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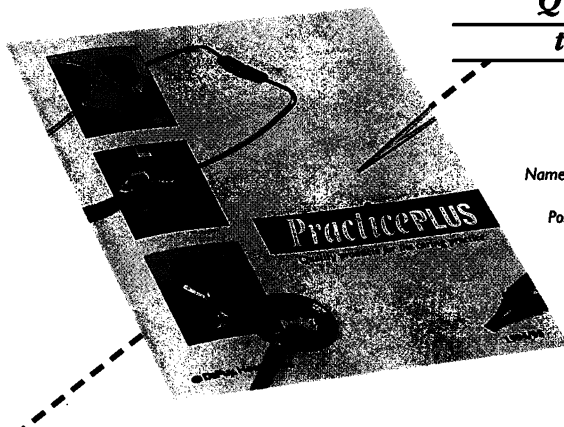
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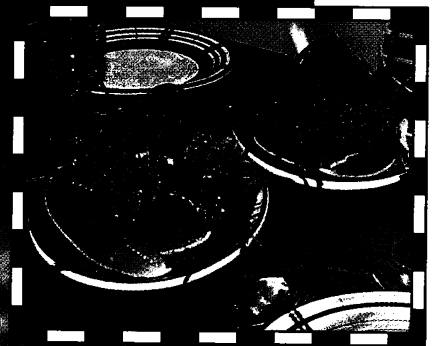
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*The RCGP Travel Club is operated by UNIGLOBE VIP Travel
80 Kensington High Street, London W8 4SG*

Sail the Caribbean this Winter...

We have arranged for a superb sailing yacht 'Valhalla' to be made available to B.C.T. Travel Club members in the West Indies this Winter.

The best way to see the Caribbean is on board your own yacht, your skipper and crew will act as your guide throughout this holiday of discovery, visiting the quiet anchorages or bustling resorts. Your chef will prepare delicious meals to be enjoyed on deck or in the saloon below in the beautiful saloon. Join in and enjoy the sailing or just relax and unwind. Snorkelling and diving with outboard is available for exploring the reefs and islands.

Put your own group together and charter the yacht for up to 6 people, or join our share-a-yacht scheme. If there are just 2 of you and you want to have a larger crew of 4 we will do our best to accommodate you with other Travel Club members. If you want us to arrange the yacht and crew for you we are working with a specialist agent to tailor-make this wonderful holiday, the ultimate escape from a British winter. Valhalla is available for members' use between 1st December 1994 - 30th April 1995.

The prices shown opposite are the price per person per week sharing a twin cabin and include all on-board expenses i.e. skipper and cook, fuel, berthing, local taxes, full board, wine, beer and all drinks, use of snorkelling equipment.

Valhalla will be in the UK until the end of September and inspection visits in mid-September can be arranged for members to visit the yacht and meet the skipper before making a booking.

Please call us for a brochure and further details.



No. of guests	Price per person per week
Two	£1,500
Four	£1,000
Six	£850

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Mon-Sat 9.00 am - 5.30 pm

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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* Adults (including elderly): 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 Adults: initially 2.5mg daily under close medical supervision (hospital initiation for severe or unstable heart failure and other patients at higher risk), increasing to 5-20mg once daily according to response. Monitor blood pressure and renal function.

Renal impairment - May require lower maintenance dosage.

Children - Not recommended.

CONTRAINDICATIONS: Pregnancy. Hypersensitivity to 'Zestril'. Patients with history of angioneurotic oedema to previous ACE inhibitor therapy. Patients with aortic stenosis, cor pulmonale or outflow tract obstruction.

PRECAUTIONS: Assessment of renal function is recommended. Symptomatic hypotension may occur, particularly in volume depleted patients and congestive heart failure. Caution in

patients with ischaemic heart or cerebrovascular disease; renal insufficiency; renovascular hypertension. Patients with a history of angioedema may be at increased risk of angioedema with an ACE inhibitor. Cough has been reported with ACE inhibitors. Renal impairment (usually reversible) may occur in some patients. Hypotension may occur during surgery or anaesthesia. Caution in nursing mothers. No paediatric experience. Afro-Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimised by discontinuing diuretic prior to 'Zestril'. Interaction with indomethacin and lithium. Potassium supplements, potassium-sparing diuretics and potassium-containing salt substitutes not recommended. Avoid concomitant use with high-flux dialysis membranes.

SIDE EFFECTS: Hypotension, dizziness, headache, diarrhoea, cough, nausea, fatigue. Less frequently, rash, asthenia. Rarely, angioneurotic oedema and other hypersensitivity reactions, myocardial infarction or cerebrovascular accident possibly secondary to excessive hypotension in high risk patients, palpitation, tachycardia, abdominal pain, dry mouth, hepatitis, jaundice, mood alterations, mental confusion, urticaria, diaphoresis, uraemia, oliguria/anuria, renal dysfunction, acute renal failure, impotence, pancreatitis, haemolytic anaemia. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leukocytosis; rash, photosensitivity or other

dermatological manifestations may occur. Increases (usually reversible) in blood urea, serum creatinine, liver enzymes and serum bilirubin. Decreases in haemoglobin and haematocrit have occurred. Hyperkalaemia and neutropenia.

LEGAL CATEGORY: POM.

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: 'Zestril' 2.5mg (12619/0084) 7 tablets, £1.91; 28 tablets, £7.64; 5mg (12619/0085) 28 tablets, £9.58; 10mg (12619/0086) 28 tablets, £11.83; 20mg (12619/0087) 28 tablets, £13.38.

'Zestril' is a trademark.

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

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WONCA CONFERENCE - HONG KONG - JUNE 1995

The Travel Club is negotiating with a number of operators for the best possible price for flights and hotel accommodation for members. It would help if we had an idea of the number of RCGP members who might be interested, if you would like to receive further details please contact us.

OKTOBERFEST - MUNICH BEER FESTIVAL - 17TH SEPTEMBER TO 2ND OCTOBER 1994

Special arrangements have been made by the German Travel Service - Take your own care from £172.00 per person. Flight packages also available. Call us for a brochure.



COMPETITION - COMPETITION - COMPETITION - COMPETITION - COMPETITION WIN AIR UK TICKETS TO MILAN

Air UK, Britain's third largest scheduled airline, has just launched a new service from London Stansted to Milan. Now's your chance to win two tickets to this exciting destination. Services will operate daily and the journey time is two hours. During the flights, all passengers receive Air UK's high quality one-class Sterling service which includes hot or cold meal, complimentary drinks and a choice of newspapers.

To enter the competition answer the following question and send your answer along with your name and address to: Air UK Competition, the RCGP Travel, 80 Kensington High Street, London W8 4SG. The first correct answer drawn after the closing date 15th October will win the prize.

RULES: the prize is two AIR UK return tickets to Milan. There is no cash alternatives and flights are subject to availability. Tickets will be valid until 31st March 1995 and Bank and Public Holidays must be avoided.

QUESTION: WHAT IS THE NAME OF AIR UK'S INFLIGHT SERVICE?



OCCASIONAL PAPER 65

What is Good General Practice?

PETER D TOON MSc MRCP

Published by
The Royal College of General Practitioners

What is Good General Practice?

Occasional Paper 65

At a time when general practitioners are increasingly coming under pressure, it is particularly important for them to find time to "stand and stare". This major 'think-piece' by Dr Peter Toon, of St Bartholomew's Hospital Medical College, offers just such an opportunity.

Dr Toon believes that the current debate about quality in general practice is being conducted on the wrong battleground - politics and science, rather than ethics and philosophy - and that the key is to be able to recognise the distinction between facts and values. To this end he defines three models of general practice: the biomechanical, the humanist, and the public health. He also tackles the problems of running a practice as a business and the concept of the family in family practice.

Those who expect a definitive answer to the question "What is Good General Practice?" will be disappointed. *Occasional Paper 65* is essentially a work of medical ethics which seeks to resolve concepts and find a unified philosophy rather than promulgate practicalities. In doing so it will provide a welcome challenge to those who want to stand back and think deeply about the role of the generalist in medicine today.

What is Good General Practice?, Occasional Paper is available from RCGP Sales, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 071 823 9698. Price £10.00 (£11.50 non-members) including postage. Access and Visa are welcome, 24 hours. Tel: 071 225 3048.



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EQUITY IN PRIMARY HEALTH CARE

AGUDA Annual Autumn Conference

Saturday 17th September 1994

Venue

The Whelan Building, Liverpool University.

9.30am - 5.30pm

Cost: £25 - (income £8,000 - £19,000) or £40 - (income over £19,000)

Workshops * Presentations * Discussion
Vegetarian/Vegan food - Creche Facilities - Wheelchair Access

This Conference is aimed at all those who work in Primary Health Care who wish to find ways of improving the inequities in the lives of the individuals and communities served.

Key Speakers Include:

JOHN MACDONALD - author of Primary Health Care - Medicine In Its Place (1993).

RICHARD WILKINSON - author of Unfair Shares (1994).

ALEX SCOTT-SAMUEL - co-author of THE LEEDS DECLARATION On Population Health Research and Practice (1993).

- * The Conference will explore ways of improving racism, sexism and other prejudices.
- * The Conference will explore innovative ways of helping the unemployed, disempowered and other marginalised groups to find confidence and direction.
- * The Conference will explore ways of identifying and tackling the problems of deprivation.
- * The Conference will explore how to make lobbying for change effective, how to form effective alliances for change and how to make goals realistic.

Most of the day will be in small group format, often working on the lessons to be gained from existing initiatives. The key suggestions will be amalgamated and distributed widely, in collaboration with the Primary Health Care Unit/Health Education Authority, Oxford.

For further details please contact: Gaynor Doyle, AGUDA Office, 1st Floor Cavern Walks, 8 Mathew Street, Liverpool L2 6RE. Tel: 051 236 4747 Ext. 230.

Research in General Practice

QUALITATIVE RESEARCH METHODS COURSE FOR BEGINNERS

Tuesday 4th October 1994

Postgraduate Medical Centre
Queen Elizabeth Hospital, Birmingham B15 2TQ

Applications are invited from general practitioners, and primary care team members, to attend the above one-day symposium, designed to teach descriptive research methods to those who have had little or no experience in general practice research. Recognised for postgraduate education approval: one whole day Category 'A' (health promotion & prevention)

* * * * *

Application form, and full programme, available from the above address or telephone: 021 - 471 2291

RCGP ANNUAL SYMPOSIUM - TEAMWORK IN ACTION

17 November 1994

The Commission on Primary Care is presenting this year's Annual Symposium. The conference theme will be in line with the Commission's main objective - to promote closer interprofessional working and learning.

The programme will focus on teamwork and will highlight examples of good practice. Much of the programme will be devoted to workshops sessions on various aspects of teamwork. Plenary speakers will include Professor Richard Hobbs from the Department of General Practice at the University of Birmingham, who will open the conference with a presentation on the importance of teams. In addition, Geoff Cooke, former England and British Lions Manager will be speaking on the positive aspects of teamwork.

For further details please contact RCGP Courses & Conferences, Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU. Tel: 071 823 9703. Fax: 071 225 3047.

Fellowship by Assessment Working Group

Vale of Trent Faculty

Royal College of General Practitioners

A NATIONAL STUDY DAY ON FELLOWSHIP BY ASSESSMENT

Morning Programme of F.B.A. Advisers & Assessors

Afternoon Programme for F.B.A. Candidates

- Launch of Revised Criteria, FBA6 -

Wednesday, 5th October 1994

at

The Royal College of General Practitioners,
14 Princes Gate, Hyde Park, London

[An Application for P.G.E.A. Accreditation has been submitted]

For further information/application forms, please contact:

Professor M.A.L. Pringle, Vale of Trent Faculty, R.C.G.P.,
Department of General Practice, Medical School,
Queen's Medical Centre, Nottingham NG7 2UH.
Tel: 0602 709391/Fax: 0602 709389

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DATA HANDLING FOR MEDICAL AUDIT

Course Director: Dr Oliver Samuel

Course Tutors: Dr Janet Peacock, Dr Lea MacDonald & Dr Steve Bruster

3/4 October & 14/15 December 1994

This intensive 2 day course offers training in the technical skills necessary to collect, understand and use audit data effectively. The syllabus includes standard setting, questionnaire design, statistics and hands-on computer training using four separate software packages. This course is intended for MAAG and practice staff and interested GPs.

PGEA approved for 2 days under Service Management. The fee (inclusive of VAT) is £340.00 including lunch and refreshments on both days, and dinner on the first evening.

TEACHING THE MEDICAL AUDIT TEACHERS

Course Tutors: Dr Oliver Samuel, Dr Bonnie Sibbald,
Dr Paul Sackin & Dr David Clegg

19/20/21 October 1994

This 3 day course is designed for all those involved in the teaching of medical audit - MAAG members, audit facilitators, trainers, course organisers and others. The course explores the issue involved in standard setting, data collection and analysis and the management of change. These are then examined in relation to teaching and learning. Much of the time is spent in small groups but there are also some lectures and informal presentations. The aims of the course are to increase participants' understanding of the process of audit and to help them to put it across to others in a variety of different ways. The course is designed to take into account the different backgrounds and experience of those taking part.

PGEA and Section 63 options are offered. The fee (inclusive of VAT) is £400.00 including lunch and refreshments for 3 days and dinner on the first 2 evenings.

LEADING, MANAGING AND UNDERSTANDING SMALL GROUPS

Course Tutors: Dr Geoff Roberts, Ms Rosslynne Freeman and Dr Oliver Samuel

2/3 November (Module I) and 2 December 1994 (Module II)

This is a 3 day course divided into two modules - two days followed 6 weeks later by one day. At the end of the course participants will have increased their understanding of how small groups function, and of how to lead and manage groups. This course is relevant for all who work in a group setting, as course organiser, GP tutor, audit facilitator or partner in a group practice.

PGEA and Section 63 options are offered.

The fee (inclusive of VAT) is £300.00 including lunch and refreshments, and dinner on the first evening.

JOINT RCGP/HEA STUDY DAY - NUTRITION: MAKING A DIFFERENCE

9 November 1994

This Study Day is aimed at GPs and all members of the primary health care team. It will combine a knowledge update on all aspects of nutrition, with descriptions of skills and approaches to helping people change what they eat. There will also be a chance, within a safe environment - to have a practice! The whole day will be designed to consider and address the realities of life within general practice.

PGEA and Section 63 approval being sought.

The fee (inclusive of VAT) is £58.75.

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

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Adults: Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, acute gout and acute musculoskeletal disorders. **Elderly:** As with other NSAIDs, elderly patients should be closely supervised. **Children:** FELDENE MELT is not recommended in children. For treatment of juvenile chronic arthritis (Still's disease) please see oral data sheet. **Dosage:** Rheumatoid arthritis, osteoarthritis and ankylosing spondylitis - normal starting and maintenance dosage 20mg once daily. Long-term use of 30mg daily or more carries an increased risk of gastro-intestinal side-effects. Acute gout - 40mg daily in single or divided doses for up to 7 days. Acute musculoskeletal disorders - 40mg daily, in single or divided doses, for the first 2 days, 20mg daily for the remainder of the 7 to 14 days' treatment. **Contra-indications:** Active peptic ulceration or history of recurrent ulceration. Hypersensitivity to FELDENE, aspirin or other NSAIDs. **Warnings:** Pregnancy, lactation.

Precautions: Significant renal, hepatic or cardiac insufficiency. Patients with phenylketonuria - each FELDENE MELT tablet contains 0.14mg phenylalanine. **Drug Interactions:** Monitor patients on concurrent anticoagulants, lithium or diuretic therapy. Concurrent use of aspirin or other NSAIDs is not advised. **Side-Effects:** Gastro-intestinal symptoms; if peptic ulceration or gastro-intestinal bleeding occurs withdraw FELDENE. Oedema, mainly ankle. Skin rashes. CNS effects, including headaches and dizziness. Rare cases of renal and hepatic abnormalities have been reported. Haematological reactions including thrombocytopenia and anaemia and hypersensitivity reactions such as bronchospasm and anaphylaxis have been reported very rarely. **Legal Category:** POM. **Package Quantities and Basic NHS Cost:** FELDENE MELT tablets 20mg, pack of 28, £9.83 (PL 0057/0352). Further information on request. **Pfizer Limited**, Sandwich, Kent.

