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tables: alginic acid BP, sodium bicarbonate Ph.Eur., aluminium hydroxide BP,
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Keeps acid in its natural environment

THE EXPANDING WORLD OF ‘ZESTRIL’

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

Consult data sheet before prescribing.
‘ZESTRIL’

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).

DOSE 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. Children – Not recommended.

CONTRAINDICATIONS: Pregnancy. Hypersensitivity to Zestril. Patients with history of angioedema to previous ACE inhibitor therapy. Patients with aortic stenosis, cor pulmonale 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 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. Afro-Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimized by discontinued diuretic prior to ‘Zestril’. Interaction with indomethacin and lithium. 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, arthralgia. Rarely, angioedema. Other hypersensitivity reactions, myoccardial 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, urinoma, oliguria/anuria, renal dysfunction, acute renal failure, impotence, pancreatitis, haemolytic anaemia. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leucocytosis, 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 and neutropenia.

LEGAL CATEGORY: POM

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: Zestril 2.5mg (12619/0088) 7 tablets, £1.91; 28 tablets, £7.64; 5mg (12619/0085) 28 tablets, £3.58; 10mg (12619/0086) 28 tablets, £11.18; 20mg (12619/0087) 28 tablets, £13.38.

‘Zestril’ is a trademark.
Further information is available from: ZENECA Pharma, King’s Court, Water Lane, Wilmslow, Cheshire SK9 3AZ.

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DEVELOPING YOUR TEAM
Course Tutor: Hilary Haman
25/26 January 1995

This two day course, open to general practitioners and practice and health centre managers, will enable participants to understood how teams are developed, what their purpose is and how they can be sustained, as well as giving some practical experience of team building and team play. It is highly participative with a great deal of small group work so that participants can share with each other problems relating to operating within teams, as well as gaining experience of leadership and small group skills.
PGEA is being sought. The fee (inclusive of VAT) is £325.00 including lunch, refreshments and dinner on the first evening.

PERFORMANCE APPRAISAL
Course Tutor: Hilary Haman
16/17 February & 23/24 May 1995

A 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 practise interviewing skills, including role play and the use of video, and to develop a plan to allow participants to introduce a staff appraisal scheme into their practice. This course is aimed at both newcomers to appraisal and those who have experience of appraisal but wish to revisit the subject. It is a highly intensive course and therefore limited to twelve participants only.

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EMPLOYMENT LAW AND MANAGING STAFF
Course Tutor: Hilary Haman
3/4 May 1995

The amount of new legislation and case law arising from EC directives on employment is increasing and affects all practices. This new course, designed for all members of the practice team whose responsibilities include staff management, deals with contractual and disciplinary issues as well as the motivation of staff.
PGEA approval is being sought. The fee (inclusive of VAT) is £250.00 and includes lunch, refreshments and dinner on the first evening.

PRESENTATION & MEDIA SKILLS COURSE FOR WOMEN GP's
24 January 1995

The RCGP Women’s Task Force presents a course on self presentation and communication skills, commissioned by Voiceworks. Areas covered will include visual and auditory skills, creating confidence and tactics. Workshop sessions will focus on putting these techniques to use in media presentations interviews and chairing meetings. Please apply as soon as possible as course numbers are limited. Priority will be given to Faculty Women’s Representatives and Leaders of Women’s Groups.
The course is heavily subsided and accordingly, a fee of £20 (including VAT) will be charged. Some funding is also available towards childcare costs.

For further details please contact RCGP Courses and Conferences Unit on: 071-823-9703.
The launch of the second edition of this invaluable reference book, which has been completely re-written, will take place at an all day conference on the subject at the Royal College of Physicians, Regents Park, London NW1 on Thursday 9 February 1995.

The conference will be opened by Sir Bob Reid, Chairman of British Rail and London Electricity and addressed by some of the contributors and other distinguished medical specialists on topics concerned with the relationship between work and health.

The conference will cover minimally invasive surgery, drug abuse in the workplace, women at work, legal issues concerning fitness for work, heart disease and driving, working on dialysis, new concepts in repair of the CNS and a medical view from the cockpit by a doctor who combines two professions, flying and medicine.

Contributors will include Mr James Wellwood, Dr Neil Davies, Dr David Cowan, Professor Nicola Cherry, Mrs Gillian Howard, Dr Michael Petch, Dr Derek Manning, Dr Gerald Smith, Dr Lalia Kapadia, Dr Tim Carter, Dr Peter Baxter, Mr Trevor Lawson, Dr Charles Veys and Professor Malcolm Harrington.

The price of £85.00 includes attendance at the conference, lunch, coffee, tea and a complimentary copy of the Second Edition of Fitness for Work (normal retail price of £27.50). PGEA approved.

As demand for places is expected to be heavy and numbers will be limited, you are advised to reserve your place early. Details can be obtained from the Faculty of Occupational Medicine at 6 St Andrews Place, Regents Park, London NW1. Tel: 071 487 3414. Fax: 071 935 2259.

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The Manual and Disks (please specify if you would like Windows™ or DOS version) are priced at £125.00 and are available from November.

If you would like further information on PatientWise please contact Rebecca Harfield at the address below, your Bookseller or the RCGP Bookshop.

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MRCGP EXAMINATION – 1995

The dates and venues of the next two examinations for Membership are as follows:

May/July 1995
Oral Examinations: In Edinburgh from Monday 19 to Wednesday 21 June and in London from Thursday 22 June to Saturday 1 July inclusive.
The closing date for the receipt of applications is Friday 24 February 1995.

October/December 1995
Written papers: Tuesday 24 October 1995 at those centres listed above.
Oral Examinations: In Edinburgh on Monday 4 and Tuesday 5 December and in London from Wednesday 6 to Monday 11 December inclusive.
The closing date for the receipt of applications is Friday 1 September 1995.

MRCGP is an additional registrable qualification and provides evidence of competence in child health surveillance for accreditation.

For further information and an application form please write to The Examinations Department, Royal College of General Practitioners, 10 Stallings Gate, Hyde Park, London SW7 1PU, or telephone: 071-587 3282. (Fax 071 225 3047).
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Dr John Gleisner, Director — Mental Health Services, will be available for any queries on telephone number 64-7-834 6905.

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EUROPEAN CONFERENCE ON REACCREDITATION AND RECERTIFICATION
24/25 March 1995
VENUE: Homerton College, Cambridge
A European Conference on Reaccreditation and Recertification is being organised in Cambridge, UK from 24-25 March 1995 by the European Academy of Teachers in General Practice (EURACT) with the assistance of the International Committee of the RCGP and the East Anglian Faculty of the RCGP.
This subject is becoming extremely important in all countries. The conference will provide a forum for consideration of the Academic and Educational issues involved in recertification and reaccreditation. The programme will be in the format of keynote speeches and interactive workshops. Delegates fees (inclusive of VAT) £105.00 for EURACT Members or £120.00 for non-EURACT Members. PGEA applied for.

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

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28-30 April 1995
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For further details contact: Halina Dawson, Faculty Manager and Conference Organiser, RCGP - NW England Faculty, Wigan and Leigh Medical Institute, 162 Wigan Lane, Wigan WN1 2LA Tel: 0942 826400 Fax: 0942 826249
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