

# Postgraduate Medical Journal

## Editorial Board

### Editor

Charles RK Hind,  
*Liverpool*

### Editorial Office

Jean M Coops,  
Bridget Wood,  
*London*

### Technical Editor

Sue J Peter,  
*London*

M Aghiad Al-Kutoubi,  
*London*

John Bamford, *Leeds*

Peter J Barnes, *London*

Anthony H Barnett, *Birmingham*

Malcolm C Bateson,  
*Bishop Auckland*

Gifford F Batstone,  
*Salisbury*

Christopher J Bulpitt,  
*London*

Colin Coles, *Southampton*

D John Coltart, *London*

Gordon C Cook, *London*

Paul N Durrington, *Manchester*

Roger C Evans, *Cardiff*

J Clive Gingell, *Bristol*

Barry I Hoffbrand, *London*

David Ingram, *London*

Colin D Johnson, *Southampton*

Kay-Tee Khaw, *Cambridge*

Peter H Millard, *London*

Michael WN Nicholls, *London*

Nigel TJ O'Connor,  
*Shrewsbury*

Martin Sarnier, *London*

Maurice Super, *Manchester*

J Allister Vale,  
*Birmingham*

Ian VD Weller, *London*

Philip D Welsby, *Edinburgh*

William F Whimster, *London*

Peter R Wilkinson, *Ashford,*

*Middlesex*

### International Editorial Representatives

Nestor Angomachalelis,  
*Thessaloniki, Greece*

Clive S Cockram,  
*NT Shatin, Hong Kong*

Jan Willem F Elte,  
*Rotterdam,*

*The Netherlands*

Frederick F Fenech,  
*St Julians, Malta*

B Monappa Hegde,  
*Mangalore, India*

Peter Tugwell, *Ottawa,*

*Ontario, Canada*

The *Postgraduate Medical Journal* is published on behalf of the Fellowship of Postgraduate Medicine by the BMJ Publishing Group.

The Journal, as the organ of the Fellowship of Postgraduate Medicine, is dedicated to advancing the understanding and practice of postgraduate medical education and training. The Fellowship of Postgraduate Medicine was founded after the First World War and was a pioneer in the UK in the development of programmes of postgraduate study in all branches of medicine (see *Postgrad Med J* 1985; 61: 1). It always has been, and remains, independent of University, Health Service and Government. Currently the Fellowship works closely with the National Association of Clinical Tutors in furthering mutual aims. Amongst other activities, the Fellowship provides research grants and support for young investigators, especially those working temporarily in the UK.

Further details of the Fellowship of Postgraduate Medicine can be obtained from The Executive Secretary, Fellowship of Postgraduate Medicine, 12 Chandos Street, London W1M 9DE, UK.

The Journal is covered by *Current Contents*, *Biological Abstracts*, *ASCA*, *ISI/BIOMED*, *Index Medicus*, *Excerpta Medica* and *Science Citation Index*.

### Editorial

Manuscripts, initial supplement enquiries, and all editorial correspondence should be sent to: The Editor, *Postgraduate Medical Journal*, 12 Chandos Street, London W1M 9DE, UK. (tel: +44 71 636 6334; fax: +44 171 436 2535).

### Advertisements

Enquiries concerning advertisements should be addressed to: the Advertisement Manager, *Postgraduate Medical Journal*, BMA House, Tavistock Square, London WC1H 9JR, UK (tel +44 171 383 6339).

### Publisher

All business correspondence and reprint requests should be addressed to *Postgraduate Medical Journal*, BMJ Publishing Group, BMA House, Tavistock Square, London WC1H 9JR, UK (tel +44 171 383 6668).

### Subscriptions

*Postgraduate Medical Journal* is published monthly. The annual subscription rates are £135 worldwide. Orders should be sent to the Subscription Manager, *Postgraduate Medical Journal*, BMA House, Tavistock Square, London WC1H 9JR. Orders can also be placed with any leading subscription agent or bookseller. Subscribers may pay for their subscriptions by cheque (payable to British Medical Journal) or by Access, Visa, or American Express by quoting on their order the credit or charge card used, together with the appropriate personal account number and the expiry date of the card. (For the convenience of readers in the US subscription orders with or without payment (\$213) may also be sent to British Medical Journal, PO Box 408, Franklin, MA 02038, USA. All enquiries, however, must be addressed to the publisher in London.)

### Copyright

© 1995 The Fellowship of Postgraduate Medicine  
ISSN 0032-5473

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photo-copying, recording or otherwise, without prior permission of the Publisher.

US second class postage paid at Rahway NJ. Postmaster to send address changes to: *Postgraduate Medical Journal*, c/o Mercury Airfreight International Ltd Inc, 2323 Randolph Avenue, Avenel, NJ 07001, USA.

Published by the  
BMJ Publishing Group

Typeset by  
Elite Typesetting Techniques,  
Eastleigh, Hants

Printed in  
Great Britain by  
Cambridge University Press

Whilst every effort is made by the publishers and editorial board to see that no inaccurate or misleading data, opinion or statement appears in this Journal, they wish to make it clear that the data and opinions appearing in the articles and advertisements herein are the responsibility of the contributor or advertiser concerned. Accordingly, the publishers and The Fellowship, the editorial committee and their respective employees, officers and agents accept no liability whatsoever for the consequences of any such inaccurate or misleading data, opinion or statement. Whilst every effort is made to ensure that drug doses and other quantities are presented accurately, readers are advised that new methods and techniques involving drug usage, and described within this Journal, should only be followed in conjunction with the drug manufacturer's own published literature.

## International Postgraduate Diary

### Royal Free Hospital School of Medicine, London

MRCP Part II course for clinical examination 5–9 June 1995

*Details: Dr D Geraint James, Royal Free Hospital, Pond Street, Hampstead, London NW3 2QG, UK. Tel (44) 171 794 0500 ext 3931*

### Royal Society of Medicine, London

Health in later life: advances, access, and equity 7–8 September 1995

*Details: Miss Claire Cheeseman, Sections Officer, Royal Society of Medicine, 1 Wimpole Street, London W1M 8AE, UK. Tel (44) 171 290 2982*

### Royal College of Physicians of Edinburgh

Symposium on Palliative Medicine – 8 March 1995 at the Queen Mother Conference Centre  
Symposium on Psychosomatic syndromes – 5 April 1995

*Details: Royal College of Physicians of Edinburgh, 9 Queen Street, Edinburgh EH2 1JQ, UK*

### Wolfson Conference Centre, Royal Postgraduate Medical School, London

Image analysis and morphometry in medicine and biology – 6/9 March 1995

Receptor localisation and analysis – 16/17 March 1995

Medical management of major incidents – 16/18 March 1995

*Details of these and other courses: Wolfson Conference Centre, RPMS, Hammersmith Hospital, Du Cane Road, London W12 0NN, UK. Tel (44) 181 740 3245*

### National Sports Medicine Institute

15 March 1995 Gait analysis and orthotics – R B Graham

22 March 1995 Exercise prescription – GP referral scheme – P Marfleet

29 March 1995 Virus infections in athletes – Professor J F Mowbray

All lectures at St Bartholomew's Medical College.

*Details: National Sports Medicine Institute, c/o St Bartholomew's Medical College, Charterhouse Square, London EC1M 6BQ, UK. Tel (44) 171 251 0583.*

### Royal College of Surgeons

Postgraduate courses:

20–24 March 1995 – The art of reconstructive surgery

12 April 1995 – Minor surgery for general practitioners

17–21 April 1995 – Clinical surgery in general (preparation for written papers)

*Details: Raven Department of Education, Royal College of Surgeons of England, 34–43 Lincoln's Inn Fields, London WC2A 3PN, UK. Tel (44) 171 405 3474.*

### Royal National Orthopaedic Hospital Trust

3rd Stanmore Spinal Injuries Course 21–22 April 1995

*Details: Carol Winston, Royal National Orthopaedic Hospital Trust, Brockley Hill, Stanmore, Middlesex HA7 4LP, UK. Tel (44) 181 954 2300; fax (44) 181 954 6933*

### Loughborough University of Technology Centre for Hazard & Risk Management

Laboratory health and safety – April 1995

*Details: J Motyka, Loughborough University of Technology, Loughborough, Leics LE11 3TU, UK. Tel (44) 509 222158*

### European Helicobacter pylori study group

VIIIth International Workshop on Gastrointestinal Pathology, Edinburgh, 7–9 July 1995

*Details: Scientific Secretary c/o Scientific Office, 3 St Andrews Place, London NW1 4LB. Conference organisation: VIIIth EHPHG, Confrex, 145 Islington Road, Brighton BN2 2SH, UK. Tel (44) 1273 623 123*

### 4th International Conference of Systemic Lupus Erythematosus

Jerusalem, Israel, 26–31 March 1995.

*Details: VIP International Conference Services, 42 North Audley Street, London W1A 4PY. Tel: (44) 171 499 4221*

### European Association for Cancer Education

8th Annual Scientific Meeting. Groningen, Netherlands, 26–29 April 1995.

*Details: Meeting Secretariat, Intermed Congressservice, PO Box 4145, 9701 EC Groningen, Netherlands. Tel (31) 50 421924*

### National Association of Clinical Tutors

The Association assists clinical tutors in their role as leaders in district medical education. Membership is open to University-appointed clinical and GP tutors.

The Association arranges courses for the training and continuing professional development of clinical tutors and holds Winter and Summer Meetings for all members.

Spring Meeting, 11–12 May 1995, Stirling. *Information about the NACT and its activities can be obtained from The Secretariat, National Association of Clinical Tutors, 12 Chandos Street, London W1M 9DE, UK. Tel: (44) 171 636 6334.*

### Continuing Medical Education in Europe: the way forward through European collaboration

30/31st March 1995

at the

Royal College of Physicians, 11 St Andrews Place, London NW1 4LE, UK

(by kind permission of the Treasurer)

A major international conference bringing together the leaders of medical education in Europe

The programme is designed to be comprehensive and cover all specialties. It will explore areas of concern including finance, implementation, assessment and recertification.

Speakers will be from all European Union countries and from the USA, Canada and Australia. The programme will include free discussion and seminars. The conference language will be English.

If you wish to receive further information or register for the meeting, please write/fax to:

Dr MWN Nicholls, Chairman – Organising Committee

Fellowship of Postgraduate Medicine

12 Chandos Street, London W1M 9DE

Tel (44) 171 636 6334 Fax (44) 171 436 2535

# Postgraduate Medical Journal

## INSTRUCTIONS TO AUTHORS

The aims of the *Postgraduate Medical Journal* are three-fold. Firstly, to help doctors in training to acquire the necessary skills to enable them to deliver the highest possible standards of patient care. Secondly, to help the trainers to develop suitable training programmes for their trainees. Finally, once that training is completed, to allow these doctors to maintain those high standards by a process of continuing medical education.

To achieve these aims we publish original papers, short reports and commissioned editorials and review articles. We are also delighted to receive unsolicited editorials and reviews, from doctors and others. The *Postgraduate Medical Journal* peer reviews all the material it receives. Each issue also includes a Self-Assessment corner, Letters to the Editor, book reviews and an international postgraduate diary. Many issues contain papers or abstracts of symposia devoted to a single subject, and the full proceedings of meetings may be published as supplements to the Journal. The *Postgraduate Medical Journal* is published monthly in the English language, and has an international readership.

### Typescripts

Three complete copies should be sent to the Editor, *Postgraduate Medical Journal*, 12 Chandos Street, London W1M 9DE, UK. Papers must be type-written, double-spaced, on one side of paper not larger than A4 (297 mm × 210 mm). The first page of the typescript should bear the names of the author(s) and the name and address of the laboratory or institution where the work has been carried out, in addition to the title of the paper. The full address, telephone and fax number of the principal author to whom proofs will be sent should be given, together with up to four key words or phrases suitable for use in an index. All pages should be numbered, including the title page. All material submitted is assumed to be submitted exclusively to the *Postgraduate Medical Journal* unless the contrary is stated. Papers may be returned if presented in an inappropriate form. If the paper is rejected, these copies will not be returned.

### The principal author

The principal author must ensure that any co-authors listed agree to submission of the typescript. Any written or illustrative material which has been or will be published elsewhere must be duly acknowledged and accompanied by the written consent of the authors and publishers concerned.

### Style

Abbreviations and symbols must be standard and SI units used throughout except for blood pressure values which are reported in mmHg. Acronyms should be used sparingly and fully explained when first used. Whenever possible, drugs should be given their approved generic name. Where a proprietary (brand) name is used, it should begin with a capital letter. Statistical analyses must explain the methods used. Words to be italicized should be underlined. The *Concise Oxford English Dictionary* is used as a reference for spelling and hyphenation. Illustrations and tables should be referred to in the text.

### Articles

Original articles are usually up to 3000 words long with up to six tables/illustrations and 30 references. They should be divided into: (a) Title page, (b) Summary, (c) Introduction, (d) Materials and Methods, (e) Results, (f) Discussion, (g) Acknowledgements, (h) References, (i) Tables, (j) Figures and captions. The summary should not exceed 250 words and should state concisely what was done, the main findings and how the work was interpreted. Numbered paragraphs should be avoided. The use of boxes with learning/summary 'bullet' points is encouraged.

### References

References should follow the Vancouver style. In the text, they should appear as superscript numbers starting at 1. At the end of the paper they should be listed (double-spaced) in numerical order corresponding to the order of citation. All authors should be quoted for papers with up to six authors; for papers with more than six authors, the first three only should be quoted followed by *et al.* Titles of medical periodicals should be given in full or abbreviated in line with the latest edition of *Index Medicus*. The first and last page numbers for each reference should be provided. Abstracts and letters must be identified as such. For example,

- 1 Clements R, Gravelle IH. Radiological appearances of hydatid disease in Wales. *Postgrad Med J* 1986; 62: 167-73.
- 2 Greenberger JS. Long-term hematopoietic cultures. In: Golde W, ed. *Hematopoiesis*. New York: Churchill-Livingstone, 1984, pp 203-42.

Responsibility for the accuracy and completeness of references rests entirely with the authors.

### Figures and tables

Photographs, photomicrographs, line diagrams and graphs should be prepared to professional standards and submitted as originals or as unmounted glossy photographic prints. When preparing illustrations which include lettering or symbols, remember they will be reduced to 65 mm in width, or less. Three copies of each illustration should be submitted, each bearing a label on the back marked in pencil with the author's names and the number of the figure. Figure legends and tables should be typed on separate sheets. If any tables or illustrations

submitted have been published elsewhere, written consent to republication should be obtained by the author from the copyright holder the authors. Figures and tables should be numbered in arabic numerals.

### Short reports

Short papers or case reports should not exceed 1000 words, inclusive of abstract, introduction, report and discussion. Up to 10 references and two illustrations or tables will be accepted. Each report must include (on a separate sheet) a list of learning or summary points.

### Self-assessment questions

Self-assessment questions may take several formats, including multiple-choice questions, (each consisting of a question stem and five items, with discussion of the correct answers and up to five references per question) and photographic material (eg, clinical photograph, X-ray, blood film, histological section) or data interpretation (eg, ECG, arterial blood gases), with clinical information and up to three questions with discussion of the correct answers, and up to five references per case. Authors whose case reports are rejected may be asked to consider resubmitting their report as a self-assessment question.

### Review articles

The Editor welcomes review articles of up to 3000 words, provided they contain a clear educational message. The use of boxed case histories, learning/bullet points and structured tables/summaries are encouraged. Guidelines for authors of review articles are available from the Editorial Office, who are also happy to discuss proposed articles.

### Editorials

The Editor is delighted to consider for publication unsolicited editorials of 800 words. These will be peer reviewed.

### Covering letter

The covering letter must be signed by all authors and include a declaration that the paper is not under consideration by any other journal at the same time and that it has not been accepted for publication elsewhere.

### Peer review

All papers are peer reviewed. Some are rejected after review by one or more members of the editorial team. The remainder are also reviewed by one or more external advisers. Reasons for rejection will be indicated to the principal author. The Editor retains the customary right to determine style and, if necessary, to shorten material accepted for publication.

### Letters

Letters to the Editor related to articles published in the *Postgraduate Medical Journal* are welcome. Only one copy need be sent, which should not exceed 500 words and five references. Authors whose short reports are rejected may be asked to consider resubmitting their report as a letter.

### Supplements

Guidelines for supplements are available from the Editorial Office, who are happy to discuss proposed supplements.

### Proofs

A marked copy of the proofs will be sent to the principal author which should be read carefully for errors. The corrected copy must be returned to the Technical Editor within three days. Major alterations to text cannot be accepted.

### Copyright assignment

The principal author must complete and return to the Publisher the Copyright Assignment Form enclosed with the proofs. He/she is responsible for obtaining the signatures of all co-authors.

### Offprints

Offprints may be ordered on a form accompanying the proofs. The charges are necessarily high if orders are received after the issue has gone to press.