



SCHERING

## What HRT ought to be

UK doctors told us what they wanted in an oral HRT formulation. Nuvelle closely matches their specifications – developed in the UK, for the UK, as first-line HRT<sup>1,2</sup>.

# nuvelle

oestrogen

### Prescribing Information

28 tablets containing oestradiol valerate 2 mg, the last 12 also containing levonorgestrel 75 micrograms. **Indications:** Hormone replacement therapy for the treatment of the climacteric syndrome. **Dosage and administration:** Menstruating patients begin treatment on the 5th day of menstruation. Other patients may start at any time. One tablet daily continuously. **Contra-indications, warnings, etc.** **Contra-indications:** Pregnancy, severe disturbances of liver function, jaundice or general pruritus of pregnancy, Dubin-Johnson syndrome, Rotor syndrome, existing or previous thromboembolism, sickle-cell anaemia, suspected or existing hormone-dependent disorders or tumours of the uterus and breast, congenital disturbances of lipid metabolism, a history of herpes gestationis (also known as pemphigoid gestationis), otosclerosis with deterioration during pregnancy. **Warnings/side-effects:** Hormonal contraception should be stopped. Reported symptoms include anxiety, increased appetite, bloating, breast symptoms, cardiac symptoms, depressive symptoms, dizziness, dyspepsia, leg pains and swelling, altered libido, nausea, rashes, vomiting and altered weight. Cholestasis is possible in predisposed patients. Carefully monitor multiple sclerosis, epilepsy, diabetes, hypertension, porphyria, tetany and otosclerosis. **Precautions and special**

## HRT in a single daily tablet

**information:** Before treatment, exclude pregnancy. If the expected bleeding fails to occur at about 28-day intervals, stop treatment and exclude pregnancy. Stop treatment at once if there are frequent and unusually severe headaches, first migraine or possible prodromata of vascular occlusion, or if trauma, illness or impending surgery entails a risk of thrombosis, if jaundice or pregnancy occurs, or blood pressure rises significantly. In patients with mild chronic liver disease, check liver function every 8–12 weeks. Examination of the pelvic organs, endometrium, breasts and blood-pressure is advised before and periodically during treatment. Investigate irregular bleeding. **Pharmaceutical precautions:** Store in cool, dry conditions. Shelf-life five years. **Legal category** POM Basic NHS Cost per pack of 3 x 28 tablets: £13.98 PL 0053/0219 PL Holder: Schering Health Care Ltd, Burgess Hill, West Sussex RH15 9NE. Nuvelle™ is a trademark of Schering AG. NUV Nov 1992. **References:** 1. Eisen, S.A. et al. Arch. Intern. Med., 1990; 150: 1881–84. 2. Schneider, W.H.F. & Spona, J. Acta Obstet. Gynecol. Scand., 1977; Suppl. 65: 39–43. 3. Kloppe, A. Br. Med. J., 1976; 2: 414–416. 4. Whitehead, M.I. Acta Obstet. Gynecol. Scand. Suppl., 1986; 134: 81–91. 5. Whitehead, M.I. et al., J. Reprod. Med., 1982; 27 (suppl. 8): 539–48.

# Pain relief at your fingertips



## The simple, effective topical NSAID from Geigy

### **Voltarol® Emulgel® Prescribing Information Presentation**

Diclofenac diethylammonium salt 1.16% in a non-greasy emulsion in an aqueous gel which corresponds to 1% diclofenac sodium. **Indications** Local symptomatic relief of pain and inflammation in trauma of the tendons, ligaments, muscles and joints, e.g. due to sprains, strains and bruises; localised forms of soft tissue rheumatism. Treatment should be reviewed after 14 days. **Dosage** Adults: depending on the size of the affected site to be treated, 2-4g (a circular-shaped mass the approximate size of a 1-pence or 2-pence piece) should be gently rubbed in 3-4 times daily. After application, hands should be washed unless site of treatment. Elderly: same dose as for adults. Not recommended for children.

**Contra-indications** Hypersensitivity to diclofenac, acetylsalicylic acid or other non-steroidal anti-inflammatory drugs. Hypersensitivity to propylene glycol or isopropanol. **Precautions** Voltarol Emulgel should

be applied only to intact, non-diseased skin, not to skin wounds or open injuries, and should not be used with occlusion. It should not come in contact with the eyes or mucous membranes. It should never be taken by mouth. Pregnancy. **Side-effects** Itching, reddening or smarting of the skin may occasionally occur. Photosensitivity reactions have been observed in isolated cases. Systemic absorption is low compared with plasma levels obtained with oral Voltarol. However, systemic side-effects cannot be excluded if it is applied with prolonged use to a large area. Additional side-effects have been observed with oral forms of Voltarol - see separate Data Sheet. Note: Asthma has been rarely reported in patients using topical NSAID formulations. **Packs** Tubes of 100g (PL0001/0131), basic NHS price £7.75. ® denotes registered trademark. Full prescribing information is available on request from Geigy Pharmaceuticals, Horsham, West Sussex RH12 4AB. Tel: (0403) 50101.

**OLYMPIA 2 LONDON**

**14-16 MARCH**

# **YOUR PRESCRIPTION FOR THE FUTURE**

**A VISIT TO**

**MED-PHARM '93**

## **The National Medical & Pharmaceutical Exhibition and Conference**



**MED-PHARM is the only national event in 1993 to reflect the areas of overlapping interest between doctors and pharmacists. With the PGEA accredited conference programme covering disease and service management plus a comprehensive exhibition of new products, services and equipment, it's your business to be there.**



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SOCIETY OF  
GREAT BRITAIN**

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programme & complimentary tickets phone: 071 262 2886**

### **ORGANISERS**

**Trades Exhibitions Ltd,  
Exhibition House  
Spring Street,  
LONDON W2 3RB**

**Fax: 071 706 0360**

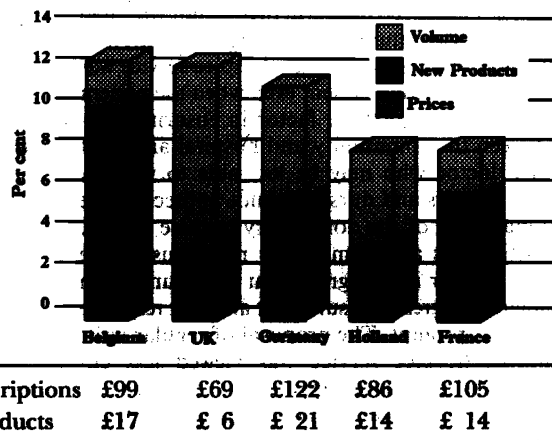
# Prescription for giving value for money

**G**overnment Health Ministers – and the Treasury – are reported to be concerned about the continuing increase in prescribing costs incurred by Britain's family doctors. The main reasons for this are as follows:

- \* As people get older they require more medicines. There have been significant increases in the numbers of people living beyond 75 and, in particular, beyond 85. A recent survey showed that of a 51 million increase in prescriptions written by GPs over a ten-year period, more than 49 million (i.e. 96 per cent) were for patients of pensionable age.<sup>1</sup>
- \* As a direct consequence of the imposition of cash-limits and some aspects of the NHS Reforms many hospitals have 'transferred' significant prescribing costs to GPs.
- \* The Government, as part of its reform programme for the NHS, has encouraged GPs to set up clinics to help identify patients requiring preventive medicine – treatments for high blood pressure and late-onset diabetes for example. More people requiring medicines have been identified; but the costs will be more than offset by longer-term savings. The future need for hospital care will be reduced because heart attacks, strokes or blindness in literally thousands of patients will be prevented.

Advances in scientific knowledge have led to more effective and safer medicines. But, as the chart demonstrates, the major element in the rise in the NHS Medicines Bill is due to increased volume – not to price rises or the use of newer more expensive products.<sup>2</sup> And the UK spends less per head and easily the least amount on new medicines.

*Chart shows annual rise of pharmaceutical expenditures with figures showing prescription medicines sales and cost of new products per head, 1991.*



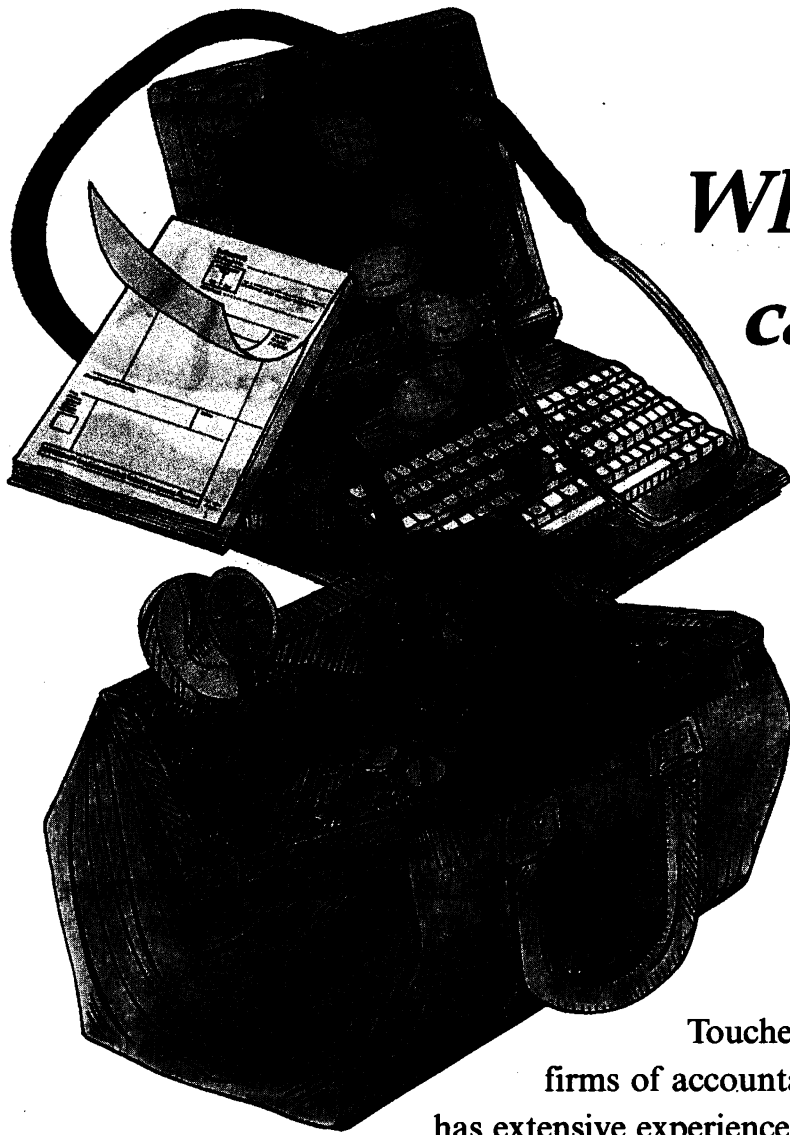
The underlying purpose behind the NHS Reforms was to provide a wider and more cost-effective service to patients. Extra costs incurred today will yield far greater savings in the future.

***That is giving real value for money***

<sup>1</sup> Trends in usage of prescription medicines by the elderly and very elderly between 1977 and 1988, ABPI, 1990.  
<sup>2</sup> Growth in prescription medicines expenditure – an international comparison. ABPI, 1992.  
 Publications available from ABPI, 12 Whitehall, London SW1A 2DY



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**RCGP COURSES . RCGP COURSES . RCGP COURSES**

## **FORTHCOMING COURSES 1993**

### **THE "NEW" MANAGEMENT APPRECIATION COURSE**

The changes General Practice is continuing to experience, has placed a greater demand on the quality of management in practice. This new 2 day course addresses those needs with the aim of helping GPs and Practice staff become better managers. The course deals with:

- \* strategic and operational management of the practice
- \* management of staff, time and the organisation
- \* management of change

Fee: £235 including VAT (£200 + £35 Vat) PGEA applied for. This course will be available from Mid 1993 early booking is advised.

### **EFFECTIVE PERSONNEL MANAGEMENT**

**Course Director: Sally Irvine**

**Course Tutor: Hilary Haman**

**2/3 March, 3/4 June & 12/13 October 1993**

This course is designed for members of the practice team whose responsibilities include staff management. The principles of personnel management, and their application in the management of staff whose conduct and performance are problematic, are covered. This two day residential course addresses the contract of employment, the motivation of staff and dealing with disciplinary issues.

The fee is £200.00 for members and £250.00 for non-members. PGEA approved.

### **PERFORMANCE APPRAISAL**

**Course Tutor: Hilary Haman**

**13/14 May & 23/24 November 1993**

Two day course open to general practitioners and practice and health centre managers. It aims to provide an appreciation of performance appraisal, the opportunity to practice interviewing skills, including role play and the use of video, and to develop a plan to allow participants to introduce a performance appraisal scheme into their practice. This course is highly intensive and therefore limited to twelve participants only.

PGEA Approved. The fee is £270.00 including lunch and refreshments and dinner on the first evening.

For further details please contact RCGP Courses and Conferences on 071 823 9703 or Fax 071 225 3047

**RCGP COURSES . RCGP COURSES . RCGP COURSES**

## **PARTNERSHIPS**



## **PARTNERSHIP VIDEO**

**PRODUCED FOR THE  
ROYAL COLLEGE OF GENERAL PRACTITIONERS  
BY THE MSD FOUNDATION**

**This programme looks at partnerships in general practice: at how the partners express their values and intentions, their hopes and fears, and how they work together as a group. The thesis which we put forward is that the partners as individuals can work with one another towards common goals, are major determinants of the quality of care that the practice is capable of providing for its patients.**

**This video, course book and the accompanying management game are designed to provide opportunities for groups to gain new insights into the structure of partnerships, the way in which partners relate to one another, and the impact of these relationships on practice planning and the management of change.**

**This package contains:- a course book, annual report and 30-minute VHS video. Price: £45.00 including packing and postage.**

**For further details or to order a copy please contact:  
RCGP Enterprises Ltd, 14 Princes Gate, Hyde Park,  
London SW7 1PU. Telephone 071-823 9698**

## CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: The Advertising Sales Executive, 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 publisher will not be responsible for any error in the insertion of, or omission to insert, any advertisement. The charge for space in this section is £12.00 per single column centimetre, plus £10.00 if a box number is required, plus VAT at 17.5%. Fellows, Members and Associates of the Royal College of General Practitioners may claim a 10% reduction. Replies to box numbers should be sent to the above address, with the box number on the envelope. The inclusion of an advertisement in this *Journal* does not imply any recommendation and the Editor reserves the right of refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

### APPOINTMENTS

#### **JOB SHARE, circa 30K**

A senior doctor in partnership can take 24 hour retirement, draw his pension and return to a much reduced commitment; but not the single-handed practitioner. The solution is to form a job-sharing partnership and then for one or both doctors to take 24 hour retirement and continue to look after the list, free of full-time restraints.

Accordingly, this single-handed rural (Essex) dispensing practitioner intending immediate 24 hour retirement seeks job-sharer. Well organised fully computerised (VAMP) high earning practice. 50% of profits estimated worth 30,000 pounds. Might suit older doctor at that fixed rate, lady doctor with children (immediate parity), or younger doctor as partner and successor.

2,600 patients; daily consulting, mornings only; on-call rota with neighbour. 50% job-share means at least one full day off per week, and on call only one afternoon/night per week, and 13 weekends per annum. Lots of mutually convenient holidays; short notice absences no problem. An interest in immediate care, home deliveries and ability in minor "casualty" work would be an advantage.

Our informal and friendly team demands, in addition to clinical competence, a cheerful extrovert and relaxed type of personality. The position is available now but will remain vacant until the right person is found. 1st July might be a good starting date. For further details apply to Box Number 3

#### **TRAINEE GENERAL PRACTITIONER**

SOUTH LINCOLNSHIRE: Rural 2 partner dispensing practice has a trainee vacancy for six or twelve months, with a negotiable start date in early 1993. Half day release to Boston VTS. Accommodation may be available in the area. Our trainee has own consulting room in new purpose-built premises with full equipment (ECG, Audiometer, Defibrillator, Library). Practice runs Diabetic, Child Health, Minor Surgery, Antenatal and IUCD Clinics, and has regular Primary Care Team and Staff Meetings. Trainer has an interest in Immediate Care at Accidents/Emergencies.

We aim to provide a lively learning environment in which our trainee can discover the positive facets of General Practice.

Handwritten application with 2 referees to Mrs M.D. Prosser, Practice Manager, 1 Sleaford Road, Heckington, Sleaford, Lincs., NG34 9QP (f.a.o. Dr. Andrew Mowat), or telephone 0529 60213 for Practice Profile.

### COURSES

#### **PRACTICAL ACUPUNCTURE COURSE**

This is a practical acupuncture course, with most of the teaching done on patients, similar to a teaching ward round at medical school. Patients with a large variety of diseases are treated and the appropriate treatment discussed, as well as the chances of success and failure.

These courses have been held since 1962 and have attended by over 1,000 doctors from 45 countries. They are held three times a year. In 1993: March 29-April 2; June 7-11; October 4-8. Each one-week 35 hour course is from 9am to 5.15pm, Monday to Friday. Only qualified doctors may attend, about 15 participants per course. £490.

These courses are Approved for Postgraduate Education Allowance as 30 hours (disease management).

Apply to Dr. Felix Mann, 15 Devonshire Place, London W1 or Telephone: 071 - 935 7575

(18503-4)GP

#### **THE UNIVERSITY OF BIRMINGHAM**

##### **DEPARTMENT OF GENERAL PRACTICE M. MED. SCI. IN GENERAL PRACTICE**

11.30 - 17.30

ON THURSDAYS IN TERM TIME

OVER 2 YEARS

STARTING OCTOBER 1993

This course established in 1991 offers teaching in research methods, clinical reasoning, epidemiology, health economics, statistics, sociology, medical ethics and management. A research project is undertaken and submitted as a dissertation. Informal enquiries welcomed.

*For further details please contact*

Dr. Kate Thomes, The Department of General Practice, The Medical School, The University of Birmingham, Edgbaston, Birmingham B15 2TT,  
Tel: 021 414 3766, Fax: 021 414 3759.

#### **Royal Free Hospital School of Medicine**

Unmet adolescent needs - what can be done?

**ONE DAY COURSE**

**PGEA Approved**

for GPs, Paediatricians and others interested

For Further details phone:

071-794 0500 Ext. 4361

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**COURSES**

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**ST GEORGE'S HOSPITAL MEDICAL SCHOOL**

(University of London)

DIVISION OF PSYCHIATRY OF ADDICTIVE BEHAVIOUR

**DIPLOMA IN ADDICTIVE BEHAVIOUR FOR GENERAL PRACTITIONERS**

One year (four terms) part time course for General Practitioners.

This modular course is unique in the U.K. and offers a comprehensive training in the addictions as applied to the Primary Health Care setting. PGEA Approved. Course starts 5th October 1993.

**M.Sc IN ADDICTIVE BEHAVIOUR**

This two year part-time course for Health Care professionals is the first of its kind in the U.K. Modular units of learning with a number on electives. Credit exemption for those who have obtained the Diploma. Approved by the University of London. Course starts 5th October 1993.

For further information please contact: Education and Training Unit, St George's Hospital Medical School, 6th floor Hunter Wing, London SW17 0RE. (Tel No. 081 672 9944 Ext: 56273).

## HOMOEOPATHY

Introductory Courses  
for  
General Practitioners

commencing  
11th and 12th March 1993  
PGEA Approved

details from  
Education Secretary  
FACULTY OF HOMOEOPATHY  
2 Powis Place, London, WC1N 3HT

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**CONFERENCES**

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2nd National Conference  
on  
"MENTAL HEALTH ASPECTS OF AIDS"

25th March 1993. University of York  
For further information: Tel 0484 548693  
Fax: 0484 425699

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**CONFERENCES**

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ROYAL COLLEGE OF PHYSICIANS OF LONDON

**ADVANCED MEDICINE CONFERENCE**

15th - 18th February 1993

This conference will include sessions on:

**CLINICAL PHARMACOLOGY AND THERAPEUTICS**  
**NEUROLOGY**  
**MEDICAL MANAGEMENT**  
**GASTROENTEROLOGY**  
**CARDIOLOGY**  
**ENDOCRINOLOGY**  
**RESPIRATORY MEDICINE**  
**COLLAGEN VASCULAR DISEASE**

and will include

LANGDON BROWN LECTURE  
Professor R Frackowiak  
VISIONS OF THE BRAIN:  
IMAGING THE MIND IN ACTION

LORD RAYNER LECTURE  
Professor D B Longmore  
MAGNETIC RESONANCE - THE  
OPPORTUNITY FOR CARDIOLOGY

OLIVER SHARPEY LECTURE  
Professor Julia Polak  
PEPTIDES: UBIQUITOUS  
REGULATORS

STATE OF THE ART LECTURE  
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IS ASTHMA A DISEASE OF AFFLUENCE?

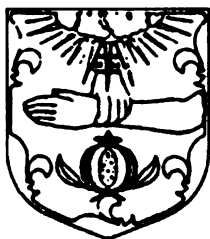
at the Royal College of Physicians  
11 St Andrew's Place, Regent's Park, London NW1 4LE

Further details from the Conference Office  
Telephone 071 935 1174 ext 252/300

PGEA granted



CONFERENCES



ROYAL COLLEGE OF PHYSICIANS OF LONDON

**INTERFACES IN MEDICINE  
CONFERENCE ON CLINICAL  
IMMUNOLOGY AND ALLERGY**

Friday 5th March 1993

This Conference will include sessions on:

**ALLERGY**

Use and abuse of diagnostic tests in allergic disease  
Food allergy: fact or fiction  
Venom desensitization: who and how  
What to do about angioedema and urticaria

**VASCULITIS**

Laboratory investigations in suspected vasculitis  
The Physician's eye view  
The Surgeon's eye view

**IMMUNODEFICIENCY**

Recurrent infection in children: who to investigate  
Management of immunodeficient patients

**MANAGEMENT: HOME THERAPY WITH  
IMMUNOGLOBULIN**

The medical perspective  
The nursing perspective  
The General Practitioner perspective

Tudor Edwards Lecture  
ASTHMA, T CELLS AND CYTOKINES  
Professor AB Kay, Brompton Hospital, London

at the Royal College of Physicians  
11 St Andrew's Place, Regent's Park, London NW1 4LE

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**ALCOHOL - REDUCING RISK**

A one day conference organised jointly by the HEA and RCGP will take place at Princes Gate, London on 7 May 1993. An interactive day with afternoon workshops, which will be of particular interest to GPs and members of the Primary Care Team. PGEA Applied for.

Further details available from:  
RCGP Conferences - 071 823 9703.

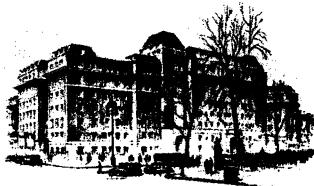
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The London Clinic's premises includes 40 consulting suites occupied by physicians and surgeons representing a broad spectrum of medical expertise.

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#### **Please send me further information about:**

- Please tick
- Cardiography ☐
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  - Pathology ☐
  - Physiotherapy & Hydrotherapy ☐
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