



HAVE
YOUR SAY
ON YOUR
NEIGHBOURHOOD

ring
837 7020
ext 231

ESKIMOS AGAINST CANCER

COUGHIN

The longer length cigarette from Benson & Hedges.

LOW TO MIDDLE TAR AS DEFINED BY U.S. GOVERNMENT

DANGER: Government Health WARNING: CIGARETTES CAN SERIOUSLY DAMAGE YOUR HEALTH

MAIDEN

Mon-Fri
Midnight - 7am
Sat
Midnight - 7am
Sun
At any time
Except
overall holders

There are kings.
And there are SUPERKINGS.



COUGHIN

I'd rather
have a
Superqueen
LIONEL

CAUSTON ROAD N.6

LOW TO MIDDLE TAR Manufacturer's estimate.

DANGER: Government Health WARNING: CIGARETTES CAN SERIOUSLY DAMAGE YOUR HEALTH

ALLEN 10022P



'ANNOUNCING OUR NEW CURE FOR LUNG CANCER'!

LOW TAR As defined by U.S. Government

Warning: SMOKING CAN CAUSE FATAL DISEASES COUGHIN
Health Departments' Chief Medical Officers





Campaigners from Parents Against Tobacco challenged stockholders of tobacco companies to 'invest in us, not in tobacco', last week.

Labour health spokesman Robin Cook joined a group of London schoolchildren as part of the protest on World No-Tobacco Day, whose theme this year was 'Childhood and Youth Without Tobacco'

East London GP Dr Sam Everington, medical director of Parents Against Tobacco and a virulent anti-smoking campaigner, said: 'About one million of today's children will die as a result of smoking; something has to be done about this.'



WENDY SAVAGE

A Savage Enquiry

Who
controls
childbirth?





MEDICAL PRACTITIONERS' UNION
YOUR LIFE
IN OUR
HANDS?

MEDICAL PRACTITIONERS' UNION
AWAKE for
60 hours
...operating on
your child **NOW**

Campaign to secure legal rights in hospitals intensifies

Doctor sues health board after working 50-hour shift

By Edward Gorman

A junior hospital doctor served a writ on his local health authority yesterday claiming it had failed to protect his health and safety at work.

Dr Christopher Johnstone, aged 26, an obstetric house officer responsible for mothers during pregnancy and childbirth, served the order after completing a 50-hour bank holiday shift at University College Hospital, London, during which he had managed only seven hours sleep.

After keeping him waiting more than three hours, Mr David White, the hospital's duty administrator, eventually arrived from home to accept the writ on behalf of Bloomsbury Health Authority.

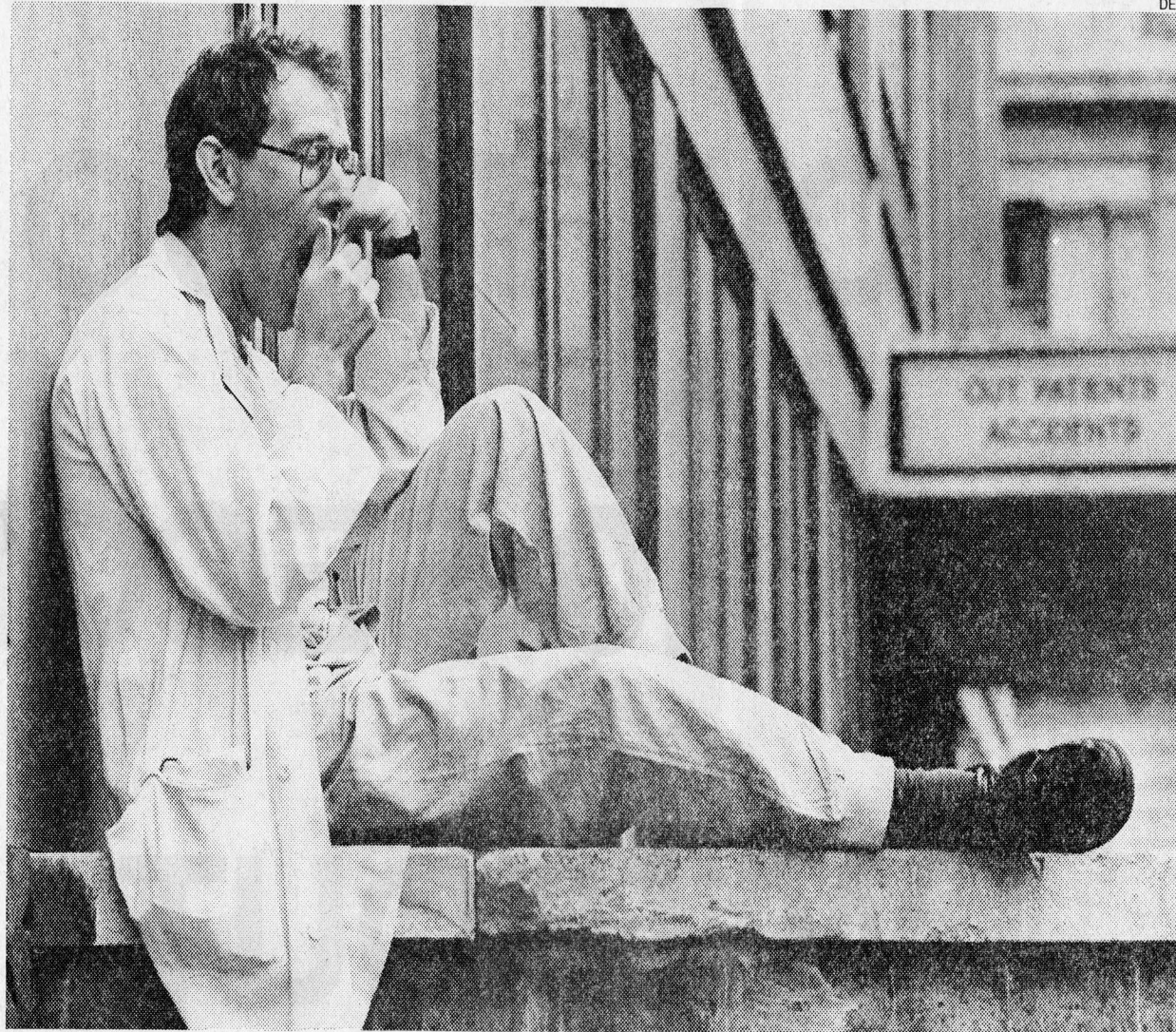
The action, the first of its kind in Britain, seeks an injunction preventing Dr Johnstone from working more than 72 hours a week and more than 24 hours at a stretch without an eight-hour

They say a recent suggestion by Mr David Mellor, Minister of State for Health, that local health authorities examine ways of limiting working hours, is not enough. And they have asked him to ensure that the Junior Doctors' Hours Bill limiting working hours is debated at the House of Commons on April 7, when it is presented by Mr Terry Davies, the Labour MP.

The Bill has already passed successfully through the House of Lords, but it was rejected by a Conservative MP when last presented in the lower house three weeks ago, and doctors believe the Government is determined to have it thrown out again.

While waiting to serve his order, Dr Johnstone admitted making potentially fatal prescription errors on several occasions, through sheer exhaustion.

He said he had been saved from disaster only by alert nursing staff who had noticed



Dr Christopher Johnstone waiting to serve his writ yesterday after completing a 50-hour shift at University College Hospital in London

Countdown to exhaustion on an Easter wa

3

natural



Special
Parliamentary
Edition

Mates
condoms
electronically tested

spermicidally lubricated with NONOXYNOL-9



London GP Dr Sam Everington went to the Houses of Parliament this week to hand out a special edition of condoms to MPs and lords, promoting a campaign for all GPs to be

supplied with free condoms for dispensing to patients.

He said the proposals would cost the NHS just £10 per couple per year; a small charge compared

with the cost of unwanted pregnancies, and sexually transmitted diseases 'Half the population is not involved in contraception, it's very sexist not to provide for men, he said.

Labour 

Your good health

A White Paper for a
Labour government.



'You stand no chance with that name' GP told

By Jez Abbott

An overseas GP changed her name in a desperate bid to succeed in medicine, a conference heard last week.

As a schoolgirl, Eunice Modupe Oluwemimo Abimbola Laleye was told by her head mistress she would not stand a chance of going to medical school with such a name.

'She advised me not to use the name and since then I have never put it on an application form, said the GP who used the European-sounding Dr Eunice Laleye.

London-based Dr Laleye wanted to put the full Nigerian name on her medical certificates but was also warned against it by tutors in case it prejudiced her career.

Despite getting every job she has ever applied for, Dr Laleye still faces hostility, she told the BMA racism conference. 'The way patients and doctors insult you to your "soot-like" face, it is as if you are invisible.

After nine consecutive rejections for vocational training schemes, Dr Chaand Nagpaul was told by his GP tutor that some people would take one look at his Indian name and bin the application form.

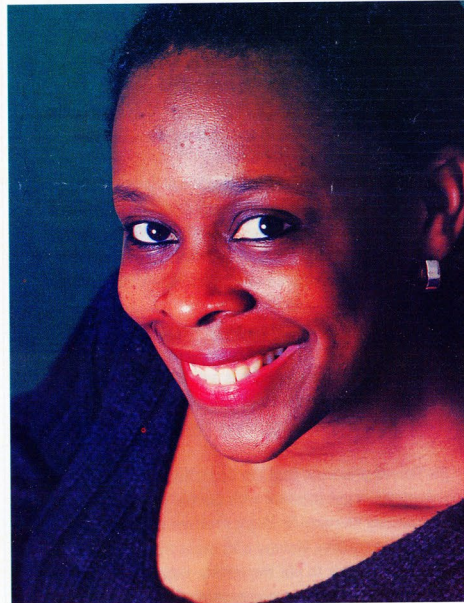
'So I forced myself on to all the members of the interview panel by meeting them in person, said Dr Nagpaul, who practises in Stanmore, Middlesex.

He added: 'I know many GPs with excellent credentials who end up on the national roadshow of locum work.

'It makes me feel uncomfortable and guilty. Despite being of the same ethnic origin, they have not had the chance to prove themselves.

GMSC joint deputy chairwoman Dr Judy Gilley said the Race Relations Act needed changing because it applied only to practices with more than six GPs.

Selection monitoring was also essential because 'general practice is being drawn into the awful patronage network.



Dr Laleye. warned name could prejudice her career

GMC vows to wipe out racism

The GMC is to undergo a complete overhaul to wipe out racism in medicine, its president vowed last week.

Sir Donald Irvine told the BMA conference on racism: 'We must be properly accountable to the profession and public and be open so people know what is going on.'

Full information in advance of conduct proceedings would be

made available to journalists.

Registration would be simplified and made more accessible for inquiries on doctors' status.

And more data would be streamlined and published in the light of criticisms of racism in complaints and registration.

Elizabeth Al-Khalifa, head of the newly formed NHS Executive Equal Opportunities

Unit, said it wanted a grants and awards scheme for local efforts to fight racism.

'If you think I am accusing the NHS of outright racism, you are absolutely right,' she said. Her nine-strong unit contained one ethnic person.

BMA council chairman Dr Sandy Macara said the 'glacier of change' in anti-discrimination was beginning to melt.

GP fights for fathers' rights on national TV

East London GP Dr Sam Everington took his campaign for GP paternity rights on to national TV last week by speaking on an opinion slot after the Channel Four news.

'I took three months unpaid paternity leave. In theory I broke my contract, he told

GP 'If the government demands that fathers take financial responsibility via the Child Support Agency, they must also give fathers rights.

Such a right, he believes, would have far-reaching consequences for GP recruitment and retention.

SIÓN TOUHIG



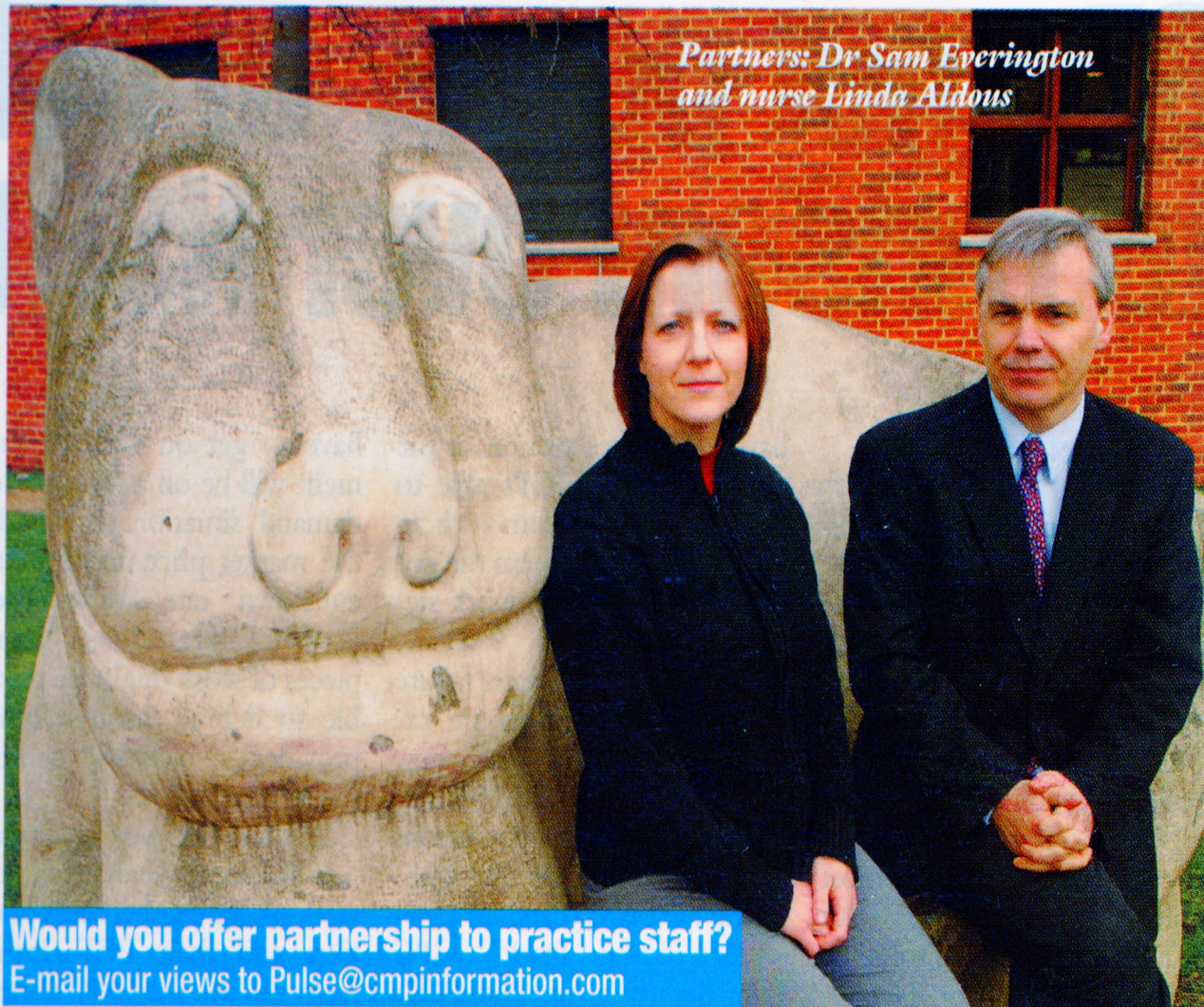
Dr Everington. believes the government must give fathers rights.

GPs make practice nurse a full partner

Dr Sam Everington and his partners have made their practice nurse Linda Aldous a partner because they did not want her to leave the practice.

‘Losing skilled practice nurses puts enormous pressure on GPs,’ he said. ‘There are so many skills in running the business there was no way we wanted to lose her.’

Ms Aldous, who has been with the east London practice for 10 years, is named in the partnership agreement, has a full share of the practice’s profits and her name on the chequebook, Dr Everington added.



RALPH HODGSON

Would you offer partnership to practice staff?

E-mail your views to Pulse@cmpinformation.com

Weekend break boosts morale

A practice in London's East End has financed a morale-boosting staff weekend in the Channel Islands.

Dr Sam Everington from the Stepney Green surgery explained that the practice always takes an annual trip to help boost staff morale.

This year they selected Guernsey so that they could visit Dr Jenny Turner, a former GP registrar at the practice. Some 20 staff took part.

Dr Sam Everington, far right, and practice colleagues in Guernsey





For the first time in 25 years family doctors are to be balloted for mass resignation in a bid to make the Government listen to their complaints. Huge amounts of paperwork, organisational changes, a shortage of doctors and extra responsibilities have driven morale to an all-time low, says the British Medical Association. Health reporter **Zoe Morris** examines the pressures on one east London GP

GPs run out of patience with paper mountains

AS Dr Sam Everington starts his day as a GP in east London there is at least one certainty — he will spend an average of 10 minutes with each patient and several hours ploughing through paperwork.

Morning surgery at Bromley by Bow starts at 9am. On the mornings that Dr Everington is also the emergency doctor on call, the 25 or so patients he sees face-to-face will be interspersed with others who need his advice on the phone or who want to arrange home visits for later in the day.

After every consultation Dr Everington has to enter details on the surgery's computer. He says: "The new system is brilliant for patients, but compared to hand-written notes, it is much more time consuming and means recording a lot more information."

Morning surgery, usually a series of frustratingly short consultations, will end at about 1pm. There is no time for lunch as Dr Everington embarks on

complex, such as someone who has got a vast history of chronic illness."

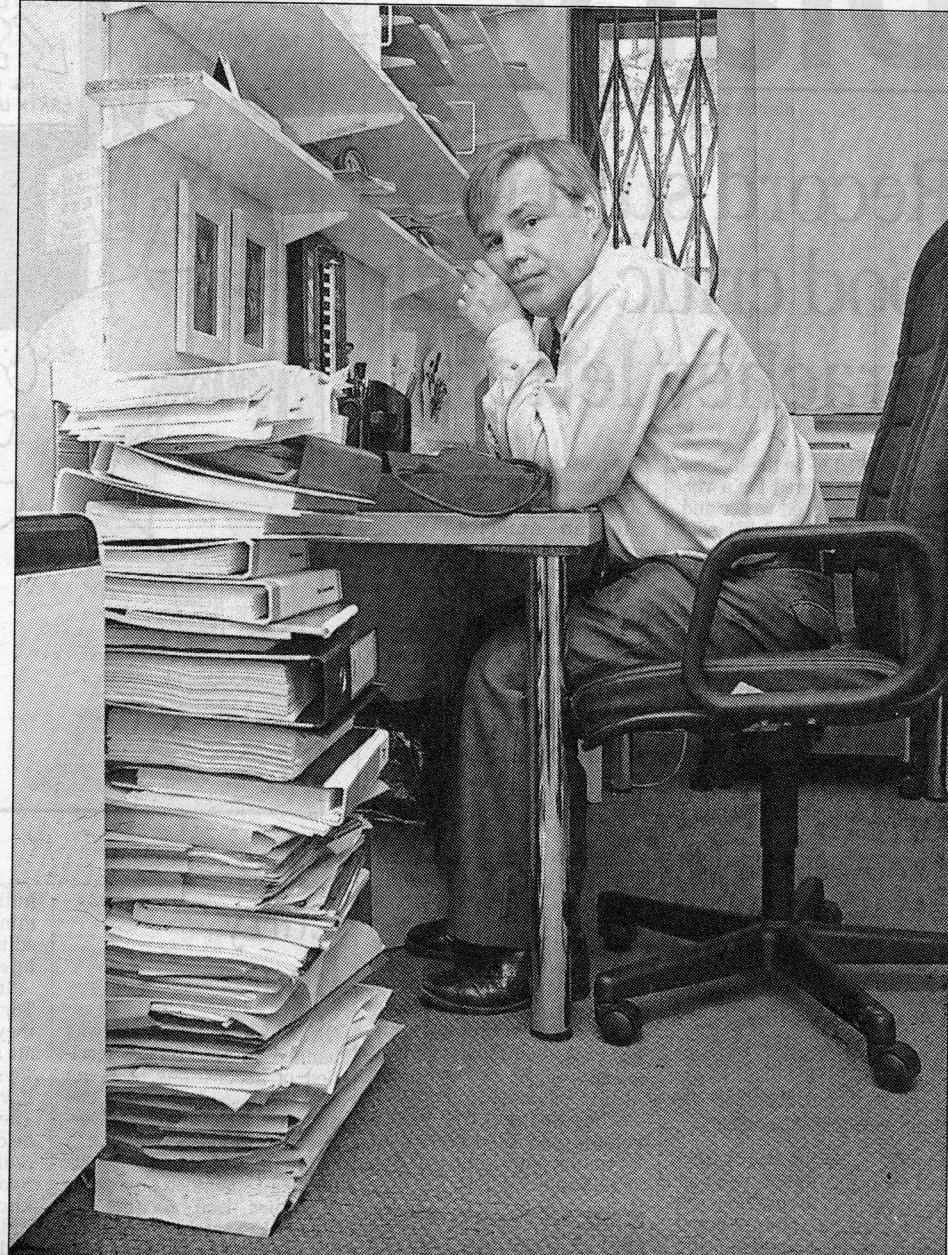
He added: "The post is also likely to contain documents which need to be read and digested on protocols for best practice. When I received the National Service Framework on the elderly, it was about 1cm thick. That needs to be read and put into practice. What happens is you end up skim reading and trying to talk to colleagues to find out if they have read it."

After this, he will typically have a couple of patients to see in their homes, before returning to the surgery to tackle yet more paperwork.

"I call lunch meals-on-wheels. I never get an hour to sit down and have something to eat," he says, adding: "It's like being on the run — the pressure is constant from when my day begins in the morning until it ends — which is often not until 8pm."

Dr Everington has been used to working long hours since he began practising as a GP

'It's getting to the



Doctors rush to blast 'armed with nothing'

BY BMA NEWS REPORTERS

DOCTORS WHO raced from the BMA's London headquarters to treat victims of the Tavistock Square bus bombing have told how they worked without proper equipment but as a team to tend the injured.

About 20 doctors who were attending meetings or working in BMA House on July 7 turned the building's courtyard into a makeshift casualty station after the blast on the number 30 bus just metres from the front of the building.

They used table tops from BMA House as stretchers to carry victims in from the street.

Three bombs had already exploded on London Underground trains by the time the bus was blown apart at 9.47am. As *BMA News* went to press, the confirmed death toll had reached 52, 13 of whom were passengers on the bus.

Derbyshire GP and GP negotiator Peter Holden was working in the office of the GPs committee in BMA

House when the bomb exploded.

I saw a flash and immediately heard a bang. We all looked at one another and said, "that's a bomb"

Dr Holden, who has a fellowship in immediate medical care from the Royal College of Surgeons of Edinburgh and travels to accident scenes with Lincolnshire and Nottinghamshire Air Ambulance, reached the courtyard shortly after BMA council deputy chairman and London GP Sam Everington.

They agreed that Dr Holden would coordinate the clinical effort while Dr Everington took organisational charge within BMA House.

Describing the doctors' response as 'brilliant' Dr Holden said those involved worked well as a team because they knew each other.

The GPC negotiating team has been trained to negotiate together - one will lead and the others will follow.

Our colleagues from the BMA staff and associate specialists committee who had been holding their quarterly meeting and were among

the first on the scene we know on first-name terms. We all realised that if there wasn't one boss this would go to pieces. Armed with nothing, we created a tolerably good response."

Until the arrival of an air ambulance about 30 minutes after the bomb blast, the doctors had little of the equipment they needed to treat blast injuries and multiple trauma.

SASC chairman Mohib Khan, who was among those helping the casualties, said the doctors were calling for drips, intubation equipment and chest drains. "The police were saying there were three or four incidents going on in the area, that the roads were blocked but they were trying their best to get the stuff to us.

Dr Everington described the scene as organised chaos

We had basic first aid kits, blankets, tea towels. We took tablecloths from the dining room.

"The reality is that it was just basic resuscitation - stopping the bleeding, making sure airways were clear - keeping people alive.

BMA House was expected to



remain closed until at least Friday, July 15 while forensic investigators carried out a fingertip search of the area.

A Metropolitan Police spokeswoman said. It is a crime scene. It needs to be cordoned off so we can

do what we need to do without that work being compromised.

Wednesday's BMA council meeting was relocated to a nearby hotel.

► *More coverage on pages 2-3*

In Case of Emergency

THE EAST Anglian Ambulance Service has launched a national In Case of Emergency campaign to try to encourage people to carry next-of-kin details.

The campaign urges mobile phone users to store the word ICE in their phone address book with the number of the person they would want to be contacted in an emergency. If widely adopted, this would help ambulance and hospital staff quickly to find relevant details and make contact.



HARVEST

By Ben Okri

Today we travel over the places
Where people have died
We dream and farm over the faces
Of those for whom we have cried.

Their bodies are gone into the air
Or into the breathing earth
Their spirits have gone somewhere
Not clear, beyond death.

Where does grief go, what does it sow?
The flowers are gone, the suffering is still here.
But the fire has taken us beyond sorrow,
And refined us into something rich and rare.

For a while back then we knew fear.
We are wiser now because of that fire.
Our hearts are purer, our vision clear.
We are taking the good fight higher.

