

**ZERO  
HRS**

**24  
HRS**

# **HELP KEEP THEM OUT OF THE RED AND IN THE GREEN**

# *Zestril*

**lisinopril ICI**

## **P R E S C R I B I N G   N O T E S**

### **Consult data sheet before prescribing.**

**USE:** All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjunctive therapy).

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

**DOSAGE AND ADMINISTRATION: Hypertension** – initially 2.5mg daily, a 2.5mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20mg once-daily. Maximum is 40mg daily. Diuretic-treated patients – if possible stop diuretic 2-3 days before starting 'Zestril'. Resume diuretic later if desired.

**Congestive heart failure:** (adjunctive therapy) – initially 2.5mg daily in hospital under close medical supervision, increasing to 5-20mg once-daily according to response.

**Impaired renal function:** – May require a lower maintenance dose. 'Zestril' is dialysable.

**Elderly patients:** – No change from standard recommendations.

**CONTRAINDICATIONS:** Pregnancy – stop therapy if suspected. Hypersensitivity to 'Zestril'. Patients reacting with angioneurotic oedema to previous ACE inhibitor treatment.

**PRECAUTIONS:** Assessment of renal function is recommended. Renal insufficiency; renovascular hypertension; surgery/anaesthesia; possibility of hypotension especially in ischaemic heart disease and cerebrovascular disease. Combination with anti-hypertensives may increase hypotensive effect. Sometimes increased blood urea and creatinine and/or cases of renal

insufficiency if given with diuretics. Minimises thiazide-induced hypokalaemia and hyperuricaemia. Potassium supplements, potassium-sparing diuretics and potassium-containing salt substitutes not recommended. Indomethacin may reduce hypotensive effect. Possible reduced response in Afro-Caribbean patients. Use with caution in breastfeeding mothers. Do not use in aortic stenosis or outflow tract obstruction or cor pulmonale. Monitor lithium serum levels if lithium salts administered.

**SIDE EFFECTS:** Dizziness, headache, diarrhoea, fatigue, cough and nausea. Less frequently, rash and asthenia. Rarely, angioneurotic oedema and other hypersensitivity reactions; renal failure; symptomatic hypotension (especially if volume-depleted); severe hypotension (more likely if severe heart failure); palpitation; hyperkalaemia; increases in liver enzymes and serum bilirubin (usually reversible on discontinuation of 'Zestril') and impotence.

**PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS:** 'Zestril' 2.5mg (29/0208) 28 tablets, £7.84, 5mg (29/0204) 28 tablets, £9.83, 10mg (29/0205) 28 tablets, £12.13, 20mg (29/0206) 28 tablets, £20.96.

**'Zestril' is a trademark.**

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

**REFERENCES:** 1. White WB, Dey HM and Schulman P. Am Heart J 1989; 118: 782-795. 2. Kannel WB. Am J Med 1983; 75: 4-11.



EVERYBODY DESERVES THE MISERY OF SHINGLES



... it is difficult to justify on clinical grounds withholding Zovirax from any patient suffering from this miserable complaint.\*1

The Zovirax Shingles Treatment Pack is a systemic regime which can reach the peripheral nerves, the site of the main lesion in zoster, where it can inhibit replicating shingles virus.

As a proven course of treatment for this systemic disease, a treatment that has been shown to significantly reduce pain during the eruptive phase, curtail vesiculation and accelerate healing.

EVERYBODY DESERVES THE FULL ZOVIRAX TREATMENT

**Prescribing information**

**Presentation**  
Pale blue, elongated tablet with bevelled edges, impressed with "ZOVIRAX 800" on one side and scored on the obverse, containing 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, warnings, etc.**

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).

**Reference**

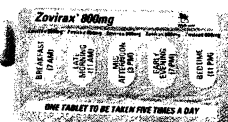
1. Wood, M. (1991), Supplement to *Scottish Medicine*, 11(4), 2-3.  
\*Trade Mark  
Further information is available on request.

**The Wellcome Foundation Ltd**  
Crewe, Cheshire.



**Wellcome**

**Zovirax Shingles Treatment Pack**  
acyclovir





# 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 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.

*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 1992 subscription rate for non-members in the UK is £95 (£105 outside the UK, £120 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 from Bailey Management Services.

*Editor:* Dr A F Wright, MD, FRCP, 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, FRCP, 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.

### MEMBERSHIP DEPARTMENT

Changes to membership details, for example, address or retirement, for fellows, members and associates should be notified to the Membership Officer. All enquiries regarding subscriptions, including applications for reduced subscriptions from fellows, members and associates should be directed to the Subscriptions Officer. Enquiries about *Journal* mailings and Associateship should also be directed to this department.

*Membership Officer:* Fiona Hornby.

### EXAMINATION DEPARTMENT

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

*Head of Department:* Tom Dastur.

### PRIZES

The College awards prizes, including the annual Syntex Award Winners Award and international travel scholarships. Applicants should write to the Awards Secretary.

### 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 is concerned with all aspects of research in and for general practice and advises Council on all policies and protocols for the care of patients. Through the research and development plan the division has established a major initiative to ensure that an adequate research infrastructure evolves to utilize the rich wealth of research potential in general practice. In doing so, the division seeks to ensure that general practice plays its part in the evolution of health care in this country. In providing clinical advice to Council and the College membership the division seeks to ensure consistency of College policy on preventive and anticipatory care matters.

*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 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 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. 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 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 DEPARTMENT

The department provides general practitioners with information and practical advice on computers and computer software. This can range from general practice specialist systems (for example, Vamp, Meditel) to general business applications. The department also organizes a regular computer appreciation course which is open to general practitioners and their practice staff.

*Information Technology Manager:* Mike Hodgkinson.

### 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: Debbie Pike, 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 17½%. 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.

### COURSES

#### REFRESHER COURSE FOR GENERAL PRACTITIONERS

organised by Birmingham Sub-faculty RCGP on 24 and 25 June 1992. PGEA approved.

Full details from Centre Administrator, PGMC, Good Hope District General Hospital, Sutton Coldfield, West Midlands B75 7RR — 021 378 2211 Ext. 2625.

#### "PROGESTERONE — ITS MANY CLINICAL USES"

6th International Symposium of the Dalton Society

on

Thursday, 23rd July 1992 2.00 - 10.00 pm

at

Royal Society of Medicine, London

Talks including progesterone and  
infertility  
asthma  
bone mineral density  
monoamine oxidase inhibition  
glucose metabolism  
contraception  
hyperemesis  
postnatal depression  
premenstrual syndrome

PGEA approval for whole day.

Particulars:

Mrs W. Holton, 118 Harley Street, London W1N 1AG

#### DIPLOMA IN PALLIATIVE MEDICINE 1992-93

CME/MODULAR COURSE/UNIVERSITY OF WALES COLLEGE OF MEDICINE

This is a distance learning course based on 6 CME modules of 5 weeks each (2 per academic term). Continual assessment and practice based work will form a major part of the marks towards the Final Diploma.

Applicants should apply in writing for details to:

The Course Secretary  
Palliative Medicine Diploma Course  
Holme Tower (Marie Curie)  
Bridgeman Road  
Penarth, S. Glamorgan CF6 2AW

Application closing date: 14th June 1992.

Course starts: September 1992.

#### ROYAL SOCIETY OF MEDICINE FORUM ON LIPIDS IN CLINICAL MEDICINE

ALL DAY MEETING ON LP(a)

to be held on 24th June 1992 at the  
Royal Society of Medicine, 1 Wimpole Street, London W1M 8AE

Speakers to include: Professor Joseph Loscalzo, Boston, USA; Dr Victor Armstrong, Gottingen, Germany.

Full details available from: Miss Nicole Aaron, Forums Office. Tel: 071 408 2119 Ext. 301.

#### WELSH MRCGP COURSE AT ABERYSTWYTH, DYFED

Tuesday 1 September 1992  
to Friday 4 September 1992

The above Course was instigated by a decision of the Welsh Council of the RCGP and is a residential course in buildings of the University College of Wales where opportunity will be offered for individual and group work in preparation for the written work and vivas of the MRCGP Examination. Examiners of the College will be present. Pre-course work will be required. Postgraduate Education Allowance approval and Section 2 approval have been obtained for those Principals or Trainees for whom it applies.

The cost of the Course is £315 payable at the start of the Course, and a deposit of £100 will be required on application for a place on the Course.

Please apply to Mrs Rita Slade, Bronglais Hospital, North Road, Aberystwyth, Dyfed SY23 2EE, telephone 0970 635956.

#### BRITISH SOCIETY OF REHABILITATION MEDICINE

#### CONFERENCE ON 'COMMUNITY CARE'

9 & 10 July 1992, University of Keele, Staffordshire

Speakers to include representatives from General Practice, Rehabilitation Medicine and Social Services. Registration fee £40 members, £45 non-members. Contact: Mrs S. Weatherhead, Administrator, BSRM, Royal College of Physicians, 11 St Andrews Place, London NW1 4LE (Tel: 081 550 0114). PGEA approved.

## APPOINTMENTS



### PRIMARY HEALTH CARE ADVISER

Applications are invited for the above post, based in Sheffield at the headquarters of Trent Health. The appointee will contribute to the medical input to the development of Primary Health Care within the Trent Region and will work closely with the Primary Health Care team in the development of new service opportunities and supporting existing primary health care services.

The post can be full-time which, if required could incorporate the Public Health Medicine Training Scheme (leading to Membership of the Faculty of Public Health Medicine), but the preferred option is for the appointee to continue in General Practice on a minimum of 13 hours.

The ideal candidate will have recent extensive experience as a Principal in General Practice. Possession of MRCGP preferred. Salary is dependent upon previous experience and will be negotiated with the appointee.

For an informal discussion please contact either **Mr. P. Greagsby**, Head of Primary Care on ext. 490 or **Dr. C. Marvin**, Consultant in Public Health Medicine on ext. 339.

A job description and application form are available from Ms. Jane Howcroft, Medical Personnel Officer on Sheffield 630300 ext. 648/533. Completed application forms to be returned to the Medical Personnel Department, Fulwood House, Old Fulwood Road, Sheffield S10 3TH no later than **Monday 16th June 1992**.

## EDUCATION & LEARNING



### MRCGP DCH DRCOG

Success in exams is vital for improving your career prospects. To be sure of passing at your first attempt you need to be well prepared. PasTest has 20 years specialist experience in helping doctors to pass their exams and we can help you to be successful.

Plenty of practice is vital. Our high quality books and courses will help you to obtain the maximum revision in the minimum of time by testing your knowledge and identifying your weak subject areas in time for further study.

Start your revision now. Write or telephone us for full details, information is sent by return of post.

**PasTest Service, Dept. GP,  
Freepost, Knutsford, Cheshire WA16 7BR  
Tel: 0565 - 755226**

### ABERYSTWYTH VOCATIONAL TRAINING SCHEME FOR GENERAL PRACTICE

Applications are invited for doctors seeking a three year VT rotation starting 1st August 1992 based at Aberystwyth, a coastal University town set in beautiful countryside.

The scheme is approved for MRCGP and the appropriate posts qualify for DCH, DObst, RCOG and the Diploma in Geriatric Medicine.

The Scheme is of three years duration and consists of a rotation through four of the following six month posts in hospital and two in General Practice. The hospital posts are (number of posts available in bracket) Paediatrics (2), Obstetrics and Gynaecology (2), General Medicine (1), ENT and Ophthalmology (1), Psychiatry (2), Geriatrics (2), Accident and Emergency and Orthopaedics (2). There are six attached training Practices.

The half day release course is on Tuesday afternoons in the academic year and is a three year modular course.

Candidates should hold or be preparing to obtain a current driving licence. Accommodation is available if required, during hospital employment and at two of the practices.

Please write for application form and prospectus to the VTS Administrator, 26 North Parade, Aberystwyth, Dyfed SY23 2NF.

## COURSES

### HOMOEOPATHY

EXCITING NEW COURSE FOR DOCTORS

BEGINS AUTUMN 1992

LECTURERS ALL EXPERIENCED MEDICAL  
HOMOEOPATHIC PRACTITIONERS

For further details contact the following, enclosing A4 s.a.e. HPTG J2, 22 Farndon Road, Oxford OX2 6RT.

### HEALTH PROMOTION IN GENERAL PRACTICE PROJECT

#### THE ROLE OF GENERAL PRACTITIONERS IN HIV PREVENTION

**1-day workshop; Wednesday 23 September 9.30 am-4.30 pm  
King's Fund Centre, Albert Street, London NW1**

Speakers to include: Hilarie Williams (DoH AIDS Unit), Dr Peter Herbert (GP tutor), Kitty Smith (FACTS), Donna Luff (Formerly Sheffield HIV Project), plus a summary of the Health Promotion in General Practice Project survey. Workshops to include: the role of HIV testing in general practice; facilitating HIV prevention; who should be undertaking HIV education in general practice? Workshop fee £35. PGEA approval applied for.

Contact: Janet Pidcock, Project Secretary, Health Promotion in General Practice Project, Hampstead Health Promotion Department, 21 Pond Street, London NW3 2PN. Tel: 071 794 0431 ext.2748.

WHEN OA BRINGS YOU TO THEIR KNEES

**FELDENE GEL**

**PRESCRIBING INFORMATION**

**Indications:** FELDENE Gel is effective in the treatment of osteoarthritis of superficial joints and acute musculoskeletal disorders. **Dosage:** For external use only. Occlusive dressings should not be used. Apply one gram of FELDENE 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 FELDENE 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 mucosal surfaces. 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 discoloration and staining of clothing have been noted when FELDENE Gel is not rubbed in completely. **Package Quantities and Basic NHS Cost:** FELDENE Gel 60g tube — £7.77 (PL 0057/0284).

Further information on request.



Divisions of Pfizer Limited



Pfizer Limited, Sandwich, Kent

\*Trade Mark

**Feldene Gel**

piroxicam

BRINGS RELIEF