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We may return unduly long letters to the author for shortening so that we can offer readers as wide a selection as possible. We receive so many letters each week that we have to omit some of them. Letters should be typed with double spacing between lines and must be signed personally by all their authors, who should include their degrees. Letters critical of a paper may be sent to the authors of the paper so that their reply may appear in the same issue.

Correspondents should present their references in the Vancouver style (see examples in these columns). In particular, the names and initials of all authors must be given unless there are more than six, when only the first three should be given, followed by et al; and the first and last page numbers of articles and chapters should be included.

The GP and the specialist: obstetrics

SIR,—Obstetricians are frequently enjoining general practitioners (11 December, p 1711) to refer (often completely normal) obstetric patients to them "early." Why should this be, and how soon is "early"? The optimum time for the first consultation at the hospital is at 16 weeks. By this time the fundus should be palpable abdominally, and further vaginal examination will be unnecessary. If gestational dating is in question an ultrasound scan will be at its most reliable, and the usual battery of blood tests can include the a-fetoprotein screen, thereby avoiding yet another venepuncture. Only in exceptional cases—for example, recurrent abortion—is a specialist opinion advantageous before 16 weeks, and patients could be saved considerable inconvenience if most booking appointments were scheduled for this time.

Secondly, should routine (blood) screening tests always be left until the hospital appointment? There is some advantage (in primigravidas at least) in determining rubella and rhesus states as early as possible. Ideally, of course, this should have been done before pregnancy but if a woman suffers some febrile illness or rash in the first trimester it will at least be reassuring to know that she is

immune to rubella or, if she aborts, whether anti-D globulin need be administered.

Thirdly, should cervical cytology be undertaken in early pregnancy in women not previously screened? Subsequent miscarriage might easily be misinterpreted by the patient. Surely the best time for routine cytology is at the postnatal examination or the family planning clinic.

Fourthly, how often should "shared care" patients return to the specialist clinic? Unless there is a problem is it really necessary for women to go back more than once (for example, at 34-36 weeks) so the consultant can confirm the presentation and reassure himself that there is no occult pre-eclampsia or growth retardation? Trust and flexibility are of the essence where maternity care is shared between general practitioners and specialists and general practitioners are as well able as junior hospital medical staff to accept a tight regimen for antenatal care. If a specialist is not satisfied with their performance in his locality he should take steps, through postgraduate medical educational programmes, to update them.

Finally, interchange of information between general practitioners and specialists undertaking shared care is of paramount importance. Formal dictated letters are time wasting and subject to delay. The national cooperation card is satisfactory if properly completed, but important investigative results (for example, blood group, haemoglobin, rubella state, scan reports, etc) are often omitted. But why not let women carry their own hospital obstetric record folders? This would give medical attendants in either routine or emergency situations instant access to the most complete and up to date information available. Furthermore, obstetric records can be designed in such a way as to present a check list of necessary procedures through the whole time scale of the pregnancy, and the risk of omission would thereby be much diminished. In areas where such schemes have been tried there seems to be no great disadvantage and much benefit.

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An absence of alcohol policy

SIR,—As consultants working in alcohol abuse we welcome your excellent leading article (11 December, p 1680). You correctly identified some of the major factors in preventing the