

TRENDS IN GENERAL PRACTICE 1977

*A collection of essays by Members of
The Royal College of General Practitioners*

Contents

Foreword	MICHAEL LINNETT (Chairman of Council of the R.C.G.P.)
Preface	JOHN FRY (General Editor)
Historical Background	IRVINE LOUDON
The Place of Primary Care	JOHN FRY
Patterns of Work	JOHN HOWIE
The Content of Practice	JOHN FRY
Child Care	MARGARET POLLAK
The Elderly	KEITH THOMPSON
Obstetrics	GARETH LLOYD
Fertility and Family Medicine	JOHN McEWAN
Induced Abortion	PETER FRANK
The General Practitioner and the Hospital	IRVINE LOUDON
The Health Team	BARRY REEDY
Premises and Organisation	MICHAEL DRURY
Prescribing	JOHN HOWIE
Education for General Practice	DONALD IRVINE
Future Needs	JOHN FRY

Demy Octavo

Paperback

193 Pages

ISBN 0 7279 0029 3

Price: Inland £4.50; Overseas US\$9.00, including postage

(Members of the Royal College of General Practitioners may purchase this book at: Inland £3.50; Overseas US\$7.00)

Payment must be enclosed with order or a surcharge of 30p will be made for rendering invoices and statements

ORDER FROM: The Publisher, BRITISH MEDICAL JOURNAL, BMA House,
Tavistock Square, London WC1H 9JR, or through any leading bookseller

PERSONAL VIEW

An Anthology

FROM THE BRITISH MEDICAL JOURNAL

Since the feature started in 1968 Personal View has been one of the most popular pages of the *BMJ*. A hundred of these have now been gathered together in an anthology, to which an introduction has been written by a noted Personal View contributor, Dr Mahadeva of Sri Lanka. The subjects of the views contained in this anthology range from experience of practice all over the world to work as a schoolteacher, the role of music in medicine, learning to be a farmer's wife, and running a fringe event at the Edinburgh Festival.

Demy Octavo *Paperback* *302 pages*
ISBN 0 7279 0005 6

Price: Inland £3.00; Abroad US \$7.50
including postage

Payment must be enclosed with order

or a surcharge of 30p will be made for rendering invoices and statements

**ORDER FROM: The Publisher, BRITISH MEDICAL JOURNAL,
BMA House, Tavistock Square, London WC1H 9JR.**

PUVA for PSORIASIS

Photochemotherapy (PUVA) facilities for the treatment of Psoriasis are now available to private patients who are referred by Consultant Dermatologists. The Waldmann PUVA 6000 unit, widely acknowledged as the best of its kind, is used. It allows wholebody treatment in the standing position.

A regime has been developed based on a London Teaching Hospital's experience and practice. The staff are professionally qualified and trained in the Photochemotherapy of psoriasis. Visits by General Practitioners or Dermatologists are welcome by appointment.

An Honorary Medical Advisory Committee made up of four Consultant Dermatologists is supervising the professional standards and practice of the clinic.

For further details please contact:

**The Physician-in-Charge,
PSORIASIS UVA (Medical Referrals Only) Ltd.,
2 HARMONT HOUSE,
20 HARLEY STREET, London W.1,
Telephone 01-580-0875**

Annual Research Reviews

Churchill Livingstone

Published and distributed outside North America by Churchill Livingstone, Annual Research Reviews provide detailed, comprehensive and critical reviews of all the work published in a particular year and are written by an outstanding research worker in the field.

RECENT VOLUMES IN THE SERIES

ORAL CONTRACEPTIVES

Michael Briggs

Volume 2 1977 400 references £11.50

THE PINEAL

Russel J. Reiter

Volume 2 1977 400 references £11.50

ALCOHOL AND ALCOHOLISM

Keith J.B. Rix

Volume 1 1977 1,000 references £12.75

23 Ravelston Terrace, Edinburgh EH4 3TL

IN PREPARATION

HORMONES AND AGGRESSION

P.F. Brain

Volume 1 1977 about 600 references £9.00

PROLACTIN

David F. Horrobin

Volume 5 1977 about 800 references £12.75

BIOFEEDBACK THERAPY

Wilfred I. Hume

Volume 2 1977 150 references £6.50

A wallet containing a selection of descriptive leaflets is available from the publishers.

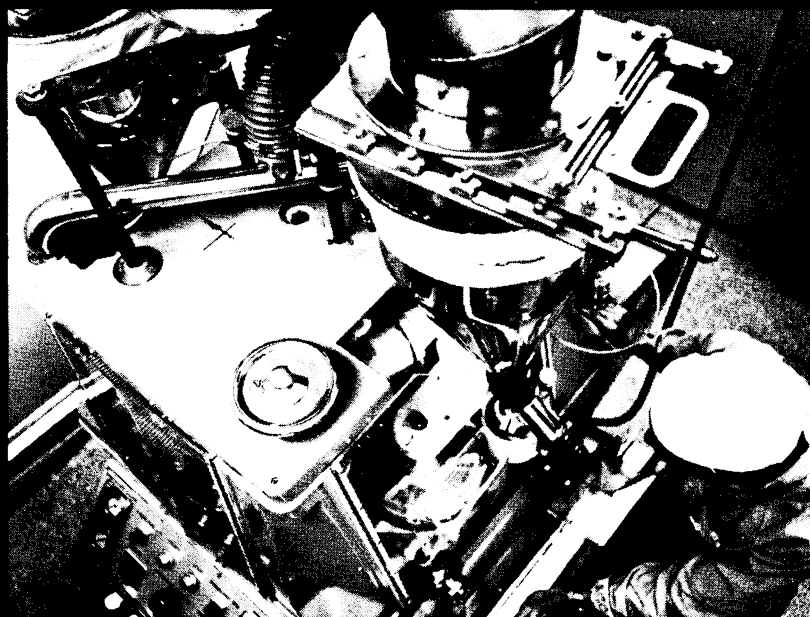
Send for your copy now!

Name Address

DISCOVERY—

In 1929, the pure crystalline digoxin was isolated from *digitalis lanata* by Wellcome research workers.

Digitalis lanata



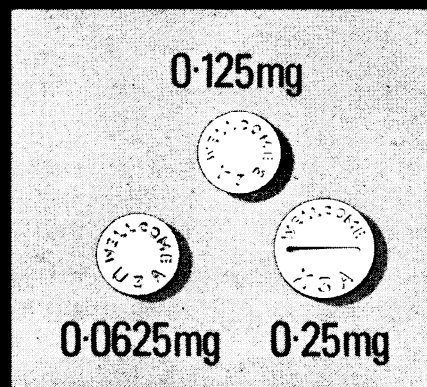
Wellcome production at Dartford, Kent

CONSISTENCY—

Tablet equivalence has been maintained by the highest standards of manufacture.

FLEXIBILITY—

The LANOXIN tablet range (plus the PG Elixir and Injection) offers greater flexibility of dosage.



LANOXIN

TRADE MARK

Wellcome research into practice

Full prescribing information about Lanoxin (digoxin) is available on request.
Wellcome Medical Division, The Wellcome Foundation Ltd., Berkhamsted, Herts



Prothiaden

What's the significance of the new 75mg tablet?

Presentation Prothiaden is dothiepin hydrochloride, an antidepressant of the tricyclic group.

Prothiaden is available as sugar-coated tablets, each containing 75mg of dothiepin hydrochloride. The tablets are red in colour and bear the overprint 'P 75' in white. It is also available in hard gelatin capsules, each containing 25mg of dothiepin hydrochloride. The capsules are red/brown in colour with the overprint 'P25' in white.

Uses Prothiaden is indicated in the treatment of depression and the anxiety frequently associated with depressive illness.

Dosage and Administration Prothiaden should be given in a dosage of 75 to 150mg daily. The following dosage schemes are suggested:

Mild to moderate depression, 25mg three times daily or 75mg at night.
Moderate to severe depression, 150mg daily in divided doses, or as a single dose at night. (If the latter regimen is adopted, it is preferable to use a smaller dose for the first few days).

In certain circumstances, i.e. in hospital use, Prothiaden has been given at dosages up to 225mg daily. No dietary restrictions are necessary during treatment with Prothiaden.

Contra-indications. Warnings, etc. Prothiaden has anticholinergic properties; therefore, it may precipitate urinary retention in susceptible individuals and its use should be avoided in patients with existing or potential urinary retention. Patients with closed-angle glaucoma should not be given Prothiaden and the occurrence of a painful red eye in a patient receiving the drug may indicate acute closed-angle glaucoma; this requires urgent treatment. In patients with chronic simple glaucoma, the risk of Prothiaden causing a rise in intraocular pressure is relatively small provided adequate anti-glaucoma therapy is being used. Caution is advised when treating epileptic patients and those with cardiovascular disorders. From studies in animals, it was concluded that Prothiaden had no teratogenic effects in the species tested. Nevertheless, as with any relatively new drug, the use of Prothiaden during pregnancy should be avoided if possible.

Use with other drugs: Prothiaden should not be given concurrently with MAO inhibitors; nor should it be given within 14 days of ceasing treatment with an MAO inhibitor. Prothiaden may alter the pharmacological effects of some concurrently administered drugs: CNS depressants, including alcohol and narcotic analgesics, will be potentiated, as will the effects of adrenaline and noradrenaline (it should be borne in mind that some local anaesthetic preparations contain these sympathomimetics). The hypotensive effect of certain antihypertensive agents (e.g. bethanidine, debrisoquine, guanethidine) may be reduced.

Side-effects: Generally, the side-effects associated with Prothiaden have been mild and controlled by reduced dosage. The following have been reported—dryness of mouth, constipation, disturbed accommodation, lassitude, dizziness, orthostatic hypotension, palpitations, somnolence, tremor, headache.

Overdosage: The symptoms of overdosage with Prothiaden may include sedation, dry mouth, blurring of vision, tachycardia, tremor, sweating, nausea, vomiting, confusion. The main dangers from overdosage arise from unconsciousness, convulsions, abnormal cardiac rhythms, hypotension and depression of respiration. The smallest dose of Prothiaden alone which resulted in the death of an adult was reported to be 0.75–1.0g (30 to 40 x 25mg capsules). The largest dose from which recovery took place was reported to be 5.0g (200 x 25mg capsules). In view of the many factors which influence the outcome of an overdose, these figures should not be considered in isolation.

Treatment of overdosage: Gastric lavage; in the unconscious patient or where the cough reflex is depressed, the lungs should be protected by a cuffed endotracheal tube. Repeated gastric/intestinal aspiration may remove drug and metabolites excreted into the gut via the bile. General support of the circulation with continuous ECG monitoring is advised. Abnormalities of cardiac rhythm and epileptic convulsions may occur and should be treated accordingly. Forced diuresis and haemodialysis are not recommended. Bed-rest is advisable, even after clinical recovery.

Pharmaceutical Precautions—Recommended storage conditions 5°C to 20°C.

Legal Category POM.

Package Quantities—Prothiaden Tablets (75mg) 100, 500. Prothiaden Capsules (25mg) 100, 600.

Basic NHS Prices: 100 x 25mg £1.57 600 x 25mg £9.03
100 x 75mg £4.52 500 x 75mg £21.70

Product Licence Number Prothiaden capsules PL 0096/5007. Prothiaden Tablets PL 0096/0046.

The Crookes Laboratories Ltd., Basingstoke, Hants.

References: 1. Pearce, J. B. & Linford Rees, W. J., *Int. Med. Res.* 1974, **2**, 12.
2. Rees, J. A. & Cryer, P. C. *Curr. Med. Res. Opin.* 1976, **4**, 416.

Prothiaden 75mg

more effective, better tolerated
treatment for depression and anxiety.

... dothiepin in a single daily dose is better tolerated and produces a greater overall response than a divided dose regimen of amitriptyline.

2

... with dothiepin both the incidence and severity of side-effects were much less than with amitriptyline.

2

... A single daily dose of dothiepin (Prothiaden) has been shown to produce a better clinical response and to be better tolerated than a divided daily dose regimen. 1

attack the MIGRAINE



-not Mrs. Jackson

Mrs. Jackson's migraines, while frequent, do not follow an entirely predictable pattern. She dislikes the side-effects of ergotamine treatments: long-term prophylaxis would involve an unacceptable degree of over-medication. Is there an alternative?

2 PINK MIGRALEVE*, taken at the first warning, will often completely abort impending Migraine attacks. Residual symptoms, if any occur, can be controlled with Yellow Migraleve. Like most patients, Mrs. Jackson will find such a regime preferable, because Migraleve offers:

- Less medication than with long-term prophylactic treatments
- Economic dosage, taken only as attacks threaten
- Proven effectiveness in 79% of attacks¹
- Considerably less vomiting than with ergotamine¹
- Proven patient preference²

Migraleve[®]

NON-ERGOTAMINE
the migraine treatment patients prefer

References:

- 1) *Practitioner* (1973), 211, 357
- 2) *Medical Digest* (1972), 7, 17

MIGRALEVE PINK tablets contain buclizine, paracetamol, codeine
Migraleve Yellow tablets contain paracetamol, codeine.

* The Migraleve duo-treatment pack (containing Pink & Yellow Migraleve) requires a double prescription charge. When a patient's individual requirements have been assessed, it should be noted that Pink or Yellow Migraleve may be prescribed separately in multiples of 12.



Full information available by post only from

International Laboratories Ltd.
Sunbury-on-Thames, Middlesex TW16 7HN

Will your practice stand up if your car breaks down?



**Car Finance
for Doctors and Dentists**
Get details of this scheme for Car purchase
offered to the profession by

**Medical Sickness Finance
Corporation Limited**
Company registration number 464750-London

- Minimum deposit
- Maximum period of repayment
- Payments waived on death

For particulars write to us mentioning this
advertisement at

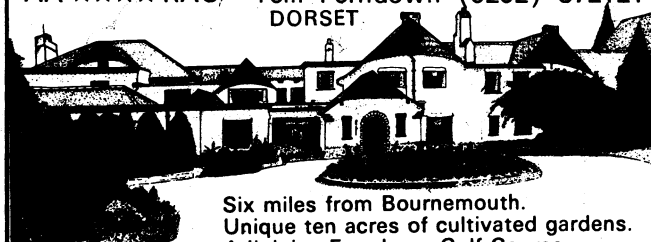
7-10 Chandos Street, Cavendish Square,
London W1A 2LN or Telephone: 01-636 1686
Registered Office



A MEMBER OF THE
MEDICAL SICKNESS GROUP

DORMY HOTEL-FERNDOWN

AA ★★★★★ RAC, Tel.: Ferndown (0202) 872121
DORSET



Six miles from Bournemouth.
Unique ten acres of cultivated gardens.
Adjoining Ferndown Golf Course.
Swimming Pool (heated in Summer).
All details including SPECIAL WEEK-END
"TAKE A BREAK" RATES. Apply
Derek Silk, General Manager.

Discover the Dormy—A De Vere Hotel.

camera talks

audio visual aids

a series on
**HEALTH & SAFETY
AT WORK**

31 north row, London W1R 2EN
tel 01 493 2761



Abrasive Wheels 1-2
Hazards in Hospital 1-2
Hazard Spotting in Industry 1-2
Manual Handling in Industry 1-3
Noise & Hearing 1-2
Office Safety 1-2
Practical Laboratory Safety
Prevention of Chemical Burns 1-2
Safe or Sorry 1-2
Safety & Health at Work 1-2
Safety in Industry 1-2 (Eye & Skin)

DOCTORS ABROAD

Copies of vacancies advertised in the *Journal* can be sent
AIRMAIL. For members of the BMA there is no charge for
five weeks' supply covering five separate headings.

Non-members' rate: £6 minimum for six weeks' supply of
five headings or less. Additional headings for non-members:
50p each for six weeks' supply. Orders for specific grades
cannot be accepted.

Payment by non-members must be PREPAID and
enclosed with application.

DISCOUNT HOUSES

CARPETS ONLY

As carpet Specialists we are able to allow up to 33 % discount on all leading makes of Axminsters, Wiltons, Orientals, etc; Showrooms with stocks and fitting service in most towns throughout Britain. Write or phone for introduction card to visit the showrooms nearest your home or send details for our quotation. Free delivery. Administrative Office: Cordova Carpets, 37 Cross Green, Formby, Nr Liverpool. Tel: Formby 74839. 167

UP TO 45% DISCOUNT
OFF NEW SEWING & KNITTING MACHINES

We guarantee our prices are lowest in Gt. Britain. We accept Cash, Cheque, Barclaycard, Access Card. **WE STOCK ALL TOP MAKES.** Part Exchange welcome • Full After-Sales Service • Makers' Usual Guarantees • Full Demonstration Facilities • Immediate Free Delivery.

SEWCRAFT SEWING MACHINES

Mail order throughout British Isles. Send for our colour catalogue now to Dept BMA at our Thames St branch or phone for Discount quote to 01-748 0800, 01-748 5511, 01-549 3801 or 01-548 8484.

HAMMERSMITH: 150-150a King St, London, W.8. Mon-Sat 9.30 am-6 pm. Half day Thurs

KINGSTON: 34 Thames St., Kingston-on-Thames, Surrey. Mon-Sat 9 am-5.30 pm

UP TO 40% DISCOUNT

On Carpets, All Makes available. British & Oriental. Fitted carpets are our speciality. We can send you our quotation for any make. FREE Delivery. 25% DISCOUNT. Furniture, Kitchen Units, Beds. CREDIT TERMS AVAILABLE. Call, write or phone G. L. CARPETS & FURNISHERS LTD, 1, St. Stephens Parade, Green Street, London, E.7. Phone 01-472 3219. 167

TRUST AZAT DISCOUNTS

Maximum discounts on all types of Domestic Electrical appliances. Radios, T.V.s, Hi-Fi and Export items. P.O. Box 4DN, 61 Charlotte Street, London W1A 4DN. Telephone: 01-580 4632 4 lines. Telex No. 22833. (167)

UP TO 45% DISCOUNT!

ON ANY MAKE OF BRAND NEW SEWING MACHINE

We have a permanent display of over 50 new 1977 models including Bernina, Elna, Frister & Rossmann, Jones, Necchi, Singer, Pfaff, Viking-Husqvarna, Brother, Alfa, Newhome, Toyota.

***FULL AFTER-SALES SERVICE**
***EVERY MODEL GYED 10YRS**
***FULL DEMONSTRATION FACILITIES**
***IMMEDIATE FREE DELIVERY**

CHEAPER THAN THE CHEAPEST!

WEMBLEY SALES LIMITED.
370-6 Neasden Lane, London, N.W.10
or ring 01-450 5361, or 5363, ext 21
Open 9 am-5.30 pm Closed 1 pm Sats
MAIL ORDER SPECIALISTS

UP TO 50% DISCOUNT

COHAR DISTRIBUTORS LIMITED EST.1958

Glasgow: Cohar's Glasgow Furnishing Exhibition 25-37 Queen St., 041-221 5064

Edinburgh: 8 Frederick St., 031-225 7324

Aberdeen: 89 Union St., 0224 573359

MAIL ORDER U.K. CARPETS NO CARRIAGE

Choose with confidence

Dodson Bull

Discount and Service to members since 1961

CARPETS-FURNITURE-FABRICS
15% TO 33 1/3% DISCOUNT

In the Barbican Furnishing Centre we have a comprehensive range of carpets, furniture and fabrics by all leading manufacturers, on display in room settings. All our showrooms have a wide range of carpets on show in addition Bristol and Manchester have furniture showrooms. All goods can be obtained from any branch. Just discuss your requirements with the manager he will be pleased to help. We maintain substantial stocks for immediate delivery free of charge anywhere in the U.K. Full fitting service for carpets throughout the country.

Credit facilities available

ABERDEEN: 11 Exchange St., AB1 2NH. Tel: 54055/6
BIRMINGHAM: 164 Edmund St., B3 2HB. Tel: 021-236 5862
BOURNEMOUTH: 268 Old Christchurch Rd., BH1 1PH. Tel: 21248
BRIGHTON: 2-5 North Road, BN1 1YA. Tel: 66402
BRISTOL: 2-3 Royal London Hse, Queen Charlotte St., BS14EX. Tel: 28857
EXETER: 157 Fore St., EX4 3AT. Tel: 32019
FALMOUTH: 35 Killigrew St., TR11 3PW. Tel: 313555
GLASGOW: 166 Howard St., G1 4HA. Tel: 041-221 3278
LEEDS: 12 Great George St., LS1 3DW. Tel: 41451
LONDON: 100 Aldersgate St., EC2Y 8AE. Tel: 01-628 7020
MANCHESTER: 55-61 Lever St., M1 1DE. Tel: 061-236 3687/8/9
NEWCASTLE-upon-TYNE: 90-92 Pilgrim St., NE1 6SG. Tel: 20321/21428
WESTCLIFF-on-SEA: 495 London Rd., SS0 9LG. Tel: Southend 46569
Write, phone or call for details to Dept. BMJ

Dodson Bull Ltd

Hours: Mon to Fri 9.00 - 5.30
Sat 9.00 - 5.00 (London only)
BRANCHES CLOSE SATURDAYS at 12.30pm

Barbican Furnishing Centre (Opposite Barbican Underground Stn)
100 Aldersgate Street, London EC2Y 8AE Telephone 01 628 7020

NOTICE TO ADVERTISERS

Display Advertisements

Applications for advertisement space and for rates should be addressed to the Advertisement Manager, *British Medical Journal*, B.M.A. House, Tavistock Square, London WC1H 9JR. 01-387 4499. Telegrams: Aitiology, London WC1. Telex 265929.

Classified Advertisements

Please write advertisements and name and address clearly in BLOCK CAPITALS and send to the Advertisement Manager, *British Medical Journal*, B.M.A. House, Tavistock Square, London WC1H 9JR. For immediate insertion please enclose cheque in payment and state whether member or non-member. Classified rates for Doctors' advertisements are as follows:

MEMBERS RATE: Minimum charge £2.00 for eighteen words, additional words at the rate of 50p for each six or less. Name and address count word for word. **A Box Number counts as three words, and an additional charge of 40p is made for sorting and forwarding Box Number replies.**

NON-MEMBERS RATE: Minimum charge £3.30 for eighteen words, additional words at the rate of £1.10 for each six or less. Name and address count word for word. **A Box Number counts as three words, and an additional charge of 40p is made for sorting and forwarding Box Number replies.**

APPOINTMENTS: EDUCATIONAL: NOTICES AND HOMES: Minimum charge £2.88 for four lines and 72p for each additional line. **Box Number address counts as one line, and 40p to be added for postage of replies.**

GENERAL AND COMMERCIAL (TRADE): Personal: Accommodation: Nursing: Consulting Rooms: Houses and Property: Travel: Hotels: Nursing: Medical and Secretarial Agencies: Commercial. Minimum charge £3.60 for 18 words including name and address and telephone number. Each additional six words or less £1.20. **Box No's. count as three words. Advertisers using a box number should add 40p for postage replies.**

Semi-Display Advertisements

£5.50 per single column cm and pro rata. Full page £550. Half page £275. **Mechanical Data:** Classified: col. length 25.7cm, single col. width 4.4cm, double col. width 9.3cm, 3 col. width 14.2cm, full page width 19.1cm. Minimum depth of semi-display advertisements is three single column centimetres. Complete artwork required for s.c. semi-display advertisements. Printed offset litho.

All classified advertisements, subject to approval, will appear in the forthcoming issue provided they reach this office not later than 10a.m. on the Friday of the week preceding date of issue. Semi-display advertisements must reach this office by 10a.m. on the Tuesday of the week preceding date of issue.

Cancellation and corrections of advertisements must be received before 12 noon on the Friday of the week preceding date of issue (issues affected by public holidays excepted).

It is requested that when stamped addressed envelopes are enclosed in response to advertisements advertisers will ensure that a reply is sent.

Every effort is made to ensure the accuracy of advertisements appearing in the *Journal*. No recommendation is implied by acceptance, and the Editor of the *British Medical Journal* reserves the right to refuse, discontinue or interrupt the insertion of any advertisement.

NOTICE TO READERS

REPLIES TO BOX NUMBERS. The names and addresses of advertisers under box numbers are held by us in strict confidence and cannot be disclosed. Each Box Number should be addressed separately. Two or more replies can be enclosed in one envelope. The replies will be forwarded to the advertisers in plain envelopes.

NOTICE TO SUBSCRIBERS

United Kingdom and Irish Republic Edition. The annual subscription rates for members of the medical profession who are not members of the B.M.A. is £40.00. Subscriptions can be ordered direct from the Subscription Manager, *British Medical Journal*, B.M.A. House, Tavistock Square, London WC1H 9JR, or through any leading subscription agent or bookseller.

Overseas Edition (not containing classified advertisements). The rate for non-members is US\$56.00 or the equivalent in local currencies, direct from the Subscription Manager. Orders can also be placed through any leading subscription agent or bookseller. Readers in the U.S.A. can send their subscription order with or without payment to: *British Medical Journal*, 1172 Commonwealth Avenue, Boston, Mass. 02134.

Single Copies of issues published in the current year cost 80p in the United Kingdom and Irish Republic and US\$2.00 overseas. Back number prices on application to the Subscription Manager.



Leo Laboratories Limited
Hayes Gate House, Hayes, Middx.

ANNOUNCING THE FIRST AMIDINO-PENICILLIN

The introduction of SELEXID (mecillinam), the first amidino-penicillin, represents a new chapter in the history of antibiotics.*

Extensive research by chemists and microbiologists has resulted in the development of SELEXID, the first radically new derivative of 6-APA in a decade.

The chemical differences from other beta-lactam antibiotics have far reaching clinical consequences. SELEXID acts in a unique way on the cell wall thus reducing the chance of cross-resistance and often giving synergistic action with the penicillins and cephalosporins.

SELEXID exhibits high activity against certain Gram-negative bacteria and in vitro studies have shown it to be up to 40 times more active than ampicillin against E.coli, Klebsiella and Salmonella species.

SELEXID is indicated for infections caused by sensitive Gram-negative organisms, in particular, urinary tract infections and Salmonellosis. SELEXID can be advantageously considered for use with those antibiotics where synergism has been demonstrated.

SELEXID

A totally new antibiotic



Presentation: White film coated tablets containing 200 mg pivmecillinam hydrochloride. *Oral dose:* Range from 200 mg 8 hourly to 400 mg 6 hourly for urinary tract infections and from 1.2-2.4 g daily for salmonellosis. Tablets should be taken with food. *Contra-indications:* Penicillin or cephalosporin hypersensitivity. *Precautions:* *Adverse Reactions:* In accordance with normal practice Selexid should be avoided in the 1st trimester of pregnancy. Dosage may need modification when renal function is impaired. Routine monitoring of liver and renal function advisable with prolonged therapy. Gastro-intestinal upset, rash, and anaphylaxis may occur. Product Licence No. 0043/0048* Selexid is a trade mark.