, GP or pharmacist if you have any questions or concerns about the continued supply of medications.

Dispensing and Delivery of Medications

The Australian Government has put in place a home medicines service for vulnerable people in the community, including those in self isolation.

If pharmacies are able to support online dispensing of medicine and provide home delivery services, vulnerable people and people in self isolation will be able to order their Pharmaceutical Benefits Scheme (PBS) and Repatriation Pharmaceutical Benefits Scheme (RPBS) prescriptions remotely and have their medicines home delivered to reduce their potential exposure to COVID-19.

We ask you to please contact your Neuromuscular team, GP or pharmacist if you have any questions about dispensing and delivery of medications.

Influenza Vaccine

The annual influenza vaccine will not protect you against COVID-19, however, it will protect you against influenza and help reduce the severity and spread of influenza this winter.

Government funded influenza vaccines will start to become available from early to mid-April 2020.

We ask you to please contact your Neuromuscular team or GP if you have any questions or concerns about the influenza vaccine.

Neuromuscular clinic appointments

The Australian Government has made telehealth services available to all Australians under Medicare during COVID-19 to ensure patients can continue to have access to clinical consultations.

If you have an upcoming Neuromuscular appointment, we ask you to please contact your Neuromuscular team and to discuss telehealth options.

Physiotherapy

The Duchenne Standards of Care 2018 advise that a regular stretching routine, to keep muscles and tendons supple, should be part of a daily routine in order to help prevent the development of contractures.

We ask you to please contact your Neuromuscular team or physiotherapist if you have any questions or concerns about maintaining a regular stretching routine.

Webinars

World Duchenne Organisation Webinars: COVID-19 and Duchenne and Becker muscular dystrophy:

Webinar 1

https://www.youtube.com/watch?v=3DKEeRV8alA&feature=emb_title

Webinar 2

https://www.youtube.com/watch?time_continue=1&v=jBXFSi6jJrE&feature=emb_title

Webinar 3

https://www.youtube.com/watch?time_continue=4&v=KQ1RJgIJ91g&feature=emb_title

Webinar 4

<https://www.worldduchenne.org/news/webinar-covid-4/>