Soothe away the sting of eczema treatment

Alphaderm remains prescribable under the NHS

ALPHADERM - ABBREVIATED PRESCRIBING INFORMATION: Presentation Alphaderm cream contains hydrocortisone BP E1%, 1% w/w and urea BP 10% w/w in a specially formulated base. It does not contain lanolin and is preservative free. Indications All dry ichthyotic and eczematous conditions of the skin. Dosage and administration Wash and dry the affected area(s) and apply topically twice daily. Optimal hydration of dry skin is achieved without the use of occlusive dressings. Contra-indications: Known hypersensitivity to corticosteroids. Primary bacterial, viral and fungal diseases of the skin and secondarily infected eczema or intertrigo. Precautions, warnings, etc There is inadequate evidence for safety in human pregnancy. Topical administration of corticosteroids to pregnant animals can cause abnormalities of foetal development. There may, therefore, be a very small risk of such effects in the human foetus. Product Licence Number 0364-00190R Legal category POM Basic NHS cost 30g - £2.36 100g - £7.32 Ref. No. UK/AV/1.1/February 1994. REFERENCES: 1. Data on file - Clinical data covering 644 patients showed only 5% suffered more than slight stinging on application. 2. Kilgore A.M., Köhler K.H. (1978) Cutis, 22:232-244. Further information is available from Procter & Gamble Pharmaceuticals, Staines, Middlesex TW18 3AZ.
THE EXPANDING WORLD OF ‘ZESTRIL’

Consult data sheet before prescribing.

USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjunctive therapy).

PRESENTATION: Tablets containing 2.5mg, 5mg, 10mg or 20mg lisinopril (‘Zestril’).

DOSEAGE AND ADMINISTRATION: Hypertension – Adults (including elderly): initially 2.5mg daily; a 2.5mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20mg once-daily. Maximum is 40mg daily. Diuretic-treated patients – if possible stop diuretic 2-3 days before starting ‘Zestril’. Resume diuretic later if desired. Congestive heart failure: Adults: initially 2.5mg daily under close medical supervision (hospital initiation for severe or unstable heart failure and other patients at higher risk), increasing to 5-20mg once-daily according to response. Monitor blood pressure and renal function.

RENAL IMPAIRMENT: May require lower maintenance dosage.

CONTRAINDICATIONS: Pregnancy. Hypersensitivity to ‘Zestril’.

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 angioedema may be at increased risk of angioedema 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. African-Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimised by discontinuing diuretic prior to ‘Zestril’. Interaction with indomethacin and lidocaine. Potassium supplements, potassium-sparing diuretics and potassium-containing salt substitutes not recommended. Avoid concomitant use with high-flux dialysis membranes.

SIDE EFFECTS: Hypotension, dizziness, headache, diarrhoea, cough, nausea, fatigue. Less frequently, rash, asthma. Rarely, angioedema or oedema and other hypersensitivity reactions, myocardial infarction 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/anauria, renal dysfunction, acute renal failure, impotence, pancreatitis. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leukocytosis, rash, photosensitivity or other dermatological manifestations may occur. Increases (usually reversible) in blood urea, serum creatinine, liver enzymes and serum bilirubin. Decreases in haemoglobin and haematocrit have occurred. Hyperkalaemia.

LEGAL CATEGORY: POM.
PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS:
‘Zestril’ 2.5mg (12619/0004) 7 tablets, £11.91; 28 tablets, £17.64; 5mg (12619/0005) 28 tablets, £19.98; 10mg (12619/0006) 28 tablets, £11.83; 20mg (12619/0007) 28 tablets, £43.58.
‘Zestril’ is a trademark.
Further information is available from: ZENECA Pharma, King’s Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.

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

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lisinopril

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9S-24973H1 Issued Oct '93
# Hormone Replacement Therapy Card

**Family History:**
- Maternal history
- Paternal history
- Significant past medical history

**Past History:**
- Mammography
- Pap smear
- Other significant tests

**Presenting Symptoms:**
- Vaginal symptoms
- Urological symptoms
- Gastrointestinal symptoms

**Significant Disease:**
- Heart disease
- Blood pressure
- Diabetes

**Protocol:**
- Hormone replacement therapy
- Protocol summary

**Hormone Replacement Therapy Card**

<table>
<thead>
<tr>
<th>N.H.S. No.</th>
<th>Date</th>
<th>Health Promotion Summary</th>
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**Address:**
- Home Address
- Work Address

**Details:**
- Date of Birth
- Telephone

**Notes:**
- Any relevant additional notes

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**Health Promotion Summary**

- Diet
- Exercise
- Smoking cessation

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MRCPG COURSE
Course leaders: Dr D R Dare and Dr H P Joshi

22-25 September 1994
This is an intensive course employing unique teaching methods to enable candidates to prepare for the MRCPG examination. The course is particularly directed to cater for the needs of the candidates who have difficulty in obtaining an invitation to the oral examinations. It is also aimed to introduce candidates to the use of videos for consultation analysis and to help them to gain an insight into the role and functions of the college of which they seek membership.

Section 63 Applied for. Course fee £350.00 (inclusive of VAT).

DATA HANDLING FOR MEDICAL AUDIT
Course Director: Dr Oliver Samuel
Course Tutors: Dr Janet Peacock, Dr Lea MacDonald & Dr Steve Bruster

3/4 October & 14/15 December 1994
This intensive 2 day course offers training in the technical skills necessary to collect, understand and use audit data effectively. The syllabus includes standard setting, questionnaire design, statistics and hands-on computer training using four separate software packages.
The course is intended for MAAG and practice staff and interested GPs.
PGEA approved for 2 days under Service Management.
The fee (inclusive of VAT) is £240.00 including lunch and refreshments on both days, and dinner on the first evening.

TEACHING THE MEDICAL AUDIT TEACHERS
Course Tutors: Dr Oliver Samuel, Dr Bonnie Sibbald, Dr Paul Sackin and Dr David Clegg

19/20/21 October 1994
This 3-day course is designed for all those involved in the teaching of medical audit - MAAG members, audit facilitators, trainers, course organisers and others. The course explores the issues involved in standard setting, data collection and analysis and the management of change. These are then examined in relation to teaching and learning. Much of the time is spent in small groups but there are also some lectures and informal presentation.
PGEA and Section 63 options are offered.
The fee (inclusive of VAT) is £400.00 including lunch and refreshments for 3 days and dinner on the first 2 evenings.

CHAIRMANSHIP SKILLS - “ROUND THE TABLE CHAIRING”
Course Tutor: Denise King

15 September 1994
This one day course is designed to increase the skills of those who chair meetings “round the table” including committee and partnership meetings and is therefore particularly relevant to GPs. The course will focus on oral skills as opposed to the construction of agendas and meetings procedure. A workshop atmosphere will prevail with relaxed and informal interchange. Each member will chair a meeting and present an oral report. The intensive nature of this course means participants are limited to 10.
No advance preparation is required.
Section 63 approval is being sought.
The fee is £125.00 (inclusive of VAT).

LEADING, MANAGING AND UNDERSTANDING SMALL GROUPS
Course Tutors: Dr Geoff Roberts, Ms Rosslynne Freeman and Dr Oliver Samuel

2/3 November (Module I) and 2 December 1994 (Module II)
This is a three day course divided into two months - two days followed 4 weeks later by one day. At the end of the course participants will have increased their understanding of how small groups function, and of how to lead and manage groups.
This course is relevant for all who work in a group setting, as course organisers, GP tutors, audit facilitators or partners in a group practice.
PGEA and Section 63 options are offered.
The fee (inclusive of VAT) is £300.00 including lunch and refreshments, and dinner on the first evening.

MANAGEMENT STANDARDS, THEIR USES AND BENEFITS
14 September 1994
A study day is being organised jointly with the Association of Managers in General Practice, to enable GP tutors, nurse tutors and practice manager tutors to increase their understanding of management standards their uses and benefits. Topics to be covered include: What are standards?; Why MCF?; Benefits; The Role of National Vocational Qualifications.
PGEA and Section 63 approval being sought.
The fee for the day is £58.75 (inclusive of VAT).

For further details please contact: RCGP Courses and Conferences on 071 823 9703 or Fax 071 225 3047
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Please return this form to Maggie Colling, National Asthma Campaign, Providence House, Providence Place, London N1 ONT or Fax your request to 071 704 0740.

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☐ (please tick) RCGP

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800 delegates attended the First National Practice Managers’ Conference and Exhibition last year; at least 1,000 delegates are expected to attend the Second National Practice Managers’ Conference and Exhibition this year.

CONTRIBUTORS

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Dr Mollie McBride, GP, East London and past-Secretary to Council, RCGP
Bemie Naughton, Practice Manager, Luton
Mo Rillands, Chief Executive, Fundholding Practice, Newcastle.

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FEES: £150 + VAT (IHSM Members) £175 + VAT (Non-members)

For further details contact the Conference Assistant, IHSM, 39 Chalton Street, London NW1 1JD. Tel: 071-388 2626 Fax: 071-388 2386

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Candidates must have held a post approved for professional training in a department specialising in the care of the elderly, or have had experience over a period of 2 years since Full Registration or equivalent in which the care of the elderly formed a significant part.

Further details and an application form may be obtained from:

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11 St Andrews Place
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For further information contact: Education and Training Unit, Division of Addictive Behaviour, St George’s Hospital Medical School, London SW17 0RE. (Tel. No. 081 725 2802 or 2637).

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FURTHER DETAILS AND APPLICATION FORMS FROM:  
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EDUCATION DIRECTOR  
FACULTY OF HOMOEOPATHY  
GLASGOW HOMEOEPATHIC HOSPITAL  
1000 GREAT WESTERN ROAD  
GLASGOW G12 0NR  

TELEPHONE: 041-337-1024  

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