

...we used  
all the lifestyle options...



**ADALAT® ADALAT® 5 ADALAT® retard ADALAT® retard 10**  
**Abridged Prescribing Information. Presentation:** Adalat/Adalat 5: orange soft gelatin capsules containing a yellow viscous fluid, overprinted with the Bayer cross and 'ADALAT' or 'ADALAT 5' and containing 10mg or 5mg nifedipine respectively. Adalat retard/Adalat retard 10: pink-grey lacquered tablets marked with the Bayer cross and '1U' or 'A10' and containing 20mg or 10mg nifedipine respectively. **Indications:** Adalat/Adalat 5: for the treatment and prophylaxis of angina pectoris and the treatment of Raynaud's Phenomenon. Adalat retard/Adalat retard 10: for the treatment of all grades of hypertension. **Dosage and Administration:** Adalat/Adalat 5: The recommended dose is one 10mg capsule three times daily with a little fluid during or after food, with subsequent titration of dose according to response. The dosage may be adjusted within the range 5mg three times daily to 20mg three times daily. Adalat 5 capsules permit titration of initial dosage in the elderly and those patients on concomitant medication. The recommended dose is one Adalat 5 capsule three times daily. Patients with hepatic dysfunction should commence therapy at 5mg three times daily with careful

monitoring. If an immediate anti-anginal effect is required, the capsule should be bitten and the liquid contents held in the mouth. Adalat retard/Adalat retard 10: The recommended dose is one 20mg tablet twice daily with a little fluid during or after food, with subsequent titration of dosage according to response. The dosage may be adjusted within the range 10mg twice daily to 40mg twice daily. Adalat retard 10 permits titration of initial dosage. The recommended dose is one Adalat retard 10 tablet twice daily and patients with hepatic dysfunction should commence therapy at this level, with careful monitoring. Regardless of the formulation used, patients with renal impairment should not require adjustment of dosage. There are no recommendations for use in children. Treatment may be continued indefinitely. **Contra-indications, warnings, etc. Contra-indications:** Nifedipine should not be administered to patients with known hypersensitivity to nifedipine or to women capable of child-bearing. Nifedipine should not be used in cardiogenic shock. **Warnings and Precautions:** Nifedipine may be used in combination with beta-blocking drugs and other antihypertensive agents but the possibility of an additive effect resulting in postural

hypotension should be borne in mind. Nifedipine will not prevent post-rebound effects after cessation of other antihypertensive therapy. Nifedipine should be used with caution in patients whose cardiac reserve is poor. Caution should be exercised in patients with severe hypotension. Ischaemic pain has been reported in a small proportion of patients within 30 minutes to four hours of the introduction of nifedipine therapy (depending on formulation administered). Although a 'steal' effect has not been demonstrated, patients experiencing this effect should discontinue the use of nifedipine in diabetic patients may require adjustment of control. The antihypertensive effect of nifedipine may be potentiated by simultaneous administration of cimetidine. When used in combination with nifedipine, serum quinidine levels have been shown to be suppressed regardless of dosage of quinidine. No information is available on the use of nifedipine during lactation. **Side-effects:** Most side-effects are common to the vasodilator effects of nifedipine and include headache, dizziness, flushing. Gravitational oedema, not associated with heart failure or gain, has also been reported. Other less commonly reported side-

**Prescribing information**

**Presentation** Each tablet contains 2.5mg Triprolidine Hydrochloride BP and 60mg Pseudoephedrine Hydrochloride BP. Each 5ml of syrup contains 1.25mg Triprolidine Hydrochloride BP and 30mg Pseudoephedrine Hydrochloride BP. **Uses** Symptomatic relief of allergic rhinitis. **Dosage and administration** Adults, and children over 12 years: 1 tablet or 10ml syrup t.d.s. Children 6-12 years: 5ml syrup t.d.s.; 2-5 years: 2.5ml syrup t.d.s. **Contra-indications, warnings, etc.** **Contra-indications:** Contra-indicated in patients intolerant to pseudoephedrine or triprolidine; in patients taking monoamine

oxidase inhibitors or within two weeks of stopping such treatment; and in patients with severe hypertension or severe coronary artery disease. **Precautions:** Although pseudoephedrine has virtually no pressor effect in normotensive patients, Sudafed Plus should be used with caution in patients taking anti-hypertensive agents, tricyclic antidepressants, or other sympathomimetic agents. Because of its pseudoephedrine content, Sudafed Plus may partially reverse the effect of anti-hypertensive agents which modify sympathetic activity. **Side- and adverse effects:** In some patients, pseudoephedrine may occasionally cause insomnia. Rarely, sleep disturbances and

hallucinations have been reported. Triprolidine may cause drowsiness, and patients should not drive a vehicle or operate machinery until they have determined their own response. In some patients, the drowsiness induced by antihistamines may be potentiated by alcohol or other central sedatives. **Basic NHS costs** Tablets: £0.65 for 10 (PL3/0248). Syrup: £1.06 for 100ml (PL3/0247). Further information is available on request.

**Calmic Medical Division**  
The Wellcome Foundation Ltd,  
Crewe, Cheshire



# Blocked-up?



Clear blocked noses with  
dual-action Sudafed Plus.

Decongestant plus antihistamine for allergic rhinitis.

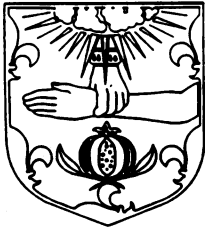
## SUDAFED\*

Pseudoephedrine Hydrochloride BP  
Triprolidine Hydrochloride BP

\* Trade Mark

CALMIC MEDICAL  
DIVISION

THE WELLCOME FOUNDATION LTD



ROYAL COLLEGE OF PHYSICIANS OF LONDON

**Conference on  
INTERFACES IN MEDICINE: ASTHMA**

A meeting for general practitioners and hospital doctors  
to be held at the College on Friday, 27th April 1990

The conference will include sessions on:

**Problems**

What are the problems in asthma?  
Why is the mortality in asthma increasing?

**Pharmacology**

Molecular genetics: Immunoglobulin E.  
Response and Chromosome 11q  
The inflammatory basis of asthma  
Treatment and drug prophylaxis  
Hospitalisations and sudden death  
Environmental prophylaxis

**Childhood asthma**

Bronchial hyper-responsiveness in childhood  
Audit of childhood asthma in general practice

**National education**

Patients and public: GP respiratory clinics/  
misconceptions about the nature and management  
of asthma/Asthma Research Council  
Health professionals

The registration fee of £45 includes coffee, lunch and tea. **We hope to  
receive approval under Section 63.**

*Application forms are available from The Conference Secretary, Royal College of Physicians,  
11 St Andrew's Place, Regent's Park, London NW1 4LE Telephone 01-935-1174*

**UNIVERSITY OF GLASGOW  
AUDIO VISUAL SERVICES**

# **MRCGP ORALS**

## **VIDEO SERIES: ORAL EXAMINATION FOR MEMBERSHIP OF THE ROYAL COLLEGE OF GENERAL PRACTITIONERS**

This series of six video programmes (referred to, for short, as "The MRCGP Orals") was produced at the University of Glasgow for the West of Scotland Committee for Postgraduate Medical Education.

Examination of candidates for membership of the Royal College of General Practitioners comprises three written papers and two thirty-minute oral examinations. The programmes were recorded at a time when the candidates participating were between their actual written examinations and their orals. Six candidates were examined, three to illustrate the RCGP "First Oral" and three the "Second Oral".

There were no rehearsals and this was the candidates' first experience of this examination. The studio preparation was kept to a minimum so as to avoid any detraction from the procedure and degree of formality normally followed during actual RCGP examinations. Each programme consists of an introduction by Dr Stuart Murray (one of the examiners), a thirty-minute oral of one candidate by two examiners, the examiners' discussion on the oral after which a score is awarded and finally, Dr Stuart Murray's summing-up in which he comments on the number of decision-making, knowledge and attitudinal questions used and gives examples of each. He also comments on the structure of the oral in addition to the candidate's technique and how the examiners have performed. The tapes have been paired into a suitable Oral 1 and Oral 2 so that teaching points will be maximized.

Duration of each programme is around forty minutes. Copies for sale on U-matic, Beta and VHS.

For further information contact:

**Mrs Lysbeth Macleod  
University of Glasgow  
64 Southpark Avenue  
GLASGOW G12 8LB  
Telephone: 041-330 5678**

COURSES AND SYMPOSIA

UNIVERSITY OF LIVERPOOL  
DEPARTMENT OF GENERAL PRACTICE  
UNIT FOR THE STUDY OF HEALTH CARE ETHICS

# MSc IN THE ETHICS OF HEALTH CARE

One year full-time or two years part-time

The School of Medicine within Liverpool University is the first in Britain to offer a postgraduate course in applied ethics. Applications are invited from medical practitioners who wish to gain a broader understanding of modern health care skills. The course offers a framework of Theories of Health, Medical Ethics, Law, Social Science and History of Medicine, within which candidates are encouraged to develop specialist interests.

The part-time option can be taken during one half-day per week (Wednesday afternoon in the first year). The General Practitioners who are part of the current student body find that the course adds a missing dimension to their understanding of health care.

For further details please contact:

Dr David Seedhouse  
Unit for the Study of Health Care Ethics  
Department of General Practice  
New Medical School, Ashton Street  
P.O. Box 147, Liverpool L69 3BX  
Telephone: 051-794-5608

To whom applications should also be sent.

## ALL MEMBERS PLEASE NOTE

Fellows, Members and Associates of The Royal College of General Practitioners may claim a 10% reduction when booking classified advertisements in The Journal.

The Journal is your publication — why not take advantage of the special terms. COURSES, PARTNERSHIPS, ASSISTANTSHIPS, TRAINEES, etc.

All enquiries to: Debby Tardif, I.M.A., 7a Portland Road, Hythe, Kent CT21 6EG. Telephone: (0303) 264803/262272. Fax: (0303) 262269.

## UNITED MEDICAL AND DENTAL SCHOOLS OF GUY'S and ST THOMAS'S HOSPITALS (University of London)

### MASTER'S DEGREE IN GENERAL PRACTICE

This programme is intended for established practitioners who wish to continue in practice whilst studying part-time over two years commencing in October 1990.

The course will include modules on:

- (i) research methods
- (ii) clinical reasoning and social science
- (iii) learning and teaching in general practice and medical ethics

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

The number of places is limited. Further information and application forms may be obtained from Sally Jenner, Department of General Practice, UMDS Guy's Hospital, London SE1 9RT. Telephone: 01 955 4432.

It is anticipated that Postgraduate Education Allowance accreditation in all categories will be obtained.

## DIVISION FOR GENERAL PRACTICE AND UNIVERSITY DEPARTMENT OF GERIATRIC MEDICINE NEWCASTLE UPON TYNE

### Weekend Symposium CARE OF THE ELDERLY PEOPLE IN THE COMMUNITY

### "BRIDGING THE GAP"

to be held 20 - 22 April, 1990 at  
Collingwood College, University of Durham

Speakers:

Dr J. Bond — Residential Homes  
Dr M. Blanchard — Mental Health  
Dr P. Chin — Consultant Care  
Dr C. Freer — Care after Griffiths  
Mr C. Griffith — Bowel Disorder  
Mr P. Hilton — Incontinence in Women  
Dr D. Irvine — Clinical Care  
Dr S.J. Jachuck — State of Art  
Dr C. Jagger — Fitness  
Prof. O. James — Measuring Outcome  
To be confirmed — Cost of Care  
Mr A. Mendelow — Cerebrovascular Disease  
Dr P. Patnaik — Therapeutic Community  
Dr C. Waine — Implementation  
Prof E.I. Williams — Care at the Interface

The Symposium is open to consultant physicians, general practitioners, community physicians, nurses, Health Visitors, managers, members of social services and anyone interested in promoting the care of the elderly in the community.

The Symposium is approved for postgraduate training and includes one session on screening, one session in organisation and 2 sessions on care of the elderly.

Residents ..... Course fee with full board — £120  
Non-Residents ..... Friday evening with dinner — £20  
Saturday with lunch and Conference Dinner — £75  
Sunday morning with lunch — £20

Limited places available in the Conference and residential accommodation at College is available for 50 only. Please apply early to avoid disappointment.

If you, or any members of your primary care team, wish to attend the Symposium, kindly write to Dr Jachuck enclosing the course fee stating which sessions you wish to attend (cheque made payable to: Dr S.J. Jachuck, Research Account).

All replies to: Dr S.J. Jachuck, Medical Research Centre, 377 Stamfordham Road, Newcastle Upon Tyne NE5 2LH.

COURSES AND SYMPOSIA

LEICESTER MEDICAL EDUCATION  
GP UPDATE COURSE ORGANISED BY GPs

presents

**A GENERAL PRACTICE UPDATE COURSE**

to be held at

GLENFIELD GENERAL HOSPITAL, LEICESTER

between

25th - 27th APRIL 1990 (inclusive)

Topics covered will include:

Problems in AIDS/STD management

Gynaecological problems in practice

Dermatology

The modern management of IHD/Angina

Minor surgical techniques (for beginners)

Zoonoses

Audit — some basic ground rules

BASICS and resuscitation

Care of the elderly

Consultation techniques

The course will be approved under the appropriate sections of the PG Education Allowance. Approximate cost £50 per person (including lunches).

For further details contact: Dr D S SOWDEN, c/o Regional Postgraduate Advisers Office, Clinical Sciences Department, Glenfield General Hospital, Groby Road, Leicester.

**Introduction to Clinical Trials and Epidemiological Studies**

4 - 6 April 1990 £250

This short course provides an understanding of the key aspects of conducting clinical/epidemiological studies. Each of the various stages of such studies will be discussed and illustrated through case studies. A range of the types of software used in these stages will be demonstrated.

For more details Tel: 01 316 8703/4 or write to: The Health Statistics Group, School of Mathematics, Statistics & Computing, Thames Polytechnic, Wellington Street, London SE18 6PF.

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'Seeking to achieve equality of opportunity'

**CHALLENGES FOR THE FUTURE**

A COURSE FOR GENERAL PRACTITIONERS  
Monday 19th - Friday 23rd March 1990

Approved by the Regional Adviser with full Section 63 approval. Recognised for the New Contract requirements. Held at Stade Court Hotel, Hythe, Kent.

Programme and application forms available from: Sally Jenner, Department of General Practice, Guys Hospital, St Thomas Street, London SE1. Tel: 01-955 5000.

**LEARNING GENERAL PRACTICE**  
A STRUCTURED APPROACH FOR TRAINEE GPs AND TRAINERS

An excellent new book by Sandars and Baron (John Sandars, GP Trainer and Examiner for the Royal College of General Practitioners). It covers in a systematic and thorough way the learning requirements of the General Practice Year. Provides Trainers and Trainees with an invaluable framework of 51 Tutorials, Checklists, MCQ Test and references encouraging a methodical approach to the wide field of General Practice. Send cheque now for £10.50 plus £1.30 p + p. Books dispatched by return, first class. Phone us today with Visa or Access and receive your book tomorrow.

**MRCGP PRACTICE EXAMS**

No candidate should approach the Royal College exam without a good grasp of the topics covered in this high quality revision book edited by John Sandars. 2MCQ, 2MEQ, 2PTQ papers with teaching notes, samples, marking schedules, oral and log diary techniques plus essential advice, tips, index and book list. Send cheque now for £8.95 plus 80p p + p or telephone us.

**MRCGP STUDY DAY**

Exam advice, working papers and discussion on MCQ's, MEQ's and PTQ's. Popular topics and revision planning plus two oral exam videos with analyses and discussions on technique. Course fee £40.

Manchester: March 11th and September 9th. Section 63 approved. Write now for full details.

**DCH WEEKEND COURSE**

London: August 18/19 1990.  
Section 63 approval applied for.

**DRCOG WEEKEND COURSE**

London: May 12/13 and December 8/9 1990.  
New DRCOG exam book (incl. MCQ's) due out Feb 1990.

**PRACTICAL GYNAECOLOGY FOR GP'S**

Very useful for well women and menopause clinics and DRCOG candidates. London: March 10. Section 63 approval applied for.

**PRACTICAL OBSTETRICS FOR GP'S**

Useful for DRCOG candidates and important update on recent trends in virology and antenatal screening.  
London: September/October. Section 63 approval applied for.

Full details available by return of post from:

PasTest Service, Dept GP, Freepost  
Knutsford, Cheshire WA16 7BR Tel: 0565-55226

**PASTEST**