

<b>GP Update Revalidation Action Plan</b>	Date completed:	
	Practice based <input checked="" type="checkbox"/>	Non-practice based <input checked="" type="checkbox"/>

**\*\*\*\*\*This action plan is for those NOT based regularly in a practice.\*\*\*\*\***  
**If you are regularly based in a practice, use the action plan below.**

- **Reflect on your prescribing of melatonin (both standard and slow release preparations) in the last 12 months. Tick all that apply:**

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	I have initiated 1 or more prescriptions in last 12m.
<input type="checkbox"/>	<input type="checkbox"/>	I have prescribed melatonin to people who have had it before from another GP.
<input type="checkbox"/>	<input type="checkbox"/>	I have not prescribed melatonin in the last 12m.

- **Now read the Update Update on melatonin. Summarise the evidence for and against using melatonin for insomnia.**

Evidence <u>for</u> melatonin use	Evidence <u>against</u> melatonin use
For insomnia...	
For jet lag	

- **Based on this evidence, what might you say to a patient who:**

Wants a first prescription, having never had it before...

To a patient who has had it before and wants it again...

To a patient who wants it for jet lag...

**The GP Update Course – A one day course for GPs and GP Registrars, by GPs.**

We trawl through all the journals and do all the legwork to bring you up to speed on the latest issues, research and guidelines in General Practice. **We set all this in the context of the consulting room and the requirements of revalidation.** We focus on actions - getting the literature into practice and ensuring it counts towards revalidation. We make it entertaining too, without compromising the content!

Course delegates receive The GP Update Handbook, a 350 page book with subjects presented in a similar structure to this Update Update! Much more than just lecture notes, the Handbook covers more subjects more extensively than is possible in the one-day course. It is a valuable resource for future reference and exam revision. Delegates also get a free trial access to the online version of the Handbook, making it easier to find things during a consultation, and one less thing to carry around!

**Spring 2010 dates:**

Exeter	Wednesday May 12	Newcastle	Wednesday May 19
Southampton	Thursday May 13	Sheffield	Thursday May 20
London	Friday May 14	Manchester	Friday May 21
London	Saturday May 15	Birmingham	Saturday May 22
		Oxford	Wednesday May 26

GPs £180, GP Registrars £150. For more details see [www.gp-update.co.uk](http://www.gp-update.co.uk).

*We make every effort to ensure the information in these pages is accurate, but this should not replace your own good clinical judgment. In particular check drug doses, side effects and interactions with the British National Formulary. We can not accept any responsibility for any errors made.*

*Primary Care Education LLP*

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- **Audit the use of melatonin in your practice in the last 2y.**

**Tips!**

Remember that this is likely to be an acute not a repeat prescription.  
 You will need to search on past drugs as well as current drugs.  
 Search for both standard and slow release preparations as the slow release preparations are relatively new.

Date:	Number
Number of patients who have been prescribed melatonin in the last 2y	

If the practice seems to use melatonin regularly is this something you should discuss with your colleagues?

**Yes/No**                      **Date discussed (if applicable):** .....

- **Read the Update Update on melatonin and summarise the evidence for and against using melatonin for insomnia.**

Evidence <u>for</u> melatonin use	Evidence <u>against</u> melatonin use
For insomnia...	
For jet lag...	

➤ **Based on this evidence, what might you say to a patient who:**

**Wants a script, having never had it before...**

**Has had it before and wants it again...**

**Wants it for jet lag...**

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