

The Society

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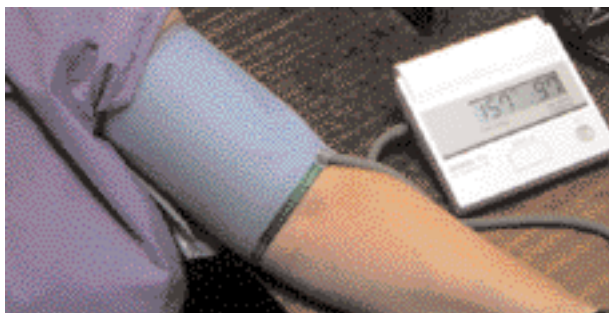
Society publishes expanded practice guidance on blood pressure monitoring

The Royal Pharmaceutical Society has produced a revised and greatly expanded document giving practice guidance on blood pressure monitoring.

The Society first published guidance on the measurement of blood pressure in 1979. The last substantial revision of this guidance was in 1995. The new document provides much more detailed advice than before, supplemented by background information and details of useful resources.

After an introduction and a summary of Government policy on the prevention of coronary heart disease, the document's first major section gives guidance on setting up a blood pressure monitoring service. It includes advice on funding the service, on clinical governance issues (record-keeping, evaluation and confidentiality), on the choice of equipment, on premises, on the training of relevant staff, on liability and on marketing the service to those patients most in need of it.

The next section, on running the service, begins by warning pharmacists to be careful of making any diagnostic decisions, since it is the patient's general practitioner who has the clinical responsibility for the



The guidance includes information on the choice of equipment

diagnosis of hypertension and its subsequent treatment. This section goes on to give guidance on communicating with the patient, on the procedure for measuring blood pressure and on how to handle the results and when to refer to the patient's own doctor.

The following two sections provide information on the epidemiology of hypertension and on a number of related issues. The document then summarises the hypertension management recommendations of the National Service Framework for Coronary Heart Disease, the British Hypertension Society and the Scottish Intercollegiate Guidelines Network. It also points out that guidance reflecting local practice may also be available from National Health Service trusts.

Appendices give contact details for a range of relevant organisations and suppliers and a list of useful resources, including distance learning modules and web-based information sources. Also provided are a sample patient information fact sheet, a sample patient evaluation form and a sample referral form.

The revised guidance can be downloaded as a 26-page PDF file from the practice section of the Society's website (www.rpsgb.org.uk/practice).

Pharmacists without access to the internet can obtain copies of the revised guidance from Liz Griffiths, Practice Division, Royal Pharmaceutical Society, 1 Lambeth High Street, London SE1 7JN (tel 020 7572 2408; e-mail lgriffiths@rpsgb.org.uk).

The guidance on blood pressure monitoring is one of a number of guidance documents currently being revised by the Society's practice division. It is to be followed shortly by new guidance on cholesterol testing, on the testing of body fluids and on dealing with clinical trials. Revised guidance has recently been published on pharmacy computer systems, on information protection and security and on working with the pharmaceutical industry (*PJ*, 11 January, p65, and 25 January, p135).

Congestion charge will affect visitors to Society's headquarters

The planned introduction of the central London congestion charge on 17 February will affect anyone who visits the Royal Pharmaceutical Society's Lambeth headquarters by car during normal working hours. The building lies about 1km inside the boundary of the charging zone, which will operate from 7am to 6.30pm, Monday to Friday.

The £5-a-day congestion charge is on top of any parking fees visitors may incur. Payment must be paid by 10pm on the day of the visit to avoid penalty charges. Drivers will be able to pay the charge at hundreds of newsagents, convenience stores and petrol stations within Greater London or in advance by post, telephone or internet.

Vehicles carrying a disabled driver or passenger can be registered in advance for exemption from the charge. Drivers can also claim exemption for low-pollution vehicles powered by alternative fuels such as electricity, gas or fuel cells. Further information is available from a Transport for London website (www.cclondon.com).

THE SOCIETY'S BRANCH NETWORK

The Royal Pharmaceutical Society's network of local branches provides an opportunity for members to get closer to the workings of the Society and to meet other pharmacists and share experiences.

With more than 130 branches nationwide, all those who are registered with the Society have the opportunity to belong to a branch that is either near to their home or near to their place of work. If the branch to which they are allocated is not the most convenient, members can opt to transfer to another branch.

Pharmacists wishing to find out more about the network or to transfer to a branch more convenient for them should contact the Membership Unit, Royal Pharmaceutical Society, 1 Lambeth High Street, London SE1 7JN (tel 020 7572 2331; e-mail b&ra@rpsgb.org.uk).

PHARMACY INFORMATION POINTERS

An occasional feature, prepared by the Royal Pharmaceutical Society's Information Centre, to highlight topics of interest and enquiries currently being handled

Preparation of chloroform water and peppermint water

Recently, the Royal Pharmaceutical Society's fellow in pharmaceuticals, Dr Colin Cable, has dealt with several enquiries from members regarding the preparation of chloroform water and peppermint water. Outlined below are methods for preparing these products, plus information about related preparations.

Further information on this and other pharmaceuticals topics can be obtained from Dr Cable (tel 020 7572 2302; e-mail pharm.div.rpsgb@dial.pipex.com).

CHLOROFORM WATER

Chloroform has been used for many years as a preservative for oral liquid pharmaceutical preparations. As a preservative, it is included in most products at a final concentration of 0.25 per cent v/v, although in preparations having a high content of dissolved solids a lower concentration, 0.15 per cent v/v, may be necessary to avoid problems with "salting out" of the chloroform.

Chloroform water has traditionally been prepared by adding chloroform (2.5ml) to purified water (to 1000ml) and shaking frequently until the chloroform is in solution.

Double-strength chloroform water Double-strength chloroform water contains 0.5 per cent v/v chloroform. It is prepared in the same manner as chloroform water by adding 5ml chloroform to purified water (to 1000ml). Double-strength chloroform water requires to be diluted 1:1 by volume. This is usually achieved during the extemporaneous preparation of an oral liquid, to provide a final chloroform concentration of 0.25 per cent v/v (ie, single-strength chloroform water).

Concentrated chloroform water Concentrated chloroform water (BPC 1959) uses ethanol as a cosolvent to permit the preparation of a solution containing 10 per cent v/v chloroform.

If a preparation equivalent to double strength chloroform water is required (ie, a solution containing 0.5 per cent v/v chloroform), one part of the concentrated chloroform water should be diluted with 19 parts of purified water (1 in 20 dilution); this must be further diluted 1:1 to produce a product with a final chloroform content of 0.25 per cent v/v.

To produce a solution having an equivalent strength to chloroform water (ie, one that contains 0.25 per cent v/v chloroform), one part of concentrated chloroform water should be diluted with 39 parts of purified water (1 in 40 dilution).

Chloroform water prepared from concentrated chloroform water will have a residual ethanol content of about 1.5 per cent v/v. For the vast majority of patients this level of ethanol will not be a problem. However, it may have implications for patients taking some medicines, and for the use of this preparation in neonates and children.

Chloroform spirit Chloroform spirit is a solution of chloroform (5 per cent v/v) in ethanol (90 per cent). It is used as an ingredient in the extemporaneous preparation of products such as codeine phosphate oral solution BP and liquid paraffin and magnesium hydroxide oral emulsion BP.

Theoretically, a 1 in 20 dilution of chloroform spirit would produce a solution equivalent to single strength chloroform water (0.25 per cent v/v chloroform). However, the chloroform water produced will contain about 4–4.5 per cent ethanol and its use in this manner cannot be recommended.

PEPPERMINT WATER

Peppermint oil has carminative, antiseptic and flavouring properties and has been included in a range of official and non-official pharmaceutical preparations.

Peppermint water is a saturated solution of peppermint oil (0.05 per cent v/v) in water.

Concentrated peppermint water Like most other aromatic waters, peppermint water is usually prepared by diluting one part of concentrated peppermint water with 39 parts of purified water (1 in 40 dilution), eg, by diluting 2.5ml of the concentrated water to 100ml. However, to enable concentrated peppermint water to contain 2 per cent v/v peppermint oil in solution, ethanol has to be

included in the formulation as a cosolvent. This concentration of ethanol is also sufficient to act as a preservative for the preparation. Thus, peppermint water prepared by dilution of concentrated peppermint water will contain a residual amount of ethanol, usually about 1.5 per cent v/v.

Peppermint water is known to support microbial growth and is prone to contamination with *Pseudomonas aeruginosa*. Neither the peppermint oil nor the residual ethanol in peppermint water is present in sufficiently high concentrations to have effective preservative activity. It has therefore been recommended that peppermint water is prepared under controlled conditions to minimise the risks of contamination and that a limited shelf-life should be assigned to the product.

Antimicrobial preservative systems have been added to peppermint water as a means of extending the shelf-life. They include chloroform (0.25 per cent v/v), bronopol (0.05 per cent w/v) or a combination of methyl hydroxybenzoate (0.2 per cent w/v) and propyl hydroxybenzoate (0.02 per cent w/v).

Concentrated peppermint emulsion Like concentrated peppermint water, concentrated peppermint emulsion also contains 2 per cent v/v peppermint oil. However, in the concentrated emulsion, the peppermint oil is maintained in solution by using the surfactant polysorbate 20 (0.1 per cent v/v) rather than a cosolvent, and the preparation is preserved with chloroform (0.25 per cent v/v). When concentrated peppermint emulsion is diluted with 39 times its volume of purified water (1 in 40 dilution), a preparation equivalent in strength to peppermint water is produced.

Concentrated peppermint emulsion is used as an ingredient in the extemporaneous preparation of kaolin mixture BP, magnesium sulphate mixture BP, magnesium trisilicate mixture BP and compound sodium chloride mouthwash BP, but is not used in the preparation of peppermint water.

Peppermint spirit Peppermint spirit, also known as peppermint essence, contains peppermint oil (10 per cent v/v) in ethanol (90 per cent). It is used as a flavouring agent. Although a 1 in 200 dilution would give a preparation containing the same amount of peppermint oil in peppermint water, the ethanol content would be much lower (less than 0.5 per cent v/v). Rapid dilution of peppermint spirit with water is likely to lead to the formation of oily globules of peppermint oil on the surface of the liquid rather than the preparation of a saturated solution of peppermint oil.

Previous articles in this series

Previous articles in this series have provided information on identifying foreign products from various countries (*PJ*, 1 September 2001, p309), on the range of publications available through the technical information service (*PJ*, 24 November 2001, p763) and on medicines that require storage at low temperature in the pharmacy (*PJ*, 6 July 2002, p37). The articles have all been placed in the Notice-Board section of *PJ Online* (www.pjonline.com/pip), where they are updated as and when necessary.

Communications to the Royal Pharmaceutical Society of Great Britain should be addressed, except where otherwise stated, to the Secretary and Registrar, Royal Pharmaceutical Society of Great Britain, 1 Lambeth High Street, London SE1 7JN (tel 020 7735 9141; fax 020 7735 7629). Official Notices also appear in the Notice-Board section of PJ Online (www.pjonline.com/notices)

Dates for 2003 registration exams
The dates for the Royal Pharmaceutical Society's registration examinations in 2003 will be Friday 27 June and Friday 26 September.

Statutory Committee decisions
Set out below is the outcome of recent inquiries heard before the Statutory Committee of the Royal Pharmaceutical Society of Great Britain.

On Monday 20 January, in the inquiry into **Muhammad Abdul Qayyam Chaudry**, of 62 Lilac Road, Southampton, the committee, having found misconduct established, resolved to reprimand Mr Chaudry.

On Tuesday 21 January, in the inquiry into **Andrew Cassell**, of "Crossbank Cottage", South Moor Road, Walkeringham, Doncaster, South Yorkshire, the committee, having found the convictions proved and the misconduct established, resolved to reprimand Mr Cassell.

In the inquiry into **Naveed Mukhtar**, of 47 Russell Road, Hall Green, Birmingham, the committee, having found the conviction proved, resolved to direct that Mr Mukhtar's name should not be restored to the Register of Pharmaceutical Chemists, until the committee otherwise directs. Under Section 10 of the Pharmacy Act 1954, there is a right of appeal to the High Court against the committee's decision, provided the appeal is

lodged within three months of the committee's decision.

In the application for restoration of **Shirazali Rajabali Jetha Panjawani**, of 120 Golders Green Road, London NW11, the committee resolved to direct that the name of Mr Panjawani should not be restored to the Register of Pharmaceutical Chemists.

On Wednesday 22 January, in the resumed inquiry into **Hasmukhkant Nanji Badiani**, of 32 Beechcroft Gardens, Wembley Park, Wembley, Middlesex, and **Amal Razouki Hasan**, of 49 Churchill Gardens, London W3; the committee, resolved to adjourn the inquiry until Monday 17 February 2003.

In the inquiry into **John Colin Hodges**, of "Crown Cottage", Worcester Road, Shrawley, Worcester, the committee, having found misconduct established, resolved to direct the Registrar to remove Mr Hodges's name from the Register of Pharmaceutical Chemists. Under Section 11 of the Pharmacy Act 1954, this direction is not to take effect until the expiration of a period of three months from the date on which notice of removal is given or in a case where an appeal has been brought against the direction, until the appeal is determined or withdrawn.

On Thursday 23 January, in the inquiry into **Bharatkumar Ramanbhai Patel**, of Newington Pharmacy, 47 Newington Road, Ramsgate, Kent, the committee, having found the misconduct established, resolved to adjourn the inquiry.

In the application for restoration of **Arvind Kumar Chandubhai Patel**, of 24 Ernest Road, Hornchurch, Essex, the committee resolved to direct that the name of Mr Patel should be restored to the Register of Pharmaceutical Chemists.

M. B. PAWLUCZYK (Mrs)
Secretary to the Statutory Committee

Aarons On 2 December 2002, Samuel Aarons, of 73 Sutton Heights, Albion Road, Sutton, Surrey SM1 5TO. Mr Aarons registered in 1930.

Bolam On 6 December 2002, John Clement Bolam, MRPharmS, of 208 Mudford Road, Yeovil, Somerset BA21 4NP. Mr Bolam registered in 1947.

Currie On 16 October 2002, Brian Currie, MRPharmS, of 591 Bradford Road, Oaken-shaw, Bradford BD12 7EJ. Mr Currie registered in 1954.

Holloway On 1 December 2002, Frank Holloway, of 20 Claverdon House, 161 Hollybank Road, Billesley, Birmingham B13 0QY. Mr Holloway registered in 1936 and retired from the register in 1994.

Lloyd On 2 December 2002, Thomas John Lloyd, MRPharmS, of "Hillcrest", Upper Dolford Road, Newtown, Powys SY16 3AB. Mr Lloyd registered in 1936.

Verrill On 11 November 2002, John Verrill, MRPharmS, of 4 Holly Close, Market Drayton, Shropshire TF9 3HY. Mr Verrill registered in 1972.

Wain On 13 December 2002, Sydney Frederick Wain, of 28 Brookside Avenue, Offer-ton, Stockport, Cheshire SK2 5HR. Mr Wain registered in 1939 and retired from the register in 2002.

Woolley On 29 November 2002, Edward Woolley, of "Ashmere", Fell View, Talkin, Brampton, Cumbria CA8 1LU. Mr Woolley registered in 1949 and retired from the register in 2001.

MEDICINES, ETHICS AND PRACTICE

February cumulative list of amendments

In the first issue of each month *The Journal* updates the guidance on the legal status of medicines published in the 26th (July 2002) edition of 'Medicines, ethics and practice: A guide for pharmacists'. The amendments are given in **bold** type when added to the list and repeat-

ed each month in light type. A product's legal status can be obtained by consulting first the latest amendment list and then the guide. The abbreviations used in the list are explained in the key to annotations in the body of the guide (p27 and p73).

HUMAN MEDICINES	Day and Night Nurse capsules P	Lemsip Max Strength sinus relief capsules GSL	Risperdal Consta injection POM	Vantage dry cough syrup P
Actonel Once a Week tablets POM	Ebixa tablets and oral drops POM	Malarone Paediatric tablets POM	Sedonium tablets P	Vantage expectorant cough syrup GSL
APO-go pen injector POM	Elidel cream POM	Merional injection POM	Senokot Double Strength tablets P	Vantage expectorant and decongestant cough syrup P
Asmanex Twisthaler POM	FemSeven Conti patches POM	MicardisPlus tablets POM	Simple eye ointment P	Vantage extra power pain reliever tablets (16s) GSL
Beechams all-in-one tablets GSL	FemSeven Sequi patches POM	Movicol-Half sachets P	Soloc tablets POM	Vantage junior expectorant cough syrup GSL
Beechams decongestant plus with paracetamol capsules GSL	Fenogal capsules POM	Neoclarityn syrup POM	Spiriva inhalation capsules POM	Vaqa Paediatric vaccine POM
Calprofen suspension P	Filnarine SR tablets CD POM	Nicotinell coated gum GSL	Sudafed 12 Hour Relief tablets P	Vanilrix vaccine POM
Care Cetirizine Hayfever Relief tablets P	Imodium Instants tablets GSL	NiQuitin CQ 2mg mint gum GSL	Sustiva capsules entry should read: Sustiva preparations POM	Vfend tablets and infusion POM
Casopfungin infusion POM	Invanz infusion POM	NiQuitin CQ 4mg mint gum GSL	Tamiflu capsules POM	ViraferonPeg prefilled pens POM
Cipralax tablets POM	Ipcocol tablets POM	Nurofen for Children singles sachets GSL	Tamiflu powder for oral suspension POM	Wind-Eze gel caps entry should read: Wind-Eze products GSL
Codipar Caplets CD Inv POM	Komil 5/40 tablets POM	Omacor capsules P	Tracleer tablets POM	Xigris infusion POM
Copegus tablets POM	Lantus injection POM	Pegasy injection POM	Tranquilyn tablets CD POM	Zirtek Allergy tablets P
Cuprofen for Children P	Lemsip cold + flu Max Strength Direct lemon sachets GSL	Pletal tablets POM	Trileptal oral suspension POM	Zomig nasal spray POM
		Remegrel chewy squares GSL	Trintek patches P	
		Reminyl oral solution POM		

DIARY

HEADQUARTERS MEETINGS

The following meetings take place at the Royal Pharmaceutical Society's headquarters, London

Tuesday 4 February	
Education Committee	10am
Meeting of Officers	10.30am
Infringements Committee	1.30pm
Council meeting	3.30pm
Council dinner	7pm
Wednesday 5 February	
Council meeting	9am
Friday 7 February	
Adjudicating Committee	10.30am

LOCAL MEETINGS

Events listed below are meetings of branches or regions of the Royal Pharmaceutical Society. Details of all future meetings notified to The Journal appear in the Diary section of PJ Online (www.pjonline.com/noticeboard)

Monday 3 February

East Kent "Update on the treatment and care of stroke patients". Postgraduate Medical Centre, Queen Elizabeth, The Queen Mother Hospital, Margate. Buffet 7.30pm, meeting 8pm.

Ipswich Annual working dinner. "Pharmacists prescribing and medicines management: where are we now?" by Clive Jackson (chairman, National Prescribing Centre and member of the Royal Pharmaceutical Society's Council). Holiday Inn, London Road, Ipswich. 7.30 for 8pm.

Tuesday 4 February

Brighton "Management of breast disease" by Charles Zammit (consultant breast and endocrine surgeon, Brighton and Sussex University Hospitals NHS Trust). Postgraduate Medical Centre, Brighton General Hospital, Elm Grove, Brighton. 8pm.

Clwyd "Stroke update". Rossett Hall Hotel, Chester Road, Rossett, Near Wrexham. Buffet 7.15pm, meeting 7.45pm.

Leicestershire "Medicines management". Leicester Tigers Ground, Aylestone Road, Leicester. Buffet 7pm, meeting 7.45pm.

Northern Scottish "First aid" by Peter White (University of Stirling, Highland Campus). Golf View Hotel, Seabank Road, Nairn. Refreshments. 7.30pm. Joint meeting with Scottish Centre for Post Qualification Pharmaceutical Education.

Thursday 6 February

Edinburgh and Lothians "The right medicine: one year on!" led by Marion Bennie (consultant in pharmaceutical public health, NHS Lothian). Royal Pharmaceutical Society, 36 York Place, Edinburgh. 7.45pm.

Hounslow "Current pharmaceutical affairs". Education Centre, West Middlesex University Hospital, Isleworth. Buffet 7.30pm, meeting 8pm.

Huddersfield Annual general meeting. Postgraduate Centre, Huddersfield Royal Infirmary. 8pm.

Macclesfield "The local pharmaceutical services scheme" by Steve Williams (chairman, P. Williams (Chemist) Ltd). Education and Training Centre, Macclesfield District General Hospital, Buffet 7.15pm, meeting 8pm.

Mid Glamorgan East "Management of headache and migraine in the community" by Dr Richard Stott (general practitioner). Heritage Park Hotel, Trehafod, Rhondda. Buffet 6.45pm, meeting 7.30pm. Joint meeting with Welsh Committee for the Professional Development of Pharmacy Welsh Centre for Postgraduate Pharmaceutical Education.

Sheffield "Cystic fibrosis" by Amanda Rodgers (clinical pharmacist, Northern General Hospital, Sheffield). Charnwood Hotel, 10 Sharrow Lane, Sheffield. Light buffet 7pm, meeting 7.30pm.

Monday 10 February

Bromley "Diabetes: practical help and support" by a nurse practitioner (Queen Mary's Hospital). Postgraduate Centre, Queen Mary's Hospital, Sidcup. Buffet 7pm, meeting 8pm.

Nottingham "How NICE works" by Anne-Toni Rodgers (communications director, National Institute for Clinical Excellence). School of Pharmacy, University of Nottingham. Finger buffet 7.30pm, meeting 8pm.

Slough "Wound dressings" by Lynffa Edwards (tissue viability nurse, health centre, Ealing). John Lister Postgraduate Centre, Wexham Park Hospital, Slough. Buffet 7.15pm, meeting 8pm.

PERSONAL

This column is intended for announcements of births, engagements, marriages, anniversaries, etc. The charge for an insertion is £18 for up to 25 words, and £7 for every additional 10 or fewer words. Personal cheques only (payable to The Pharmaceutical Journal) should be sent with the notice to the Editor, The Pharmaceutical Journal, 1 Lambeth High Street, London SE1 7JN. The sender's address and membership number, if applicable, should be on the reverse of the cheque.

BIRTHS

Tait Kiran (née Amin, RGIT 1987-91) and Nicholas announce the birth of their son Kai Andrew on 31 October 2002. A brother for Dylan. Still in Kingswell, Aberdeen.

DEATHS

Flory Reid Flory, 4 January 2003, aged 82, of Huntly. Beloved husband of Sybil, father of Flora, Evelyn, Derek and the late Ian, grandfather of 12, great-grandfather of two. Reid registered in 1948.

Harrison Frank Harrison, 23 December 2002, aged 76, of Elland and former pharmacist of Southowram, near Halifax. Qualified 1949. Beloved husband of the late Peggy, father of Robert, Gilly and Janet, grandfather of Lorna, Katie, James and Charlotte. Sadly missed by many.

Walker Ronald Melville Walker, 30 December 2002, aged 88, of York and Chatham. Qualified 1937. Beloved husband of the late Barbara, father of Catherine and David.