

Tenif

PRESCRIBING NOTES

Consult data sheet before prescribing.

Use: Hypertension.

Presentation: Capsules for oral administration containing atenolol 50mg and nifedipine SR 20mg.

Dosage and administration: One daily; recommended where therapy with either a calcium channel blocker or a beta-blocker proves inadequate. If necessary one capsule twice daily.

Children: 'Tenif' should not be used in children.

Elderly Patients: Dosage should not exceed one capsule daily.

Contraindications: 2nd or 3rd degree heart block, cardiogenic shock, overt heart failure, women of childbearing potential, lactation. Co-administration with cardio-depressants e.g. verapamil.

Precautions: Conduction defects, poor cardiac reserve – avoid in overt heart failure. Bradycardia, anaesthesia. Caution in patients with reversible obstructive airways disease – do not use unless there are compelling clinical reasons to do so. Withdrawal of beta-blocking drugs should be gradual in patients with ischaemic heart disease. Withdrawal of clonidine. Co-administration with Class I antidysrhythmic agents. Interactions with cimetidine or quinidine.

Diabetes: Diabetic patients receiving 'Tenif' may require adjustment of their diabetic therapy. Modification of the tachycardia of hypoglycaemia may occur.

Hepatic or renal impairment: In patients with marked renal impairment (ie. creatinine clearance below 15ml/min/1.73m², serum creatinine greater than 600 micromol/litre) the use of 'Tenif' is considered inappropriate. Care should be taken in patients with marked hepatic impairment.

Side effects: Headache, flushing, fatigue, dizziness and oedema may occur. Skin rashes and dry eyes have been reported with beta-blockers – consider discontinuance if they occur. Rare reports of jaundice and gingival hyperplasia with nifedipine.

Product licence number and basic NHS cost: (29/0202), 28 capsules (OP) £10.90.

'Tenif' is a trademark.

Further information is available from:

Stuart Pharmaceuticals,
King's Court, Water Lane,
STUART Wilmslow, Cheshire SK9 5AZ.

A simple way to use a calcium antagonist and a beta blocker



One daily* in mild to moderate hypertension

'Tenif' is a simple once daily combination
which should be considered for patients who
are not initially controlled on nifedipine.

*(for further control, 1bd)

Tenif

atenolol 50mg, nifedipine 20mg S.R.



The Royal College of General Practitioners

Services for Fellows, Members and Associates

FACULTY MEMBERSHIP

Unique among the Royal Colleges, the RCGP takes particular pride in its local links with its members in the faculties. Each associate, member and fellow of the College is automatically a member of a faculty. A wide range of activities which promote not only high standards of patient care but also socialization with peers is generated by faculties. These include audit, education and research. Members are supplied on a regular basis with details of these from their faculty office. Further information on faculties can be obtained from the Faculty Development Unit.

Administrative Officer: Noeline Conroy.

ACCOMMODATION AND CATERING

Members of the College are welcome to stay at 14 and 15 Princes Gate; early booking is recommended. Bed and breakfast may be obtained at rates shown regularly in the *Journal*. Bookings should be sent to the Accommodation Secretary. Public rooms may be hired subject to availability. Please contact Elizabeth Monk, Personal Assistant to the Head of Personnel Services.

JOURNAL

The *British Journal of General Practice*, formerly the *Journal of the Royal College of General Practitioners*, is published monthly and is circulated free of charge to all fellows, members and associates of the College. The 1991 subscription rate for non-members in the UK is £90 (£100 outside the UK, £110 by airmail). Half-year subscriptions are available from July onwards. Single copies and back numbers are also available and further information about these can be obtained from Bailey Bros and Swinfen Ltd.

Editor: Dr AF Wright, MD, FRCP, 12 Queen Street, Edinburgh EH2 1JE. Tel: 031-225 7629. Fax: 031-220 6750.

Journal Sales and Subscriptions: Bailey Bros and Swinfen Ltd, Warner House, Folkestone, Kent CT19 6PH. Tel: 0303-850501.

COLLEGE PUBLICATIONS

The Publications Office of the College is responsible for *Policy Statements*, *Reports from General Practice* and *Occasional Papers*. The former two are distributed free of charge to all fellows, members and associates of the College and carry the approval of the College. The *Occasional Papers* are for sale at prices shown regularly in the *Journal*. The Exeter office is also responsible for coordinating material for the annual *RCGP Members' Reference Book* and for publishing a number of books for the College. All College publications are available by post or personal application from the RCGP Sales Office.

Honorary Editor: Professor DJ Pereira Gray, OBE, MA, FRCP, 9 Marlborough Road, Exeter, Devon EX2 4TJ. Tel: 0392-57938.

SALES OFFICE

The Sales Office at 14 Princes Gate is open from 9.30 to 16.30 hours, Monday to Friday, for personal callers to view and purchase College publications and gifts. Postal orders for Medical Record Cards, Publications and Appeal Goods are processed by this office, on a cash-with-order basis. Visa and Access welcome. Tel: 071-225 3048, 24 hour answering service. Enquiries, Tel: 071-823 9698. Sales Manager: Kate Wood.

REGISTRATION DEPARTMENT

Changes to membership details, for example, address or retirement, for fellows, members and associates should be notified to the Membership Secretary. Enquiries about *Journal* mailings and Associateship should also be directed to this department.

Membership Officer: Fiona Hornby.

SUBSCRIPTIONS

All enquiries regarding subscriptions, including applications for reduced subscriptions from fellows, members and associates should be directed to the Subscriptions Officer.

Subscriptions Officer: Gordon Taber.

EXAMINATION DEPARTMENT

The Examination Department welcomes enquiries and supplies information about the Membership (MRCP) examination, which is held twice a year. Membership of the College is an additional registrable qualification.

Head of Department: Tom Dastur.

PRIZES

The College awards prizes, including the annual Syntex Award Winners Award, the Schering Scholarships and international travel scholarships. Information is published periodically in the *Journal* and applicants should write to the Awards Secretary.

RESEARCH FUNDING

Grants for research projects in general practice are available from the Scientific Foundation Board.

The Board's definition of research is catholic and includes educational research, observational as well as experimental studies, and accepts the methodologies of social science as valid. It is not in a position to fund educational activities.

Clerk to Board: Jenny Singleton.

CLINICAL AND RESEARCH DIVISION

The Clinical and Research Division advises on all policies and protocols for the care of patients and coordinates clinical advice from the College including preventive and anticipatory care. In devising practical measures of performance review for clinical care the Division attempts to encourage their use in day to day practice. The Division, through the Research Committee, plays an important advisory role on research in general practice and advises Council on all matters relating to research.

Divisional Administrator: Andrew Singleton.

CLINICAL RESEARCH ETHICS COMMITTEE

The Clinical Research Ethics Committee evaluates multicentre research protocols to be carried out in primary health care to determine whether they are ethically acceptable. The definition of primary care is broad, and includes general practice and community based medical services. The definition of multicentre studies is those that involve patients residing in three or more district health authorities. The committee will also review research protocols in areas where no properly constituted medical ethics committee exists.

Clerk to the Committee: Jenny Singleton.

AUDIT PROGRAMME

The Audit Programme has been established to promote medical audit in general practice. The Programme aims to enable every general practice to improve the quality of patient care. The Programme organizes specialist courses in the teaching of medical audit and coordinates locally based initiatives undertaken by the four faculty audit fellows based in the Mersey, North and West London, Tamar and North of England Faculties. The Programme is funded initially for three years by the Department of Health. It is hoped that everyone interested in medical audit in general practice will make use of the Audit Programme as it develops its services and activities led by the College Audit Advisor, Dr Oliver Samuel. The Programme may be contacted on a direct line: 071-225 0629.

Audit Administrator: John Wilkins.

CONTINUING EDUCATION

The Education Division is concerned with all aspects of education in and for general practice.

Divisional Administrator: Derek Buckland.

LIBRARY AND INFORMATION RESOURCES CENTRE

Enquiry Service

The RCGP Enquiry Service aims to provide information on all aspects of general practice to general practitioners, practice staff and other health professionals. The growing resources of the IRC include: over 6000 books; 250 periodical titles; 174 theses; subject files of articles, reports and pamphlets; files of equipment and company brochures; collections of practice leaflets, annual reports, record cards, audits and premises plans.

Members of the Enquiry Team are pleased to help by telephone or post, and general practitioners and their staff wishing to visit the Information Resources Centre are always welcome, preferably by appointment.

Opening Times: Monday-Friday 09.00-17.30 hours.

Online Search Service

The Online Search Service offers access to numerous publicly available computerized databases on virtually every known subject and specializes in biomedical sciences including general practice. The College's trained Online Searcher carries out searches that take a fraction of the time that a manual search would involve. Online searches can accommodate multiple search terms and can print out the results at a very high speed. Services are provided at a reduced rate to members.

Reader Services Librarian: Clare Stockbridge Bland.

Technical Services

The Geoffrey Evans Library has been collecting material on general practice since 1960. It has a unique collection of books, pamphlets, periodicals and general practitioner theses. As part of a planned development programme, the library is expanding its computer database in order to improve the use of existing stock, as well as offering a wide range of new documentation on primary health care. The College *Journal* author index, theses lists, the annual list of books for general practice and various reference lists are now produced from this database. The periodicals holdings list is produced from a separate database of periodical holdings.

An important service to members is the supply of photocopies of journal articles. Two hundred and fifty periodical titles are currently taken. Articles not held at Princes Gate can be obtained from the British Library or other local medical libraries through the Inter Library Loan Service. Fellows, members and associates may use this facility at a discount rate. Non-members will be charged the full rate. Although the main bookstock of the IRC is for reference only, College publications (excluding College videos and Information Folders) may be taken out on loan.

Technical Services Librarian: Leonard Malcolm.
Librarian: Margaret Hammond.

INFORMATION TECHNOLOGY CENTRE

The Centre provides general practitioners with information and practical advice on computers and computer software. This can range from general practice specialist systems (for example, Vamp, Meditel) to general business applications. Some specialist systems are maintained within the Centre and demonstrations can be arranged upon request. The Centre also organizes monthly computer appreciation courses which are open to general practitioners and their practice staff.

Information Technology Manager: Mike Hodgkinson.

PRINTING SERVICES

The College is able to provide competitively priced services to members and fellows for practice leaflets, notepaper, etc and is able to undertake printing and mailings on behalf of faculties.

Print Unit Manager: Norma Wimbleton.

Readers should write to the Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU (Tel: 071-581 3232) in every case except where another address is given.

Prescribing information

Presentation Pale blue, elongated tablets with bevelled edges, impressed with "Zovirax" on one side and "800" either side of a score on the obverse, contain 800mg acyclovir. **Uses, dosage and administration** Treatment of herpes zoster infections: *Adults*: one 800mg tablet, 5 times daily for 7 days, omitting night-time doses. **Contra-indications** Contra-indicated in patients known to be hypersensitive to acyclovir. **Precautions** For patients with renal impairment the

dose may have to be adjusted (see Data Sheet). In elderly patients adequate hydration should be maintained. Special attention should be given to dosage reduction in elderly patients with impaired renal function. In pregnancy the potential benefits should outweigh the possibility of unknown risks before the use of Zovirax is considered. **Side- and adverse effects** Skin rashes have been reported in a few patients receiving Zovirax Tablets; the rashes have resolved on

withdrawal of the drug. In trials, the incidence of gastrointestinal events has not been found to differ from placebo. **Basic NHS cost 800mg: Shingles Treatment Pack, 35 tablets £113.00 (PL3/0243).**

*Trade Mark

Further information is available on request.

The Wellcome Foundation Ltd,
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Classified Advertisements are welcomed and should be sent to: Nickie Roberts, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 071-581 3232. Fax: 071-225 3047. Copy must be received three weeks before the 1st of the month of issue to ensure inclusion. Every effort will be made to include advertisements received after this date but publication cannot be guaranteed and the advertisement may have to be held over to the following issue. The charge for space in this section is £10.00 per single column centimetre, plus £10.00 if a box number is required, plus VAT at 15%. Fellows, Members and Associates of the Royal College of General Practitioners may claim a 10% reduction. Replies to box numbers should be sent to the above address, with the box number on the envelope. The inclusion of an advertisement in this *Journal* does not imply any recommendation and the Editor reserves the right to refuse any advertisement. All recruitment advertisements in this section are open to both men and women.

COURSES

**INSTITUTE OF PSYCHIATRY
(University of London)
THE MAUDSLEY HOSPITAL AND BETHLEM
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and

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Course Fee: £120 (including buffet lunch and refreshments)

For further information please contact:

Mrs Lee Wilding
Conference Office
Institute of Psychiatry
De Crespigny Park
London SE5 8AF
Telephone: 071 703 5411 Ext. 3170

MEMORABILIA

THE HUNTERIAN SOCIETY

The Hunterian Society, founded to commemorate John Hunter, is anxious to acquire any items of Hunteriana, in particular, any publication by him or in relation to him. If you have any such items or know of the possible whereabouts of any, could you please contact the Curator, Dr Edith Gilchrist, 95 Hillway, Highgate, London N6 6AB.

EDUCATION/LEARNING



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REVISED EDITION JAN. 1990

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MRCGP WEEKEND COURSE

Exam advice, working papers and discussion on MCQ's, MEQ's and Critical Reading Paper. Popular topics and revision planning plus two oral exam videos with analyses and discussions on technique organised by John Sandars, RCGP examiner. Manchester: September 14/15, London: October 5/6 1991. Course fee £75.00. Write now for full details. PGEA approved.

SHORT NOTES FOR THE DCH

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Very useful for well women and menopause clinics and DRCOG candidates. London: May 18 1991. PGEA approved.

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Useful for DRCOG candidates and important update on recent trends in virology and antenatal screening. London: September 1991. PGEA approved course.

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GEL:**

Indications: Feldene Gel is effective in the treatment of osteoarthritis of superficial joints and acute musculoskeletal disorders. Feldene Sports Gel is in a 30g tube specifically designed for the short-term treatment of acute musculoskeletal injuries, providing treatment for approximately 7-10

days. **Dosage:** For external use only. Occlusive dressings should not be used. Apply one gram of the Gel and rub into the affected site three to four times daily leaving no residual material on the skin. Therapy should be reviewed after 4 weeks. **Contra-indications, Precautions:** Contra-indicated in patients who have previously shown a hypersensitivity to the Gel or piroxicam in any of its forms, aspirin or other non-steroidal anti-inflammatory agents. If local irritation

develops, discontinue the Gel. Keep away from the eyes and mucosal surfaces. Do not apply to sites affected by open skin lesions, dermatoses or infection. **Use in children:** Not recommended. **Use in pregnancy and lactation:** The safety of the Gel during pregnancy and lactation has not been established. **Side-effects:** Mild or moderate local reactions at the application site. Mild but transient skin discoloration and staining of clothing have been noted when

the Gel is not rubbed in completely. **Package Quantities and Basic NHS Cost:** Feldene Gel 60g tube — £7.77. Feldene Sports Gel 30g tube — £3.89 (PL 0057 0284). Further information on request.



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