

- in renal impairment



Prescribing notes for







Consult data sheet before prescribing.

**USE:** Hypertension, angina prophylaxis.

PRESENTATION: Tablets for oral administration containing atended 100mg ('Tenormin'), 50mg ('Tenormin' LS) or 25mg ('Tenormin' 25).

DOSAGE AND ADMINISTRATION: Hypertension: 'Tenormin' – one daily (some patients may respond adequately to 'Tenormin' low strength (LS)); 'Tenormin' LS – one daily; 'Tenormin' 25 - see renal failure. Angina Prophylaxis: 'Tenormin' – one daily; 'Tenormin' LS – two daily in a single or divided dose. Children: 'Tenormin', 'Tenormin' LS and 'Tenormin' 25 are not recommended for use in children. Elderly Patients: Dosage requirements may be lower in elderly patients.

Renal Failure: For patients with a creatinine clearance of 15-35ml/min/1.73m<sup>2</sup> the oral dose should be 50mg daily. Patients with a creatinine clearance of <15ml/min/1.73m<sup>2</sup> should be given one 'Tenormin' 25 daily or one 'Tenormin' LS on alternate days.

CONTRAINDICATIONS: 2nd or 3rd degree heart block, cardiogenic shock.

PRECAUTIONS: Poor cardiac reserve - avoid in overt heart failure. Bradycardia, renal failure (see above),

anaesthesia, pregnancy. Caution in patients with reversible obstructive airways disease – do not use unless there are compelling clinical reasons to do so. Atenolol modifies the tachycardia of hypoglycaemia. Co-administration with verapamil or Class I antidysrhythmic agents. Withdrawal of clonidine. Withdrawal of beta-blocking drugs should be gradual in patients with ischaemic heart disease.

**SIDE EFFECTS:** Coldness of extremities, bradycardia and muscular fatigue may occur. Sleep disturbance rarely seen. Skin rashes and dry eyes have been reported with beta-blockers – consider discontinuance if

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: 'Tenomin' (29/0122), 28 tablets (OP) £6.98. 'Tenomin' LS (29/0086), 28 tablets (OP) £5.49, 'Tenomin' 25 (29/0218), 28 tablets (OP) £4.31.

'Tenormin', 'Tenormin' LS and 'Tenormin' 25 are trademarks.

Further information is available from

Stuart Pharmaceuticals, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.





## The Royal College of General Practitioners

## Services for Fellows, Members and Associates

#### FACULTY MEMBERSHIP

Unique among the Royal Colleges, the RCGP takes particular pride in its local links with its members in the faculties. Each associate, member and fellow in the faculties. Each associate, member and fellow of the College is automatically a member of a faculty. A wide range of activities which promote not only high standards of patient care but also socialization with peers is generated by faculties. These include audit, education and research. Members are supplied on a regular basis with details of these from their faculty office. Further information on faculties can be obtained from the Faculty. Development Unit Faculty Development Unit.

Administrative Officer: Noeline Conroy.

#### ACCOMMODATION AND CATERING

Members of the College are welcome to stay at 14 and 15 Princes Gate; early booking is recommended. Bed and breakfast may be obtained at rates shown regularly in the *Journal*. Public rooms may also be hired subject to availability.

Accommodation Secretary: Margaret Middleton.

#### JOURNAL

The British Journal of General Practice, formerly the Journal of the Royal College of General Practitioners, is published monthly and is circulated free of charge to all fellows, members and associates of the College. The 1991 subscription rate for non-members in the UK is £90 (£100 outside the UK, £110 by airmail). Half-year subscriptions are available from July onwards. Single copies and back numbers are also available and further information about these can be obtained and further information about these can be obtained from Bailey Management Services.

Editor: Dr A F Wright, MD, FRCGP, 12 Queen Street, Edinburgh EH2 1JE. Tel: 031-225 7629. Fax: 031-220 6750.

Journal Sales and Subscriptions: Bailey Management Services, 127 Sandgate Road Folkestone, Kent CT20 2BL. Tel: 0303-850501.

#### COLLEGE PUBLICATIONS

The Publications Office of the College is responsible for *Policy Statements, Reports from General Practice* and *Occasional Papers*. The former two are distributed free of charge to all fellows, members and associates of the College and carry the approval of the College. The Occasional Papers are for sale at prices shown regularly in the Journal. The Exeter office is also responsible for coordinating material for the annual RCGP Members' Reference Book and for publishing a number of books for the College. All College publications are available by post or personal application from the RCGP Sales Office. Honorary Editor: Professor D J Pereira Gray, OBE, MA, FRCGP, 9 Marlborough Road, Exeter, Devon EX2 4TJ. Tel: 0392-57938.

#### SALES OFFICE

The Sales Office at 14 Princes Gate is open from 9.30 to 16.30 hours, Monday to Friday, for personal callers to view and purchase College publications and gifts. Postal orders for Medical Record Cards, Publications and Appeal Goods are processed by this office, on a cash-with-order basis. Visa and Access welcome, Tel: 071-225 3048, 24 hour answering service. Enquiries, Tel: 071-823 9698. Sales Manager: Kate Wood.

#### REGISTRATION DEPARTMENT

Changes to membership details, for example, address or retirement, for fellows, members and associates should be notified to the Membership Secretary. Enquiries about *Journal* mailings and Associateship should also be directed to this

Membership Officer: Fiona Hornby.

#### SUBSCRIPTIONS

All enquiries regarding subscriptions, including applications for reduced subscriptions from fellows, members and associates should be directed to the Subscriptions Officer.

Subscriptions Officer: Gordon Taber.

#### **EXAMINATION DEPARTMENT**

The Examination Department welcomes enquiries and supplies information about the Membership (MRCGP) examination, which is held twice a year. Membership of the College is an additional registrable qualification.

Head of Department: Tom Dastur.

The College awards prizes, including the annual Syntex Award Winners Award, the Schering Scholarships and international travel scholarships. Information is published periodically in the Journal and applicants should write to the Awards

#### RESEARCH FUNDING

Grants for research projects in general practice are available from the Scientific Foundation Board.

The Board's definition of research is catholic and includes educational research, observational as well as experimental studies, and accepts the methodologies of social science as valid. It is not in a position to fund educational activities.

Clerk to Board: Jenny Singleton.

#### CLINICAL AND RESEARCH DIVISION

The Clinical and Research Division advises on all policies and protocols for the care of patients and coordinates clinical advice from the College including preventive and anticipatory care. In devising practical measures of performance review for clinical care the Division attempts to encourage their use in day to day practice. The Division plays an important advisory role on research in general practice and advises Council on all matters relating

Divisional Administrator: Andrew Singleton.

#### CLINICAL RESEARCH ETHICS COMMITTEE

The Clinical Research Ethics Committee evaluates multicentre research protocols to be carried out in primary health care to determine whether they are ethically acceptable. The definition of primary care is broad, and includes general practice and community based medical services. The definition of multicentre studies is those that involve patients residing in three or more district health authorities. The committee will also review research protocols in areas where no properly constituted medical ethics committee exists.

Clerk to the Committee: Jenny Singleton.

#### AUDIT PROGRAMME

The Audit Programme has been established to promote medical audit in general practice. The Programme aims to enable every general practice to improve the quality of patient care. The Programme organizes specialist courses in the teaching of medical audit and coordinates locally teaching or melical audit and coordinates locally based initiatives undertaken by the four faculty audit fellows based in the Mersey, North and West London, Tamar and North of England Faculties. The Programme is funded initially for three years by the Department of Health. It is hoped that everyone interested in medical audit in general practice will make use of the Audit Programme as it develops its services and activities led by the College Audit Advisor, Dr Oliver Samuel. The Programme may be contacted on a direct line: 071-225 0629.

Audit Administrator: John Wilkins.

#### CONTINUING EDUCATION

The Education Division is concerned with all aspects of education in and for general practice. Divisional Administrator: Derek Buckland

#### LIBRARY AND INFORMATION RESOURCES CENTRE

#### **Enquiry Service**

The RCGP Enquiry Service aims to provide information on all aspects of general practice to information on all aspects of general practice to general practitioners, practice staff and other health professionals. The growing resources of the IRC include: over 6000 books; 250 periodical titles; 174 theses; subject files of articles, reports and pamphlets; files of equipment and company brochures; collections of practice leaflets, annual reports, record cards, audits and premises plans.

Members of the Enquiry Team are pleased to help by telephone or post, and general practitioners and their staff wishing to visit the Information Resources Centre are always welcome, preferably by appointment.

Opening Times: Monday-Friday 09.00-17.30 hours.

#### Online Search Service

The Online Search Service offers access to numerous publicly available computerized databases on virtually every known subject and specializes in biomedical sciences including general practice. The College's trained Online Searcher carries out searches that take a fraction of the time that a manual search would involve. Online searches can accommodate multiple search terms and can print out the results at a very high speed. Services are provided at a reduced rate to members.

Reader Services Librarian: Clare Stockbridge Bland.

#### **Technical Services**

The Geoffrey Evans Library has been collecting material on general practice since 1960. It has a unique collection of books, pamphlets, periodicals and general practitioner theses. As part of a planned development programme, the library is expanding its computer database in order to improve the use of existing stock, as well as offering a wide range of new documentation on primary health care. The College Journal author index, theses lists, the annual list of books for general practice and various reference lists are now produced from this database. The periodicals holdings list is produced from a separate database of periodical holdings.

An important service to members is the supply of An important service to members is the supply of photocopies of journal articles. Two hundred and fifty periodical titles are currently taken. Articles not held at Princes Gate can be obtained from the British Library or other local medical libraries through the Inter Library Loan Service. Fellows, members and associates may use this facility at a discount rate. Non-members will be charged the full rate. Although the main bookstock of the IRC is for reference only, College publications (excluding College videos and Information Folders) may be taken out on loan.

Technical Services Librarian: Leonard Malcolm. Librarian: Margaret Hammond.

#### INFORMATION TECHNOLOGY CENTRE

The Centre provides general practitioners with information and practical advice on computers and computer software. This can range from general practice specialist systems (for example, Vamp, practice specialist systems (for example, Vamp, Meditel) to general business applications. Some specialist systems are maintained within the Centre and demonstrations can be arranged upon request. The Centre also organizes monthly computer appreciation courses which are open to general practitioners and their practice staff.

Information Technology Manager: Mike

#### PRINTING SERVICES

The College is able to provide competitively priced services to members and fellows for practice leaflets, notepaper, etc and is able to undertake printing and mailings on behalf of faculties.

Print Unit Assistant: Christine Edwards

Readers should write to the Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU (Tel: 071-581 3232) in every case except where another address is given.

#### 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**

## EDICAL AUDIT FACILITATOR

**BOLTON MEDICAL AUDIT ADVISORY GROUP** 

Established in August 1990, the Bolton MAAG is seeking to strengthen it's team supporting 137 GP's and 68 practices throughout the Bolton area. Our objective is to complete the introduction of Medical Audit by April 1992, following the system adopted by the Department of Health pilot project in Liverpool.

Medically qualified, you will have recent experience of general practice and are very likely to have had experience of Medical Audit Practice

Reporting to the chairman of the MAAG, the key area of responsibility will be to encourage the development of new Audit initiatives whilst monitoring it's overall effective usage.

The provision of training and educational back-up through a data bank of activities and results will also feature strongly; this will include the production of a newsletter on a regular basis.

The post is offered on a part-time basis for six sessions per week for an initial period of 12 months. Reimbursment will be on a sessional rate plus the appropriate travel expenses. Bolton FHSA will provide administative support and an office base at it's headquarters in Churchgate, Bolton.

A positive and pro-active approach towards problem solving is seen as essential, underpinned by a broad and professional knowledge of general practice.

Details of this post are available from Mrs.J. LEONARD at the Bolton FHSA(Tel: 0204 390028) or alternatively

the Chairman of the MAAG, Dr. MIKE COOPER will be pleased to discuss the post with any prospective applicant(Tel: 0204 68161). Applications by letter with a CV should be sent to Dr.MIKE COOPER, Kildonan House, Horwich, Bolton BLoSNW by September 27th 1991

OLTON FAMILY HEALTH SERVICES AUTHORITY

## LOCUM VACANCY IN **ANTIGUA**

ANTIGUA opportunity for mature practitioner for 1-2 year locum starting immediately. Urban practice, nearby hospital, friendly people, beautiful beaches, tropical climate.

Apply Dr Rodney Williams, PO Box 753 ANTIGUA W.I. Tel: 809-462-0527.

Terms and conditions (including accommodation) to be discussed.

#### TRAINEE VACANCY

Rural North Wales. Six months from 1 February 1992. Come and be pleasantly exploited by two friendly, slightly disillusioned GPs. What can you lose!

Dr Gibbs and Dr Park. Telephone: 0490 2362.

#### **COURSES**

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## PGE COURSE AT PORTE DES ILES MANCHE, NORMANDY

**APRIL 26th - MAY 1st 1992** 

Course Organisers: Tom Kennedy, FRCGP and Roger Neighbour, FRCGP

Join us in pioneering an innovative PGE course with "the differences that make the difference":

- a well-balanced treat for brain and heart, body and soul;
- a negotiated programme to refresh the clinical, personal and inter-personal areas other courses don't reach;
- a participatory educational style to intrigue, stimulate and enthuse:
- a beach-side setting in the delightful village of Saint Pair;
- accommodation and plenty to do for spouses and children.

All this, and 9-10 sessions of PGEA at an unbelievably low price.

Seriously interested? Write for further details, by the end of September, to: Dr Tom Kennedy, Four Winds, Langholm, Dumfriesshire DG13 0EE

## EAST SURREY POSTGRADUATE MEDICAL CENTRE

## **G.P. STUDY WEEK**

7th - 11th OCTOBER 1991

This course will be held in East Surrey's new and comfortably furnished Postgraduate Centre. An interesting and varied programme is offered, with ample opportunity for discussion and group work between presentations. 5 days P.G.E.A. will be approved. Course fee £250.

Full programme applications to:

DR. B. H. MATTHEWS G.P. TUTOR POSTGRADUATE CENTRE **EAST SURREY HOSPITAL** THREE ARCHES ROAD, REDHILL **SURREY RH1 5RH** Telephone: (0737) 768511)

#### **COURSES**

### 'THE INDIAN EXPERIENCE'

A Medical Study Programme in association with Abercrombie & Kent India

January 24 - February 9, 1992

Accredited for PGEA - Five Days

Service Management Five Sessions Health Promotion

Three Sessions Disease Management Two Sessions

PGEA programme at the Leela Beach Hotel, Goa (a Lufthansa-Kempinski hotel)

Speakers include:

Prof Euan Ross, Dr Chandra Patel, Dr Peter Anderson, Dr David Delvin, Dr Alastair Wright, Prof James Shepherd, Dr Colin Currie, Dr Raine Roberts

Topics include:

Child Development Clinics; Tax, pensions and investment; Care of the Elderly; Managing stress; Cholesterol and other lipids; Health promotion; Psychosexual problems; Travel medicine

Study Tours based on the Taj Group of Hotels

Two days in Delhi and one day in Agra then choice of

Rajasthan, South India, Varanasi and Khajuraho, Indian wildlife

Each tour will include professionally relevant visits and presentations.

Full programme for accompanying persons. Price: from £1599.00 inclusive of all

economy class airfares.

Further information: Dr James Dunbar **Downfield Surgery** 325 Strathmartine Road DUNDEE DD3 8NE

0382 812111 Fax 0382 88315



## THE SOCIETY FOR **PSYCHOSOMATIC RESEARCH**

Conference on Recognition and Management of **Psychological Disorders in General Practice** 

held at

St Bartholomew's Hospital West Smithfield, London EC1A 7BE 25th/26th November, 1991

Topics include

The management of psychological disorder in general practice The interface between psychological and physical disorder The heart sink patient

Management of substance abuse

Care of the long-term psychotic

Psychotherapy in a primary care setting Problems in childhood

KEY NOTE DEBATE: "What will budget holding GP's want from psychiatry?" and "The psychiatrist's response".

Expert speakers from general practice and psychiatry.

Fee for GP's who are not Credit Card Holders of PGEA is £110, reduced to £100 for bookings received by 1st October, 1991. Reduced price of £65.00 to members of the Society of Psychosomatic Research. Application forms and enquiries to Dr C Bass, Department of Psychological Medicine, John Radcliffe Hospital, Headington, Oxford OX6 9DU (Telephone 0865 220379).

**RCGP-PGEA COURSES AVAILABLE THROUGHOUT** THE YEAR

Call 071-8239703 for programme

# MANAGING FOR QUALITY RCGP COURSES

APPROVED COURSES

The College is pleased to offer a series of new and revised two day courses for general practitioners and practice managers as part of the RCGP's continuing initiative in the development of practice management.

#### COMPUTER APPRECIATION COURSE (20/21 September, 18/19 October, 22/23 November 1991)

A two day course, aimed at making general practitioners and practice staff aware of the rapid developments currently taking place in micro-computing, and to relate these to the needs of the general practitioner. The course takes account of the implications of the White Paper and aims to give guidance to both general practitioners who have already installed a computer system in their practice and those who are about to do so. The implications of audit will also be addressed. This course complements the Managing General Practice in the 90's course. The principles, technology and language of computing are presented in lay terms, with particular emphasis on the problems that are likely to confront general practitioners. Hands on experience is provided and a general practitioner specialist system demonstrated by a representative of the supplying company. This course is PGEA approved for 2 days under Service Management. The fee is £200 for members and £250 for non-members.

## STRESS IN THE PRACTICE TEAM: Problems & Solutions (24 September 1991)

Current interest in stress related topics has been highlighted by recent sweeping changes in the NHS. This one day symposium will focus on the wider implications from several new angles. Various members of the primary care team will address how work related stress may affect our patients and impinge on our families from the differing view of doctors, nurses and practice managers. The day, chaired by Dr Richard Maxwell, will include presentations from Professor John Howie, Dr Anthony Allibone, Dr Clive Richards, Dr Derek Chase, Dr Ben Glaizner, Dr William Styles, Mrs Sarah Andrews, Mrs Marie Cave and Mrs Brenda Sawyer. PGEA approval has been obtained (1 Day under Health Promotion) and the cost for the day including lunch will be £60.

#### PERSONNEL MANAGEMENT COURSE (3/4 October 1991, 14/15 January, 18/19 March and 20/21 May 1992)

This course aims to give general practitioners and practice managers an appreciation of the processes and skills required to improve organisational performance through the effective recruitment and selection of staff; the development of staff through performance appraisal; addressing disciplinary issues; and the explicit and implicit terms of the contract of employment. This course will be of principal benefit to those who have no previous management experience. The fee is £200 for members and £250 for non members. PGEA approval has been granted for 2 days under Service Management.

**TEACHING THE MEDICAL AUDIT TEACHERS** (6/7/8 November 1991, 22/23/24 January, 29/30/1 April (May), 23/24/25 September and 21/22/23 October 1992)

A three day course in medical audit for those who teach it. The course is for 24 participants, all of whom will have some experience of medical audit and are likely to be involved in teaching about it. The course is designed to present the subject of medical audit and to examine three related topics: standard setting, the collection and analysis of data and the management of change within the practice while also considering how to present and teach these subjects to colleagues. Pre-course work will involve some preparation and selected reading. On the course, subjects will be taught didactically, analysed from the teaching viewpoint and worked with experientially using a range of exercises involving both small and large groups. The course will be staffed by three small-group leaders and some of the formal presentations will be by visiting lecturers. PGEA approval has been granted for 3 days under Service Management and zero-rated Section 63. The cost will be £300.

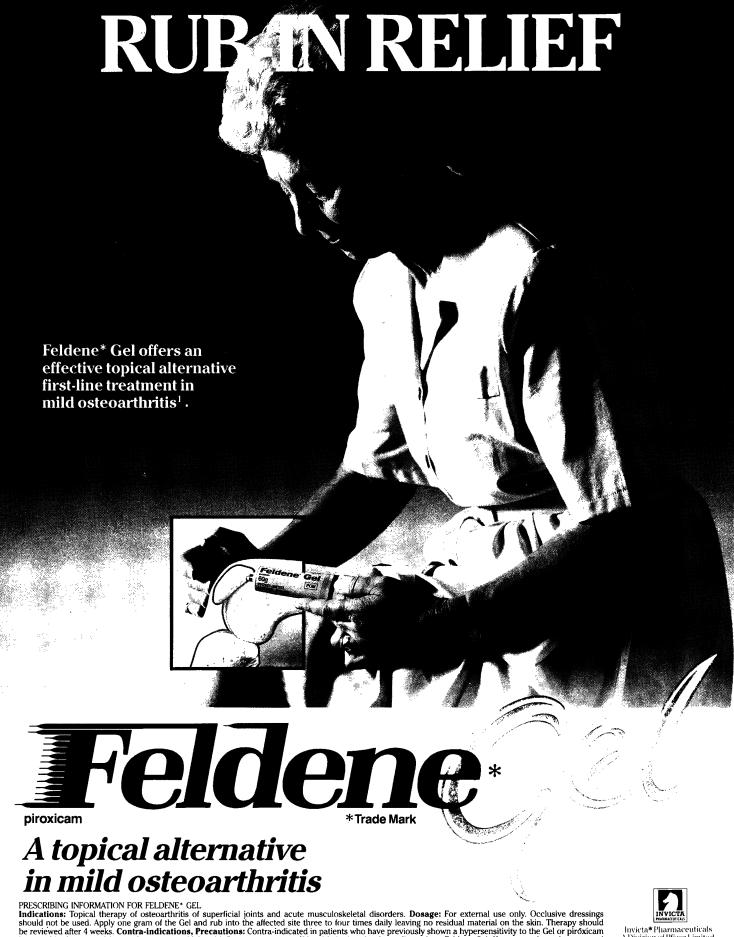
#### DATA HANDLING FOR MEDICAL AUDIT (4/5 December 1991)

Two days training in the technical skills involved in collecting and digesting medical audit information. The course is suitable both for interested general practitioners and their staff and for those working with Medical Audit Advisory Groups. A practical approach will be taken throughout. The course will study how to plan surveys, design questionnaires, select suitable ways of analysing the information and will review how to present the results. It will include some basic computer techniques — data entry and analysis, graphical presentation, etc. The intention is to develop practical skills to help medical auditors make valid observations about current clinical practice and to enable them to perceive, measure and demonstrate the improving quality of their patients' care. PGEA approval has been granted for 2 days under Service Management. The fee is £250 for members and £275 for non-members. This course will be offered again in 1992 (further details will be advised).

Further details and application forms for all these course are available from the Corporate Development Unit, RCGP, 14 Princes Gate, London SW7 1PU. Tel: 071 823 9703. Fax: 071 225 3047.



Royal College of General Practitioners



should not be used. Apply one grain of the deal and rule mile after the mile after the state of 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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