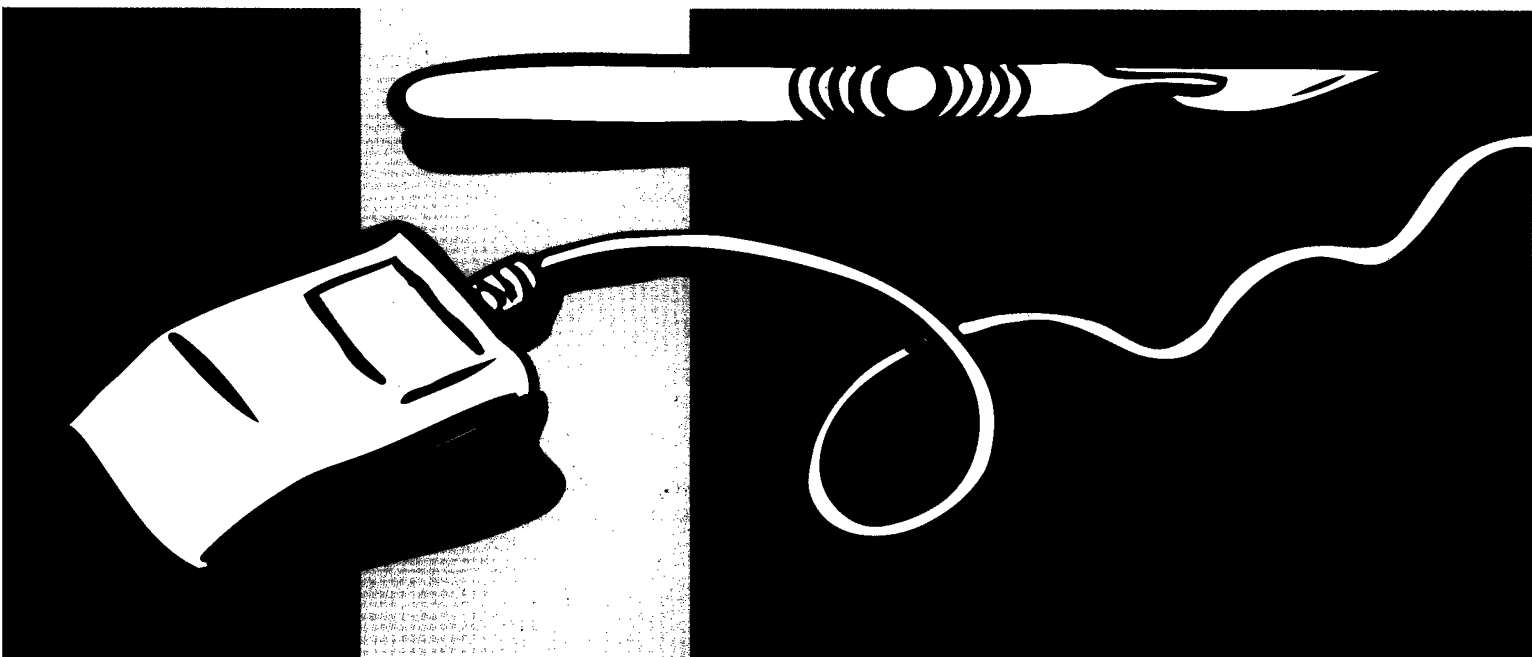


# Getting Better With Information



## Strategic Principles

Information is person-based

Information comes from operational systems

Information must be secure

Information needs to be shared

Information supports management

Information enables business objectives

Information focuses on health

Can we talk?

## Getting All Together Better

Across the NHS, healthcare professionals face unprecedented challenges as new legislation enables new demands, forges new relationships and creates new organisations.

Whether involved in clinical practice or management, you need IT systems to help you provide better patient care in a cost-effective and timely fashion.

Yet credible management information can't rely on hastily constructed solutions - healthcare applications must understand the concerns, constraints and structure of the NHS. Only then do they get to grips with the real issues and enable the flexibility and responsiveness you demand.

However, local choice has to be balanced by the need for systems to work together, across departments, across Trusts and across the NHS as a whole. But who can provide the right guidance?

IMG can. As part of the NHS Executive, IMG is charged with providing an NHS-wide strategy for delivering effective healthcare through better use of IT resources. And because we've worked on every type of project right across the NHS, our unrivalled experience means you can enjoy the best systems and help drive efficiency through the NHS.

Sharing information is not just a strategy, it's an altogether better way forward.

### IMG Information Point

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# THE EXPANDING WORLD OF 'ZESTRIL'



More Doctors are prescribing 'Zestril'  
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Consult data sheet before prescribing.

## 'ZESTRIL'

**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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lisinopril

*Helping hypertensives retain  
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**ZENECA**



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# CHILD PROTECTION

FOR HEALTH VISITORS

A training resource



**Helen Armstrong**  
on behalf of the Community  
Education Development Centre

**H**ealth visitors have a vital part to play in protecting children from abuse. Because they work so closely with families in their own homes and in community settings, they are uniquely placed both to prevent abuse through supporting parents and to observe early danger signals when abuse does occur. But to help them work effectively, health visitors need carefully targeted training and support. It is this need which *Child Protection for Health Visitors* aims to fulfil. Containing activities which can be combined into programmes of varying lengths to suit the training needs and circumstances of particular groups, this resource pack offers health visitors a way of developing their skills that complements the interagency training which they should already have received.

November 1994 297x210mm 92 pages  
ISBN 0 11 321810 9 Paperback £19.95

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**NEW DRUGS IN RHEUMATOLOGY**

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## Stress Management in General Practice

ROYAL COLLEGE OF GENERAL PRACTITIONERS

*Published by*  
The Royal College of General Practitioners

## Stress Management in General Practice

Occasional Paper 61

Stress looms large in the profession's thinking at present: stressed patients represent one of the largest groups of problems facing general practitioners and doctors themselves are coming increasingly under pressure.

This Occasional Paper, the report of a multidisciplinary working party of the College, chaired by Dr Michael King, discusses the nature of stress and its links with physical disease, offers practical advice on how to run a stress management clinic, and reports the findings of a study on doctors, work and stress.

Occasional Paper 61 is available from the Sales Office, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU, price £9.00 including postage. Tel: 0171 823 9698

For Access and Visa orders please phone 0171 225 3048, 24 hours.

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(A trust within the NHS)

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For further information, a price list and a copy of our Directory of Services, please contact the Marketing Department on (0270) 612087.

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**THE NUFFIELD ORTHOPAEDIC CENTRE**

**UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY**

**Registered Charity No. 801936**

The United Kingdom Council for Psychotherapy maintains professional standards for the profession of psychotherapy within the United Kingdom. It aims to protect the public and to safeguard good practice. It provides access to information about properly accredited psychotherapists, who meet the training requirements of UKCP and who abide by its ethical guidelines.

On 20th May 1993 the first National Register of Psychotherapists was launched and is now published annually. There are now over 3,100 names on the Register nationwide. Copies of the Register are available for £21.50. Listings of registered psychotherapists in a particular geographical area are supplied free of charge.

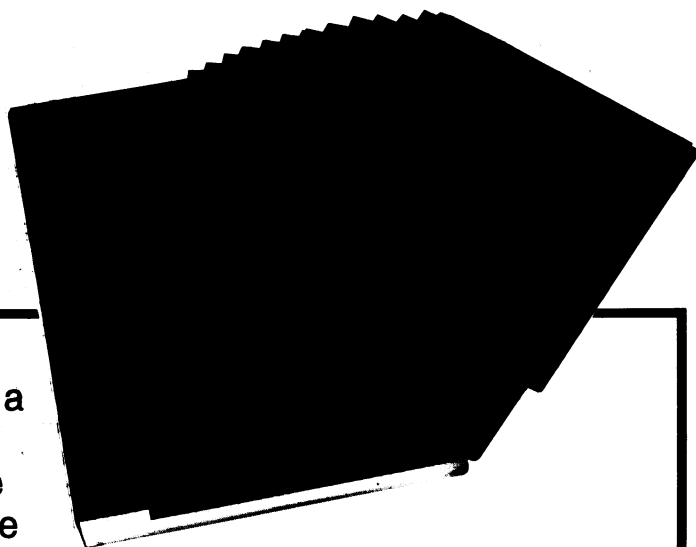
The Council represents the majority of organisations of psychotherapy practitioners in the United Kingdom. Over 70 Member Organisations are grouped together in autonomous sections representing the different approaches to psychotherapy. Many of these organisations run accredited training courses. Further details are available on request.

**UKCP, Regent's College, Inner Circle, Regent's Park, London NW1 4NS  
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**A photocopy of this form is acceptable if you do not wish to cut up your Journal**



BJGP1

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## RCGP

Research  
Funding



Applications are now being requested for grants for research in or relating to general medical practice, for consideration by the Scientific Foundation Board. In addition to its general fund the Board also administers a number of specific funds including the

### **Windebank Fund for research into diabetes.**

The Scientific Foundation 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.

If the study involves any intervention or raises issues of confidentiality, evidence of Local Research Ethical Committee approval should be provided as part of your application or justification of why it is not necessary to obtain such approval.

Studies which do not, in the opinion of the Board, offer a reasonable chance of answering the question posed will be rejected. It may sometimes be useful to seek expert advice on protocol design before submitting an application.

Care should be taken to ensure that costs are accurately forecast and that matters such as inflation and salary increases are included.

The annual sum of money available is not large by absolute standards and grant applications for sums in excess of £5,000 are unlikely to be considered.

Chairman's action can be taken between meetings to approve grants of up to £1,000. This may be particularly appropriate for applications for funding of pilot studies.

Application forms are obtainable from the Clerk to the Board at: The Scientific Foundation Board, The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU. The Board considers applications for funding 3 times a year, usually in January, May and October. The closing date for applications is 8 weeks prior to the date of the meeting. Information on precise closing dates can be obtained by contacting the Clerk to the Board. Any forms received after the closing date will, unfortunately, be ineligible for consideration at the meeting.

# HEALTH CARE SERVICE FOR PRISONERS



The Health Care of Prisoners is provided in 128 prisons in all areas of England and Wales. There are 270 doctors working in the Health Care Service for Prisoners with 140 full-time medical officers but also 120 part-time medical officers who are general practitioners.

All doctors joining the Service are expected to undertake a programme of training in a way which acknowledges the specialist nature of medical work in prisons including the managerial responsibilities, and which is to be matched by the introduction of a Diploma in Prison Medicine.

All doctors working in the Health Care Service for Prisoners are indemnified by the Service. All necessary facilities and equipment is provided by the Service.

At the present time there are vacancies for both full-time and part-time posts in prisons in many parts of England and Wales. Doctors interested in hearing more about employment in the Service are invited to write to or speak to **Dr Robin Ilbert, Directorate of Health Care, Cleland House, Page Street, London SW1P 4LN** telephone 0171 217 6550, fax 0171 217 6412.

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*Consultant Psychiatrists: Adult: Dr Nick Kitson, Child & Adolescent: Dr Peter Hindley  
National Deaf Services, Springfield Hospital, 61 Glenburnie Road, London SW17 7DJ  
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# **National Spring Meeting**

## **28-30 April 1995**

### **Hosts - North West England Faculty**



For further details contact: Halina Dawson, Faculty Manager and Conference  
Organiser, RCGP - NW England Faculty, Wigan and Leigh Medical Institute,  
162 Wigan Lane, Wigan WN1 2LA Tel: 0942 826400 Fax: 0942 826249



### **WONCA CONFERENCE - HONG KONG - JUNE 1995**

There has been a great deal of interest in travel to Hong Kong for the WONCA Conference in June. Please let us know if you require any assistance with your travel and accommodation for the conference. Also if you are planning to add other trips to your visit to Hong Kong we can help.

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

### **DEVELOPING YOUR TEAM**

Course Director: Sally Irvine      Course Leader: Hilary Haman

**25/26 January 1995**

This two day course, open to general practitioners and practice and health centre managers, will enable participants to understand how teams are developed, what their purpose is and how they can be sustained, as well as giving some practical experience of team building and team play. It is highly participative with a great deal of small group work so that participants can share with each other problems relating to operating within teams, as well as gaining experience of leadership and small group skills.

PGEA is being sought. The fee (inclusive of VAT) is £325.00 including lunch, refreshments and dinner on the first evening.

### **PERFORMANCE APPRAISAL**

Course Director: Sally Irvine      Course Leader: Hilary Haman

**16/17 February & 23/24 May 1995**

A 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 practise interviewing skills, including role play and the use of video, and to develop a plan to allow participants to introduce a staff appraisal scheme into their practice. This course is aimed at both newcomers to appraisal and those who have experience of appraisal but wish to revisit the subject. It is a highly intensive course and therefore limited to twelve participants only.

Two days PGEA under Service Management. The fee (inclusive of VAT) is £325.00 including lunch, refreshments and dinner on the first evening.

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Course Director: Sally Irvine      Course Leader: Hilary Haman

**3/4 May & 26/27 September 1995**

The importance of managing staff effectively and the increase in new legislation and case law, arising from UK statutes and European Directives, demands that practices have a firm foundation in employment law and are kept up to date on the latest legal developments. This 2 day course in personnel management focuses on motivating staff and employment law issues, including the Contract of Employment and disciplinary issues. It is designed for members of the practice team whose responsibilities include staff management and is run by Hilary Haman and Sally Irvine, who are experienced management consultants in general practice and authors of the highly popular book "Making Sense of Personnel Management". The fee (inclusive of VAT) is £250.00 and includes lunch and refreshments and dinner on the first evening. PGEA approval is being sought.

### **MRCGP COURSE**

**15-18 March 1995**

Course Tutors: Dr Has Joshi, Dr Douglas Dare & Dr Geoff Morgan

This is an intensive course employing unique teaching methods to enable candidates to prepare for the MRCGP examination. The first course of this kind enjoyed immense success and is particularly aimed at candidates who have found or anticipate difficulties with the MRCGP examination in its present format. It is also aimed at introducing candidates to the methods of assessment used in the written and oral segments of the examination. Candidates are advised to apply early to avoid disappointment as numbers are restricted. Course fee £450.00 (inclusive of VAT). PGEA applied for.

*For further details please contact: RCGP Courses and Conferences on 0171-823-9703 or Fax: 0171 225 3047.*

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Just published, this is a loose-leaf information folder which is designed to meet the specific needs of general practitioners responsible for the employment of staff. Areas include - what are the GMC guidelines relating to violence against GP's and what are the FHSA and Whitley Council rules of staff pay? This unique edition provides fast accessible answers to the kind of employment legislation which GP's have to deal with on a regular basis.

Published by Gee Publishing Ltd. **Price £46.00 (£55.00 non-members).**

### ***Making Sense of Personnel Management***

This is a book on how to get the best of your staff from recruitment to redundancy. The authors have introduced numerous case studies in to the text which makes a potentially heavy subject both interesting and enjoyable.

Published by Radcliffe Medical Press. **Price £12.50 plus £1.50 postage.**

### ***The New Practice Manager***

'The authors' breadth of knowledge will be a great asset not only to practice staff, but to all employers looking for a more efficient and effective practice management'

British Journal of General Practice (on the first edition).

Published by Radcliffe Medical Press. **Price £13.50 plus £1.50 postage.**

### ***Employing Staff***

Written specifically for general practitioners this brief guide provides information on employment law and includes the latest developments regarding maternity leave, health and safety regulations, contract of employment and causes of concern such as protecting staff from the risk of violence and ensuring confidentiality of patient records.

Published by BMJ Publishing Group. **Price £8.95.**

*All these publications are available from RCGP Sales Office, 14 Princes Gate, Hyde Park, London SW7 1PU.*

*Tel: 0171-823-9698. Fax: 0171-225-3047. Use our 24 hour answerphone service for Access and Visa orders: 0171-225-3048.*

### ***Occasional Paper 46***

#### ***Examination for Membership of the Royal College of General Practitioners***

Provides a comprehensive overview of the College's examination, describing its developments, current state and future trends. Includes sample questions and answers, MCQ, MEQ and CRQ.

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### ***The MRCGP Examination - A Guide for Candidates & Teachers***

Written by an experienced College examiner, this first full length book from the College on its membership examination takes candidates through the preparatory stages, describes how to approach the written papers and orals and offers sample answers - all within the context of the history of the College and with a look into the future.

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### ***MRCGP Practice Exams***

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Published by Pastest.

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Candidates must have held a post approved for professional training in a department specialising in the care of the elderly, or have had experience over a period of 2 years since Full Registration or equivalent in which the care of the elderly formed a significant part.

Further details and an application form may be obtained from:

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Judy Harris  
RDCU Locum Project Coordinator  
Emergency Department  
Dubbo Base Hospital  
PO Box 739  
Dubbo 2830 NSW  
AUSTRALIA

Tel: 068 840 370 / 068 858 797 Fax: 068 818 006



## Social Security Appeal Tribunal Medical Assessors

The President of the Independent Tribunal Service wishes to appoint a number of medical practitioners to act as Medical Assessors to advise Social Security Appeal Tribunals when hearing appeals concerning Incapacity Benefit.

Appointments are open to medical practitioners with at least 5 years post registration experience. Applicants must not be employed either by the Civil Service or by bodies involved in promoting the interests of people with disabilities.

Social Security Appeal Tribunals sit in most centres of population in England, Wales and Scotland and it is envisaged that the sitting commitment will average once per fortnight. It is anticipated that sittings will commence in July 1995: a one-day basic training course on Tribunal procedure for those selected will be given in May/June 1995.

If interested please write for a fact sheet and application form to:

**The President's Office  
City Gate House,  
39-45 Finsbury Square,  
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The Independent Tribunal Service operates Equal Opportunity policies.

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**Matthew F. McCarthy  
Registrar**



## EUROPEAN CONFERENCE ON REACCREDITATION AND RECERTIFICATION

24/25 March 1995  
VENUE: Homerton College, Cambridge.

A European Conference on Reaccreditation and Recertification is being organised in Cambridge, UK from 24/25 March 1995 by the European Academy of Teachers in General Practice (EURACT) with the assistance of the International Committee of the RCGP and the East Anglian Faculty of the RCGP.

This subject is becoming extremely important in all countries. The conference will provide a forum for consideration of the academic and educational issues involved in recertification and reaccreditation. The programme will be in the format of keynote speeches and interactive workshops. Delegate fees (inclusive of VAT) £105.00 for EURACT Members or £120.00 for non-EURACT Members. PGEA applied for.

*For further details and an application form please contact:*  
RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171 823 9703 or Fax: 0171 225 3047.

## MINOR SURGERY FOR GENERAL PRACTITIONERS TRAINERS COURSES

2 and 3 March 1995

Following the tremendous success of the recent pilot project, the Royal College of General Practitioners is keen to recruit and train tutors for its programme of nationwide Minor Surgery courses using highly sophisticated simulated tissue, to be run in 1995.

Applicants should have an interest in teaching and extensive experience in a wide range of relevant procedures and be actively engaged in minor surgery themselves.

Two one-day tutor training courses will be run by Dr Roger Kneebone, the organiser of the pilot courses, at the RCGP on Thursday 2nd and Friday 3rd March 1995.

The course fee will be £323.00 (inclusive of VAT). PGEA applied for.

Applicants will be selected on the basis of information provided in their application form. For further details and an application form please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171 823 9703 or Fax: 0171 225 3047.

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- Matching writing styles to outlets

### COURSE FEES:

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Better Writing Workshops are lead by Susan Kerr, BA, author, freelance health writer and qualified adult teacher and by Dr Richard Maxwell, MA FRCGP, a published practising GP with an interest in communication skills.

*Further information, dates and venues from:*

Dr Richard Maxwell, Lodgeside Surgery, 22 Lodgeside Avenue, Kingswood, Bristol BS15 1NH. Tel: 0272 615666. Fax: 0272 476854  
Application closing date for first 1995 workshop: 10th February

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