Sarah leads a busy life. Children aren't part of her five-year plan. Which is why Norplant could well be her best option.

With Norplant Sarah can depend on effective, long-term contraception, without needing to remember her pill.

And when the time is right for Sarah, Norplant can be removed. Allowing her usual level of fertility to return.

When women like Sarah are thinking about contraception, offer them Norplant. It'll give them five years to think about everything else.

Norplant® ▼ Abbreviated Prescribing Information.

Presentation: Norplant® consists of six flexible closed capsules for subdermal insertion, each containing 38mg Levonorgestrel BP. Indications: Contraception. Dosage & Administration: Recommended for subdermal insertion in women aged 18 to 40 years (see Data Sheet). Norplant® should be inserted from days 1-5 of menstrual cycle. If inserted within 24 hours of the start of menstruation, no additional contraceptive precautions are required. If inserted later (days 2-5 of cycle) additional non-hormonal contraceptive precautions should be taken for 7 days. For insertion after abortion and childbirth see Data Sheet. Norplant® should be removed within 5 years of insertion and can be removed at any time in the menstrual cycle.

A new set of Norplant® capsules can be inserted straightaway through the same incision, but in the opposite direction. Contraindications: Known or suspected pregnancy; sensitivity to levonorgestrel; undiagnosed vaginal bleeding; known or suspected sex hormone dependent neoplasia; acute liver disease; existence or past history of cardiovascular disease (thromboembolic, arterial, ischaemic); recent trophoblastic disease. Warnings/Precautions: Menstrual bleeding pattern irregularities. Amenorrhoea. Missed menstrual periods should not be relied on as a means of diagnosing pregnancy. Ectopic pregnancy has been reported. Risk factors for arterial disease. Migraine. Benign intracranial hypertension. Drug Interactions: Efficacy may be reduced by carbamazepine, barbiturates, phenytoin, primidone, phenybutazone, rifampicin and griseofulvin. Side Effects: Irregular menstrual cycles; spotting; amenorrhoea. Pain, itching or infection at implant site; difficulty in removal. Headache, nausea, dizziness, weight gain, acne, dermatitis, mastalgia and breast discharge, hirsutism, hypertrichosis and scalp hair loss. Vaginitis and vaginal discharge. Product Licence Number: PL 0109/0249. Basic NHS Price: £1.79. Legal Category: POM. Date of preparation: July 1993. Further information is available on request from Hoechst Roussel Ltd., Broadwater Park, Denham, Uxbridge, Middlesex UB9 5HP Tel: 01895 834343 or dial 100 and ask for Freephone Roussel Medinfo. Norplant is a registered trademark. Date of preparation: September 1994.
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Consult data sheet before prescribing.
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USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (diuretic therapy).

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

DOSEAGE AND ADMINISTRATION: Hypertension Adults (including elderly): initially 2.5mg daily; a 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 orthogonal 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 diuretics 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, asthma. 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/anaemia, renal dysfunction, acute renal failure, impotence, pancreatitis, haematuria, anuria. 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 NHS COSTS: ‘Zestril’ 2.5mg (12619/0684) 7 tablets, £3.91; 28 tablets, £7.84; 5mg (12619/0685) 28 tablets, £9.58; 10mg (12619/0086) 28 tablets, £11.85; 20mg (12619/0087) 28 tablets, £13.30.

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

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Tuesday 10th October 1995

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Janet Baily, Administrator, RCGP FBA Working Group,
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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 approved for 1 day under disease management. Delegate fee (Inclusive of VAT) £55.00

PERFORMANCE APPRAISAL COURSE
Course Director: Sally Irvine Course Leader: Hilary Haman
1/2 November 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 2 days under service management.

STUDY DAY ON SPORT & HEALTH: FITNNESS FOR OVER 50s
29 November 1995
This study day, on exercise and health in older people, looks at both the physiological benefits and the sociological factors involved in promoting physical exercise as a method of health care. Organised in association with the Sports Council. All members of the primary health care team are welcome to attend.
Delegate fee £55.00 (incl of VAT). PGEA applied for.

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

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OPHTHALMOLOGY
AND MOORFIELDS
EYE HOSPITAL

General Practitioners Course in Ophthalmology
16th - 18th October 1995
A three day course will be held at Moorfields Eye Hospital, Clinical Tutorial Complex. The course has been put forward for approval for the PGEA Scheme under Disease and Service Management.

The following sessions are scheduled:
The Watering Eye and Common Adnexal Problems; Neuro-ophthalmology; Diabetes; Glaucoma; Vitreoretinal and Ocular Trauma; Strabismus; Medical Retina; Cataract.
Each session will include lectures and the clinical demonstration of patients from each service.

Course fee: £180.00 (to include lunch and refreshments)

For further details please contact:
Miss S Robinson, Courses Office, Institute of Ophthalmology, 11-43 Bath Street, LONDON EC1V 9EL.
Telephone: 0171 608 6878 (24 hours). Fax: 0171 608 6851.

DIPLOMA IN COMMUNITY CHILD HEALTH

The Royal College of Physicians of Edinburgh, the Royal College of General Practitioners and the Faculty of Public Health Medicine invite applications to take the next examination for the Diploma in Community Child Health (DCCH) which is to be held on 9th October 1995.
The purpose of the DCCH is to assess the competence of doctors who provide health surveillance, diagnosis, treatment and continuing care to children within the setting of the child’s family, social and educational environment. The examination assesses Community Child Health as practised in the United Kingdom.

Possession of the Diploma in Community Child Health is recommended, for acceptance as accreditation for Child Health Surveillance, by the British Paediatric Association and the Royal College of General Practitioners.

Examination regulations, application and testimonial forms with instructions to candidates can be obtained from the address shown below. Past examination papers may be obtained from the same address.
The fee for this examination is £220.00 and the closing date for applications is 8th September 1995.
The next diet of the examination in 1996 will be held on Monday 28th March.

The Registrar, Royal College of Physicians of Edinburgh, 9 Queen Street, Edinburgh, EH2 1JQ.
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PRIMARY HEALTH CARE FOR ELDERLY PEOPLE FROM BLACK AND MINORITY ETHNIC COMMUNITIES
As high consultation rates indicate, primary health care plays a particularly important role in the care of black and minority ethnic elderly people. However, very little is known about the effectiveness of this health care and the issues encountered. This research, by Catherina Pharaoh of the Age Concern Institute of Gerontology, used postal surveys and individual interviews to study how far the particular needs of these elderly people are being fulfilled by general practitioners and primary health care teams.

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INTERAGENCY COORDINATION IN CHILD PROTECTION
Part of a wider series of studies into child protection, this book is the third phase of a national study on inter-agency coordination.

It looks in detail at the progress of 48 registered child abuse cases. They found that general practitioners were the largest group of absentees from initial conferences. They also headed the list of those with roles considered to be ‘very’ or ‘rather’ unclear and they were rated by nearly half the respondents as performing ‘rather’ or ‘very’ poorly in the child protection process. Why is this?

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March 1995  Paperback  £35

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RESEARCH IN GENERAL PRACTICE

Regent’s College, Regent’s Park, London NW1
Thursday 16 November 1995

This year’s Symposium seeks 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. Plenary Speakers include Professor Sir Michael Peckham, Director of Research & Development at the Department of Health, and Professor Andrew Haines, Director of Research & Development, North Thames Regional Health Authority.

Workshop topics include:
- Doing an MD
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- How to get help

Whether you are thinking about undertaking research within general practice, or are an experienced researcher, this conference will have something for you.

Delegate fee (inclusive of VAT) £60.00 including lunch and refreshments.

PGEA and Section 63 applied for.

For further details please contact:
RCGP Courses & Conferences Unit,
14 Princes Gate, Hyde Park, London SW7 1PU.
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13 - 16 September 1995
This is an intensive course employing unique teaching methods to enable candidates to prepare for
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The delegate fee (inclusive of VAT) is £450.00 PGEA and Section 63 approved.

STUDY DAY ON RESPIRATORY DISEASE IN PRIMARY CARE
20 September 1995
This Study Day will provide an update for GPs and other members of the primary health care team
on the management of respiratory conditions in primary care. Subjects include control, diagnosis
and treatment of Tuberculosis; recent advances in Cystic Fibrosis and Sarcoidosis.
PGEA applied for under disease management
Delegate fee (inclusive of VAT) £55.00.

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 developments in cot death, especially the role of infection, allergies, thermal physiology and
ways of reducing the risks. Subjects for discussion will include cot mattresses, monitors, risks for subsequent children, helplines and befriender support. The study day is open to GPs, nurses and others members of the primary health care team.
PGEA applied for half day health promotion and half day disease management.
The delegate fee (inclusive of VAT) is £55.00 for GPs and £35.00 for others.

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

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Contact: Practice Manager, 1 Muirhouse Avenue, Edinburgh (Telephone 0131-332-2201. Fax: 0131-315-4187).

GENERAL PRACTICE TRAINING POST

A part-time position of not less than 60% is available from Autumn 1995. We are a 5 partner Fundholding General Practice in the South East of Glasgow operating from two surgery premises. Experience will be gained in all aspects of Primary Care including Child Health Surveillance, GP obstetric care, computing and out of hours responsibility. Please reply with C.V. to Mr. Ian Mackie, Practice Manager, 30 Gilmour Street, Eaglesham, Glasgow G76 0AT. Further information can be obtained by phoning Mr. Mackie on 01355 - 302221.

The Royal National Orthopaedic Hospital Trust  
Brockley Hill, Stanmore, Middlesex HA7 4LF

Sports Medicine  
For  
General Practitioners
18th November 1995

1/2 day PGEA approval being sought  
Registration Fee: Free  
(inc. refreshments and light lunch)

Please apply:  
Carol Winston ☎: 0181 954 2300 Ext. 326.

The Royal Institute of Public Health and Hygiene  
28 Portland Place, London WIN 4DE

OCCUPATIONAL MEDICINE COURSE 2nd - 13th October 1995

This ten day course has been designed for General Practitioners seeking foundation training in Occupational Medicine with a view to obtaining the Faculty of Occupational Medicine’s Diploma in Occupational Medicine.

The course, which is Faculty approved, will prepare candidates for the December 1995 Diploma written examination. PGEA approval has been obtained and the course will be run at 28 Portland Place.

Distinguished speakers from a wide range of Occupational Medicine, Occupational Health and academic backgrounds will cover all aspects of the Diploma in Occupational Medicine syllabus, including visits.

The course fee is £850 (discount for early payment) and includes lunch, tea, coffee and all course materials.

For further details please contact:
Education & Training Department, RIPH, 28 Portland Place, London WIN 4DE. (0171 580 2731).

SPECIAL OFFER

SPECIAL RCGP ACCOMMODATION RATES

As a special offer to our Fellows, Members, and Associates and their families, the RCGP is offering reduced accommodation rates for midweek and weekend breaks at Princes Gate during the month of August as follows;

Midweek - FOUR nights accommodation (Monday-Friday)  
- pay only for THREE nights

Weekend-THREE nights accommodation (Friday-Monday)  
- Pay only for TWO nights

The College is ideally situated for The Albert Hall, major museums, shopping and tourist attractions. Single, double, twin bedded and family rooms, with or without en suite facilities are available and all charges include full English breakfast and V.A.T. Children over six years of age welcome. For further details of this offer please contact;

Accommodation Secretary, 14 Princes Gate, Hyde Park,  
London SW7 1PU, Tel. 0171 581 3232 ext. 269.
IM&T FOR PRIMARY HEALTH CARE

IM&T can be summarised as bringing together the use of information for management and operational purposes and the use of technology to support information gathering and analysis.

The purpose of the NHS Training Division (NHSTD) is to maximise the contribution of training and staff development to better patient care. The NHSTD has produced IM&T training and development products that will help staff working in Primary Health Care to improve their understanding, knowledge and skills through the better use and management of information and information systems in the context of their job roles and responsibilities.

These include:

- A video on the use of IM&T in Primary Care
- GP Practice Development Toolkit
- Computer-Based Training (CBT) on roles and information activities
- Open Learning on the use of information in practice management
- A guide to the effective use of IM&T in GP Purchasing
- CBT package on the use of spreadsheets in PHC.

For further details, please contact the IM&T Programme at the NHSTD, St Bartholomews Court, 18 Christmas Street, Bristol, BS1 5BT. Tel 0117 9291029. Fax 0117 9250574.

Appointments without PAIN

Are you restricted by the appoint- ments book, needing an eraser or sticky notes if the Doctors' need flexibility in their rota or sessions?

Do you constantly have phones ringing, people coming in and find that access to the book is limiting?

Does your existing computerised appointments system reflect how you want to run the practice?

Our answer is...

Appointments from VAMP Health has been expressly designed for General Practice, to provide 'book' access and update from multiple screens. With its ease of use, speed of booking and overall flexibility, Appointments reflects, not limits, the running of your practice.

Using the Windows environment, it provides an unequalled solution for allocating appointments quickly and accurately, while fully supporting practice and clinician needs. Multi-user appointment 'book' access ensures no more double bookings, while rota and session management for each clinician saves re-drawing the book each week.

Use Appointments with any clinical system.

"Appointments has been a real boost to our practice. The telephone used to be the bane of our life, but now that everyone has immediate access to the Appointments computerised 'book', it is so much easier. The system is very simple to use and no more bottlenecks at the front-desk. Reviewing waiting times and cancellations also provides real benefits."

Ann Walters, Practice Manager, Rochester

For more information contact Richard French on 0171-498 1330

All Trademarks acknowledged
Making it work more effectively

Key Principles

- 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!

Information is vital to the NHS

The NHS is an increasingly complex and diverse organisation. The separation of the purchaser and provider functions with the establishment of the 419 NHS trusts and over 2000 GP fund-holding practices has created a whole new set of relationships and information needs.

If we are all to maximise the benefits of these developments we need to take advantage of modern information technology to gather information from many and often remote sources; to assemble and present information where and when we want it; and to make it accessible to all those who need it.

That's where we come in. IMG is charged with providing an NHS wide strategy for delivering effective healthcare, through better use of IT resources. We understand the management and implementation issues of IM&T, can suggest ways of presenting the concept of IM&T to management and then help draw up a nationwide strategy of clearly focused delivery.

And, because we've worked on every type of project across the NHS, our unrivalled experience means you can enjoy the best systems and help drive efficiency through the NHS. In other words, make plans and take action to implement the IM&T strategy and its infrastructure.

After all, information is more than a resource, it's a shared strategy.

For general information please order The IM&T Infrastructure in context: executive summary (C303B) and The Impact on the NHS (B2132). Comprehensive documentation relating to the IM&T strategy is also available from:

IMG Information Point/NHS Register of Computer Applications
C/o Cambridge and Huntingdon Health Commission
Primrose Lane, Huntingdon, Cambs PE18 6SE
Tel: 01480 415118 Fax: 01480 415160