Medical abbreviations: writing little and communicating less.

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Medical abbreviations: writing little and communicating less

Kathleen E Walsh,1,2 Jerry H Gurwitz2

The use of abbreviations may hinder verbal as well as written communication. When speaking with families, physicians sometimes unintentionally slip into medical jargon, peppering their explanations and instructions with abbreviations. For example, when faced with a febrile infant, a physician trainee informed the already anxious parents that their child needed a “UA”, “LP” and “CBC” as part of the “work-up” to “rule out sepsis”; use of such language will clearly confuse family members. Written abbreviations on prescriptions or consult notes, such as “SOB” for shortness of breath, may also upset families. Abbreviations used in verbal communication of medication orders, such as “mils” or “m.l.s” for milliliters or “miggs” for milligrams are similarly problematic. Abbreviations which have two possible meanings seem to be particularly troublesome for healthcare providers reading notes written by someone from another discipline. For example, “BPD” can mean bronchopulmonary dysplasia or borderline personality disorder. Presumably, the age of the patient and context may help the reader differentiate between these conditions, but should that be necessary? Lastly, the use of abbreviations to describe a circumstance or condition may evolve over time, as exemplified by the change from MR (mental retardation) to DD (developmental delay) to CI (cognitively impaired).

Given that the use of abbreviations in medicine is pervasive, what are the clinical implications of this study? The authors suggest that paediatric notes should contain only standard abbreviations. While this seems a simple recommendation, the implementation and enforcement of such a policy for the very large number of different abbreviations the authors found in paediatric notes alone would be very cumbersome. Given that there is currently no evidence to link many of these abbreviations to actual patient harm, enforcing the use of a standard list of abbreviations may not be an efficient strategy for improving patient safety and healthcare quality.

A more practical approach, that can be enforced, is the prohibition of a limited number of clearly dangerous abbreviations which have caused patient harm or which have substantial risk of causing harm. Among the 2008 National Patient Safety Goals of the U.S. Joint Commission is the implementation of a prohibited abbreviations requirement, involving a list of 15 dangerous abbreviations (such as U, Q.D., Q.I.D.) that are
Cystic fibrosis and the transition to adult health services

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There is no other condition quite like cystic fibrosis (CF). Faulty genes that the parents usually did not know they carried have caused it. The newborn baby will usually be free of any problems, but the young child is likely to have problems with weight gain and with frequent respiratory infections. Once the diagnosis has been made, the family must learn a complex new set of rules: medication needs to be given several times every day, and chest physiotherapy must be learned and performed twice a day, sometimes more. The family and later the child need to become medical experts: they will need to recognise when they need to seek extra help from their CF team—how do they know when the child is coughing enough to need another appointment? They will need to learn to work with a whole range of willing and enthusiastic practitioners including doctors, nurses, physiotherapists, dieticians, psychologists, social workers and pharmacists. Not to mention the additional worries of school absences for inpatient and outpatient consultations. Then on top of that there are the family crises—not just the normal ones that all families will go through, but those when the child may grow Pseudomonas aeruginosa for the first time and a 2-week hospital admission is required, often with minimal advance notice. As the child grows up, they will be expected to learn more about their health and how to maintain it, with a gradual reduction in responsibility from their parents and the expectation that they will become largely independent of parental input.

There is convincing evidence in favour of improving survival for patients with CF, despite the fact that there is as yet no definitive treatment to cure the defect at a cellular level.1 2 This improved survival is a reflection in part of the improving and pro-active care provided during childhood. Continuous improvements in health and survival suggest that mean survival of recently born infants may be greater than 50 years (fig 1).3 New treatments are being developed that are expected to modify the course of the disease and further improve survival. The CF community eagerly awaits the results from these studies. Both paediatric and adult care is likely to become even more pro-active with improving health surveillance and aggressive early management of complications. This should lead to further improvements in CF survival.

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