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(C3038) 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
THE EXPANDING WORLD OF ‘ZESTRIL’

Lisinopril: the only once-daily ACE-inhibitor indicated for hypertension, congestive heart failure and acute myocardial infarction

- More Doctors are prescribing ‘Zestril’ for more patients than ever before
- ‘Zestril’ has 12 million patient years of experience
- 48,000 patients are currently involved in 3 major trials with lisinopril
- Lisinopril is on over 75% of hospital formularies

PRESCRIBING INFORMATION
Consult Data Sheet before prescribing.

ZESTRIL
USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (diuretic therapy). Acute myocardial infarction in haemodynamically stable patients (in addition to standard coronary care).

PRESENTATION: Tablets: 2.5mg, 5mg, 10mg or 20mg lisinopril.

DOSEAGE AND ADMINISTRATION: Hypertension: Adults (kids: 3mg). Initially: 2.5mg daily, if tolerated, increase in dosage up to a maximum of 40mg daily.

Concomitant treatment with other antihypertensive agents: Add 10mg lisinopril at the time of initiation of therapy with ZESTRIL. Dosage titration is recommended for optimal therapy, but the maximum recommended dosage of ZESTRIL is 40mg/day.

Concurrent treatment with other agents for heart failure: Add ZESTRIL to ongoing therapy at the time of initiation of ZESTRIL therapy. Dosage titration is recommended for optimal therapy, but the maximum recommended dosage of ZESTRIL is 40mg/day.

Acute Myocardial Infarction: The initial dose is 10mg. If tolerated, increase to 20mg, then 40mg daily. Maximum: 80mg/day.

Maintenance therapy: If tolerated, reduce dosage by 50% at each adjustment interval to the lowest therapeutic dose. The maintenance dose is usually 10mg to 20mg daily, and patients are usually treated for life.

CONTRA-INDICATIONS: Pregnancy, Hypersensitivities to Zestril. Patients with history of angioedema or exfoliative erythema to previous ACE-inhibitor therapy. Patients with severe stenosis, severe pulmonary or unifocal tract obstruction.

PRECAUTIONS: Assessment of renal function is recommended. Symptomatic hypotension may occur, particularly in volume-depleted patients and those taking diuretics. Caution in patients with severe hepatocellular disease, renal insufficiency, renovascular hypertension. Patients with a history of angioedema may have an increased risk of angioedema with an ACE inhibitor. Acute myocardial infarction patients with evidence of renal dysfunction or at risk of serious haemodynamic deterioration - see Data Sheet. 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 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, rash, fatigue, loss of appetite, nausea, vomiting, diarrhoea, anorexia, dyspepsia, flushing, headache, etc...

LEGAL CATEGORY: POM
PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: ‘Zestril’ 2.5mg (12617 0004) 28 tablets £7.64. 5mg (12617 0005) 28 tablets £15.56. 10mg (12617 0006) 28 tablets £31.85. 20mg (12617 0007) 28 tablets £63.13.

‘Zestril’ is a trademark, the property of ZENECAT Limited.
Further information is available from ZENECAT Pharma, Kings Court, Water Lane, Wimborne, Dorset, BH21 1QZ.

ZENECAT

Helping hypertensives retain their Zest for Life

Anginal reactions during discontinuation treatment. Leucopenia and thrombocytopenia have occurred (casual relationship not established).

lisinopril
Bringing a Whole New Meaning to Definition

Over 100,000 entries, 12,000 new terms, 2,300 pages and 1,000 new colour illustrations, photographs and tables. The NEW 26th Edition of Stedman’s Illustrated Medical Dictionary is the essential resource for any medical practitioner.

Also available in electronic format on disk or CD-ROM for Mac and Windows/DOS.

"An invaluable tool for medical writers or physicians documenting scientific studies." International Hospital Epileptics

"Extensive and sophisticated... The text is clear, concise and well-presented... The software is easy to use and intuitive, so the manual is scarcely needed." Practice Computers

Yes, I am interested in the Stedman’s Dictionary products. Please send me more information about this and other reference products from Waverly.

Name

Position

Address

Please return to: Waverly Europe Ltd., FREEPOST (UK only), Broadway House, 26 Fulham Bdy, London SW6 1YY Fax: 0171 385 2922

JOINING AMGP:
REWARDING, PROFESSIONALLY RIGHT...

* Join AMGP and you join UK’s leading and largest professional body representing you, the Manager in Primary Health Care.

* Join as an Associate Member and you still gain most major benefits like discounts on education and training, insurance, professional indemnity and savings on many valuable services and subscriptions.

* Full membership is now by qualification, but is also easily accessible via Accredited Prior Learning - your experience counts!

* TAKE ADVANTAGE OF OUR SPECIAL OFFER! Join now at the specially reduced annual fee of £75.00 and secure membership until 31 March 1997.

DID YOU KNOW?
Recent AMGP initiatives to help you enhance your professionalism:

* The nationally-recognised AMGP Professional Certificate and Diploma Courses in Primary Health Care Management.

* In conjunction with BUPA, new distance learning Diploma in Practice Management - Accreditation sought with Health Service Management Unit, Manchester University.

* New Distance Learning Executive MBA, with Leicester University.

YES, I wish to join AMGP at the Special Offer £75.00 Annual Fee covering membership until 31.3.97.

Please rush me an application form and full AMGP information immediately.

Name ____________________________

Job Title __________________________

Address __________________________

Tel __________________________ Fax __________________________
**ELECTRONIC PRESCRIBING**

**IMPORTANT ANNOUNCEMENT FROM DOCTORS INDEPENDENT NETWORK CODING LTD**

**WORLD STANDARD DRUG DATABASE™**

Dr Roger Weeks, Dr Ivan Stockley and Mr Colin Dunceton have completed work on their innovative Prescribing Database - **World Standard Drug Database™**

Unlike all other existing drug data-bases and electronic books, World Standard Drug Database™ is specifically designed for integration into coded (e.g. Read, ICD9/10) clinical record systems in hospitals, pharmacies, and general practice.

Such integration permits active flagging of **interactions and contraindications** and problems in **renal failure, liver disease, and pregnancy and lactation**. In addition, flagging of **drug ingredients** associated with specified indications and side-effects is available.

**WORLD STANDARD DRUG DATABASE™** achieves its active flagging through use of an unique comprehensive prescribing **thesaurus** which contains standardised terms related to the whole prescribing knowledge domain, including Read Codes version 1, 2 and 3, standard drug form terms, 7,000 ingredients cross-referenced to Read Codes where possible, standard dosage regimens, unlimited length **interaction messages** by Dr Ivan Stockley, pharmacological actions, liver disease, renal failure, pregnancy, lactation, patient messages and prescriber messages.

With Fern Information Systems Doctors’ Independent Network Coding have produced the first software to use some of the features of World Standard Drug Database™:

**SafeScript Interactive** allows browsing of World Standard Drug Database™ and addition of patient information on diseases and current medication and the active checking of proposed new medication for possible interactions and contraindications.

**SafeScript Interactive** needs a PC running Windows with 4 Mb RAM and 12 Mb hard disk space.

**GP PRICES**

£70 + VAT per year includes one six monthly update
£250 + VAT per year including 11 monthly updates

**MORE INFORMATION IS AVAILABLE FROM:**

**DINC**

Doctors’ Independent Network Coding Ltd
2 Deanhill Road, East Sheen
London SW14 7DF

Tel: 44 (0)181 876 1853
Fax: 44 (0)181 876 3249

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**Mobility Advice and Vehicle Information Service**

For more information please write to:

**MAVIS**

Transport Research Laboratory
Crowthorne, Berkshire RG11 6AU
or telephone: (01344) 770456

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**WHO ARE WE?**

The Mobility Advice and Vehicle Information Service was set up by the Department of Transport to provide practical advice on driving, car adaptations and car choice, both for disabled drivers and passengers.

**WHAT CAN WE OFFER?**

- Assessment and advice on driving ability and car adaptation.
- Consultation and advice on car adaptations.
- The opportunity to try out one or more of the wide range of adapted vehicles at the Centre
- Information on all aspects of transport and outdoor mobility for people with disabilities.
TURNING LIVES AROUND

Turning Point is the largest UK charity helping people with drink, drug and mental health problems and learning disabilities.

Turning Point has 60 projects nationwide and in 1994 helped over 25,000 people turn their lives around.

The 28 projects below work in a variety of ways to tackle the problems of drug misuse. They also work closely with others, from families and friends of users to community groups and schools to GPs and the police to provide the best service most suited to local needs including residential services.

Because there is no one type of person with drug problems, Turning Point offers a wide range of different services to help individuals make their own choices and decisions.

LONDON & SOUTH EAST REGION

Ealing Drugs Advisory Service
Offers advice and support to current and former drug users, their families and friends.
Ealing Tel: 0181 579 5585.

The Junction Project
Non-residential street agency offering project based and outreach services.
Brent Drug & Alcohol Service
Hartdesen Tel: 0181 961 7007.

Hounslow Drug & Alcohol Project
Day centre for men and women who have drug and alcohol problems.
Hounslow Tel: 0181 577 3294.

Hammersmith & Alcohol Project
Offers telephone counselling, one-to-one appointments and a drop in service, as well as an outreach team.
Hammersmith Tel: 0181 749 6799.

Hungerford Drug Project
Street agency offering advice, counselling and support for drug users.
Salto Tel: 0171 437 3523.

Griffin Project (drugs & HIV)
A specialised nursing unit providing in-patient facilities for men and women who are affected by HIV/AIDS and who are also drug users.

Lorne House (multi-substance)
Residential rehabilitation centre for young people with drug and alcohol-related problems.
Hackney Tel: 0181 533 5700.

Roma Project
Residential centre for chaotic drug users particularly those affected by HIV.

Hammersmith
Tel: 0171 603 8383.

Ealing HIV/AIDS Service
Counselling, support and advice service for people with HIV/AIDS, and drug problems.
Aton Tel: 0181 992 3566 Ext. 36196.

CENTRAL & SOUTH WEST REGION

Lindum Substance Misuse Project
For clients referred through the probation service.
Seaford, Lincs
Tel: 0152 941 5445.

Lindum Substance Misuse Project
For clients referred through the probation service.
Seaford, Lincs
Tel: 0152 941 5445.

Derby Drugline
Informal service offering advice, support, information and counselling.
Derby Tel: 01332 385 087.

Druglink North Staffs
Day centre offering information and advice for drug users, their friends and families.
Stoke on Trent
Tel: 01782 220213.

Burton Drugline
Day centre offering information and advice for drug users, their friends and families.
Burton upon Trent
Tel: 0128 351 2255.

North Leicester Substance Misuse Service
(multi-substance).
Drop-in centre offering advice, information and counselling.
Loughborough
Tel: 0150 961 1111.

Birmingham Drugline
Informal service offering advice.
Birmingham Tel: 0121 632 6363.

Church Road
Residential centre for young people with drug problems.
Edgbaston Tel: 0121 454 1407.

Worcester Druglink
Advice, support and legal information.
Worcester Tel: 0190 572 4853.

Stafford Drugline
Information, advice, support and counselling.
Stafford Tel: 01785 551820.

Somerset Drug & Alcohol Service
(multi-substance).
Wells Tel: 0174 967 7791.

Cannock Drugline
Confidential advice and information centre.
Cannock, Staffs
Tel: 0154 346 7235.

NORTHERN REGION

Whitley Bay (multi-substance)
Residential rehabilitation for men and women.
Whitley Bay, Tyne & Wear
Tel: 0191 251 1725.

Workington Substance Misuse Project
(multi-substance)
Residential rehabilitation for men and women.
Workington
Tel: 01900 657737.

Turning Point Druglink Wakefield & District
Day centre supporting current or former drug users.
Wakefield Tel: 0192 421 1113.

Rockingham Drug Project
Street agency offering advice.
Sheffield Tel: 0114 275 5973.

Westcliffe House (multi-substance)
Residential service for people with dependency problems.
Rochdale Tel: 0170 637 7197.

Chester Substance Misuse Project (multi-substance)
Residential centre.
Chester Tel: 0124 431 4320.

SCOTLAND

Falkirk Drug & Alcohol Services
Drop in centre.
Falkirk Tel: 01324 630080.

Glasgow Drugs Crisis Centre
The West Street Centre 24-hour one-stop help and assessment centre.
Glasgow Tel: 0141 420 6777.

For information about drink, mental health and learning disability projects contact:

Turning Point at
New Loom House,
101 Backchurch Lane,
London E1 1U.
Tel: 0171-702 2300.
RESIDENTIAL WORKSHOP
CONSULTATION SKILLS

Friday 17th May from 2.00pm to Saturday 18th May until 4.30pm

The Sheffield Faculty are organising a one and a half day workshop on consultation skills. This will mostly involve facilitated small group sessions exploring problem based interviewing, the psychotherapeutic approach, and dealing with heartsink patients.

Thornbridge Hall in the heart of the Peak District is the venue.
Facilities are available for partners to attend.

PGEA applied for.

Course Fee: £117.50 including VAT.

For further details please contact: Marilyn Lidster, Royal College of General Practitioners, Sheffield Faculty, Community Sciences Centre, Northern General Hospital, Sheffield S5 7AU Tel: (0114) 2715830. e.mail M.E.Lidster@Sheffield.ac.uk

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All the information you need, whenever you need it.
St Mary’s NHS Trust is proud to announce the launch of a brand new service for GPs. We’ve called our new service Careline. By ringing our new number, you will be directly in contact with our Customer Services Department.

Call GP CareLine FREE on:

0800 13 69 11

Lines open Monday - Friday: 8.00am to 5.00pm
A team of seven highly trained Customer Services Coordinators will be waiting to give you answers on:

- How to refer a patient
- Outpatient appointments - confirming, cancelling and re-booking
- Outpatient & inpatient waiting times
- Clinical services and times
- Diagnostic testing & ordering an x-ray
- Specialist same-day services and ‘one-stop’ clinics
- Rapid access to discharge information
- Our consultants’ names, special interests, firms, wards and specialties

So if you are thinking of referring a patient, why don’t you give us a try first?

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.
## CLINICAL ASPECTS OF HIGH ALTITUDE EXPEDITIONS

Significant numbers of people leave the UK every year for destinations in the Alps, Andes, Himalayas and other high mountain ranges of the world, where they trek, climb and ski. Many of them will suffer from Acute Mountain Sickness and other problems associated with high altitude.

A unique two day residential course at the University of Surrey, featuring speakers who are major figures in their respective fields, has been designed to give greater understanding of the mechanisms resulting in Acute Mountain Sickness, High Altitude Pulmonary Oedema and High Altitude Cerebral Oedema. Other physiological problems which will be covered include nutrition, hydration and thermoregulation. The course is approved for 10 hours of Postgraduate Education Allowance and will be of particular interest to doctors who will have clinical responsibility for the health of those at high altitude and GP’s who are required to provide advice on the problems which may be encountered at altitude.

The first course will take place on 30-31 March 1996. Included in the cost of £450 are overnight accommodation (single room with en-suite facilities), full board, including the course reception and banquet and refreshments.

Please reserve me a place on the course: “The Clinical Aspects of High Altitude Expeditions” on 30 & 31 March 1996.

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Applications should be forwarded to: Dr Mike Tipton, The Robens Institute, c/o The Institute of Naval Medicine, Alverstoke, Gosport, Hants, PO12 2DL. Tel: 01705 768067. Payment should accompany the application and cheques should be made payable to the University of Surrey.

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## REFRESHER COURSE FOR GENERAL PRACTITIONERS

feeling the strain? all washed out? brain slogging up? then why not come to...

**“BATHTIME IN BATH”**

**MONDAY TO FRIDAY 20 - 24 MAY 1996**

**PGEA APPROVED - 30 HOURS**

A change to enjoy beautiful Bath during the festival fortnight and get bang up to date by participating in an “Evidence Based” course, which will be stimulating, relevant and fun!

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**COST OF COURSE:** £195.00 (to include Course Dinner, Coffee, tea and lunch at breaks)

**OPTIONAL Extras:** Outdoor Management Development Day in Quantocks with Bristol Business School, festival events, golf, tennis, Cotswold walk

**ORGANISED BY:**
The educational team of local Associate
GP Tutors and GP Tutor for Bath, with the University of Bath.

**EARLY APPLICATION IS ADVISED. FOR FURTHER DETAILS CONTACT:**

Mrs S Leeder, GP Administrator
Dept of General Practice, PGMC
Royal United Hospital,
Bath, Avon BA1 3NG Tel: 01225 824934/4
Associate membership
of nahat

Means being part of a growing membership of non-commercial organisations working in or on the periphery of the NHS, who benefit from having access to possibly one of the most authoritative and up-to-date information resources concerning the latest changes, policy issues and events occurring in the NHS.

- Receive our monthly membership journal Health Director. This lively journal brings you up-to-date news, views and features encompassing all sectors of the NHS, good practice and new developments.
- Receive NAHAT's highly regarded Briefing Papers which provide essential information on current health policy developments.
- Receive regular Updates providing in-depth commentary on key issues of the day.
- Take part in our conference, seminar and training programmes at reduced membership rates.
- Purchase NAHAT's wide range of health policy documents, research papers, guides and handbooks at reduced membership rates.

- Network with like-minded individuals and share best practice and experience.

Three packages are available - to tailor this service to meet your exact requirements, ranging from as little as £150 a year.

Please send me further details of NAHAT's associate membership:

NAME

ADDRESS


Ultra sound & Radiography Courses at the University of Portsmouth

To complement its range of undergraduate and postgraduate courses in medical imaging and therapeutic radiography, the University offers a range of short courses including:

- **Introductory ultrasound for GP's**, a one week course of both theory and guided practice. General abdominal ultrasound and the role of ultrasound in obstetrics are the main themes.
  
  Course Date: 13-17 May 1996.

- **Ultrasound for Midwives**, whilst the course described is open to midwives they are also eligible to join the PgD/MSc (Ultrasound) medical imaging programme.

PGEA accredited. Cost £425.

For further information please contact:

Dr Alan Castle
University of Portsmouth
Centre for Radiography Education
St Mary's Hospital
Portsmouth PO3 6AD

Telephone 01705 866190
calling general practice

How to:

* make your life easier
* run your practice more efficiently
* provide better patient care

Did you know that a number of training and development products are available from the NHS Training Division, including videos, toolkits, computer-based training packages and open learning materials. These are designed to help you make better use of your existing staff and equipment resources through the better use of information management and technology.

Want to know more? Simply contact:

The IM&T Training Programme
NHS Training Division
St Bartholomews Court
18 Christmas Street
Bristol BS1 3BT
tel: 0117 929 1029
fax: 0117 925 0574

Blood pressure measurements - are you getting the true picture?

More and more GP's are using home blood pressure measurement as a basis for making their diagnosis.

It is increasingly being recognised that a more effective and consistent way to measure blood pressure with certain patients is to allow them to take readings in their own homes, where they will be more relaxed. This type of reading helps to diminish white coat effects and allows several readings to be taken over a period of time to get a true picture of the day. Devices such as the Omron units show that these readings are consistent and accurate. While these units are initially expensive, the cost per patient is very small and worth the initial investment.

The Omron 705CP is a digital home blood pressure monitor which comes with an integral printer to provide medical records in a form that is used and understood by doctors.

A consultation with a blood pressure nurse can be arranged from E. O'Brien

IM&T STRATEGY

Blood pressure readings can be checked remotely at the West Sussex NHS Training Centre: tel: 01243 814141
If your patients find conventional sip feeds about as exciting as a wet weekend, the new Entera range will give them back their taste for recovery.

We can tempt them with ten top flavours - including our three newcomers, Banana, Orange and Pineapple.

Entera is tops for energy supply too - every 200ml carton gives 300 kcals.

And even the cartons combine appetite appeal with eye appeal.

Entera-top quality sip feeds that will have your patient's tastebuds dancing with delight!
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.

COURSES/CONFERENCES

The Royal Society of Medicine
16th LONDON PGEA FORUM FOR GENERAL PRACTITIONERS
Monday - Friday 16 - 20 September 1996
30 hours PGEA allowance
Programme consists of lectures, seminars and group discussions covering the following areas:
Paediatrics Substance misuse
Prescribing and therapeutics Current issues
Emergencies in practice Sick doctors
Mental illness Women’s health and family planning
Registration Fees:
RSM Members: £250.00 (inclusive) Others: £300.00 (inclusive)
Details available from:
Miss Fiona Batley, The Royal Society of Medicine, 1 Wimpole Street, London, W1M 8AE
Tel: 0171 290 2980 or Fax: 0171 290 2977

Working with Drug Users in General Practice
Why? How?
Conference for GPs and all health professionals working with drug users in general practice
26 April 1996 — Venue: RCGP, 14 Princes Gate, London SW7 1PU
This is a one-day conference bringing together GPs and other health professionals working with drug users in general practice, to examine, explore and debate practice and concerns. The conference is designed for those who are working with this client group and who wish to participate and reflect upon current perspectives both locally and nationally. It has been designed as a participative and interactive debate on good practice.
This conference will:
• Evaluate the role & function of General Practice in the management of drug users.
• Critically explore the role of general practice within the provision of services available to drug users and relationships between services.
• Consider the specific and implicit difficulties of generically managing this patient group.
• Explore and identify models of good practice that are necessary and appropriate to drug users.
The delegate fee (inclusive of VAT) is £50.00 which includes lunch & refreshments. PGEA applied for.
Supported by Educational Grants from Brent and Harrow Health Authority, Camden and Islington Health Authority and City & East London Drug Services.
For further details please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU: Tel: 0171 823 9703 Fax: 0171 225 3047.

DIPLOMA IN PALLIATIVE MEDICINE
UNIVERSITY OF WALES COLLEGE OF MEDICINE
This innovative, distance learning, one year programme aims to equip experienced doctors with a sound understanding of modern palliative medicine.
Weekly study packs include audio tape lectures, written assignments, continuing assessment, project work, two residential study weekends in Cardiff and a final examination leading to the Diploma in Palliative Medicine.
The course commences September 1996 and the closing date for applications is 29th March 1996.
Full details from:
The Course Secretary, U.W.C.M. Diploma in Palliative Medicine, Holme Tower Marie Curie Centre, Bridgeman Road, Penarth, CF6 3YR, UK.

Royal College of General Practitioners
Study Day on Eating Disorders: Management in General Practice
Tuesday 18 June 1996
Venue: RCGP, 14 Princes Gate, London SW7 1PU
Tutors: Deborah Waller (GP, Oxford), Christopher Fairburn (International expert in eating disorders, Oxford University), Rachel Bryans-Waugh (Authority on child and adolescent eating disorders, Great Ormond St Hospital).
This study day will provide an update on eating disorders from a primary care perspective. The speakers are three experts on the management of eating disorders. Topics will include:
• An evidence-based review of current knowledge about eating disorders and their treatment
• Discussion of the presentation, detection and assessment of eating disorders in general practice
• A detailed practical account of the management of anorexia nervosa from a general practice perspective
• A demonstration of how to manage patients with binge eating problems (bulimia nervosa and related disorders) in primary care using a self-help approach. A step-by-step manual for GPs will be provided together with a self-help guide for patients.
This study day is open to all members of the primary health care team. PGEA is applied for (3 hours health promotion and 3 hours disease management)
The delegate fee (inclusive of VAT) is £60.00 which includes lunch and educational materials.
For further details please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU: Tel: 0171 823 9703 Fax: 0171 225 3047.
**OESTRADIOL IMPLANTS:**

**Presentation:** Pellets for implantation. 25mg, 50mg, or 100mg of Oestradiol. **Uses:** Major post-menopausal symptoms due to oestrogen deficiency, including prevention of post-menopausal osteoporosis in hysterectomised patients. In women with an intact uterus the lowest effective dose should be used and it must be re-administered with a progesterone or 10-13 days in each cycle.

**Administration:** 25-100mg. Patients require a further implant when symptoms return, usually every 4 to 8 months. Implants should be inserted subcutaneously. **Use during Pregnancy and Breast-Feeding:** Oestradiol implants are contraindicated during pregnancy, and are not recommended in lactation.

**Contraindications:** Pregnancy, cardiovascular or cerebrovascular disorders. Moderate to severe hypertension. Severe liver disease or history of this condition. A history of jaundice in pregnancy or jaundice due to the use of steroids, Rotor syndrome and Zabin-Johnson syndrome. Known or suspected oestrogen-dependent malignancies. Endometrial hyperplasia. Undiagnosed vaginal bleeding, porphyria, Hyperlipoproteinaemia, history of herpes zoster or carbuncular.

**Precautions and Warnings:**

- Skin in the breasts or excessive reduction of cervical mucus may be indicative of too high a dosage.
- Periodic medical examinations are advisable. Patients with any of the following conditions should be monitored: leucopenia or overt cardiac failure, renal dysfunction, epilepsy or angina (or history of), hypertension, sickle cell anaemia, ischaemia, oestrogen-sensitive gynaecological disorders, g. uterine fibromyoma and adenomyosis. Remove implant if hypertension develops. **Adverse Reactions:** Intermittent bleeding, increased in size of the uterus, hyperplasia, endometrial proliferation, excessive production of uterine mucus, aggravation of fibromyomata, puerperal-like syndrome. Breast tenderness, pain, varicose veins, ecchymosis, cholelithiasis, cholestatic jaundice, thrombosis, rise of blood pressure. Chloasma, erythema, xerosis, rash. Discomfort of the oromucosal cavity if contact lenses are used. Headache, migraine, mood changes, edema and water retention, reduced libido, increase in body weight. Changes in liver function.

**Interactions:** May diminish glucose tolerance. **Overdosage:** Acute overdose is not known to occur.

**Legal Category:** POM

**Product Licence Numbers:**

- NHS Cost: 5mg 0665/5574R £1.79
- 10mg 0665/5575R £1.59
- 100mg 0665/5576R £2.83

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PRESCRIBING INFORMATION FOR FELDENE MELT® (PIROXICAM): UK. Indications: Adults: Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, acute gout and acute musculoskeletal disorders. Elderly: As with other NSAIDs, elderly patients should be closely supervised. Children: FELDENE MELT is not recommended in children. For treatment of juvenile chronic arthritis (Still’s disease) please see oral data sheet. Dosage: Rheumatoid arthritis, osteoarthritis and ankylosing spondylitis - normal starting and maintenance dosage 20mg once daily. Long-term use of 30mg daily or more carries an increased risk of gastrointestinal side-effects. Acute gout - 40mg daily in single or divided doses for up to 7 days. Acute musculoskeletal disorders - 40mg daily, in single or divided doses, for the first 2 days, 20mg daily for the remainder of the 7 to 14 days' treatment. Contra-indications: Active peptic ulceration or history of recurrent ulceration. Hypersensitivity to FELDENE, aspirin or other NSAIDs. Warnings: Pregnancy, lactation.

Precautions: Significant renal, hepatic or cardiac insufficiency. Patients with phenylketonuria - each FELDENE MELT tablet contains 0.14mg phenylalanine. Drug Interactions: Monitor patients on concurrent anticoagulants, lithium or diuretic therapy. Concurrent use of aspirin or other NSAIDs is not advised. Side-Effects: Gastro-intestinal symptoms; if peptic ulceration or gastro-intestinal bleeding occurs withdraw FELDENE. Oedema, mainly ankle. Skin rashes. CNS effects, including headaches and dizziness. Rare cases of renal and hepatic abnormalities have been reported. Haematological reactions including thrombocytopenia and anaemia and hypersensitivity reactions such as bronchospasm and anaphylaxis have been reported very rarely. Legal Category: POM. Package Quantities and Basic NHS Cost: FELDENE MELT tablets 20mg pack of 28, £9.83 (PL 0057/0352). Further information on request. Pfizer Limited, Sandwich, Kent.