

Making the right connections...

Establishing an infrastructure for the better management and use of communications and information

For everyone in the NHS changing practices, developing relationships and new information technology can bring enormous improvements in efficiency and significant gains for patient care.

The NHS Executive is implementing an Information Management and Technology (IM&T) Strategy to develop consistent information systems and communication networks. This will ensure the appropriate use of information and information technology in the NHS in England.

Much preparatory work is complete and many components of the IM&T infrastructure - the framework at the core of the Strategy - are now available.

The IM&T infrastructure sets national standards and enables clinicians, managers and GPs to talk to one another electronically in a secure and controlled environment.

The immediate challenge is to harness the benefits of electronic communications and interchange, to cut administrative paperwork and transform the delivery of patient care.

What are the benefits?

- Delivering high quality patient care in a seamless fashion
- Improving the relationships between purchasers and providers
- Providing more efficient contracting and the automation of invoicing
- Achieving more effective management of resources and targeting of health care
- Enabling access to research and evidence based medicine

An information pack is available from the address below



Information
Management
Group

NHS
Executive

For further information contact:

Information Management Group

Information Point/NHS Register of Computer Applications

NHS Executive Headquarters

c/o Cambridge and Huntingdon Health Authority

Primrose Lane HUNTINGDON PE18 6SE

Tel: 01480 415118 Fax: 01480 415160



THE EXPANDING WORLD OF 'ZESTRIL'

*Lisinopril: the only once-daily ACE-inhibitor
indicated for hypertension, congestive heart failure
and acute myocardial infarction*

- More Doctors are prescribing 'Zestril' for more patients than ever before
- 'Zestril' has 12 million patient years of experience
- 48,000 patients are currently involved in 3 major trials with lisinopril
- Lisinopril is on over 75% of hospital formularies

PRESCRIBING INFORMATION

Consult Data Sheet before prescribing.

'ZESTRIL'

USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjunctive therapy). Acute myocardial infarction in haemodynamically stable patients (in addition to standard coronary care).

PRESENTATION: Tablets containing 2.5mg, 5mg, 10mg or 20mg lisinopril.

DOSAGE AND ADMINISTRATION: *Hypertension* Adults (inc 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.

Acute myocardial infarction Treatment may be started within 24 hours of symptoms. First dose is 5mg, followed by 5mg after 24 hours, 10mg after 48 hours and then 10mg once daily. Dosing should continue for six weeks. Lower dosage in patients with low systolic blood pressure (120mmHg or less) - see Data Sheet.

Renal impairment - may require lower maintenance dosage. 'Zestril' is dialysable.

Children - not recommended.

CONTRA-INDICATIONS: 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. Acute myocardial infarction patients with evidence of renal dysfunction or at risk of serious haemodynamic deterioration - see Data Sheet. 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, palpitations, tachycardia, abdominal pain, dry mouth, pancreatitis, hepatitis, jaundice, mood alterations, mental confusion, paraesthesia, bronchospasm, alopecia, urticaria, diaphoresis, pruritus, uraemia, oliguria/anuria, renal dysfunction, acute renal failure, impotence, 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. Hyperkalaemia and hyponatraemia.

Anaphylactoid reactions during desensitisation treatment. Leucopenia and thrombocytopenia have occurred (causal relationship not established).

LEGAL CATEGORY: POM.

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: 'Zestril' 2.5mg (12619/0084) 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, the property of ZENECA Limited.

Further information is available from: ZENECA Pharma, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ. 95/4366/H Issued Sept '95

ZENECA



Zestril

lisinopril

*Helping hypertensives retain
their Zest for Life*

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Adalat[®] LA

nifedipine 30mg & 60mg
FOR HYPERTENSION AND ANGINA



For further information contact: Bayer plc, Pharmaceutical Division, Bayer House, Strawberry Hill, Uxbridge, Middlesex UB8 3PH

Berkshire RG14 1JA. Tel: 01895 454545. Telex: 940000 Bayer G

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ICWS

Supporting a multidisciplinary approach to providing better patient care

AN OPEN DAY for DOCTORS, NURSES and PROFESSIONS ALLIED TO MEDICINE

- Do you have the information at your fingers tips to provide the best possible patient/client care?
- Do you care for your patients alongside other healthcare professionals?
- Does you team work well together?
- Do you make the best use of your valuable time?

*Come and hear how the
Integrated Clinical
Workstation Programme
has answered these
questions and produced
real working solutions.*

-
- **Demonstrations of working systems**
 - **Simulators**
 - **Exhibitors**
 - **Case Studies**
 - **Presentations**
 - **Expert Opinion**
-

*The Integrated Clinical Workstation Programme
A Programme for Change*



Please photocopy this form and post it to: Exhiberience Ltd, Egerton House, Tower Road, Birkenhead L41 1FN or fax it to them on 0151 650 6978.

Open Days will be held on the following dates and venues:

- ☐ 9th October at the Guildhall, Winchester
- ☐ 22nd October at the Postgraduate Centre, Queens Medical Centre, Nottingham
- ☐ 24th October at the White Hart Conference Centre, Harrogate
- ☐ 5th November at the Postgraduate Centre, Central Middlesex Hospital, London NW10

Please indicate your preferred choice

Name:

Position:

Address:

.....

.....

Postcode:

Please indicate your Profession:

Clinician ☐

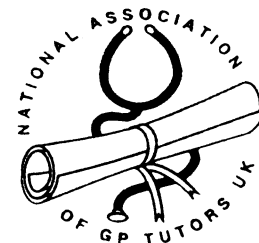
Manager ☐

Technical ☐

Other ☐

National Association of G.P. Tutors U.K.

c/o Royal College of General Practitioners
14 Princes Gate, Hyde Park, London SW7 1PU
Tel: 0171 823 9703 Fax: 0171 225 3047



Towards Wisdom and Health

Please reply to:

4th NATIONAL CONFERENCE

Theme: "Learning Together"

4th, 5th, 6th October 1996

BOSWORTH HALL HOTEL – WARWICKSHIRE

"CALL for WORKING CONTRIBUTIONS"

All GP Educators are welcome at this conference.
We would be pleased to receive Workshop Contributions on
any educational topics.

Ideal opportunity for you to meet other educationists,
share ideas and learn from each other.

Sessions to include:

Evidence Based Medicine ★ Clinical Effectiveness ★

Adult Learning ★ Multi Disciplinary Education ★

Role of New GP Tutors ★ Technology and Education ★

and any related topic with personal professional development

DEADLINE FOR WORKSHOP CONTRIBUTION PROPOSALS:

30th JUNE 1996

Please send a brief outline of your Workshop Contribution proposal(s) to
either:-

Dr Kumar Kotegaonkar
Chairman NAGPT
17 Spring Lane
Radcliffe
Manchester, M26 2TQ

Dr John Plumb
Tudor Gate Surgery
Tudor Street
Abergavenny
Gwent NP7 5DL

Dr Gill Plant
Vice Chairman NAGPT
172 Chester Road
Macclesfield
Cheshire SK11 8PT

Tel: 0161 724 6938
Fax: 0161 724 0172

Tel: 01873 855991
Fax: 01873 850162

Tel: 01625 619210
Fax: 01625 502169

She comes with her own insurance. Doesn't she make you feel better already?



The last thing you'd expect from a nurse who belongs to the Royal College of Nursing is a malpractice claim.

But, in the remote chance that she is sued by a patient, it's a relief to know that she is covered automatically by the

Royal College of Nursing's professional indemnity policy. Up to £3 million, including legal costs.

Because the RCN is committed to the highest standards of patient care, we even insure our members whether they

are inside the NHS or not, and whether they are at work or not.

You might say that an RCN nurse comes with a level of cover that she will probably never need.

Isn't that a comforting thought?

ROYAL
COLLEGE OF
NURSING





**THE ROYAL COLLEGE OF GENERAL PRACTITIONERS
INTERNATIONAL TRAVEL SCHOLARSHIPS,
THE KATHARINA VON KUENSSBERG AWARD
& THE JOHN J FERGUSON INTERNATIONAL TRAVEL SCHOLARSHIP**

The Royal College of General Practitioners invites applications for international scholarships to enable general practitioners from the UK to travel overseas to study aspects of health care relevant to this country's needs, to assist doctors from overseas who wish to visit the UK to study an aspect of primary care relevant to their own country's needs, or to help countries develop their own systems of primary care. This year thirteen International Travel Scholarships awards were made.

The following awards will also be made:-

Katharina Von Kuenssberg Award: The Katharina Von Kuenssberg Award is awarded each year for the most outstanding international travel scholarship application submitted.

John J Ferguson International Travel Scholarship: The John J Ferguson International Travel Scholarship was established in 1994 and was made possible by the generous donation to the College of a capital sum by Dr Ferguson FRCGP. This scholarship is awarded each year for the outstanding scholarship application from a doctor undertaking study in relation to the Middle or Far East.

Value

The value of each scholarship will range from £100 to £1,000.

Closing Dates

Katharina Von Kuenssberg Award

Friday 17 January 1997 (for projects from 1 March 1997 - 1 March 1998)

International Travel Scholarships

Friday 17 January 1997 (for projects from 1 March 1997 - 1 March 1998)

Friday 15 August 1997 (for projects from 1 October 1997 - 1 October 1998)

John J Ferguson International Travel Scholarship

Friday 15 August 1997 (for projects from 1 October 1997 - 1 October 1998)

If you would like further details or an application form please contact:

Mrs Mayuri Patel, Assistant Committee Clerk to the International Committee, Royal College of General Practitioners, 14 Princes Gate,
Hyde Park, London, SW7 1PU. Tel: + 44 171 581 3232 Ext 233 Fax: + 44 171 589 3145

Contact our website: <http://www.rcgp.org.uk/>

EMPLOYMENT LAW AND MANAGING STAFF

Course Director: Sally Irvine Course Leader: Hilary Haman

26/27 November 1996

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". PGEA is applied for.

The delegate fee (inclusive of VAT) is £340.00 including lunch and refreshments on both days.

STUDY DAY ON SPORT & HEALTH: FITNESS FOR CHILDREN & TEENAGERS

Friday 29 November 1996

The RCGP is organising a Study Day, in association with the Sports Council, to look at the effects of exercise on the health of young people. Current research in this area will be discussed, and topics will include asthma management, weight control and mental health.

The Delegate Fee (inclusive of VAT) is £60.00. PGEA to be applied for.

STUDY DAY ON HIV & AIDS

Friday 13 December 1996

The RCGP Working Party on HIV/AIDS is organising a Study Day which will address two important areas for health professionals - Home Care of Patients with HIV/AIDS and Issues around HIV and pregnancy.

The Delegate Fee (inclusive of VAT) is £30.00. PGEA to be applied for.

For further details of any of the above courses please contact: RCGP Conference Unit, 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 0171 823 9703 Fax: 0171 225 3047

RCGP International Course of Teachers of General Practice

"Promoting Excellence in Teaching General Practice"

Module One: 4 - 8 November 1996

Module Two: 12 - 16 May 1997

Venue: RCGP, 14 Princes Gate, London

The International Committee of the Royal College of General Practitioners is interested in working with a small group of selected teachers of General Practice from around the world with the objective of:

- Developing effective teaching and learning skills
- Encouraging and supporting the structure and management of General Practice Education in differing Health Systems
- Establishing core international groups of competent teachers
- Providing academic validation for future educationalists

There will be practical help on the ways to improve your teaching, with educational frameworks to extend your knowledge and understanding, through seminars, inter-active exercises and visits to and from UK teachers to compare teaching styles. Membership is limited to sixteen to allow for individual attention, and the course language is English.

There are four levels of participation:

1. Certificate of attendance at the two modules only;
2. Certificate in Postgraduate Education with course work following the modules, leading to;
3. Diploma in Postgraduate Education with course work and a written assignment;
4. Modular progression to a Masters degree in teaching and learning.

For further details please contact:

*The RCGP Courses Unit, Royal College of General Practitioners,
14 Princes Gate, Hyde Park, London SW7 1PU, UK.
Tel + 44 171 823 9703 Fax + 171 225 0629*



Do any of your young patients have...???

... problems with sleeping, speaking, coordination and concentration?
... or excessive thirst, screaming fits, restlessness, clumsiness, aggressive
& disruptive behaviour?
... or suffer from colic, chronic catarrh, ear/chest infections, rashes,
bedwetting and nightmares?

Many of these symptoms often accompany 'Hyperactivity' (AD/HD) ***
Improvements can be Achieved with Dietary and Nutritional Therapy

PROFESSIONALS: Membership £12.00 Annual renewal £8.50.
To include FREE HACSG diet/handbook, 3 free HACSG Journals per
year or £7.50 for Professional information pack to include 32 page
handbook.

PARENTS: Family membership £12 (Income Support £8), annual
renewals less. To include FREE diet/handbook and 3 free HACSG
Journals per year. 150 contact parents in UK/NI.

ATTENTION DEFICIT/HYPERACTIVE DISORDER

HACSG

THE HYPERACTIVE CHILDREN'S SUPPORT GROUP

71 Whyke Lane, Dept RC, Chichester, West Sussex PO19 2LD
Telephone: 01903 725182 (Office open 10am-3.30pm)

Registered Charity No: 277643 Patron: Sir Harry Secombe
Friends of HACSG: Earl Kitchener • Sir Richard Body

Vale of Trent Faculty Royal College of General Practitioners

A Reading & Reference Book List for General Practice Compiled by Dr Brendan Jacobs FRCGP

This sixty page listing of books selected for
GPs was published on 1st November 1995.

Contents include sections on 'the speciali-
ties' plus education, general practice, prac-
tice management and various topics of gen-
eral interest etc.

Books are described by title, author, pub-
lisher, ISBN number, price, year of publica-
tion and the number of pages.

To order, contact: J Bailly, Vale of Trent
Faculty, RCGP, Department of General
Practice, Medical School, Queen's Medical
Centre, Nottingham NG7 2UH.

Fax: 0115 9709389. Price: £5.00 per copy,
payable with order please. Cheques to be
made payable to Vale of Trent Faculty,
RCGP.

PILGRIMS SCHOOL - FOCUS COURSES



Innovative new courses for year 9 and year

11 pupils who miss out on their education and social life due to the effects of chronic asthma, eczema and related conditions.

Starting in September 1996 these courses combine proactive medical support with intensive educational input and enable the student quickly to rejoin the mainstream.

In addition to national curriculum subjects the courses offer individual programmes in self management of medication, health promotion, personal fitness and self esteem together with personal counselling.

To receive an information pack please contact:

Mrs Janice Richardson MA, BEd, Headteacher, Pilgrims School, Firle Road, Seaford, East Sussex, BN25 2HX. Tel: 01323 892697

Introduction to Ultrasound Course for GPs

7th UK Course

21-25 October 1996

at

***The Post-graduate Medical Centre,
St Richard's Hospital Chichester***



Course contents:

This Four day course (1300 hrs Monday to 1300 hrs Friday) successfully introduces GPs (practising and non-practising) to both the potential and limitations of ultrasound.

You will have lectures on the *theory* in the mornings, covering basic physics, abdominal and general ultrasound, obstetrics and gynaecological ultrasound, cardiac ultrasound, medico-legal and safety aspects and equipment selection.

The theoretical sessions are backed up in the afternoons with *practice hands-on* experience working with models and patients.

PGEA accreditation 30 hours

Course fees £495 (inclusive of VAT)

(Sponsored by leading manufacturers of ultrasound equipment)

For more information contact

Mr. P. Hussain (Course Leader)

Centre for Radiography Education

01705 866190 / 866915

CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: Maria Phantis, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 0171 - 581 3232. Fax: 0171 - 225 - 0629. 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 £15.00 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 to refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

COURSES/CONFERENCES

Let us help you pass...

Intensive Revision Courses 1996/97

London September 14/15 or Manchester September 21/22
repeated March '97

London December 16-20 repeated July '97

London September 20-22 or Manchester September 27-29
repeated March '97

Contact us now for further details
PasTest, Dept BG, FREEPOST, Knutsford, Cheshire, WA16 7BR

TEL: 01565 755226

PAS TEST

FAX: 01565 650264

What Is Hypnosis? See, Experience & Use.

An Introductory Course in Chesterfield
Saturday/Sunday 9th & 10th November

Organised by
THE BRITISH SOCIETY OF
MEDICAL DENTAL HYPNOSIS
Sheffield Trent Branch

Follow on Courses
Sunday 24th November, Sunday 8th December

For details contact:

TJ Grattage
75 Burringham Road, Scunthorpe,
South Humberside, DN17 2DF
Tel: 01724 861130 (evenings)
Fax: 01724 280346

PGEA (Medical) applied for, CME Approved (Anaesthetics)

RECRUITMENT

PRIVATE MANCHESTER CLINIC REQUIRES GENERAL PRACTITIONER

for sessional work every Friday afternoon and all
day Saturday.

To assess patient suitability for surgery
working in conjunction with Specialist
E.N.T. Consultant.

Experience in E.N.T. is desirable,
but not essential.

Excellent remuneration for the right person.

Kindly send CV to our London clinic:

The Sleep Disorder Clinic
98 Harley Street, London W1N 1AF
or contact
0171 629 8340/0171 409 7854

Mid Devon Dartmoor

Replacement 3/4 partnership offered in seven
doctor practice. Strong emphasis on personal
care. Individual list size about 1,370. GP
hospital, some involvement in local obstetrics
and other commitments.

Practice profile from the Manager, Box No:
SAL258 RCGP, 14 Princes Gate, Hyde Park,
London, SW7 1PU.

Australia Wants You!

GPs needed for 6-36 month positions in
rural Australia. Travel, housing, car and
medical defence provided with modest
stipend. Applicants must be willing to
manage uncomplicated deliveries.

Call Global Medical Staffing after 4pm at
0 800 892 053 or fax 00 1 801 561 9864.

FIRST LOVE, HER CHOICE



Mercilon 20 mcg
Desogestrel 150 mcg, ethinyloestradiol B.P.

A PILL SHE CAN SWITCH TO AND STAY ON

Mercilon Abbreviated Prescribing Information: (See data sheet before prescribing). Calendar pack of 21 tablets each containing 150mcg desogestrel and 20mcg ethinyloestradiol B.P. **Uses:** Oral Contraception. **Dosage:** One tablet daily for 21 days, starting on the first day of the menstrual cycle. **Subsequent courses:** are started after seven tablet-free days have followed the preceding course. **Absolute Contraindications:** Pregnancy, breast feeding. Past or present circulatory disorders, moderate to severe hypertension, hyperlipoproteinaemia. Presence of more than one risk factor for arterial disease. Severe liver disease, cholestatic jaundice or hepatitis, hepatic cell tumours and porphyria. Cholelithiasis. Oestrogen-dependent tumours, endometrial hyperplasia; undiagnosed vaginal bleeding. Past or present S.I.E. A history during pregnancy or previous use of steroids of severe pruritis, herpes gestationis, a manifestation or deterioration of atherosclerosis or jaundice. **Relative Contraindications:** Conditions which increase the risk of developing venous thrombo-emboli. Coagulation disorders. Any risk factor for arterial disease. Other conditions associated with an increased risk of circulatory disease. Epilepsy or migraine, past or present. History of cholelithiasis. Any risk factor for oestrogen-dependent tumours; oestrogen-sensitive gynaecological disorders. Diabetes mellitus. Severe depression, past or present. Sickle cell haemoglobinopathy. Discontinue use if liver function tests become abnormal. **Serious Adverse Reactions:** Various reports have associated O.C. use with deep vein thrombosis, pulmonary embolism and other embolisms, and coronary and cerebrovascular accidents, predominantly in heavy smokers. Combined O.Cs offer substantial protection against ovarian and endometrial cancer. Evidence linking combined O.C. use and breast and cervical cancer remains inconclusive. Malignant hepatic tumours have been reported on rare occasions in long-term users of O.Cs. Benign hepatic tumours have also been associated with O.C. use. **Other Adverse Reactions:** Breast tenderness, nausea, vomiting, headache, depression, change in body weight. **Legal Category:** POM. **Basic NHS Cost:** £8.97 - 3 x 21 tablets. PLO065/0085. **Further information on request to:** Organon Laboratories Limited, Cambridge Science Park, Milton Road, Cambridge CB4 4FL. Tel: 01223 423445. **DOC:** UKMERC/12 DEC 95. **Date of Preparation:** May 96. Ref no. 01453B/1.



Blood pressure measurements are you getting the true picture?

More and more GP's are using home blood pressure measurements as a better basis for making their diagnosis.

It is increasingly being recognised that a more effective and consistent way to monitor blood pressure with certain patients is to allow them to take readings in the comfort of their own homes, where they will be more relaxed. This type of recording helps to eliminate 'white coat' syndrome and allows several readings to be taken over a period of time and at different times of the day. Using validated automatic monitors such as OMRON, mean that these readings are consistent and accurate. While these units are ideal to loan to patients they are also obviously very useful and 'patient friendly' to use in the surgery. The OMRON 705CP automatic inflation monitor comes with an integral printer to prevent misinterpretations by the patient and will store the last 13 readings taken.

A validation of the OMRON 705CP was carried out by Professor E. O'Brien* of Beaumont Hospital, Dublin.

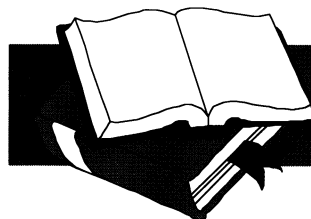
Copies of this report are available from Hutchings Healthcare.

HUTCHINGS HEALTHCARE LIMITED, REDE HOUSE, NEW BARN LANE, HENFIELD, WEST SUSSEX, BN5 9SJ
TEL: 01273 495038 FAX: 01273 495123

*J. Hypertens 1994



OMRON.



Recent Publications from the RCGP

Audit In Practice

This is the first manual which offers concise practice examples of audit on a wide range of clinical and organisational topics. The layout is such that it will be easy for practitioners to copy sections or incorporate designs into their systems from the forms provided.

The audits were chosen because they are common, important and relevant to everyday general practice. They have all been rigorously tested, are individually referenced and share a common structure.

Price: Members £14.95 Non-members £16.50

Adolescent Health: Training GP Registrars

Adolescents have largely been neglected as a group in relation to medical care. However, young people's needs are increasingly being recognised and the Health of the Nation targets include some specifically aimed at this group.

Adolescent Health is a resource for course organisers and trainers wishing to run a session on "Adolescent health in primary care". It is designed for use with GP registrars on vocational training schemes and could also be used for medical students. The contents included suggestions for preparatory work to be carried out by registrars, organisation for the main half-day session, useful addresses, an assessment form, and a section on keeping up to date.

The sections on background reading and critical reading bring together a number of articles on adolescent health which give a comprehensive overview of the subject and will be an invaluable resource for course organisers, trainers and registrars.

Price: Members £10.00 Non-members £11.00

Medical Records In Practice

The general practice record serves three basic functions: as an *aide memoire* for the doctor, to communicate with other health professionals involved in the patient's care, and for easy recall of background information. The statutory requirements for record keeping are those set out in the Red Book, either an envelope or folder may be used, but there is no official guidance on the use of computer records.

The increasing size and complexity of the primary health care team make it essential that practices should have established policies in relation to record keeping.

Coming at a time when all NHS bodies have been asked to ensure that their arrangements for handling patient information conform with DoH guidelines, this book is essential reading for all members of the primary care team.

Price: Members £20.00 Non-members £22.00



0171 823 9698

DOCTORS

**Required for Insurance Medicals
and Health Screening**

Countrywide especially

**Northamptonshire
North Yorkshire
Borders
Powys/Dyfed
Devon
Norfolk**

Most work on mobile basis

Please reply with a brief C.V. to:

**Michelle Levy,
Harley Street Doctors/Screening
77 Harley Street, London,
WIN IDE**

Neurological Workshop on Strokes and TIA's plus Mental States & Movement Disorders 24th October in Bath

- The **British Brain and Spine Foundation**, in conjunction with the **RCGP**, is sponsoring a series of 1/2 day workshops on the most common neurological subjects that are referred from General Practice to secondary care.
- Each of the workshops will be chaired by a tutor GP and led by a neurologist specializing in the particular subject. This workshop will be led by Dr David Park and Dr Peter Newman.
- This will be followed by two further workshops, the first on headaches plus fits and faints and the second on tingling and numbness plus sciatica and brachialgia.

The workshop starts with a buffet lunch at 12.30 pm.

PGEA (3 hours) applied for, in disease and service management.

There is no delegate fee but places are limited.

Please contact the Education Manager at BBSF, 35-43 Lincoln's Inn Fields, London WC2A 3PN to reserve a place or find out more details. (Phone 0171 404 6106 Fax 0171 404 6105).

PERFORMANCE APPRAISAL COURSE

Course Director: Sally Irvine Course Leader: Hilary Haman

25/26 September 1996

This is 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 practice 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 12 participants only. PGEA is applied for. The delegate fee (inclusive of VAT) is £400.00 including lunch and refreshments on both days.

ASSERTIVENESS SKILLS COURSE

Course Director: Sally Irvine Course Leader: Hilary Haman

9/10 October 1996

This two day course aims to equip participants with an appreciation of assertive behaviour in order to help them develop constructive relationships within their professional and personal lives. Managing conflicts at work and reducing stress are two of the issues addressed through giving participants the opportunity to practise the skills of giving and receiving criticism and saying No. The course is aimed at those participants who behave "over assertively" as well as those who feel they could profit from the confidence gained from assertiveness training. This course is of particular benefit to General Practitioners in their roles as Partners and employers and any other members of the practice team who manage staff. PGEA is applied for.

The delegate fee (inclusive of VAT) is £340.00 including lunch and refreshments on both days.

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



Health Management Programme

A part-time modular programme leading to the award of the **IMPERIAL COLLEGE Certificate of Advanced Study in Health Management**

Running from January to December 1997, this annual programme comprises of fourteen short courses for managers, consultants, GPs, senior nurses, clinical directors, public health practitioners and other professionals in the Health Sector. The modules include:

- M 1: Transforming the Public Sector (17 Jan)**
- M 2: Health Policy Development/Policy Analysis (31 Jan)**
- M 3: Applied Health Economics Technology Assessment (14 Feb)**
- M 4: Leadership, Teams & Managing Change (24 & 25 Feb)**
- M 5: Financial Management in NHS (26 & 27 Feb)**
- M 6: Managing Joint Ventures & New Developments (28 Feb)**
- M 7: Ethical and Legal Issues in Health Care (14 Mar)**
- M 8: Managing Provider Organisations (25 April & 9 May)**
- M 9: Managing Primary Care Organisations (23 May)**
- M10: Role of the Private Sector in Healthcare (2 June)**
- M11: Commissioning & Purchasing (3 & 4 June)**
- M12: Health Systems/International Comparisons (5 June)**
- M13: The Role of the Pharmaceutical Sector in Current and Future Health Care (6 June)**
- M14: Future Patterns of Health Care (26 June & 4 July)**

Registered participants will also be able to undertake projects addressing 'real' issues to suit their local situation.

PGEA accreditation sought for 1997.

For further details, please contact: Sally Verlaik, Continuing Education Centre, Imperial College, Room 515 Sherfield Building, London SW7 2AZ. Tel: (0)171 594 6882/1; Fax: (0)171 594 6883; E-mail: cpd@ic.ac.uk

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National Register Of Psychotherapists 1997

How do I get in touch with a properly qualified psychotherapist? Is there a local list of names?

The National Register of Psychotherapy is updated annually and provides a reliable source of reference for GPs and anyone who needs to get in touch with a trained Psychotherapist. The up-dated 1997 Register:

- lists names, addresses and telephone numbers of over 3,600 psychotherapists with qualifications recognized by the *UKCP*
- is user-friendly for GPs - new edition is now re-organised to list contacts by geographical area
- lists over 70 psychotherapy organisations
- indicates therapeutic orientation of practitioner
- includes practitioners with the following specialisations: Behavioural and Cognitive Psychotherapy, Child Psychotherapy, Family, Marital and Sexual Therapy, Hypnotherapy, Psychoanalytic and Psychodynamic Psychotherapy, Analytical Psychology and others

The United Kingdom Council for Psychotherapy (UKCP) is a registered charity. All Psychotherapists on the UKCP Register are required to adhere to the Codes of Ethics and Practice of their own organisations, which have been approved by the UKCP.

New 1997 Edition - Published by Routledge, November 1996, Pb: 0415138302, £27.50



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Available from Cambridge University Press from 1996 Reviews in Clinical Gerontology

A multidisciplinary journal for all professionals working with elderly people and those interested in the science of ageing.

Reviews in Clinical Gerontology brings together new developments in:

- Biological gerontology
- Rehabilitation
- Geriatric medicine
- Psychological gerontology
- Psychiatry of old age
- Social gerontology
- Nursing older patients

The literature on research into the health care and well-being of elderly people is published in the academic and professional journals of a very wide range of disciplines. Those working with elderly people are therefore hard pressed to keep abreast of all the new ideas and developments within their areas.

Reviews in Clinical Gerontology has been produced in response to this problem. It is unique in that it publishes articles especially commissioned from established authorities on a cyclical basis, so that all major topics of relevance are discussed during the course of five years, after which a new cycle will begin. In this way information is continually updated thus bringing together in one journal a synopsis of current developments worldwide. These issues build into a valuable reference source for gerontologists and professionals working with elderly people.

Reviews in Clinical Gerontology provides a scientific focus for all those specializing in the health care of older people. The journal closes the gap between clinical medicine and the biological and social sciences relevant to gerontology, and brings together material not easily found elsewhere.

Forthcoming contents

Wenger: Social networks and informal support Howard: Schizophrenia and delusional disorders in late life
Hu: Balance evaluation, training and rehabilitation of frail fallers Morgan: Sleep disorders in the elderly O'Neill: Elderly drivers
Pulford: Respiratory disease in old age Tully: Appropriate prescribing Warnes: Migration in later life Waterhouse: Circadian rhythms and aging
Wynne: Calcium channel antagonists – pharmacological differences and their clinical relevance to elderly patients
Baloh: Disequilibrium and gait disorders in older people Tallis: Epilepsy Hipkiss: Proteins and aging
Khan: The use of subcutaneous fluids in the elderly

Editor Professor Raymond Tallis, University of Manchester

Section Editors - Biological Gerontology: Ioan Davies, Manchester

Clinical Geriatrics: Peter Overstall, Hereford

Psychiatry of old age: Robert Baldwin, Manchester

Rehabilitation: David Barer, Newcastle upon Tyne

Social and psychological gerontology: Emily Grundy, London

Nursing: Jackie Oldham, Manchester

Subscriptions

ISSN 0959-2598, published quarterly in February, May, August and November. Institutional subscriptions £148; individual subscriptions £69; price includes delivery by air.

Also available: *Ageing and Society*, six issues a year on the social aspects of gerontology.

Further information and free sample copies are available from



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British Association of Sport and Medicine

Education Programme

The foundation course of this programme is the **General Sports Medicine Course** which is designed for medical professionals with an interest in sports medicine. It is also suitable for professionals in related areas of healthcare. The curriculum is multidisciplinary and has a wide focus, including sessions on health benefits, exercise training principles, children and elderly in sport, exercise physiology, sports nutrition, CPR and resuscitation. Sporting injuries and their management are also covered. **Five days PGEA approval in Health Promotion and Disease Management are given for this course.**

The interdisciplinary **Intermediate Sports Injury Course - Part One** concentrates on the proper examination of normal joints with regard to the diagnosis and management of sport specific injuries. There is a strong focus on the coaching and training involved in a variety of sports. The new **Part Two Course** follows the same rationale but has a totally different content. **Five days PGEA approval in Health Promotion and Disease Management are given for the Part One course and are being sought for the new Part Two course.**

The **Practical Sport and Medicine Course** held at Club La Santa, Lanzarote has a curriculum that varies each year. Delegates and families are welcome. This course further develops the practical examination and sporting themes of the Intermediate Course. Physiological training principles are also reviewed and the course makes use of the coaching staff from the complex to gain practical skills and knowledge of a number of different sports. Individual GPs can gain PGEA approval for this course.

FORTHCOMING COURSES

Practical Sport and Medicine Course 3 - 10 October 1996
£520.00 to £620.00, Club La Santa, Lanzarote (Residential, non-delegates welcome)

1996 BASM National Congress 31 October - 3 November 1996
Details available on request, Slieve Donard Hotel, Newcastle, Co Down

General Sports Medicine Course, 13 - 18 April 1997
£410.00 to £480.00, Lilleshall Hall National Sports Centre, Shropshire (Residential)

Intermediate Sports Injury Course - Part Two (NEW), 6 - 11 July 1997
£515.00 to £585.00, Lilleshall Hall National Sports Centre, Shropshire (Residential)

General Sports Medicine Course, 21 - 26 September 1997
£410.00 to £480.00, Lilleshall Hall National Sports Centre, Shropshire (Residential)

Practical Sport and Medicine Course, 2 - 9 October 1997
Prices to be confirmed, Club La Santa, Lanzarote (Residential, non-delegates welcome)

1997 BASM National Congress 7 - 9 November 1997
Details available on request, Metropole Hotel, Brighton

Intermediate Sports Injury Course - Part One, 23 - 28 November 1997
£515.00 to £585.00, Lilleshall Hall National Sports Centre, Shropshire (Residential)



For further details, application forms and membership enquiries, please contact the BASM Education Office, The Anatomy Building, Medical College of St Bartholomew's, Charterhouse Square, London EC1M 6BQ
Tel: 0171 253 3244 Fax: 0171 251 0774
E-mail: b.g.hill@mds.qmw.ac.uk

Working Together for better Head Injury Services

"The Nottingham Experience"

A two-day conference aimed at sharing the successful experiences of co-ordinating a District-wide service.

Dates -

30th September - 1st October inclusive

Venue - The Gateway Hotel, Nottingham

Cost - Ranges from £100 - £235 dependant upon chosen option

Contact - Karen Burgin,

Head Injury Co-ordinator

0115 969 1169 ext 47588
for more details

TWO NATIONAL CONFERENCES

Innovation in medical and midwifery education for maternity care

Joint meeting of the Association of Community Based Maternity Care and the Changing Childbirth Implementation Team

Saturday 16 November 1996

at: Congress Centre, Great Russell Street, London

£60 GP and Obstetric Members/£70 non members

£30 midwife members/£40 non members

Changing Childbirth - What does it mean for the baby?

Joint meeting of the College of Paediatrics and Child Health/RCOG Standing Joint Committee and the Changing Childbirth Implementation Team

Tuesday 8 October 1996

at: Royal Society of Medicine, Wimpole Street, London

Cost: £45

PGEA, ENB and CME approval being sought for both conferences

For further details please contact: Nikki Ruffles,
Changing Childbirth Implementation Team, PO Box 650,
Fulbourn Hospital, Cambridge CB1 5RB
Tel: 01223 218756 Fax: 01223 218761

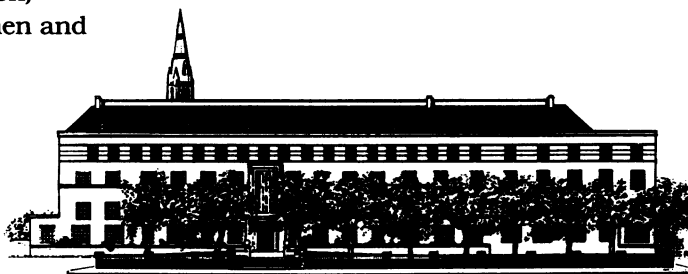


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Joint RCGP/IHE Study Day Strategies For Health In Developing Countries - And Lessons For The UK

Tuesday 12 November

A Study Day on working in developing countries is being organised by the RCGP and International Health Exchange, in association with other UK development agencies. This Study Day will address the practical issues involved when undertaking work in developing countries, as well as considering the lessons that can be learned from this experience for UK health care.

The Delegate Fee (inclusive of VAT) is £55.00. PGEA to be applied for.

CONFERENCE ON ADOLESCENT CARE IN PRACTICE

Thursday 14 November VENUE: Dunadry Hotel, Belfast

The RCGP Working Party on Adolescents is organising its 4th Conference in Belfast on 14 November. Topics to be covered include Adolescent Sexual Health & Teenage Pregnancies, and Emotional Problems & Post-traumatic Stress.

Delegate Fee to be confirmed. PGEA to be applied for.

INNER CITY TASK FORCE CONFERENCE on: Problems and solutions to Recruitment & Retention of GPs in Urban Deprived Areas

Thursday 14 November

VENUE: Heartlands Hospital, Birmingham

The RCGP Inner City Task Force is organising a Conference to address the problems and solutions encountered in the recruitment & retention of GPs in urban deprived areas. Both the regional and the national picture will be assessed, and small group sessions will look at undergraduate education, VTS training and retention of established GPs.

Delegate Fee to be confirmed. PGEA to be applied for.

For further details of any of the above courses please contact: RCGP Courses, 14 Princes Gate, Hyde Park, London SW7 1PU.
Tel: 0171 823 9703 Fax: 0171 225 3047.

THE IRISH COLLEGE OF GENERAL PRACTITIONERS

GENERAL PRACTICE POSTGRADUATE RESOURCE CENTRE

DIRECTOR

The Irish College of General Practitioners with the support of the Department of Health and the Postgraduate Medical & Dental Board, invites applications for the position of Director of the recently established General Practice Postgraduate Resource Centre.

The successful candidate will play a key role in the further advancement of postgraduate education, training, and research in general practice.

The Resource Centre is an integral part of the ICGP, and will make a significant contribution to health policy developments in the context of the Government's Health Strategy.

The initial appointment will be for a seven (7) year term.

Remuneration will be commensurate with the status and responsibility of the appointment.

Membership of the ICGP or equivalent is essential.

The closing date for receipt of completed applications is **Friday 4th October 1996**.

For further details contact:-

The Chief Executive
The Irish College of General Practitioners
Corrigan House, Fenian Street, Dublin 2, Ireland
Tel: 353 1 6763705/6 Fax: 353 1 6765850

ESTRADIOL IMPLANTS:

presentation: Pellets for implantation. 25mg, 50mg, or 100mg of Oestradiol. **Uses:** Major post-menopausal symptoms due to oestrogen deficiency, including prevention of post-menopausal osteoporosis in hysterectomised patients. In women with an intact uterus the lowest effective dose could be used and it must be co-administered with a progestogen for 10-13 days in each cycle.

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use during Pregnancy and Breast-Feeding: Oestradiol implants are contraindicated during pregnancy, and are not recommended in lactation.

contraindications: Pregnancy. Cardiovascular or cerebrovascular disorders. Moderate to severe hypertension. Severe liver disease. History of this condition if results of liver function tests have led to return to normal; obstructive jaundice, a history of jaundice in pregnancy or jaundice due to the use of steroids; Rotor syndrome and Dubin-Johnson syndrome. Known or suspected oestrogen-dependent tumours. Endometrial hyperplasia.

Diagnosed vaginal bleeding. Thrombophlebitis. Hyperlipoproteinaemia. History of herpes gestationis.

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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. Systemic reactions occur infrequently including nausea and dyspepsia; rare reports of abdominal pain and gastritis and isolated reports of bronchospasm and dyspnoea. **Legal Category:** POM. **Package Quantities and Basic NHS Cost:** FELDENE Gel 112g tube - £7.84 (PL 0057/0284). Further information on request. **Pfizer Limited**, Sandwich, Kent. *FELDENE Gel is the first topical NSAID in the UK with a licensed indication for osteoarthritis.



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