

# RCGP SALES OFFICE

## HORMONE REPLACEMENT THERAPY

### HORMONE REPLACEMENT THERAPY

BY  
JEAN COOPE M.D., FRCP



### HORMONE REPLACEMENT THERAPY

3rd Edition (1993) - Jean Coope

The value of seeking out patients who could benefit from hormone replacement therapy is becoming increasingly obvious. The likely reduction of those suffering from osteoporosis and coronary heart disease are two examples of positive benefits and in addition, many of the unpleasant symptoms associated with the menopause can be avoided. Moreover most women receiving hormone replacement therapy report an increased sense of well being. This very practical booklet provides health care professionals with all the information they need.

Price £12.00 (£13.20 non-members).

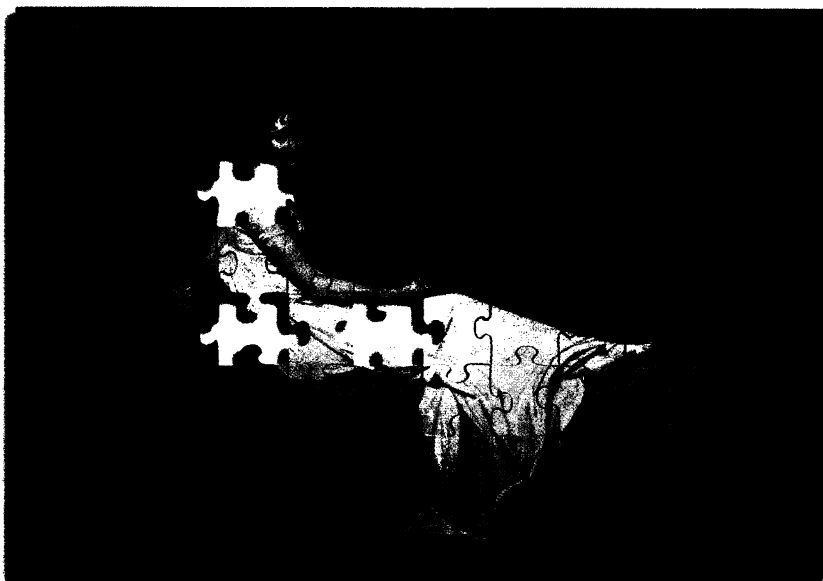
### HORMONE REPLACEMENT THERAPY RECORD CARDS

The design of this folded card provides sections for a comprehensive initial assessment including an aide memoire for the contraindications to HRT. Similarly the review examination section provides entries for generally recognised parameters of care and guidance is provided for the frequency of recording data.

Price £14.20 per 100 plus postage and packing.

Available from RCGP Sales, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171-823-9698. Fax: 0171-225-3047.  
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Legal Category **PCM**

\* The three principal types of oestrogens; oestradiol, oestrone, oestriol



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*St Mary's NHS Trust comprises: St Mary's Hospital, Praed Street, London W2 1NY; the Samaritan Hospital for Women and the Western Eye Hospital, Marylebone Road, London NW1 5YE; and acute services at St Charles Hospital, Ladbroke Grove London W10 6DZ.*

# National Spring Meeting

## 28-30 April 1995

### Hosts - North West England Faculty



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

**METHOD OF ASSESSMENT: A THREE-DAY COURSE FOR  
COURSE ORGANISERS, ADVISORS AND UNIVERSITY STAFF  
FOCUSING ON THE STRUCTURE AND PREPARATION FOR  
THE MRCGP EXAMINATION**

Sunday 2 April 6.00 pm  
to  
Wednesday 5 April 4.00pm  
at

**The Thurlestone Hotel, South Devon**  
Section 63 applied for

*Aims: To improve the understanding of assessment techniques used in the MRCGP  
To help participants develop summative assessment in their region  
To develop techniques in the teaching of critical appraisal and problem solving*

The course will include:

- |  |   |
|--|---|
| ■ Assessing knowledge and its application                            | ■ Methods of teaching problem solving skills                                    |
| ■ Assessing problem solving skills                                   | ■ Assessing consultation skills   |
| ■ Assessing patient management skills                                | ■ An introduction to psychometrics  |
| ■ New assessment techniques including<br>OSCEs and simulated surgery | ■ Methods of teaching critical appraisal<br>(including evidence-based medicine) |

*Numbers will be limited to 24 people*

*The course will include interactive seminars and group work*

*The course will be adapted to the needs of the participants*

Tutors include: Jon Deeks - NHS Centre for Reviews and Dissemination; Declan Dwyer - Convener CRQ; John Foulkes - University of Cambridge, local examinations syndicate; Roger Neighbour - Convener MEQ; Prof Lesley Southgate - Chief Examiner; Peter Tate - Convener Clinical Component; Julian Turner - Past Convener MCQ

**Cost: £390: inclusive of tuition, accommodation and full-board**

The Thurlestone Hotel is a 4-star hotel on the coast near Salcombe, 45 minutes from the M5 at Exeter.

*Further information and application forms from:*

Professor Lesley Southgate  
The Department of General Practice & Primary Care  
The Medical College of St Bartholomew's Hospital  
Charterhouse Square LONDON EC1 6BQ  
Attention: Margaret Mirza - Courses Organiser  
Tel: 0171 982 6100 Fax: 071 982 6103



**The Association of  
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training and support**

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Slough	-	10-12 November / 2-3 December

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For further details of membership and training contact:

**The British Medical Acupuncture Society**  
**Newton House, Newton Lane, Lower Whitley,**  
**Warrington, Cheshire, WA4 4JA**  
**Tel: 0925-730727 Fax: 0925-730492**



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**Tel 071-388-6704 Fax: 071-387-5766**



### **WONCA CONFERENCE - HONG KONG - JUNE 1995**

There has been a great deal of interest in travel to Hong Kong for the WONCA Conference in June. Please let us know if you require any assistance with your travel and accommodation for the conference. Also if you are planning to add other trips to your visit to Hong Kong we can help.

### **PARIS WEEKEND**

We are able to offer a 5% discount on all Paris weekends booked with THE PARIS TRAVEL SERVICE. Please give us a call and we will send you a brochure.

### **CARIBBEAN SAILING HOLIDAYS**

As announced previously we are able to arrange sailing holidays in the Caribbean on board the beautiful yacht VALHALLA, a classic SWAN 55. Please call us for details.

We are happy to welcome two new travel consultants, Karl and Trevor, to join the Travel Club team Maria, Tony and Alison.

Travel Club Tel: 0800 716 386 or 071 376 1801

Fax: 071 937 8043



## **Priority Areas for Research and Development in the NHS Prescribing Research Initiative of the Department of Health's Centrally Commissioned Research Programme (CCP)**

The Centrally Commissioned Research Programme aims to ensure that the Department of Health has available for use, research based knowledge in its everyday business. A recent review of research needs of the Department focused on Prescribing. The Director of Research and Development now wishes to commission research in the following areas:

- The expectations of patients for a prescription in contrast to the perceptions of doctors during the medical consultation
- Incentives to encourage the control of inappropriate rises in prescribing costs
- Systems to help obtain best prescribing practice: their development and evaluation
- Drivers and modulators of the uptake of new pharmaceutical therapies

- The role of performance indicators for improving prescribing quality
- Strategies for improving the adherence of patients to treatment.

To receive a more detailed research brief and instructions for application, please write to: Tim Elliott, Department of Health, Research and Development Division, Skipton House, 80 London Road, London SE1 6LW.

Outline research proposals from researchers who preferably have a proven research record must be submitted no later than 24 February 1995. Those whose proposals are shortlisted by the Commissioning Group will be invited to submit detailed proposals for selection for commissioning. Successful proposals will be notified by July 1995.

**RCGP COURSES . RCGP COURSES . RCGP COURSES. RCGP COURSES . RCGP COURSES . RCGP COURSES .**

## **PERFORMANCE APPRAISAL**

Course Director: Sally Irvine      Course Leader: 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.

Two days PGEA under Service Management. The fee (inclusive of VAT) is £325.00 including lunch, refreshments and dinner on the first evening.

## **EMPLOYMENT LAW AND MANAGING STAFF**

Course Director: Sally Irvine      Course Leader: Hilary Haman

**3/4 May & 26/27 September 1995**

The importance of managing staff effectively and the increase in new legislation and case law, arising from UK statutes and European Directives, demands that practices have a firm foundation in employment law and are kept up to date on the latest legal developments. This two day course in personnel management focuses on motivating staff and employment law issues, including the Contract of Employment and disciplinary issues. It is designed for members of the practice team whose responsibilities include staff management and is run by Hilary Haman and Sally Irvine, who are experienced management consultants in general practice and authors of the highly popular book "Making Sense of Personnel Management". The fee (inclusive of VAT) is £250.00 and includes lunch and refreshments and dinner on the first evening. PGEA approval is being sought.

## **MRCGP COURSE**

**15-18 March 1995**

Course Tutors: Dr Has Joshi, Dr Douglas Dare & Dr Geoff Morgan

This is an intensive course employing unique teaching methods to enable candidates to prepare for the MRCGP examination. The first course of this kind enjoyed immense success and is particularly aimed at candidates who have found or anticipate difficulties with the MRCGP examination in its present format. It is also aimed at introducing candidates to the methods of assessment used in the written and oral segments of the examination. Candidates are advised to apply early to avoid disappointment as numbers are restricted. Course fee £450.00 (inclusive of VAT). PGEA applied for.

## **STRATEGIES FOR HEALTH IN DEVELOPING COUNTRIES**

**Joint RCGP/IHE/VSO Study Day for General Practitioners**

**10 May 1995**

A study day on working in developing countries is being jointly organised by the RCGP, International Health Exchange and VSO. The aims are to raise the awareness of GPs of the health care needs of developing countries; to discuss how these needs can be met and to explore the practical issues involved.

The delegate fee is £55.00 (inclusive of VAT), which includes lunch and refreshments. PGEA applied for.

*For further details please contact: RCGP Courses and Conferences on 0171-823-9703 or Fax: 0171 225 3047.*

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## CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: Maria Phantis, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 0171 - 581 3232. Fax: 0171 - 225 - 0629. 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 to refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

## RECRUITMENT

### AUSTRALIA

#### RURAL DIVISIONS COORDINATING UNIT (RDCU) NSW GENERAL PRACTITIONER LOCUMS REQUIRED FOR RURAL NSW

6-12 month positions exist for suitably qualified and experienced general practitioners or senior general practice trainees to provide GP locum services in rural NSW. UK practitioners who are eligible for temporary registration according to the NSW Medical Board's criteria may apply.

A&E resuscitation, paediatric, minor surgical/orthopaedic experience is desirable and applicants should hold a Diploma in Ob/Gyn and have at least six months general practice experience.

Salary range from \$100,000 (AUD)/annum, 4% superannuation, 4 weeks annual holiday (or payment in lieu), accommodation and airconditioned motor vehicle with expenses will be provided. Two weeks paid introduction to the Australian Health System, payment of statutory fees (Medical Registration, Medical Indemnity, Health Insurance). We also offer 50% of the return economy airfare on completion of 6 months contract and 100% after 12 months. A good balance of country and coastal towns are arranged.

Applications including Curriculum Vitae, certified copies of registration etc and names and addresses of two referees should be sent to:

Judy Harris  
RDCU Locum Project Coordinator  
Emergency Department  
Dubbo Base Hospital  
PO Box 739  
Dubbo 2830 NSW  
AUSTRALIA

Tel: 068 840 370 / 068 858 797 Fax: 068 818 006

### MSc Bursaries 1995

The General Practice Section of the Royal Society of Medicine is offering six £500 bursaries for General Practitioners undertaking an MSc in General Practice or Primary Care.

*For further details, please contact:*

Claire Cheesman  
The Royal Society of Medicine  
1 Wimpole Street  
London  
W1M 8EA  
Tel: 0171 290 2982

The aims and objectives of the Royal Society of Medicine are to provide services as are necessary for the cultivation and promotion of medicine and surgery and the branches of science connected to them.

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**DCH:** London August '95

**DRCOG:** London March 4/5 '95 or Manchester March 11/12 '95

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Dr Paul R Weaver on 64-3-225-8553.



## Study Day on Telemedicine in Primary Care RCGP - 29 March 1995

This Study Day will consist of a series of presentations, demonstrations and group discussions. It is designed for GPs working in Primary Care, including those who have had no previous experience of Telemedicine but are keen to learn more about it. Computer literacy is not essential and we hope that the workshop will dispel any remnants of technophobia delegates may have! PGEA applied for.

For further details please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171 823 9703 or Fax: 0171 225 3047.

## 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 on 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.

Delegate fees (inclusive of VAT) £105.00 for EURACT Members or £120.00 for non-EURACT Members. PGEA applied for.

For further details and an application form please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171 823 9703 or Fax: 0171 225 3047.

# UMDS

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This programme is intended for established practitioners who wish to continue in practice whilst studying part-time over two years commencing in October 1995.

The course will include modules on:

- (i) research methods
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- (iii) learning and teaching in general practice and medical ethics

Candidates will critically examine primary care and undertake a research project.

The number of places is limited. Further information and application forms may be obtained from Beryl Stevens, UMDS Department of General Practice, 80 Kennington Road, LONDON SE11 6SP.

Telephone: 0171 735 8882

Completed application forms must be returned by Friday 7th April 1995.

**Postgraduate Education Allowance accreditation in all  
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## MEDICAL WRITING AND PUBLISHING COURSE

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Monday 3 April 1995

Church House Conference Centre, Westminster, London SW1

This one day course consists of a series of lectures by experts on Medical Writing and Publishing. It covers Presenting Scientific Information, Writing a Thesis, Publishing and Editing a Journal, Editing a Book, Statistical Considerations in Communicating Medical Science, Illustrations, Copyright, Wordprocessors, The help of a Technical Editor and Relations Between Editors and Publishers. The Lecturers include: Ms K. Pool, Deputy General Secretary, the Society of Authors, Mr D. Simmonds, Past Head of the Department of Illustrations, Hammersmith Hospital, Ms M. Evans, Editor of the European Journal of Surgery, Mr A. Pollock, Editor of Current Opinion of Surgical Infection and Medical Audit News, Ms J Dorner, Technical Writer and Professor A. Nicolaidis, Professor of Vascular Surgery and Member of the Medical Writer's Group Committee. Registration fee: £150 (Lunch included).

For further information and registration please contact Susan Francis, Academic Vascular Surgery, 10th Floor, QEOM Wing, St Mary's Hospital Medical School, London W2 1PG.

Telephone 0171 725 6243. Fax: 0171 725 6416.

## MINOR SURGERY FOR GENERAL PRACTITIONERS TRAINERS COURSES

2 and 3 March 1995

Following the tremendous success of the recent pilot project, the Royal College of General Practitioners is keen to recruit and train tutors for its programme of nationwide Minor Surgery courses using highly sophisticated simulated tissue, to be run in 1995.

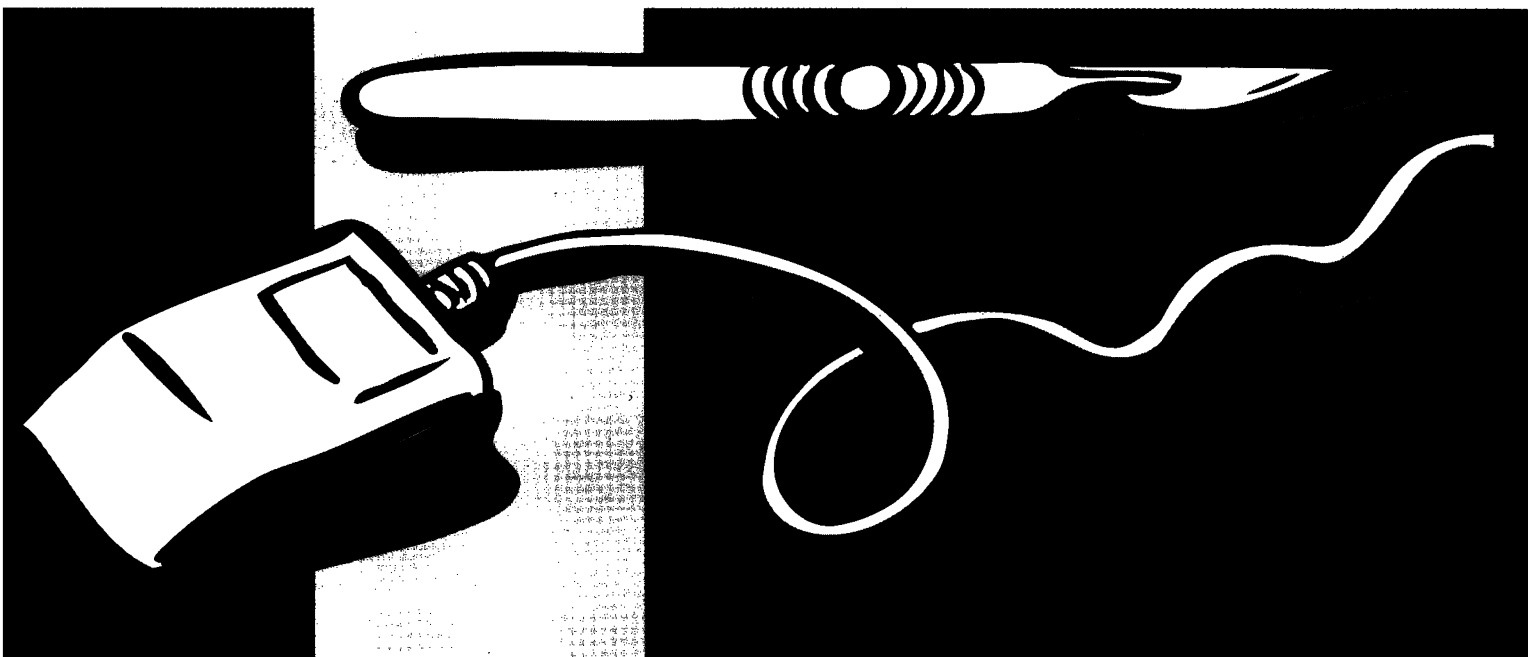
Applicants should have an interest in teaching and extensive experience in a wide range of relevant procedures and be actively engaged in minor surgery themselves.

Two one-day tutor training courses will be run by Dr Roger Kneebone, the organiser of the pilot courses, at the RCGP on Thursday 2nd and Friday 3rd March 1995.

The course fee will be £323.00 (inclusive of VAT). PGEA applied for.

Applicants will be selected on the basis of information provided in their application form. For further details and an application form please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171 823 9703 or Fax: 0171 225 3047.

# Getting Better With Information



## Strategic Principles

Information is person-based

Information comes from operational systems

Information must be secure

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Information focuses on health

Can we talk?

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## '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').

**DOSAGE 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 angioneurotic oedema 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 minimised by discontinuing 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, asthenia. Rarely, angioneurotic 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/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, 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 and neutropenia.

**LEGAL CATEGORY:** POM.

**PRODUCT LICENCE NUMBERS AND BASIC NH COSTS:** 'Zestril' 2.5mg (12619/0084) 7 tablets, £1.91; 2 tablets, £7.64; 5mg (12619/0085) 28 tablets, £9.58; 10mg (12619/0086) 28 tablets, £11.83; 20mg (12619/0087) 2 tablets, £13.38.

'Zestril' is a trademark.

Further information is available from: ZENECA Pharm. King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.

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their Zest for Life*

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