What HRT ought to be

UK doctors told us what they wanted in a new formulation. Nuvelle closely matches the development of the UK as the UK as first-line HRT.

Nuvelle

HRT in a single daily tablet

Prescribing Information

28 tablets containing oestradiol valerate 2 mg, the last 12 also containing levonorgestrel 75 micrograms. Indications: Hormone replacement therapy for the treatment of the climacteric syndrome. Dosage and administration: Menopausal patients begin treatment on the 5th day of menstruation. Other patients may start at any time. One tablet daily continuously. Contra-indications, warnings, etc. Contra-indications: Pregnancy, severe disturbances of liver function, jaundice or general pruritus of pregnancy, Dubin-Johnson syndrome, Rotor syndrome, existing or previous thromboembolism, sickle-cell anaemia, suspected or existing hormone-dependent disorders or tumours of the uterus and breast, congenital disturbances of lipid metabolism, a history of herpes genitalis (also known as pemphigoid gestationis), cholestasis with deterioration during pregnancy. Warnings/effects: Hormonal contraception should be stopped. Reported symptoms include anxiety, increased appetite, bloating, breast symptoms, cardiac symptoms, depressive symptoms, dizziness, drowsiness, nausea, rash, vomiting and altered weight. Cholestasis is possible in predisposed patients. Carefully monitor multiple sclerosis, epilepsy, diabetes, hypertension, porphyrina, tetany and atherosclerosis. Precautions and special

Information: Before treatment, exclude pregnancy. If the expected bleeding fails to occur at about 28-day intervals, stop treatment and exclude pregnancy. Stop treatment at once if there are frequent and unusually severe headaches, first migraine or possible prostration of vascular occlusion, or if trauma, illness or impending surgery entails a risk of thromboembolism. Jaundice or pregnancy occurs, or blood pressure rises significantly. In patients with mild chronic liver disease, check liver function every 8-12 weeks. Examination of the pelvic organs, endometrium, breasts and blood pressure is advised before and periodically during treatment. Investigate regular bleeding. Pharmaceutical precautions: Store in cool, dry conditions. Shelf-life five years. Legal category

The simple, effective topical NSAID from Geigy

Pain relief at your fingertips.
YOUR PRESCRIPTION FOR THE FUTURE

A VISIT TO

MED-PHARM '93

The National Medical & Pharmaceutical Exhibition and Conference

MED-PHARM is the only national event in 1993 to reflect the areas of overlapping interest between doctors and pharmacists. With the PGEA accredited conference programme covering disease and service management plus a comprehensive exhibition of new products, services and equipment, it's your business to be there.

ORGANISERS

For exhibitor information, conference programme & complimentary tickets phone: 071 262 2886
Fax: 071 706 0360
Prescription for giving value for money

Government Health Ministers – and the Treasury – are reported to be concerned about the continuing increase in prescribing costs incurred by Britain’s family doctors. The main reasons for this are as follows:

* As people get older they require more medicines. There have been significant increases in the numbers of people living beyond 75 and, in particular, beyond 85. A recent survey showed that of a 51 million increase in prescriptions written by GPs over a ten-year period, more than 49 million (i.e. 96 per cent) were for patients of pensionable age.1

* As a direct consequence of the imposition of cash-limits and some aspects of the NHS Reforms many hospitals have transferred significant prescribing costs to GPs.

Advances in scientific knowledge have led to more effective and safer medicines. But, as the chart demonstrates, the major element in the rise in the NHS Medicines Bill is due to increased volume – not to price rises or the use of newer more expensive products.2 And the UK spends less per head and easily the least amount on new medicines.

The Government, as part of its reform programme for the NHS, has encouraged GPs to set up clinics to help identify patients requiring preventive medicine – treatments for high blood pressure and late-onset diabetes for example. More people requiring medicines have been identified; but the costs will be more than offset by longer-term savings. The future need for hospital care will be reduced because heart attacks, strokes or blindness in literally thousands of patients will be prevented.

The underlying purpose behind the NHS Reforms was to provide a wider and more cost-effective service to patients. Extra costs incurred today will yield far greater savings in the future.

That is giving real value for money


Publications available from ABPI, 12 Whitehall, London SW1A 2DY
While you take care of your patients, we'll take care of your finances.

Touche Ross, one of the UK's leading firms of accountants with 23 offices nationwide, has extensive experience in providing a whole range of cost-effective financial services to the medical world. Government bodies, the medical press and over 1,000 general practitioners, including many fund-holding practices, draw on our specialised knowledge. You can too. Start by calling Angela Britton on 0344 54445, or your local office, to arrange an informal discussion. You'll find Touche Ross expertise is just what the Doctor ordered.

Touche Ross
Columbia Centre, Market Street, Bracknell, Berks RG12 1PA.
Tel: 0344 54445. Fax: 0344 422681.

Authorised by the Institute of Chartered Accountants in England and Wales to carry on Investment Business.
FORTHCOMING COURSES
1993

THE "NEW" MANAGEMENT APPRECIATION
COURSE
The changes General Practice is continuing to
experience, has placed a greater demand on the quality
of management in practice. This new 2 day course
dresses those needs with the aim of helping GPs and
Practice staff become better managers. The course
deals with:

* strategic and operational management of the
  practice
* management of staff, time and the
  organisation
* management of change

Fee: £235 including VAT (£200 + £35 Vat) PGEA
applied for. This course will be available from Mid 1993
early booking is advised.

EFFECTIVE PERSONNEL MANAGEMENT
Course Director:Sally Irvine
Course Tutor:Hilary Haman
2/3 March, 3/4 June & 12/13 October 1993

This course is designed for members of the practice
team whose responsibilities include staff management.
The principles of personnel management, and their
application in the management of staff whose conduct
and performance are problematic, are covered. This two
day residential course addresses the contract of
employment, the motivation of staff and dealing with
disciplinary issues.

The fee is £200.00 for members and £250.00 for
non-members. PGEA approved.

PERFORMANCE APPRAISAL
Course Tutor:Hilary Haman
13/14 May & 23/24 November 1993

Two day course open to general practitioners and
practice and health centre managers. It aims to provide
an appreciation of performance appraisal, the
opportunity to practice interviewing skills, including role
play and the use of video, and to develop a plan to allow
participants to introduce a performance appraisal
scheme into their practice. This course is highly
intensive and therefore limited to twelve participants
only.

PGEA Approved. The fee is £270.00 including lunch
and refreshments and dinner on the first evening.

For further details please contact RCGP Courses and
Conferences on 071 823 9703 or Fax 071 225 3047

PARTNERSHIPS

CAN WE TALK?

PARTNERSHIP VIDEO

PRODUCED FOR THE
ROYAL COLLEGE OF GENERAL PRACTITIONERS
BY THE MSD FOUNDATION

This programme looks at partnerships in general
practice: at how the partners express their values
and intentions, their hopes and fears, and how they
work together as a group. The thesis which we put
forward is that the partners as individuals can work
with one another towards common goals, are major
determinants of the quality of care that the practice
is capable of providing for its patients.

This video, course book and the accompanying
management game are designed to provide oppor-
tunities for groups to gain new insights into the
structure of partnerships, the way in which partners
relate to one another, and the impact of these rela-
tionships on practice planning and the management
of change.

This package contains:- a course book, annual
report and 30-minute VHS video. Price: £45.00
including packing and postage.

For further details or to order a copy please
contact:
RCGP Enterprises Ltd, 14 Princes Gate, Hyde Park,
London SW7 1PU. Telephone 071-823 9698
CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: The Advertising Sales Executive, 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 publisher will not be responsible for any error in the insertion of, or omission to insert, any advertisement. The charge for space in this section is £12.00 per single column centimetre, plus £10.00 if a box number is required, plus VAT at 17.5%. 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 of refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

APPOINTMENTS

JOB SHARE, circa 30K

A senior doctor in partnership can take 24 hour retirement, draw his pension and return to a much reduced commitment; but not the single-handed practitioner. The solution is to form a job-sharing partnership and then for one or both doctors to take 24 hour retirement and continue to look after the list, free of full-time restraints.

Accordingly, this single-handed rural (Essex) dispensing practitioner intending immediate 24 hour retirement seeks job-sharer. Well organised fully computerised (VAMP) high earning practice. 50% of profits estimated worth 30,000 pounds. Might suit older doctor at that fixed rate, lady doctor with children (immediate parity), or younger doctor as partner and successor.

2,600 patients; daily consulting, mornings only; on-call rota with neighbour. 50% job-share means at least one full day off per week, and on call only one afternoon/night per week, and 13 weekends per annum. Lots of mutually convenient holidays; short notice absences no problem. An interest in immediate care, home deliveries and ability in minor "casualty" work would be an advantage.

Our informative and friendly team demands, in addition to clinical competence, a cheerful extrovert and relaxed type of personality. The position is available now but will remain vacant until the right person is found. 1st July might be a good starting date. For further details apply to Box Number 3

TRAINEE GENERAL PRACTITIONER

SOUTH LINCOLNSHIRE: Rural 2 partner dispensing practice has a trainee vacancy for six or twelve months, with a negotiable start date in early 1993. Half day release to Boston VTS. Accommodation may be available in the area. Our trainee has own consulting room in new purpose-built premises with full equipment (ECG, Audiometer, Defibrillator, Library). Practice runs Diabetic, Child Health, Minor Surgery, Antenatal and IUCD Clinics, and has regular Primary Care Team and Staff Meetings. Trainer has an interest in Immediate Care at Accidents/Emergencies.

We aim to provide a lively learning environment in which our trainee can discover the positive facets of General Practice.

Handwritten application with 2 referees to Mrs M.D. Prosser, Practice Manager, 1 Steaford Road, Heckington, Steaford, Lincs., NG34 9QP (f.a.o. Dr. Andrew Mowat), or telephone 0529 60213 for Practice Profile.

COURSES

PRACTICAL ACUPUNCTURE COURSE

This is a practical acupuncture course, with most of the teaching done on patients, similar to a teaching ward round at medical school. Patients with a large variety of diseases are treated and the appropriate treatment discussed, as well as the chances of success and failure.

These courses have been held since 1962 and have attended by over 1,000 doctors from 45 countries. They are held three times a year. In 1993: March 29-April 2; June 7-11; October 4-8. Each one-week 35 hour course is from 9am to 5.15pm, Monday to Friday. Only qualified doctors may attend, about 15 participants per course. £490.

These courses are Approved for Postgraduate Education Allowance as 30 hours (disease management).

Apply to Dr. Felix Mann, 15 Devonshire Place, London W1 or Telephone: 071 - 935 7575

THE UNIVERSITY OF BIRMINGHAM

DEPARTMENT OF GENERAL PRACTICE

M. MED. SCI. IN GENERAL PRACTICE

11.30 - 17.30
ON THURSDAYS IN TERM TIME
OVER 2 YEARS
STARTING OCTOBER 1993

This course established in 1991 offers teaching in research methods, clinical reasoning, epidemiology, health economics, statistics, sociology, medical ethics and management. A research project is undertaken and submitted as a dissertation. Informal enquiries welcomed.

For further details please contact

Dr. Kate Thomes, The Department of General Practice, The Medical School, The University of Birmingham, Edgbaston, Birmingham B15 2TT.
Tel: 021 414 3766, Fax: 021 414 3759.

Royal Free Hospital School of Medicine

Unmet adolescent needs - what can be done?

ONE DAY COURSE

PGEA Approved

for GPs, Paediatricians and others interested

For Further details phone:
071-794 0500 Ext. 4361

Royal Free Hospital School of Medicine

Unmet adolescent needs - what can be done?

ONE DAY COURSE

PGEA Approved

for GPs, Paediatricians and others interested

For Further details phone:
071-794 0500 Ext. 4361

British Journal of General Practice, February 1993
ST GEORGE’S HOSPITAL MEDICAL SCHOOL  
(University of London)  
DIVISION OF PSYCHIATRY OF ADDICTIVE BEHAVIOUR  
DIPLOMA IN ADDICTIVE BEHAVIOUR FOR GENERAL PRACTITIONERS  
One year (four terms) part time course for General Practitioners.  
This modular course is unique in the U.K. and offers a comprehensive training in the addictions as applied to the Primary Health Care setting. PGEA Approved. Course starts 5th October 1993.  

M.Sc IN ADDICTIVE BEHAVIOUR  
This two year part-time course for Health Care professionals is the first of its kind in the U.K. Modular units of learning with a number on electives. Credit exemption for those who have obtained the Diploma. Approved by the University of London. Course starts 5th October 1993.  

For further information please contact: Education and Training Unit, St George’s Hospital Medical School, 6th floor Hunter Wing, London SW17 ORF. (Tel No. 081 672 9944 Ext: 56273).

HOMEOOPATHY  
Introductory Courses  
for General Practitioners  
commencing  
11th and 12th March 1993  
PGEA Approved  

details from  
Eduction Secretary  
FACULTY OF HOMEOOPATHY  
2 Powis Place, London, WC1N 3HT

ROYAL COLLEGE OF PHYSICIANS OF LONDON  
ADVANCED MEDICINE CONFERENCE  
15th - 18th February 1993  
This conference will include sessions on:  
CLINICAL PHARMACOLOGY AND THERAPEUTICS  
NEUROLOGY  
MEDICAL MANAGEMENT  
GASTROENTEROLOGY  
CARDIOLOGY  
ENDOCRINOLOGY  
RESPIRATORY MEDICINE  
COLLAGEN VASCULAR DISEASE  
and will include  

LANGDON BROWN LECTURE  
Professor R Frackowiak  
VISIONS OF THE BRAIN: IMAGING THE MIND IN ACTION

LORD RAYNER LECTURE  
Professor D B Longmore  
MAGNETIC RESONANCE - THE OPPORTUNITY FOR CARDIOLOGY

OLIVER SHARPEY LECTURE  
Professor Julia Polak  
PEPTIDES: UBIQUITOUS REGULATORS

STATE OF THE ART LECTURE  
Professor Ann J Woolcock  
IS ASTHMA A DISEASE OF AFFLUENCE?

at the Royal College of Physicians  
11 St Andrew’s Place, Regent’s Park, London NW1 4LE  
Further details from the Conference Office  
Telephone 071 935 1174 ext 252/300  
PGEA granted
INTERFACES IN MEDICINE
CONFERENCE ON CLINICAL IMMUNOLOGY AND ALLERGY
Friday 5th March 1993

This Conference will include sessions on:

ALLERGY
Use and abuse of diagnostic tests in allergic disease
Food allergy: fact or fiction
Venom desensitization: who and how
What to do about angioedema and urticaria

VASCULITIS
Laboratory investigations in suspected vasculitis
The Physician’s eye view
The Surgeon’s eye view

IMMUNODEFICIENCY
Recurrent infection in children: who to investigate
Management of immunodeficient patients

MANAGEMENT: HOME THERAPY WITH IMMUNOGLOBULIN
The medical perspective
The nursing perspective
The General Practitioner perspective

Tudor Edwards Lecture
ASTHMA, T CELLS AND CYTOKINES
Professor AB Kay, Brompton Hospital, London

at the Royal College of Physicians
11 St Andrew’s Place, Regent’s Park, London NW1 4LE

Further details from the Conference Office
Telephone 071 935 1174 ext 252/300
PGEA sought

MRCGP DCH DRCOG
Success in exams is vital for improving your career prospects. To be sure of passing at your first attempt you need to be well prepared. PasTest has 20 years specialist experience in helping doctors to pass their exams and we can help you to be successful.

Plenty of practice is vital. Our high quality books and courses will help you to obtain the maximum revision in the minimum of time by testing your knowledge and identifying your weak subject areas in time for further study.

Start your revision now. Write or telephone us for full details, information is sent by return of post.

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

INTERVENTION SKILLS
ALCOHOL - REDUCING RISK
A one day conference organised jointly by the HEA and RCGP will take place at Princes Gate, London on 7 May 1993. An interactive day with afternoon workshops, which will be of particular interest to GPs and members of the Primary Care Team. PGEA Applied for.

Further details available from:
RCGP Conferences - 071 823 9703.

FOR SALE

ITALIAN CLASSIC
LANCIA FULVIA 1600 HF LUSSO. 1972.
A superb example of this charming Italian: excellent condition with alloy panels, original cromadora alloy wheels, new MOT and history.

Latin engineering at its finest: £3,950.
Call Jeremy Coton on 071-293 0398 (a/phone available).
The London Clinic

Welcomes patient referrals from GENERAL PRACTITIONERS

Situated at the heart of London's private medical sector and where traditional values and modern technology combine.

The London Clinic has a comprehensive range of diagnostic and therapeutic services based in one location.

- **Cardiography** (resting, exercise and ambulatory ECGs)
- **CT & MR Scanning**
- **Endoscopy** (diagnostic & therapeutic)
- **Pathology** (with remote computer access)
- **Physiotherapy and Hydrotherapy**
- **Radiology** (with ultrasound)
- **Retail Pharmacy** (private prescriptions)

The London Clinic's premises includes 40 consulting suites occupied by physicians and surgeons representing a broad spectrum of medical expertise.

The London Clinic is maintained wholly for the benefit of patients and is a Registered Charity No. 211136

The London Clinic
20 Devonshire Place, London W1N 2DH
Tel: 071 935 4444 Fax: 071 486 3782

Please complete this portion and post to the above address.

Please send me further information about:

<table>
<thead>
<tr>
<th>Service</th>
<th>Box</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiography</td>
<td>☐</td>
</tr>
<tr>
<td>CT &amp; MR Scanning</td>
<td>☐</td>
</tr>
<tr>
<td>Endoscopy</td>
<td>☐</td>
</tr>
<tr>
<td>Pathology</td>
<td>☐</td>
</tr>
<tr>
<td>Physiotherapy &amp; Hydrotherapy</td>
<td>☐</td>
</tr>
<tr>
<td>Radiology</td>
<td>☐</td>
</tr>
<tr>
<td>Package Surgery</td>
<td>☐</td>
</tr>
<tr>
<td>Clinic Information Pack</td>
<td>☐</td>
</tr>
</tbody>
</table>

Name _______________________________________________________

Address ___________________________________________________

__________________________________________________________ Post Code ______

Telephone ________________________________________________
NEW FELDENE MELT

RELIEVES PAIN IN SECONDS.

MELTS IN SECONDS.
RELIEVES PAIN FOR 24 HOURS.

Now you can offer your arthritic patients an entirely different way of taking and different NSAID therapy.

The new FELDENE MELT* breaks the mould of traditional tablets and conventional capsules or tablets. Try them and see.

BRITAIN'S ARTHRITICS ARE STARTING TO MELT