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A SOLUTION THAT WORKS

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References:

Artists impression of penile cavernosal tissue

[Image of product and packaging]

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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).

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.

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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.

SIDE EFFECTS: Hypotension, dizziness, headache, diarrhea, cough, nausea, fatigue. Less frequently, rash, asthenia. Rarely, angio-neurotic oedema and other hypersensitivity reactions, myocardiial 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, asthenia, oliguria/anaemia, renal dysfunction, acute renal failure, impotence, pancreatitis, haemolytic anaemia. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthropathy, 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 NHS COSTS: ‘Zestril’ 2.5mg (12619/00084) 7 tablets, £1.91; 28 tablets, £7.64; 5mg (12619/00085) 28 tablets, £3.58; 10mg (12619/00086) 28 tablets, £11.83; 20mg (12619/00087) 28 tablets, £13.38.

‘Zestril’ is a trademark.

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

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*Price £15.00 (£16.50 non-members).*

**Occasional Paper 68**

**Influences on Computer Use in General Practice**
About nine-tenths of general practitioners were using the computer in some way by 1993, but little has been known about those practices who do not use computers. This new Occasional Paper by Professor Mike Pringle and colleagues is therefore particularly welcome because it is the biggest survey so far studying the reasons why general practitioners, particularly in inner cities, do not use computers or use them less often than colleagues in other areas. This work represents the state of the art on the use of computers in general practice with particular reference to those practices that have not adopted them. It should therefore become a valuable reference on this subject.

*Price £15.00 (£16.50 non-members).*

**Occasional Paper 69**

**Drug Education in General Practice**
In 1992 the European Academy of Teachers in General Practice (EURACT) was established with the aim of fostering and maintaining high standards of care in European general practice. It chose as its theme for its first major conference the place of drug education in general practice and it brought together a number of leading European thinkers in the field. A selection of papers from the conference is now published as Occasional Paper 69. The main themes concern the increasing role of the patient as consumer, the increasing availability of data about prescriptions and continuing conviction that the use of drugs is likely to remain a vital component of quality of care in general practice.

*Price £12.00 (£13.20 non-members).*

**Occasional Paper 70**

**Significant Event Auditing**
Professor Mike Pringle and colleagues conducted a study involving 20 practices, half of which carried out significant event auditing over a period of a year, and half of which carried out conventional audits. The results of audits on a wide range of topics are given and the two methods are compared and contrasted. This research is important for the new emphasis it places on qualitative review; for the emphasis it places on the whole person; and for the emphasis it places on people working together in the practice setting rather than elsewhere.

*Price £15.00 (£16.50 non-members).*

All these publications are available from:
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HEALTHCARE PROFESSIONALS

BACK PAIN
Report of a CSAG Committee on Back Pain
Clinical Standards Advisory Group

This report is concerned with the standards of clinical care for, and access to and availability of services to, NHS patients with back pain. The CSAG has concentrated on the treatment in the first six months after the onset of low back pain and in particular on the first six weeks in primary care. The report was prepared with representation from hospital practice, general practice, public health and physical therapies.

DEPARTMENT OF HEALTH
A4 92 pages ISBN 0 11 321887 7
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EPIDEMIOLOGY REVIEW:
THE EPIDEMIOLOGY AND COST OF BACK PAIN
The Annex to the Clinical Standards Advisory Group's Report on Back Pain
Clinical Standards Advisory Group

The aim of this review is to collate the available evidence on the epidemiology of back pain in Britain, to assess trends and to estimate the current impact of the problem, including health care. Much of this material is previously unpublished, and a major additional benefit is to draw widely scattered and inaccessible material together in one source. The review focuses on low back pain and sciatica, which is at present the major health problem.

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HOW TO KEEP A CLINICAL CONFIDENCE
A summary of law and guidance on maintaining the patient's privacy
Bryden Darley, Antony Grieves, Kathryn McLoughlin, John Williams

This is the first extensive review of law and guidance concerning clinical confidentiality to be written. As such it will be invaluable to those who use computer systems to hold clinical data, and to lecturers faced with the task of teaching a subject which is growing both in complexity and in the public consciousness. Health and social care managers and practitioners will also find the book gives them an authoritative overview of a subject of which many have only a limited knowledge and understanding.

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The undue reliance on the prescribing of anxiolytics and hypnotics for the treatment of anxiety and insomnia is currently the subject of much concern. Temazepam in particular has become a major drug of misuse in Scotland. This report aims to encourage a shift towards the use, where appropriate, of the non-drug management of anxiety and insomnia, and helps doctors to look more critically at the prescribing of benzodiazepines.

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The University of Birmingham, Edgbaston,
Birmingham B15 2TT
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and Awards

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PRACTITIONERS INTERNATIONAL TRAVEL
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JOHN J FERGUSON INTERNATIONAL
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The Royal College of General Practitioners invites applications for international scholarships to enable general practitioners from this country to travel overseas to study aspects of health care relevant to this country’s needs or to help countries develop their own systems of primary care.

The scholarships are also available to doctors from overseas who wish to visit this country to study an aspect of primary care relevant to their own country’s needs.

Katharina Von Kuensberg Award
The Katharina Von Kuensberg Award is awarded each year for the most outstanding international travel scholarship application submitted.

John J Ferguson International Travel Scholarship
The John J Ferguson International Travel Scholarship was established in 1994. This scholarship is awarded annually for the outstanding scholarship application from a doctor undertaking study in relation to the Middle or Far East.

The value of each scholarship will not normally exceed £1000.

If you would like further details or an application form please contact: Mrs Mayuri Patel, Assistant Committee Clerk to the International Committee, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 0171-581-3232, extension 233. Fax: 0171-589-3145.

The closing date for applications is Friday 18 August 1995.

FACULTY OF FAMILY PLANNING AND
REPRODUCTIVE HEALTH CARE
of the Royal College of Obstetricians and Gynaecologists

ANNOUNCEMENT
From the 1st July 1995, entry to the Faculty as a Member (MFFP) will be by examination only

QUALIFICATIONS OFFERED

DIPLOMA (DFFP)
- Candidates must be competent in basic gynaecological examination
- 2-3 day Theory courses widely available
- Practical training in Faculty-approved clinics supervised by Faculty Instructing Doctors
- Open to those with Limited Registration: candidates must submit details of their proposed programme to the General Medical Council in advance

MEMBERSHIP (MFFP)
- Part 1 consists of a Multiple Choice Question paper and can be sat after holding a medical qualification for at least one year
- Candidates must have held the DFFP for at least TWO years and completed a Dissertation before applying for Part 2
- First Part 1 examination 26th October 1995 (closing date 1st July 1995)

Part 2 comprises
- Modified Essay Question paper
- Critical Reading Question paper
- Objective Structured Clinical Examination

The Faculty Board may allow those whose degrees do not qualify them for full Registration with the GMC to enter for Part 2.

Both qualifications are subject to re-certification every five years. DFFP information pack and MFFP regulations available on application to:
Membership and Training Secretary, Faculty of Family Planning and Reproductive Health Care of the Royal College of Obstetricians and Gynaecologists, 27 Sussex Place, Regent’s Park, London NW1 4RG, UK. Tel: 0171 723 3175.

One Day Conference 20th April 1995
“Maternity Care-Making Choices and Taking Responsibility"

A Conference to be held at the Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU
Organised by North & West London Faculty of the Royal College of General Practitioners and the Royal College of Midwives in association with the Changing Childbirth Implementation Team.

An opening address by Lady Cumberlege, speakers include Dr John Noakes, Julia Allison, Gavin Young, Luke Zander, Kate Jackson and Kypros Nicholaides.

“Exploring the roles of General Practitioners and Midwives within different community settings in order to identify how best to deliver services to women.”

ENB AND PGEA APPROVAL HAS BEEN SOUGHT.
DELEGATE FEE: £25.00

For further information or to reserve a place please contact:
Angela Rimmer, North & West Faculty, RCGP, Simpson House, 255 Eastcote Lane, South Harrow HA2 8RS.
Tel: 0181-422-4533.
DEMYSTIFYING NEEDS ASSESSMENT

2 May 1995

This study day, organised by the RCGP Commissioning of Care Task Group, aims to provide opportunities for examining the methodology of needs assessment in commissioning care. The day will include both plenary presentations and workshops and is aimed at GPs and primary health care team members involved in commissioning.

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

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 (inclusive of VAT) is £55.00 which includes lunch and refreshments.

PGEA applied for.

STUDY DAY ON MUSCULOSKELETAL CONDITIONS IN PRIMARY CARE

Joint RCGP/ARC Study Day

17 May 1995

As part of its new series of Clinical Study Days, the RCGP is organising a study day on Musculo skeletal Conditions in Primary Care, in association with the Arthritis and Rheumatism Council. Topics will include: new guidelines on back pain; bone density measurement; rheumatoid arthritis.

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

PGEA applied for.

STUDY DAY ON CLINICAL DEPRESSION IN GENERAL PRACTICE

11 October 1995

Caring for patients with depression is one of the most important and difficult jobs a GP has to face. This study day will tackle the practical problems of achieving a good standard of patient care despite limited resources and consulting time. Refresh your knowledge of depressive illness and share your experience and views with colleagues in the discussion groups.

PGEA applied for. Delegate fee (inclusive of VAT) £55.00.

For further details please contact: RCGP Courses and Conferences on 0171 823 9703 or Fax 0171 225 3047
WEST OF SCOTLAND COMMITTEE FOR POSTGRADUATE MEDICAL EDUCATION

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Free brochure on application to:-

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GLASGOW G12 8QQ

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Fellowship by Assessment Working Group,
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Royal College of General Practitioners

! Advance Notice!

The next

NATIONAL STUDY DAY ON FELLOWSHIP BY ASSESSMENT

will be held on

Tuesday 10th October 1995

at the

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Janet Baily, Administrator, RCGP FBA Working Group,
Vale of Trent Faculty, R.C.G.P., Dept of General Practice,
Medical School, Queen’s Medical Centre, Nottingham. NG7 2UH
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HEALTH PROMOTION IN PRIMARY HEALTH CARE

How does someone entering the field of health promotion in primary care find out what other work is going on up and down the country? How does a researcher or health professional keep in touch with all the latest projects and initiatives? By accessing the database held at the Health Authority’s National Unit for Health Promotion in Primary Care in Oxford, people can keep up to date with developments in this fast changing field.

The database contains details of over 500 local health promotion initiatives and services in primary care in England. The database can be accessed by phone, letter, fax or by online access via a modem.

In addition, the service has recently published ‘Health Promotion in Primary Care: a Sample from the National Database’ which contains examples of some of the projects listed on the database and provides background information on how to use the service.

Copies of this publication can be purchased at a cost of £4.99 and can be ordered from The National Database, HEA National Unit for Health Promotion in Primary Care, Block 10, Churchill Hospital, Headington, Oxford OX3 7LJ. For further information contact (01865) 225587/226038.
The Health Care of Prisoners is provided in 128 prisons in all areas of England and Wales. There are 270 doctors working in the Health Care Service for Prisoners with 140 full-time medical officers but also 120 part-time medical officers who are general practitioners.

All doctors joining the Service are expected to undertake a programme of training in a way which acknowledges the specialist nature of medical work in prisons including the managerial responsibilities, and which is to be matched by the introduction of a Diploma in Prison Medicine.

All doctors working in the Health Care Service for Prisoners are indemnified by the Service. All necessary facilities and equipment is provided by the Service.

At the present time there are vacancies for both full-time and part-time posts in prisons in many parts of England and Wales. Doctors interested in hearing more about employment in the Service are invited to write to or speak to Dr Robin Ilbert, Directorate of Health Care, Cleland House, Page Street, London SW1P 4LN telephone 0171 217 6550, fax 0171 217 6412.

Applications are now being invited for grants for research in or relating to general medical practice, for consideration by the Scientific Foundation Board. In addition to its general fund, the Board administers a number of special funds including the Windebank Fund for research into diabetes.

The Scientific Foundation Board's definition of research is catholic and includes educational research, observational as well as experimental studies, and accepts the methodologies of social science as valid. It does not fund educational activities.

If the study involves any intervention or raises issues of confidentiality, evidence of Local Research Ethics Committee approval should be provided as part of your application, or justification given of why it is not necessary to obtain such approval.

Studies which do not, in the opinion of the Board, offer a reasonable chance of answering the question posed will be rejected. It may be useful to seek expert advice on protocol design before submitting an application.

Care should be taken to ensure that costs are accurately forecast and that allowance is made for inflation and salary increases.

The annual sum of money available is not large by absolute standards and grant applications for sums in excess of £5,000 are unlikely to be successful.

Application forms are obtainable from the Clerk to the Board at: The Scientific Foundation Board, The Royal College of General Practitioners, 14 Princes Gate, London, SW7 1PU. The Board considers applications for funding three times a year, usually in January, May and October. The closing date for applications is eight weeks prior to the date of the meeting. Information on precise closing dates can be obtained by contacting the Clerk to the Board. Any forms received after the closing date will, unfortunately, be ineligible for consideration at the meeting.

Chairman's action can be taken between meetings to approve grants of up to £1,000. This may be particularly appropriate for applications for funding of pilot studies.
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* The three principal types of oestrogens; oestradiol, oestrone, oestriol

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**RCGP COURSES**

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**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 delegate fee (inclusive of VAT) is £250.00 and includes lunch and refreshments on both days and dinner on the first evening. PGEA approved for two days under Service Management.

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**PERFORMANCE APPRAISAL COURSE**

Course Director: Sally Irvine    Course Leader: Hilary Haman
23/24 May 1995

This is 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 12 participants only.

The delegate fee (inclusive of VAT) is £325.00 including lunch and refreshments on both days and dinner on the first evening. PGEA approved for two days under service management.

For further details please contact: RCGP Courses and Conferences on 0171 823 9703 or Fax 0171 225 3047.
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19-21 JULY 1995

In 1995 the Third National Practice Managers’ Conference and Exhibition, jointly organised by the Institute of Health Services Management and Radcliffe Medical Press Ltd, will be returning to the International Convention Centre in Birmingham to build on the last two years’ success.

The conference will commence at midday on Wednesday 19 July 1995. Contributors will include Gerry Malone MP, Minister for Health, Donald Light, Carnegie Institute, Carole Green, Commissioning Development Manager, Sefton Health, Claire Perry, Chief Executive, Bromley Health.

The programme includes workshops on Thursday 20 July featuring topics such as Career Planning, Practice Business Planning, Managing the changes in a primary care led health service, the Role of the Manager in Clinical Audit as well as others. The popular Practice Managers’ Forum, where practice managers make their own presentations, will take place on the morning of Friday 21 July.

UNTIL 30 APRIL 1995
Fees: £160 + VAT IHSM Members, £185 + VAT Non-members

FROM 1 MAY 1995
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Full programme details and a booking form will be available in March 1995. If you wish to register your interest please contact Rebecca Dodman, IHSM, 39 Chalton Street, London NW1 1JD. Tel: 0171-388 2626 Fax: 0171-388 2386.

A wide range of sponsorship opportunities is available for commercial sector involvement and there will be a commercial exhibition running in conjunction with the conference. Details are available from Sandra Barradas, IHSM, 39 Chalton Street, London NW1 1JD.
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This course will introduce you to the neuroanatomical and neurophysiological basis of this millennium old therapeutic technique. You will be able to apply the knowledge acquired immediately in your practice of pain management using twenty basic points of acupuncture.

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EDINBURGH - SEPTEMBER 1-3 1995
Kim Bull, Aupuncture Course, Physiotherapy Department, Princess Margaret Rose Orthopaedic Hospital, Fargston Road West, Edinburgh EH10 7ED. Tel: 0131 536 4600. Cheques to be made payable to "PMSROH Orthopaedic Course Fund."
FEE: £140.00. No post dated cheques please.
The course is open to medical doctors and physiotherapists.
PGEA previously approved and will be requested for these courses.

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A one day Conference

PSYCHODYNAMIC PERSPECTIVES IN OLD AGE PSYCHIATRY:
A Necessary Integration

Saturday 13th May 1995 9.30 to 16.30

At: St Charles Hospital, Exmoor Street, London W10 6DZ

For further details please contact: Denise Kelly, Conference Secretary to the A.P.P, 50 Scholefield Road, London N19 3EX.

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Key Strategies

Information is person-based
Information comes from operational principles
Information needs to be shared
Information supports management
Information enables business objectives
Information focuses on health
Information is our business

Can we talk? Just pick up the phone!

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