DON'T FORGET!

TENORMIN 25

When a lower dose of Tenormin is required
—in renal impairment

Prescribing notes for

Tenormin atenolol 100mg
Tenormin atenolol 50mg
Tenormin atenolol 25mg

Consult data sheet before prescribing.

USE: Hypertension, angina prophylaxis.

PRESENTATION: Tablets for oral administration containing atenolol 100mg ('Tenormin'), 50mg ('Tenormin LS') or 25mg ('Tenormin 25')

DOSEAGE AND ADMINISTRATION: Hypertension: 'Tenormin' – one daily (some patients may respond adequately to 'Tenormin' low strength (LS)); 'Tenormin' LS – one daily; 'Tenormin' 25 – see renal failure.

Angina Prophylaxis: 'Tenormin' – one daily; 'Tenormin' LS – two daily in a single or divided dose.


Elderly Patients: Dosage requirements may be lower in elderly patients.

Renal Failure: For patients with a creatinine clearance of 15-35ml/min/1.73m² the oral dose should be 50mg daily. Patients with a creatinine clearance of <15ml/min/1.73m² should be given one 'Tenormin' 25 daily or one 'Tenormin' LS on alternate days.

CONTRAINDICATIONS: 2nd or 3rd degree heart block, cardiogenic shock.

PRECAUTIONS: Poor cardiac reserve – avoid in overt heart failure. Bradycardia, renal failure (see above), anaesthesia, pregnancy. Caution in patients with reversible obstructive airways disease – do not use unless there are compelling clinical reasons to do so. Atenolol modifies the tachycardia of hypoglycaemia. Co-administration with verapamil or Class I antidysrhythmic agents. Withdrawal of cidofovir. Withdrawal of beta-blocking drugs should be gradual in patients with ischaemic heart disease.

SIDE EFFECTS: Coldness of extremities, bradycardia and muscular fatigue may occur. Sleep disturbance rarely seen. Skin rashes and dry eyes have been reported with beta-blockers – consider discontinuation if they occur.


Further information is available from Stuart Pharmaceuticals, King's Court, Water Lane, Wmslow, Cheshire SK9 5AZ.
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 a member of a faculty. A wide range of activities which promote not only the interests of patients but also the 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. Public rooms may also be hired subject to availability.

Accommodation Secretary: Margaret Middleton.

**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 Management Services.

Editor: Dr I A Wright, MD, FRCP, 12 Queen Street, Edinburgh EH1 3LL. Tel: 031-225 7625. Fax: 031-220 6750.

**COLLEGE PUBLICATIONS**

The Publications Office of the College is responsible for Policy Statements, Reports from General Practice and Occasional Papers. The former 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 now available at prices shown regularly in the Journal. The Exeter office is also responsible for coordinating matters for the annual RCGP Members’ Reference Book and for publishing a member of books for the College. All College publications are available by post or personal application from the RCGP Sales Office.

Honorary Eds: D J Perren, 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 3045, 24 hour answering service. Enquiries, Tel: 071-823 9898.

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 Section, Exeter, Journal mailings and Associate should also be directed to this department.

Membership Officer: Fiona Hornby.

**SUBSCRIPTIONS**

All subscription queries, including applications for reduced subscriptions from fellows, members and associates should be directed to the Subscriptions Office, DRHC.

Subscriptions Officer: Gordon Taber.

**EXAMINATION DEPARTMENT**

The Examination Department welcomes enquiries and supplies information about the Membership (MRCGP) examination, which is held twice a year.

Head of Department: Tom Dastur.

**PRIZES**

The College awards prizes, including the annual Sykes 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 development of protocols for the care of patients and coordinates clinical advice from the College including the provision of anticipatory care, devising practical measures and performance review for clinical care the Division attempts to encourage their use in day to day practice. The Division plays an important advisory role on research in general practice and advises Council on all matters relating to research.

Divisional Administrator: Andrew 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 the provision of anticipatory care, devising practical measures and performance review for clinical care the Division attempts to encourage their use in day to day practice. The Division 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 therefore, includes general practice and community based medical services. The definition of multicentre is such that it involves patients residing in three or more distinct health authority areas.

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 practitioner to improve the quality of patient care. The Programme organises 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, and 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 the programme will make use of the Audit Programme as it develops its services and activities led by the College Audit Advisor, Dr Olivia Hocking. 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 for and for general practice.

Divisional Administrator: Derek Buckland.

**LIBRARY AND INFORMATION RESOURCES CENTRE**

**Enquiry Service**

The College's Enquiry Service aims to provide information on all aspects of general practice to general practitioners, practice staff and other health professionals. The growing information base includes: over 6000 books; 250 periodical titles; 174 subjects; file of articles, reports and pamphlets; files of equipment and company brochures; collections of practice leaflets, annual reports, records, 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 searchable and/or searched 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 College Library has been collecting material on general practice since 1960. It has a unique collection of books, pamphlets, periodicals and practice leaflets. 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, thesaurus 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 copies of journal articles on demand. Two hundred and fifty periodical titles are currently taken. Articles not held in this College can be obtained from the National Library of Medicine 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 bookstock of the RCCEP is located overseas, 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, Maditell) to general business applications. Some specialist systems are maintained within the College and demonstrations can be arranged upon request. The Centre also organizes monthly computer appreciation courses which are relevant 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 Fellows.

Print Unit Assistant: Christine Edwards.

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 a different address is given.
LEARNING GENERAL PRACTICE

A STRUCTURED APPROACH FOR TRAINEE GPs AND TRAINEES

An excellent new book by Sanders and Baron (John Sanders, GP Trainer and Examiner for the Royal College of General Practitioners). It covers in a systematic and thorough way the learning requirements of the General Practice Year and provides Trainers and Trainees with an invaluable framework of 51 Tutorials, Checklists, MCQ Test and references encouraging a medical and multi-disciplinary approach to the wide field of General Practice. Send cheque now for £10.95 plus £1.30 p+p. Books dispatched by return, first class, Phone us today with Visa or Access and receive your book tomorrow.

MRCGP PRACTICE EXAMS
REVISED EDITION JAN. 1990
No candidate should approach the Royal College exam without a good grasp of the topics covered in this high quality revision book edited by John Sanders. 2MCG, 2MEQ, 2PTG papers with teaching notes, samples, marking schedules, oral and log diary techniques plus essential advice, tips, index and book list. Insert on Critical Reading Paper now included. Send cheque now for £9.95 plus 90p p+p or telephone us with your card number.

MRCGP WEEKEND COURSE
Exam advice, working papers and discussion on MCG’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 Sanders, 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

DCH LINKED WEEKEND COURSE

THE DRCOG EXAMINATION
This new book covers the new exam in a knowledgeable & systematic way. (MCQ’s included). £10.50 plus 90p p+p.

DRCOG WEEKEND COURSE

PRACTICAL GYNAECOLOGY FOR GP’s

PRACTICAL OBSTETRICS FOR GP’s

Order now by using Mastercard or Visa, Tel: 0565 765226, or full details available by return of post from:

Pastest Service, Dept. GP
Freepost, Knutsford, Cheshire WA16 7BR
Tel: 0565 - 755226

MEDICAL AUDIT FACILITATOR
BOLTON MEDICAL AUDIT ADVISORY GROUP

Established in August 1990, the Bolton MAAG is seeking to strengthen its team supporting 137 GP’s and 68 practices throughout the Bolton area. Our objective is to complete the introduction of Medical Audit by April 1992, following the system adopted by the Department of Health pilot project in Liverpool.

Medically qualified, you will have recent experience of general practice and are very likely to have had experience of Medical Audit Practice and Principles.

Reporting to the chairman of the MAAG, the key area of responsibility will be to encourage the development of new Audit initiatives whilst monitoring it’s overall effective usage.

The provision of training and educational back up through a data bank of activities and results will also feature strongly; this will include the production of a newsletter on a regular basis.

The post is offered on a part-time basis for six sessions per week for an initial period of 12 months. Remuneration will be on a sessional rate plus the appropriate travel expenses. Bolton FHSAs will provide administrative support and an office base at it’s headquarters in Churchgate, Bolton.

A positive and pro-active approach towards problem solving is seen as essential, underpinned by a broad and professional knowledge of general practice.

Details of this post are available from Mrs J. LEONARD at the Bolton FHSAs Tel: 0204 390028 or alternatively the Chairman of the MAAG, Dr. MIKE COOPER will be pleased to discuss the post with any prospective applicant Tel: 0204 36161.

Applications by letter with a CV should be sent to Dr MIKE COOPER, Kidron House, Farnworth, Bolton BL4 0NN by September 27th 1991.

BOLTON FAMILY HEALTH SERVICES AUTHORITY

LOCUM VACANCY IN ANTIGUA

ANTIGUA opportunity for mature practitioner for 1-2 year locum starting immediately. Urban practice, nearby hospital, friendly people, beautiful beaches, tropical climate.

Apply Dr Rodney Williams, PO BOX 753 ANTIGUA W.I. Tel: 809-462-0527.

Terms and conditions (including accommodation) to be discussed.

TRAINEE VACANCY

Bolton. Rural North Wales. Six months from 1 February 1992. Come and be pleasantly exploited by two friendly, slightly disillusioned GPs. What can you lose?

Dr Gibbs and Dr Park. Telephone: 0490 2362.
RAFRAICHISSEZ-VOUS EN NORMANDIE!

PGE COURSE AT PORTE DES ILES MANCHE, NORMANDY

APRIL 26th - MAY 1st 1992

Course Organisers:
Tom Kennedy, FRCGP and Roger Neighbour, FRCGP

Join us in pioneering an innovative PGE course with "the differences that make the difference":
- a well-balanced treat for brain and heart, body and soul;
- a negotiated programme to refresh the clinical, personal and inter-personal areas other courses don't reach;
- a participatory educational style to intrigue, stimulate and enthuse;
- a beach-side setting in the delightful village of Saint Pair;
- accommodation and plenty to do for spouses and children.

All this, and 9-10 sessions of PGEA at an unbelievably low price.

Seriously interested? Write for further details, by the end of September, to: Dr Tom Kennedy, Four Winds, Langholm, Dumfriesshire DG13 0EE

EAST SURREY POSTGRADUATE MEDICAL CENTRE

G.P. STUDY WEEK

7th - 11th OCTOBER 1991

This course will be held in East Surrey's new and comfortably furnished Postgraduate Centre. An interesting and varied programme is offered, with ample opportunity for discussion and group work between presentations. 5 days P.G.E.A. will be approved. Course fee £250.

Full programme applications to:

DR. B. H. MATTHEWS
G.P. TUTOR
POSTGRADUATE CENTRE
EAST SURREY HOSPITAL
THREE ARCHES ROAD, REDHILL
SURREY RH1 5RH
Telephone: (0737) 768511

THE SOCIETY FOR PSYCHOSOMATIC RESEARCH

Conference on Recognition and Management of Psychological Disorders in General Practice

held at
St Bartholomew's Hospital
West Smithfield, London EC1A 7BE
25th/26th November, 1991

Topics include
The management of psychological disorder in general practice
The interface between psychological and physical disorder
The heart sink patient
Management of substance abuse
Care of the long-term psychotic
Psychotherapy in a primary care setting
Problems in childhood

KEY NOTE DEBATE: "What will budget holding GPs want from psychiatry?" and "The psychiatrist's response". Expert speakers from general practice and psychiatry.

For GPs who are not Credit Card Holders of PGEA is £110, reduced to £100 for bookings received by 1st October, 1991. Reduced price of £65.00 to members of the Society of Psychosomatic Research. Application forms and enquiries to Dr C Bass, Department of Psychological Medicine, John Radcliffe Hospital, Headington, Oxford OX3 9DU (Telephone 0865 220379).

RCGP - PGEA COURSES AVAILABLE THROUGHOUT THE YEAR
Call 071-8239703 for programme
MANAGING FOR QUALITY
RCGP COURSES

The College is pleased to offer a series of new and revised two day courses for general practitioners and practice managers as part of the RCGP’s continuing initiative in the development of practice management.

COMPUTER APPRECIATION COURSE (20/21 September, 18/19 October, 22/23 November 1991)
A two day course, aimed at making general practitioners and practice staff aware of the rapid developments currently taking place in micro-computing, and to relate these to the needs of the general practitioner. The course takes account of the implications of the White Paper and aims to give guidance to both general practitioners who have already installed a computer system in their practice and those who are about to do so. The implications of audit will also be addressed. This course complements the Managing General Practice in the 90's course. The principles, technology and language of computing are presented in lay terms, with particular emphasis on the problems that are likely to confront general practitioners. Hands on experience is provided and a general practitioner specialist system demonstrated by a representative of the supplying company. This course is PGEA approved for 2 days under Service Management. The fee is £200 for members and £250 for non-members.

STRESS IN THE PRACTICE TEAM: Problems & Solutions
(24 September 1991)
Current interest in stress related topics has been highlighted by recent sweeping changes in the NHS. This one day symposium will focus on the wider implications from several new angles. Various members of the primary care team will address how work related stress may affect our patients and impinge on our families from the differing view of doctors, nurses and practice managers. The day, chaired by Dr Richard Maxwell, will include presentations from Professor John Howie, Dr Anthony Allibone, Dr Clive Richards, Dr Derek Chase, Dr Ben Glaizner, Dr William Styles, Mrs Sarah Andrews, Mrs Marie Cave and Mrs Brenda Sawyer. PGEA approval has been obtained (1 Day under Health Promotion) and the cost for the day including lunch will be £60.

PERSONNEL MANAGEMENT COURSE (3/4 October 1991, 14/15 January, 18/19 March and 20/21 May 1992)
This course aims to give general practitioners and practice managers an appreciation of the processes and skills required to improve organisational performance through the effective recruitment and selection of staff; the development of staff through performance appraisal; addressing disciplinary issues; and the explicit and implicit terms of the contract of employment. This course will be of principal benefit to those who have no previous management experience. The fee is £200 for members and £250 for non members. PGEA approval has been granted for 2 days under Service Management.

A three day course in medical audit for those who teach it. The course is for 24 participants, all of whom will have some experience of medical audit and are likely to be involved in teaching about it. The course is designed to present the subject of medical audit and to examine three related topics: standard setting, the collection and analysis of data and the management of change within the practice while also considering how to present and teach these subjects to colleagues. Pre-course work will involve some preparation and selected reading. On the course, subjects will be taught didactically, analysed from the teaching viewpoint and worked with experientially using a range of exercises involving both small and large groups. The course will be staffed by three small-group leaders and some of the formal presentations will be by visiting lecturers. PGEA approval has been granted for 3 days under Service Management and zero-rated Section 63. The cost will be £300.

DATA HANDLING FOR MEDICAL AUDIT (4/5 December 1991)
Two days training in the technical skills involved in collecting and digesting medical audit information. The course is suitable both for interested general practitioners and their staff and for those working with Medical Audit Advisory Groups. A practical approach will be taken throughout. The course will study how to plan surveys, design questionnaires, select suitable ways of analysing the information and will review how to present the results. It will include some basic computer techniques - data entry and analysis, graphical presentation, etc. The intention is to develop practical skills to help medical auditors make valid observations about current clinical practice and to enable them to perceive, measure and demonstrate the improving quality of their patients’ care. PGEA approval has been granted for 2 days under Service Management. The fee is £250 for members and £275 for non-members. This course will be offered again in 1992 (further details will be advised).

Further details and application forms for all these courses are available from the Corporate Development Unit, RCGP, 14 Princes Gate, London SW7 1PU. Tel: 071 823 9703. Fax: 071 225 3047.

Royal College of General Practitioners
Feldene* Gel offers an effective topical alternative first-line treatment in mild osteoarthritis.

A topical alternative in mild osteoarthritis

Prescribing information for Feldene* Gel

Indications: Topical therapy of osteoarthritis of superficial joints and acute musculoskeletal disorders. 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 Feldene Gel. Keep away from the eyes and mucosa. 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 Feldene 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: 60g tube - £7.77 (P/0057/0284). Further information on request. References: 1. Dickson DJ. Curr Ther Res 1991; 40(2): 199-207.