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‘Zestrel’ is a trademark.
Further information is available from: ZENECA Pharma, King’s Court,
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954366/1 Issued Feb ’95

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PRESCRIBING INFORMATION
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ZESTREL
USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjunctive therapy).
PRESENTATION: Tablets containing 2.5mg, 5mg, 10mg or 20mg lisinopril (Zestrel).

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. Diabetic-treated patients - if possible stop diuretic 2-3 days before starting Zestrel. Resume diuretic later if desired. Congestive heart failure Adults: initially 2.5mg daily under close medical supervision (hospitalisation for severe or unstable heart failure and other patients at high 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 Zestrel. Patients with history of angioedema or 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 Zestrel. 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, diarrhea, cough, nausea, fatigue. Less frequently, rash, asthenia. Rarely, angioedema, 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, haemolytic anaemia. A symptom complex which may include fever, vasculitis, rheumatoid arthritis/rheumatism, 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 neuropathy.
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* The three principal types of oestrogens; oestradiol, oestrone, oestriol

Towards an Information Superhighway in Medicine

Organised by Brighton Health Care NHS Trust in conjunction with the Trafford Centre for Medical Research, University of Sussex

To be held at University of Sussex, Brighton
On Tuesday 4th July 1995

In January 1995 Brighton Health Care NHS Trust became the first National Health Service Trust to launch pages on the World Wide Web thus joining the ranks of medical schools, research institutions, commercial organisations and other bodies exchanging information on the Internet.

This new development is proving to be of benefit to all areas of health care including imaging, Medical Physics, Pathology, GP services, Health Education and Post-Graduate Education as well as providing a facility for Trust press releases and information regarding Health of the Nation targets.

On Tuesday, 4th July 1995, a one day meeting and workshop will be held by Brighton Health Care NHS trust in conjunction with the Trafford Centre for Medical Research to provide potential users with an introduction to this rapidly expanding field.

Areas to be covered will include:
History of the Internet, electronic mail, introduction to the World Wide Web, hardware and software requirements, programming in Hypertext Mark-up Language, security issues and the law, service for GPs and the public, on-line database and search facilities on the Internet, bulletin boards, and NHS wide networking.

Practical sessions will enable participants to gain hands-on experience of the Internet and the World Wide Web.

The course fee is £75.00 which will include lunch, refreshments and one month’s free access to the Internet with Pavilion Internet Plc.

For further details, contact: Clive Baldock, Medical Physics Department, Brighton Health Care NHS Trust, Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BG. Tel: 01273 696955 ext 4387 email: cliveb@rsch.org.uk

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Timodine 12/95

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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.

ROYAL COLLEGE OF GENERAL PRACTITIONERS

RCGP/BUPA RESEARCH TRAINING FELLOWSHIP IN GENERAL PRACTICE

The RCGP is pleased to offer a research training fellowship which has been made possible by a generous donation to the College by BUPA. The aim of the fellowship is to provide an opportunity for general practitioners to receive training in research methods whilst undertaking research work in general practice. The fellowship will enable general practitioners to develop their research skills and interests by securing them protected time and by enabling them to work within the environment of an academic unit.

Funding is available for three sessions a week for up to two years. Applicants should be members of the College and priority will be given to applicants prepared to work for a research thesis from general practice. Applicants will be expected to have a formal link with a local university department, an RCGP research unit, or a department of postgraduate medicine. Financial support is available to meet the costs incurred by the supervising department. Applicants should include a summary of the proposed research and confirmation of support from the head of the academic unit concerned.

Further details and an application form can be obtained from Professor Denis Pereira Gray, Chairman of Research, Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU, to whom applications and curriculum vitae should be submitted by 1st September 1995.
MRCGP COURSE

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

13 - 16 September 1995

This is an intensive course employing unique teaching methods to enable candidates to prepare for the MRCGP examination. The course 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 book early to avoid disappointment as numbers are limited.

The delegate fee (inclusive of VAT) is £450.00  PGEA & Section 63 approved.

EMPLOYMENT LAW AND MANAGING STAFF

Course Director: Sally Irvine  Course Leader: Hilary Haman

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.

STUDY DAY ON COT DEATH

4 October 1995

This study day, organised jointly with the Foundation for the Study of Infant Deaths, will look at the latest developments in the study of Cot Deaths and possible ways of reducing the risks. Subjects for discussion will include cot mattresses, risks for subsequent children, helplines and befriender support. The study day is open to GPs and other members of the primary health care team. PGEA applied for.

The delegate fee (inclusive of VAT):

GPs: £55.00  Other members of primary health care team: £35.00

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 knowledge of depressive illness and share experience and views with colleagues in the discussion groups.

PGEA applied for.  The delegate fee (inclusive of VAT) is £55.00.

For further details please contact: RCGP Courses and Conferences on 0171 823 9703 or Fax 0171 225 3047
Alcohol and Primary Care
The Interface Between Alcohol Specialists
and Primary Health Care Teams

18-19 September 1995 in Birmingham

This conference will bring together primary health care teams, alcohol specialists and purchasers. It will provide an opportunity to explore research evidence, professional issues and implications of the new NHS culture.

Speakers include: Dr Jenny Bywaters, Dr Douglas Cameron, Dr Christine Godfrey, Ms Terry Lawrence, Ms Pip Mason, Dr Hugh Norris, Professor Jim Orford, Dr Geoffrey Smerdon

Cost: £120 (Residential), £50 (First day only)

Further details from: Yvonne Doherty-Rowe, Aquarius, 6th Floor, The White House, 111 New Street, Birmingham B2 4EU. Tel: 0121 632 4727 Fax: 0121 633 0539.

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COURSES/CONFERENCES

GENERAL PRACTICE RESEARCH CLUB
Founded by John Fry decades ago as an offshoot of the College the club continues to meet twice a year. Its purpose is to facilitate research in and by general practice, and its method twice yearly meetings in congenial surroundings of a mix of experts and beginners, to share ideas, plans, and failures as well as preliminary results.
Membership is £10 pa.
The next meeting, at Chilworth Manor, is on Friday 20th October.
For further details, contact:
Dr Peter Fitton
Barnsley FHSA
49-51 Gawber Rd
Barnsley S75 2PY
Tel: 01226 779922

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For further information please contact:
Education and Training Unit, St George’s Hospital Medical School, Division of Addictive Behaviour, Cranmer Terrace, London SW17 0RE (0181 725 2837).

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September 20th 1995
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Fee: £60, PGEA approved.
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Other enquiries: Mrs M Eaves 01203-523745 (Fax: 01203-524311)
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Commencing 25 September 1995

This Diploma Course is designed specifically for general practitioners who wish to gain expertise in practical therapeutic management of common medical problems. The course consists of three ten-week modules of distance learning material with one short residential weekend in October 1995.

Each week there is a case study with regular feedback to candidates.

Regular audio tapes are provided containing interviews with experts on the subjects being studied. A direct telephone line (the Diploma Hotline) is available for advice concerning the course and the course material.

The material is largely problem-orientated and practical general practice therapeutics is taught and not hospital-based therapeutics. Doctors who succeed in being awarded the Diploma in Therapeutics should have gained the knowledge and understanding to act as the "local therapeutics opinion" in a partnership.

The course satisfies PGEA requirements for both 1995 and 1996 (180 hours).

Course fee: £1620

Course places are limited and early application is advised.

For further details and an application form, please contact:
Professor P A Routledge
Diploma in Therapeutics
Academic Centre
Llandough Hospital and Community NHS Trust
CARDIFF, CF64 2XX
Telephone and Fax: 01222 704028.

ROYAL COLLEGE OF GENERAL PRACTITIONERS ANNUAL SYMPOSIUM
RESEARCH IN GENERAL PRACTICE
Regents College, London - 16 November 1995

The RCGP 1995 Annual Symposium aims to raise the profile of research in general practice, covering the whole spectrum of research from simple projects right through to work forming the basis of an MD thesis. The programme is aimed at those who are just at the "thinking" stage about undertaking research within general practice, as well as new researchers and those with more experience.

Topics will include:
- Qualitative and quantitative research
- Writing a research thesis from general practice
- NHS research practices
- NHS Directorates of Research and Development
- Getting funding!
- Getting published
- How to get help

For further details please contact:
RCGP Courses & Conferences Unit, RCGP,
14 Princes Gate, Hyde Park, London SW7 1PU.
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