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Zovirax

Presentation: Blue, oval-shaped tablets containing acyclovir 800mg. Each strip contains 10 tablets. 

Uses, Dosage and Administration: To prevent recurrences of herpes zoster in patients with this condition and, when taken daily, to reduce the severity of oral herpes zoster. 

Precautions: It may be necessary to adjust the dosage of this agent in patients with impaired renal function or those with multiple organ failure. 

Side effects and Adverse Effects: Rarely, nausea, vomiting, diarrhea, and abdominal pain have been reported. 

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THE EXPANDING WORLD OF ‘ZESTRIL’

More GPs are prescribing ‘Zestril’ for more patients than ever before

Consult data sheet before prescribing.

Use: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (diuretic therapy).

Presentation: Tablets containing 2 mg, 5 mg, 10 mg or 20 mg (Zestril). Bisoprolol (Zestrel).

Dosage and Administration: Hypertension – Adults (including elderly): initially 2 mg/day, a 2 mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20 mg once daily. Maximum is 40 mg daily. Diuretic-treated patients – if possible stop diuretic 2-3 days before starting Zestrel. Resume diuretic later if desired.

Congestive heart failure: Adults: initially 2 mg daily under close medical supervision (hospitalization for severe or unstable heart failure and other patients at higher risk), increasing to 10-20 mg once daily according to response. Monitor blood pressure and renal function.

Renal impairment: May require lower maintenance dosage.

Contraindications: Pregnancy. Hypersensitivity to Zestrel. Patients with history of angio-neurotic oedema to previous ACE inhibitor therapy. Patients with acute azotemia, or pulmonary or outflow tract obstruction.

Precautions: Assessment of renal function is recommended. Symptomatic hypotension may occur, particularly in volume-depleted patients and congestive heart failure. Caution in patients with ischaemic heart or cerebrovascular disease; renal insufficiency; renovascular hypertension. Patients with a history of angio-neurotic oedema may be at increased risk of angio-neurotic oedema with an ACE inhibitor. Cough has been reported with ACE inhibitors. Renal impairment (usually reversible) may occur in some patients. Hypotension may occur during surgery or anaesthesia. Caution in nursing mothers. No paediatric experience. Afro-Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimized by discontinuing diuretic prior to Zestrel. Interaction with non-steroidal anti-inflammatory drugs.

Side Effects: Hypotension, dizziness, headache, diarrhoea, cough, nausea, fatigue. Less frequently, rash, urticaria. Rarely, angio-neurotic oedema and other hypersensitivity reactions, myasthenic infusion or cerebrovascular accident possibly secondary to excessive hypotension in high risk patients, palpitation, tachycardia, abdominal pain, dry mouth, hepatitis, jaundice, mood alterations, mental confusion, urticaria, diaphoresis, uraemia, oliguria/anuria, renal dysfunction, acute renal failure, impotence, pancreatitis. A symptomatic complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leucocytosis, rash, photosensitivity or other dermatological manifestations may occur. Increases in bilirubin. Decreases in haemoglobin and haematocrit have occurred. Hyponatraemia.

LEGAL CATEGORY: POM

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS:
Zestrel 2.5 mg (121019 00868) 7 tablets, 31.20, 26 tablets, 17.96, 5mg (121019 00865) 28 tablets, 29.85, 10mg (121019 00860) 28 tablets, 51.15, 5mg (121019 00871) 26 tablets, 35.72

‘Zestrel’ is a trademark.

Further information is available from ZENEGA Pharma, King’s Court, Water Lane, Welling, Kent DA17 9AF.

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How to Decide between The Virtues & Vices of Available Tests

ULTRASOUND IN THE GP SURGERY
Who, Why and When Should GPs Scan?
The Practicalities and Problems of Scanning In The GP Surgery

INFERTILITY IN THE NEW HEALTH SERVICE
Who is Infertile? With The New Technologies
Where Do You Draw The Line?
How Does A GP Resolve Issues of Need, Legislation & Resource

NEW THINKING FOR THE COMMON MEDICAL PROBLEMS OF PREGNANCY
The Changing Role of the GP When Confronted With Problems in Ante-Natal Care
Modern Principles for Prescribing in Pregnancy

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The Role Of The GP In Managing False Positive and False Negative Cervical Smears

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Danger signals When Why & How to Screen Communicating Treatment Options and Prognosis in General Practice

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Acute Pelvic Pain: Should The GP Always Refer?
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Further details from: Ruth Allan, Course Administrator, Academic Unit of Obstetrics & Gynaecology, London Hospital Medical College, London E1 1BB. Tel: 071 377 7207 (direct line, 24hr a'phone). Fax: 071 377 7294

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COUNTING ON QUALITY - A MEDICAL AUDIT WORKBOOK
BY OLIVER SAMUEL, PAUL SACKIN AND BONNIE SIBBALD

Quality of care and how to measure performance in general practice have long been the focus of debate. At one time quantity was thought to have little to do with quality but with the development of general practice as a discipline came the understanding that good practice can only be identified by producing the evidence - and this means counting.

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Based on audit courses run by the College, the book includes useful examples, practical tutorial tasks, and clear guidelines on data handling and analysis. It is written in a clear, easy to read style and should appeal not only to general practitioners and their trainees but to all members of primary health care teams, members of MAAGs, and all those who work with them.

Price: £13.50
ISBN 0 85084 189 5

Counting on quality - a medical audit workbook is available from:
RCGP Sales, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 071 823 9698 (or 071 225 3048, 24 hours, Access and Visa orders only).

PARTNERSHIP WITH PATIENTS
A practical guide to starting a patient participation group

PETER PRITCHARD MA, FRCGP

The Patient’s Charter commits general practitioners to treating patients as ‘partners in the care they receive’, yet general practitioners have been slow to seek the benefits of a ‘partnership for health’ with their patients. A patient participation group is a tried and tested way of achieving this. Starting and maintaining such a group is not easy, and this booklet, now in its third edition, aims to help all those who wish to involve patients in this way.

The author initiated one of the first patient participation groups in 1972 and is a Vice-President of the National Association for Patient Participation. A Foreword has been written by Sir George Godber, past-President of the Association, and former Chief Medical Officer of the Department of Health.

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For further information and referral of patients: contact Dr. Wim Van Paesschen, Research Fellow to Dr. J. S. Duncan, the Epilepsy Research Group, Institute of Neurology, the National Hospital for Neurology and Neurosurgery, Queen Square, London WC1N 3BG. Tel. 071-837 3611 ext 4259, Fax: 071-837 3941.

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RCGP COURSES

INTERVENTION SKILLS

ALCOHOL - Reducing the Risk Tuesday 7 December 1993 at North Manchester Postgraduate Medical Centre

This one day conference organised jointly with the Health Education Authority will help GPs and practice team members to improve both general intervention skills and knowledge of how to deal effectively with alcohol-related problems. Fee for the day including papers and lunch is £20 per person or £30 for two members of the Primary Health Care Team from the same practice, PGEA applied for.

The following courses are being held at RCGP, 14 Princes Gate, London SW7 1PL

DATA HANDLING FOR MEDICAL AUDIT

Course Director: Dr Oliver Samuel Course Tutors: Dr Janet Peacock, Dr Lea MacDonald & Dr Steve Busters - 23 February 1994

A two day course 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. The course will study how to 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 presentations etc. The intention is to develop practical skills to help medical auditors make valid observations about current clinical practice.

PGEA approved for 2 days. The fee is £250.00 for members and £275.00 for non-members.

TEACHING THE MEDICAL AUDIT TEACHERS

Course Tutors: Dr Oliver Samuel, Dr Bonnie Sibbald, Dr Paul Sackin and Dr David Clegg - 23/24/25 February 1994

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. PGEA approved for three days - zero-rated Section 63 course to enable Regional Advisers to sponsor tutors or trainers. The cost will be £300.00

LEADING, MANAGING AND UNDERSTANDING SMALL GROUPS

Course Tutors: Dr Geoff Roberts, Ms Lynn Freeman and Dr Oliver Samuel - 23/24 March and 4th May 1994

The course would be relevant to all doctors working in a group setting, either as a junior or senior partner. Course Organisers, GP Tutors, Audit Advisers, GP Advisers and any person with a serious interest in how groups function, and the nature of leadership. The aim of this short course is to develop both understanding and skills in leading and managing small groups. Seminars will be used to provide baseline concepts of group theory. Group exercises will be used to illustrate theory and develop understanding, and small group meetings will provide time for the participants to reflect on their learning and experience of the course.

The fee is £300.00. PGEA approved for 3 days under Health Promotion & Prevention of Illness and zero rated Section 63 approval granted.

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

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