

#### Prescribing information

**Presentation** Pale blue, elongated tablet with bevelled edges, impressed with "Zovirax 800" on one side and scored on the obverse, contains 800mg acyclovir. **Uses, dosage and administration** Treatment of herpes zoster infections: *Adults*: one 800mg tablet, 5 times daily for 7 days, omitting night-time doses. **Contra-indications** Contra-indicated in patients known to be hypersensitive to acyclovir. **Precautions** For patients with renal impairment the dose may have to be adjusted (see Data Sheet). In elderly patients adequate hydration should be maintained. Special attention should be given to dosage reduction in elderly patients with impaired renal

function. In pregnancy the potential benefits should outweigh the possibility of unknown risks before the use of Zovirax is considered. **Side- and adverse effects** Skin rashes have been reported in a few patients receiving Zovirax Tablets; the rashes have resolved on withdrawal of the drug. In trials, the incidence of gastrointestinal events has not been found to differ from placebo. **Basic NHS cost** 800mg: Shingles Treatment Pack, 35 tablets £113.00 (PL3/0243). **References** 1. Juel-Jensen, B.E. (1988), in *Oxford Textbook of Medicine*, second edition, volume 1 (ed. by Weatherall, D.J., Ledingham, J.G.G., and Warrell, D.A.), Oxford Medical Publications, 567.

2. McKendrick, M.W. (1985), *Scand. J. Infect. Dis., Suppl.*, 47, 76.

\*Trade Mark

Further information is available on request.

The Wellcome Foundation Ltd, Crewe, Cheshire



**Wellcome**

**THE WELLCOME  
FOUNDATION LTD**

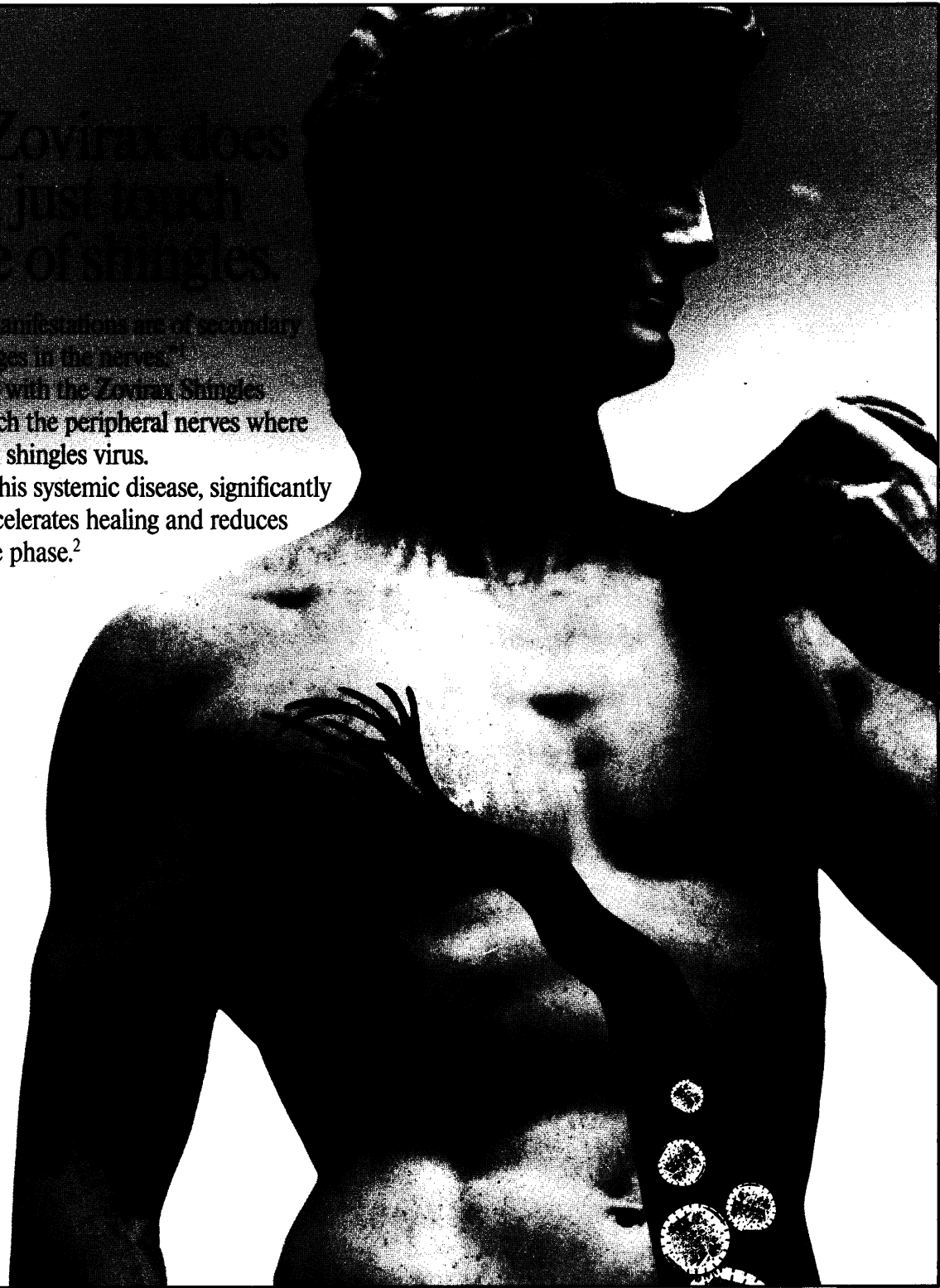
A LEADER IN ANTIVIRAL RESEARCH

Systemic Zovirax does  
more than just reach the  
periphery of shingles.

It treats the skin manifestations and of secondary  
importance to the changes in the nerves.<sup>1</sup>

The systemic regime with the Zovirax Shingles  
Treatment Pack can reach the peripheral nerves where  
it can inhibit replicating shingles virus.

Zovirax, in treating this systemic disease, significantly  
curtails vesiculation, accelerates healing and reduces  
pain during the eruptive phase.<sup>2</sup>



Because shingles calls for the full Zovirax treatment.

Rx **ZOVIRAX**<sup>\*</sup>  
acyclovir

Shingles Treatment Pack

# HOW SOON CAN ANXIOUS PATIENTS GET IT ALL BACK TOGETHER?



Half-'Inderal' LA, as a first line treatment, gives effective relief of the symptoms of  
generalised anxiety, with no known evidence of dependence.

— O N C E D A I L Y —



## Half-Inderal LA

80mg propranolol hydrochloride in long-acting formulation

Helping to get things back together

### **PRESCRIBING NOTES.**

**Consult data sheet before prescribing.**

**Use:** Situational anxiety. Generalised anxiety symptoms (particularly somatic).

**Presentation:** Capsules containing 80mg (Half-'Inderal' LA) or 160mg ('Inderal' LA) propranolol hydrochloride in long-acting formulation.

**Dosage and administration:** **Acute situational anxiety:** one capsule daily of Half-'Inderal' LA.

**Generalised anxiety:** one capsule daily of Half-'Inderal' LA; increase to one capsule daily of 'Inderal' LA if required. Continue treatment according to response – review after 6 to 12 months.

**Contraindications:** 2nd or 3rd degree heart block; cardiogenic shock; bronchospasm; after prolonged fasting; and in metabolic acidosis.

**Precautions:** Poor cardiac reserve – avoid in overt heart failure. Bradycardia. Propranolol modifies tachycardia of hypoglycaemia and may prolong hypoglycaemic response to insulin. Transference from, or discontinuance of, clonidine. Co-prescription of Class 1 antidysrhythmic agents (e.g. disopyramide) or verapamil. Anaesthesia. Pregnancy. Cessation of beta-blocker

therapy should be gradual in patients with ischaemic heart disease. Parenteral administration of adrenaline. Some reports suggest that in patients with portal hypertension the risk of hepatic encephalopathy may be increased.

**Side effects:** Cold extremities, nausea, diarrhoea, sleep disturbances, lassitude and muscle fatigue are often transient. Isolated cases of paraesthesia of the hands. Rarely, bradycardia, thrombocytopenia and purpura. A low incidence of CNS symptoms including hallucinations. Skin rashes and dry eyes have been reported with beta-blockers – consider discontinuation if they occur.

**Product licence numbers and basic NHS costs:** 'Inderal' LA (29/0128) 28 capsules (OP), £6.92, Half-'Inderal' LA (29/0173) 28 capsules (OP), £5.04.

**'Inderal' LA, Half-'Inderal' LA are trademarks.**

Further information is available from: ICI Pharmaceuticals, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.

—THE—  
**ROYAL COLLEGE**



—OF—  
**PSYCHIATRISTS**

**17 BELGRAVE SQUARE  
LONDON · SW1X 8PG  
Telephone: 071 235 2351  
Facsimile: 071 245 1231**

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His Royal Highness  
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A two-day course in

## **Psychiatry for General Practitioners**

**31st October - 2nd November 1991**

**Hotel de France, St Helier, Jersey**

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The Royal College of Psychiatrists will be holding a two-day course for General Practitioners, covering a wide range of topics in psychiatry. The course will provide an opportunity for General Practitioners to refresh and update their knowledge in the areas of management of psychiatric illness and promotion of mental health. The format for the course will be a combination of workshops, lectures and open-forum discussions to cover the following areas:

**Stress and Health  
Skills in Psychotherapy  
Identification of Psychiatric Problems  
Referring cases to the Psychiatric Team  
Management of the Psychotic Patient  
Child Sexual Abuse: the Child and the Family  
Problems of Hormonal Imbalance  
Eating Disorders  
Somatising Patients  
Drug Treatment: Prescribing and Withdrawal  
Long-term Mental Illness and Homelessness  
Dealing with Alcohol and Drug Misuse in General Practice  
Depression & Anxiety  
The Psychiatric Problems of Old Age**

The course will be held at the Hotel de France, St Helier, Jersey. The course fee of £500.00 includes full-board accommodation, and special rates are available for air travel to Jersey.

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*Approval has been given for the Postgraduate Education Allowance,  
under the category of Disease Management*

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**For further details and an application form, please contact:**

**150 Years  
of Psychiatry  
1841-1991**

**Debbie Symons  
Education Department  
The Royal College of Psychiatrists  
17 Belgrave Square, SW1X 8PG  
Tel: 071 - 235 2351 ext. 157**

## CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: Nickie Roberts, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 071-581 3232. Fax: 071-225 3047. 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 charge for space in this section is £10.00 per single column centimetre, plus £10.00 if a box number is required, plus VAT at 15%. 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 any advertisement. All recruitment advertisements in this section are open to both men and women.

### EDUCATION/LEARNING



#### 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 and 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 £10.95 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

REVISED EDITION JAN. 1990

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. Insert on Critical Reading Paper now included. Send cheque now for £9.95 plus 90p p+p or telephone us with your card number.

#### MRCGP WEEKEND COURSE

Exam advice, working papers and discussion on MCQ's, MEQ's and Critical Reading Paper. Popular topics and revision planning plus two oral exam videos with analyses and discussions on technique organised by John Sandars, RCGP examiner. Manchester: September 14/15, London: October 5/6 1991. Course fee £75.00. Write now for full details. PGEA approved.

#### SHORT NOTES FOR THE DCH

An excellent new book for exam candidates & GP's by J. Blackburn and G. Curtis Jenkins. £10.75 plus 90p p+p.

#### DCH LINKED WEEKEND COURSE

London: December 14/15 & 21/22 1991. PGEA approved.

#### THE DRCOG EXAMINATION

This new book covers the new exam in a knowledgeable & systematic way. (MCQ's included). £10.50 plus 90p p+p.

#### DRCOG WEEKEND COURSE

London: September 7/8, Manchester: September 21/22 1991. PGEA approved.

#### PRACTICAL GYNAECOLOGY FOR GP's

Very useful for well women and menopause clinics and DRCOG candidates. London: October 19 1991. PGEA approved.

#### PRACTICAL OBSTETRICS FOR GP's

Useful for DRCOG candidates and important update on recent trends in virology and antenatal screening. London: September 1991. PGEA approved course.

Order now by using Mastercard or Visa. Tel: 0565 755226 or full details available by return of post from:

**Pastest Service, Dept. GP,  
Freepost, Knutsford, Cheshire WA16 7BR**

**Tel: 0565 - 755226**

### APPOINTMENTS/VACANCIES

#### UNIVERSITY OF NEWCASTLE UPON TYNE

##### DIVISION OF PRIMARY HEALTH CARE

## LECTURER IN PRIMARY HEALTH CARE

Applications are invited from registered medical practitioners for the post of Lecturer in Primary Health Care. The successful candidate will join an active academic department and will also work as a principal in the department's inner city practice. The post, which is available from 1st October 1991, offers training, direction and supervision in research and participation in an innovative teaching programme as well as a clinical commitment to a practice serving a deprived urban population. Candidates should have the MRCGP but previous teaching and research experience are not requirements of the post.

Salary will be at an appropriate point on the Lecturers' Clinical scale £15,925 - £27,920 per annum, according to qualifications and experience (plus a 5% interim award) plus the Postgraduate Education Allowance. A car allowance is also payable.

Further particulars may be obtained from the Director of Personnel, Personnel Section, Registrar's Office, The University, 6 Kensington Terrace, Newcastle upon Tyne, NE1 7RU, with whom applications (3 copies), together with the names and addresses of three referees should be lodged not later than 30th August, 1991.

## TRAINEE VACANCY

### October 1991 for 12 months

Invitations are invited for the post of trainee assistant in this three-partner rural, dispensing practice serving Kimbolton (see Henry VIII Act IV Sc II) and 30 surrounding villages. There is half-day release to the Huntingdon VTS at Hinchingsbrooke Hospital, 10 miles away.

For information please contact Dr John Rawlinson, The Medical Centre, Kimbolton, Huntingdon, Cambs PE18 0JF, Tel: 0480 860205.

## RCGP

Corporate  
Development  
Unit



## COLLEGE ACCOMMODATION

Accommodation is available in the College for Fellows, Members and Associates at a preferential rate. Members of overseas colleges are welcome when rooms are available but at non-member rate. All charges for accommodation include a continental breakfast, service & VAT.

Children under six years of age cannot be accommodated. Arrangements can be made

for children aged between 6 and 12 years to share a room with their parents. No pets are allowed. Residents are asked to arrive before 21.00 hours to take up their reservations.

The room charges per night are:

	Members	Full rate
Single with/without handbasin	£35.00	£50.00
Twin/double with/without handbasin	£50.00	£75.00
Twin/double with bathroom	£60.00	£90.00
Carport (per day)	£6.00	£14.00

Breakfast is available for non-residents at the cost of £6.00 for members and £9.00 for non-members. Bookings may be made in writing or by telephone between 10.00 am - 4.00 pm, Monday to Friday. Cancellations may incur a charge.

Rooms and prices are subject to change.

Reception rooms are available for booking by outside organisations as well as by Members. All hirings are subject to approval, and the charges include VAT and service. Non-College functions are subject to an additional charge of 5%.

The room charges are:	Members	Non-members
Long room	£165.00	£330.00
John Hunt room	£125.00	£245.00
James Cleminson room	£125.00	£245.00
Dining room and kitchen	£ 75.00	£145.00
Common room and terrace	£146.00	£290.00

Enquiries should be addressed to: The Accommodation Secretary, The Corporate Development Unit, The Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 071-581 3232 ext 265.

## RCGP

Clinical  
and Research  
Division



## PALLIATIVE CARE

The Royal College of  
General Practitioners and  
Cancer Relief Macmillan Fund

## FACILITATORS PROJECT

The Cancer Relief Macmillan Fund are providing a grant to the Clinical and Research Division for the establishment of a major initiative in Palliative Care in General Practice. This grant has been made possible owing to generous support from the Cancer Relief Macmillan Fund and the Department of Health. The project seeks to enhance the continuity and quality of care for the person with an advanced disease and their families by providing an experienced general practitioner to work as a Facilitator with primary care teams to help mobilize existing professional skills.

The grant provides each Faculty chosen with sufficient funding to allow the Facilitator to devote up to 40 days (80 sessions) per annum for two years to the project, plus an allowance to cover travelling expenses, secretarial and administrative costs, and the costs of setting up study days, seminars and tutorials.

All Faculties of the College are being given the opportunity to administer the project in their area. The project is scheduled for commencement in January 1992. Members or Fellows of the College with a special interest in palliative care who would be interested in participating in the project, should contact their local Faculty Honorary Secretary in the first instance. Further information and details about the project are available from Mr A Singleton, Clinical and Research Division, RCGP, 14 Princes Gate, Hyde Park, London SW7. Closing date for applications: 30 September 1991.

## MRCGP EXAMINATION – 1991/92

The dates for the next two examinations for membership of the College are as follows:

October/December 1991

Written papers: Tuesday 29 October 1991 at Centres in London, Manchester, Edinburgh, Newcastle, Cardiff, Belfast, Dublin, Liverpool, Ripon, Birmingham, Bristol and Sennelager.

Oral examinations: In Edinburgh on Monday 9 and Tuesday 10 December and in London from Wednesday 11 to Saturday 14 December inclusive.

The closing date for the receipt of applications is Friday 6 September 1991.

May/July 1992

Written papers: Wednesday 6 May 1992.

Oral examinations: In Edinburgh from Monday 22 to Wednesday 24 June and in London from Thursday 25 June to Saturday 4 July inclusive.

The closing date for the receipt of applications is Friday 21 February 1992.

Further details about the examination and an application form can be obtained from the Examination Department, the Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU. Telephone: 071-581 3232.

## APPOINTMENTS/VACANCIES



Whittington House,  
19-30 Alfred Place,  
London WC1E 7LW  
Telephone 071-436 3576  
Fax: 071-436 0291

Applications are invited from General Practitioners to serve as

## MEDICAL MEMBERS

of

## DISABILITY APPEAL TRIBUNALS

which are due to become operational on 1 April 1992.

The Tribunals will be sited throughout England, Scotland and Wales and it is expected that each medical member will be available to sit on one day per week.

Fees will be according to BMA rates.

Please reply with CV to the Special Medical Advisers at the above address by **Friday, 23 August**.

## COURSES/LITERATURE

## AUTUMN UPDATE GP REFRESHER COURSE

PLYMOUTH MEDICAL CENTRE  
7th - 11th October, 1991

This popular Course is to be held again this year. It will cover a wide range of subjects relevant to general practice, and will include lectures and some group work. At least two afternoon sessions will involve outside visits to places of local medical interest. The Course will qualify for 30 hours PGEA approval. Course fee £220.00.

Applications to: Miss Joan Mitchell, Centre Manager, Plymouth Medical Centre, Derriford Hospital, Plymouth, PL6 8DH. Telephone (0752) 792715.

**The Royal College of General Practitioners, the Committee of Regional Advisers in General Practice in England, the Department of Health and the Mental Health Foundation are collaborating in a joint initiative funded by the DH and MHF. Applications are invited for the post of Senior Educational Fellow in Mental Health in primary health care.**

The Fellow will take a lead in continuing GP education in the primary care of mental illness, particularly depression and anxiety. He/she will work closely with the RCGP, CRAGPIE and other appropriate professional bodies at national level, as well as with regional advisers and district tutors. The Fellow will have responsibility for encouraging high standards in the primary care of mental illness by holding workshops for district tutors, by disseminating the results of research and by promoting models of good practice. He/she will evaluate change in educational practice.

The Fellow will be advised by a Steering Committee, consisting of representatives from the RCGP, CRAGPIE, DH, MHF, and other senior academics.

The RCGP/DH/MHF are seeking to appoint a senior general practitioner who has considerable experience and standing in general practice, some research experience, a strong interest in mental health, and who has leadership skills in promoting educational improvements at national and local levels.

It is expected that the appointment will be for a three year period on a part-time basis of up to six sessions per week (negotiable). The remuneration will be pro-rata equivalent to the NHS Consultant scale. The appointment will be based at a suitable academic unit.

Further details can be obtained from Dr Bill Styles, Chairman of the Education Division, The RCGP, at 14 Prince's Gate, London SW7 1PU, telephone 071-581 3232 Ext 210 to whom applications should be sent by the 8 September 1991.



**Royal College of General Practitioners**

# CHIEF OF PRIMARY CARE IN JEDDAH, SAUDI ARABIA

**Circa £60,000 Tax Free  
together with**

**Free High Class Family Accommodation • 7 Weeks Annual Leave  
• Substantial School Fees Allowance • End of Contract Bonus  
• Free Generous Holiday Flights for Dependents**

Guy's Hospital is providing consultancy services, support, training and quality assurance to a major hospital in Saudi Arabia in conjunction with South East Thames Medical Enterprises. The hospital provides health care services for the Saudi Arabian Armed forces and their dependents.

MRCGP or its equivalent is essential along with previous teaching and organisational responsibility.

The range and scope of the medical care offered at the 200 bed hospital is similar to a district hospital in the UK with the addition of the primary care clinics. There is one clinic on the hospital site and 6 satellite primary care clinics with 37 general practitioners some of whom have MRCGP's and accident and emergency experience.

The King Fahad Armed Forces Hospital is in Jeddah, a modern cosmopolitan city on the Red Sea, which, with accommodation on the Arabian Homes complex provides a very attractive lifestyle whilst enjoying the introduction to a different culture.

Applications should be made, enclosing a CV, by 20 August 1991 to Dr Rodney Turner, Consultant in Primary Care, South East Thames Medical Enterprises, Guy's Hospital, 20 Newcomen Street, London SE1 1YR.

**SOUTH EAST THAMES  
MEDICAL ENTERPRISES**

HEALTH CARE IN PARTNERSHIP WITH



THE GUY'S TRADITION OF EXCELLENCE

# RUB IN RELIEF

Feldene\* Gel offers an effective topical alternative first-line treatment in mild osteoarthritis<sup>1</sup>.



# Feldene\* Gel

piroxicam

\*Trade Mark

*A topical alternative  
in mild osteoarthritis*

**PRESCRIBING INFORMATION FOR FELDENE\* GEL**

**Indications:** Topical therapy of osteoarthritis of superficial joints and acute musculoskeletal disorders. **Dosage:** For external use only. Occlusive dressings should not be used. Apply one gram of the Gel and rub into the affected site three to four times daily leaving no residual material on the skin. Therapy should be reviewed after 4 weeks. **Contra-indications, Precautions:** Contra-indicated in patients who have previously shown a hypersensitivity to the Gel or piroxicam in any of its forms, aspirin or other non-steroidal anti-inflammatory agents. If local irritation develops, discontinue Feldene Gel. Keep away from the eyes and mucosa. Do not apply to sites affected by open skin lesions, dermatoses or infection. **Use in children:** Not recommended. **Use in pregnancy and lactation:** The safety of Feldene Gel during pregnancy and lactation has not been established. **Side-Effects:** Mild or moderate local reactions at the application site. Mild but transient skin discolouration and staining of clothing have been noted when the Gel is not rubbed in completely. **Package Quantities and Basic NHS Cost:** 60g tube - £7.77 (PL 0057/0284). Further information on request. **References:** 1. Dickson DJ. *Curr Ther Res* 1991; 49[2]: 199-207.



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