Hypertension

Adalat retard

Maintains efficacy with advancing patient age

Prescribing information:

Presentation: Pink-gray coated tablets each containing 20mg nifedipine. Indications: For the treatment of hypertension. Dosage and Administration: The recommended dose for Adalat Retard is one 20mg tablet twice daily and if necessary further increases may be taken according to the patient's response. Treatment may be continued indefinitely. Contra-indications: Must not be given to women capable of child bearing. Warnings and Precautions: Adalat Retard is not a beta-blocker and therefore gives no protection against the dangers of abrupt beta-blocker withdrawal, any such withdrawal should be by gradual reduction of the dose of beta-blocker, preferably over 2–3 days. Adalat Retard may be used in combination with beta-blocking drugs and other anti-hypertensive agents, but the possibility of an additive effect resulting in postural hypotenstion should be borne in mind. Adalat Retard will not prevent possible rebound effects after cessation of anti-hypertensive therapy. Adalat Retard should be used with caution in patients whose cardiac reserve is poor. Ischaemic pain has been reported in some patients, commonly within 30 minutes of the introduction of nifedipine therapy. Patients experiencing this effect should discontinue nifedipine. The use of nifedipine in diabetic patients may require adjustment of their control. The antihypertensive effect of nifedipine can be potentiated by simultaneous administration with beta-blockers. There are no other known drug incompatibilities. Gravitational oedema associated with increased capillary permeability has been reported. Side Effects: Adalat Retard is well tolerated. Minor side-effects, usually associated with vasodilatation are mainly headache, flushing and lassitude. These are transient and invariably disappear with continued treatment. Overdosage—standard measures such as atropine and noradrenaline may be used for resultant bradycardia and hypotension. Intravenous calcium gluconate may be of benefit. Pack Quantities: Adalat Retard tablets are available in full strips of 10 in packs of 100. Daily Treatment Cost: £0. Product License Number: Adalat Retard UK: PL00100078.

Further information is available from:
Bayer UK Limited, Pharmaceutical Division,
Bayer House, Strawberry Hill, Newbury, Berks, RG13 1JA.
Telephone: 0635 390000. Registered trademark of Bayer, Germany.
whole body treatment for premenstrual syndrome

duphastone®
dydrogesterone B.P.
treats both the physical and psychological symptoms

Further information is available on request.
duphar
DUPHAR LABORATORIES LIMITED WEST END SOUTHAMPTON TEL 6705 472281
NATRILIX brings down
blood pressure
not the patient...

Presentation
Pink biconvex sugar-coated tablets each containing 2.5 mg indapamide hemihydrate.

Uses
For the treatment of hypertension. Natrilix may be used as sole therapy or combined with other antihypertensive agents.

Dosage and Administration
Adults: The dosage is one tablet daily, containing 2.5 mg indapamide hemihydrate, to be taken in the morning. The action of Natrilix is progressive and the reduction in blood pressure may continue and not reach a maximum until several months after the start of therapy. A larger dose than 2.5 mg Natrilix is not recommended as there is no appreciable additional anti-hypertensive effect. The co-administration of Natrilix with diuretics which may cause hypokalaemia is not recommended.

Children: There is no experience of the use of this drug in children.

Contra-indications, Warnings, etc.
There are no absolute contra-indications to the use of Natrilix but caution should be exercised when prescribing Natrilix to patients with severe renal or hepatic impairment.

Side effects
Reported side effects have included headache and headache but these are generally mild in nature.

Pack Size: NHS 25, 50 tablets

Caring for the hypertensive patient – one tablet daily
Opinions expressed in The Journal of the Royal College of
General Practitioners and the supplements should not be taken
to represent the policy of the Royal College of General
Practitioners unless this is specifically stated.

DIPLOMA IN COMMUNITY
CHILD HEALTH

The Royal College of Physicians of Edinburgh, the Royal Col-
lege of General Practitioners and the Faculty of Community
Medicine invite applications to take the next examination for
the Diploma in Community Child Health (DCCH) which is to
be held on 10 April 1986.

Examination regulations, application and testimonial forms
with instructions to candidates can be obtained from the ad-
dress shown below. Past examination papers (costing £3) may
be obtained from the same address.

The fees for this examination are £125 and the closing date
for applications will be 10 February 1986.

Please contact: The Registrar, Royal College of Physicians,
9 Queen Street, Edinburgh EH2 1JG.

ARGYLL & CLYDE HEALTH BOARD
RENFREW UNIT

VOCATIONAL TRAINING SCHEME FOR
GENERAL PRACTICE IN PAILSEY

Applications are invited from candidates interested in the above scheme
for entry on 1 August 1986. There are six places available.

The course covers a period of three years and offers experience in
obstetrics and gynaecology, accident and emergency, psychiatry,
geriatrics, paediatrics and general medicine. There are two schemes
available following a slightly different pattern of specialities but both
begin and end with six months in general practice.

Day release is also granted for instruction in dermatology, ophthalm-
ology and ENT surgery.

The course is recognized for DObstRCOG, DCH and MRCP.

Every effort will be made to provide accommodation suitable to the
needs of the appointed trainees. Application forms and job descriptions
are available from the Department of Medical Administration, Royal
Alexandra Infirmary, Paisley. Tel: 041-887 9111, ext: 4198.

Closing date for receiving applications is Friday 24 January 1986.

OFFICE MANAGER/PRACTICE
ADMINISTRATOR

required for small busy general practice in Aylesford, near
Maidstone. Generous salary dependent upon experience. For full
details please apply enclosing curriculum vitae to: Dr Fitzwater,
67 The Avenue, Aylesford, near Maidstone, Kent ME20 7LQ.

THE BRITISH POSTGRADUATE
MEDICAL FEDERATION

The British Postgraduate Medical Federation has now
published its programme of courses for general practi-
tioners for the period January–August 1986. These
programmes will be distributed automatically to general
practitioners in the National Health Service in the four
Thames Regional Health Authorities through their local
Family Practitioner Committee.

Any other general practitioner wishing to receive a copy
of this programme should forward a stamped addressed
envelope, size not less than 9” × 7” to: The General
Practitioner Department, British Postgraduate Medical
Federation, Regional Dean’s Office, 33 Millman Street,
London WC1N 3EJ.

KING’S FUND CENTRE –
FOUR-DAY COURSES IN MEDICAL
MANIPULATION

Drs John Paterson and Loic Burn offer a series of courses in medical
manipulation. These courses are designed around the tutors’ An in-
troduction to medical manipulation, published in 1985, and Examina-
tion of the back — an introduction, to appear early in 1986. A second
edition of the former has already been commissioned, to be published
in 1987.

The courses are zero-rated for Section 63; Part I deals with the basic
principles and therapeutic techniques pertaining to the spine, while Part
II is aimed at widening the scope of those who have attended Part I
including the peripheral joints and other relevant material.

The courses are run at the King’s Fund Centre, London NW1 7NF.

Details of the forthcoming series are as follows:
Part I 8–11 April 1986.

The fee for each course is £195. All dates are inclusive.

Those interested should apply early, with remittance, to: Dr J.K.
Paterson, 14 Wimpole Street, London W1M 7AB.

INSTITUTE OF COUNSELLING
Clinical & Pastoral Department

Learn counselling skills used by Christians in the
caring professions.

Certificate courses: ★ Introduction to counselling
★ Pre-marital counselling
★ Marriage and family counselling
★ Crisis counselling

Diploma course: ★ Diploma in Clinical & Pastoral Counselling

These courses are offered on a home study basis with no in class
requirement.

For further information write to: The Registrar, Institute of Counsell-
ing, Clinical & Pastoral Department, 15 Hope Street, Glasgow G12.
THE ROYAL COLLEGE OF GENERAL PRACTITIONERS AND THE ASSOCIATION OF COURSE ORGANIZERS
ALCOHOL LEARNING AND TEACHING
A WORKSHOP FOR COURSE ORGANIZERS
THURSDAY 20 FEBRUARY 1986

A one-day workshop for course organizers will be held at The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU, on Thursday 20 February 1986.

The working party of the RCGP has distilled new ideas about alcohol problems in general practice. The aim of this workshop is to clarify these ideas and to devise ways of teaching them to trainers and trainees and at the release schemes.

The speakers at this workshop will be Dr Peter Anderson, Dr Jim Orford, Dr Terry Spratley and Dr Peter Tomson — all members of the RCGP working party on alcohol problems.

For further details and an application form please apply to: Mrs Sue Smith, Education Division, The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU.

Zero-rated approval under Section 63 has been obtained for two sessions.

COMPUTER APPRECIATION COURSES
FOR GENERAL PRACTITIONERS AND PRACTICE MANAGERS/SENIOR PRACTICE STAFF

The RCGP Technology Centre, in conjunction with its Information Service, is pleased to offer a series of computer appreciation courses for general practitioners and their senior practice staff. These events are held at 14/15 Princes Gate, where overnight accommodation is available if required.

The course content and presentation assume that participants have either only superficial or no knowledge of computing. The principles, language and technology of computing are discussed in lay terms, with particular emphasis on the problems of, and potential solutions to, the introduction and management of the new technology in the practice.

The course fee is £140 for members and their staff, £160 for non-members. If overnight accommodation is not required, the fee is £120.

The fee includes all meals, refreshments and extensive course notes.

The course has received approval under Section 63 for zero-rating; under paragraph 52.9(b) of the Statement of Fees and Allowances, the costs of practice staff attending the course will be eligible for 70% reimbursement.

The dates of forthcoming courses are as follows: 12–13 September, 17–18 October, 21–22 November 1986.

Application forms and further details are available from: The Information Service, The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU. Telephone: 01-581 3232.

MRCGP PRACTICE EXAMS

New book now available edited by John Sandars, General Practice Tutor, Stockport, Cheshire and Secretary of Education Sub Committee, North West Faculty RCGP. This book contains essential advice and tips for every MRCGP candidate — two complete MRCGP practice examinations with marking system, answers and teaching explanations, two MEQ papers, two PTQ papers both with samples and marking schedules. Oral and Log Diary techniques and presentations revision index and recommended book list. Send cheque now for £7.95 plus 75p p&p. The books are despatched the same day by first class mail.

Dept. GP PasTest Service, 304 Galley Hill, Hemel Hempstead, Herts HP1 3LE. Tel: Hemel Hempstead (0442) 52113.

DOCTORS TALKING TO PATIENTS

Doctors Talking to Patients, by Professor P. S. Byrne, a distinguished past-President of the Royal College of General Practitioners, and Dr B. E. L. Long, an expert educationalist, was first published by HMSO in 1976.

This well-known book has made a major contribution to the understanding of the consultation in general practice and illustrates the potential for using modern methods of recording for analysing the problems of doctor-patient communication.

With permission of HMSO, the Royal College of General Practitioners has now reprinted Doctors Talking to Patients and so made available this classic work to a new generation of trainees and general practitioner principals.

Doctors Talking to Patients can be obtained from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £10.50, including postage. Payment should be made with order.

PRIOITY OBJECTIVES FOR GENERAL PRACTICE VOCATIONAL TRAINING

Occasional Paper 30

One of the biggest problems in vocational training for general practice has been the need to design courses appropriate for doctors preparing to work in the widest of all medical roles. The need is to decide what subjects are important and what priority objectives should be.

This Occasional Paper comes from the Course Organizers and Regional Advisers Group in the Oxford Region, which has a distinguished record in developing vocational training. Based on widespread consultation within the Region, the group achieved a consensus on its priorities, which it lists under five headings: primary care, communication, organization, professional values, and personal and professional growth. It therefore provides a useful basis for discussion in other regions.

Priority Objectives for General Practice Vocational Training, Occasional Paper 30, is available from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £3.50 including postage. Payment should be made with order.
Patients with hypertension or angina are infarction-prone

BETIM

timolol maleate

the beta-blocker with a difference

No other beta-blocker has performed as well as timolol in post infarction prophylaxis studies

Prescribing Information: Indications: Hypertension, angina and for protection after myocardial infarction. Presentations: Each tablet contains 50mg timolol maleate. Dosage: Hypertension: Initially 1 tablet once daily. Angina: 5 tablets b.d. Maintenance infusion: 1 tablet t.d.s. for 2 days then 1 tablet b.d. Contra-indications: Heart failure, heart block, cardiogenic shock, obstructive pulmonary disease, uncontrolled bronchial asthma, thyrotoxicosis, pregnancy. Precautions: Postural hypotension may occur; therefore patients should sit or lie before standing. Common patient side-effects: drowsiness, headache, impaired vision, constipation, flatulence, dry mouth, palpitations or occasional bradycardia. Rare: paralytic ileus, anaphylactic shock, PR interval prolongation, blackouts. Warning: Beta-blockers should be slowly withdrawn in patients who rely on beta-blockade. Overdose: Treat by symptomatic treatment. Discontinue and give respiratory support and institute cardiac pacing. Emergency resuscitation should be considered. Cease of therapy should be gradual. Product Licence Number: 0578 091F. Basic N.H.S. Price: 1965 08 77. Further information available on request. 

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