

Produced by



SingHealth Patient Advocacy Network

# PLAIN ENGLISH GLOSSARY

A Communications Guide for Healthcare Professionals

Supported by

SingHealth Duke-NUS Institute for Patient Safety and Quality  
SingHealth Group Nursing  
SingHealth Group Office of Patient Experience

## About the SingHealth Patient Advocacy Network

The SingHealth Patient Advocacy Network (SPAN) is a self-driven community of interested patients and caregivers who are committed to representing the voice of patients to enhance patient experience and quality of care.

Established in 2017 by the SingHealth Duke-NUS Institute for Patient Safety and Quality (IPSQ), SPAN works in close partnership with IPSQ, SingHealth Group Office of Patient Experience and Group Nursing. Members lend insightful perspectives and are involved in a rich array of projects, ranging from participation in hospital committees for the Future Outpatient Journey and Elective Surgery, to patient and staff education initiatives.



## Foreword

The Plain English Glossary aims to help healthcare professionals communicate effectively with patients and caregivers. It was seeded by an idea contributed by members of our Patient Support Groups based on their experience as users of healthcare. The glossary simplifies 150 commonly used medical terms and jargons into layman explanations, complemented with examples of how each term may be used in a sentence. Our objective is to encourage healthcare professionals to “speak the patient’s language”.

The Plain English Glossary is made possible by the efforts of patients, caregivers and the healthcare team, in particular, an editorial panel made up of nurses and allied health professionals, and facilitated by members of the SingHealth Patient Advocacy Network (SPAN). The collaboration and partnership between healthcare providers and patients/ caregivers is testimony to the importance of working together. If you would like to help us expand the glossary, request copies or share feedback, please write to us at [partnersincare@singhealth.com.sg](mailto:partnersincare@singhealth.com.sg)

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**A**

**Abscess**

*Layman's explanation*

Bump on skin or a painful swelling

*Used in a sentence*

If you see a bump or a painful swelling on your skin, please tell your doctor or nurse.

**Acute**

*Layman's explanation*

Sudden

*Used in a sentence*

If you feel a sudden loss of hearing in the next few weeks after your discharge, please go to the nearest A&E immediately.

**Acute Retention of Urine (ARU)**

*Layman's explanation*

Cannot pass urine properly

*Used in a sentence*

If you cannot pass urine properly, please see the doctor.

**Advance Care Planning (ACP)**

*Layman's explanation*

How you would like to be cared for should you become unable to speak for yourself

*Used in a sentence*

We would like to discuss and write down how you would like to be cared for should you become unable to speak for yourself.



**Ambulant**

*Layman's explanation*

Able to move around by oneself

*Used in a sentence*

Mr Tan is able to move around by himself.

**Ambulate**

*Layman's explanation*

Moving around

*Used in a sentence*

Your father needs help with moving around.

**Asymptomatic Microscopic Haematuria (AMH)**

*Layman's explanation*

Blood found in urine through a special test. Most patients have no other symptoms.

*Used in a sentence*

We found blood in your urine during the test. Most patients have no other symptoms.

## Analgesia

*Layman's explanation*

Medicine to reduce your pain

*Used in a sentence*

We will give you some medicine to reduce your pain after the operation.

## Angina

*Layman's explanation*

Chest discomfort or tightening

*Used in a sentence*

The chest discomfort or tightening you feel is due to the poor blood and oxygen circulation to your heart.

## Ante-Partum Haemorrhage (APH)

*Layman's explanation*

Bleeding from the vagina after the 20th or 24th week of pregnancy up till when you give birth.

*Used in a sentence*

Did you have bleeding from the vagina after the 20th or 24th week of pregnancy up till when you gave birth?

## Anterior Resection (AR)

*Layman's explanation*

Remove a part of your large intestine up to your anus

*Used in a sentence*

The doctor will do an operation to remove the last part of your large intestine up to your anus, which contains the cancer.

## Auscultate

*Layman's explanation*

To listen to your organs using the stethoscope

*Used in a sentence*

We will need to listen to your organs using the stethoscope.

## B

## Bed sponging/bed bath

*Layman's explanation*

Clean him in bed

*Used in a sentence*

We will clean him in bed, as he cannot move.

## Bladder incontinence

*Layman's explanation*

Cannot control his urine

*Used in a sentence*

As he cannot control his urine and could wet himself, he could wear diapers.

## Blood pressure (BP)

*Layman's explanation*

Blood pressure

*Used in a sentence*

You need to take your medicine regularly to ensure that your blood pressure levels are within the healthy range.



## Bowel incontinence

*Layman's explanation*

Cannot control the passing of motion

*Used in a sentence*

As he cannot control his passing of motion, he could wear diapers.

## Bowel Open (BO)

*Layman's explanation*

Pass motion

*Used in a sentence*

Have you passed motion today?

## Breast conservation

*Layman's explanation*

Remove part of the breast instead of the whole breast

*Used in a sentence*

As we discovered the lump at an early stage, we will only have to remove part of the breast and not the whole breast.

## Breast reconstruction

*Layman's explanation*

Create a new breast

*Used in a sentence*

You can do an operation to create a new artificial breast to replace your removed breast.

## Breast self-examination (BSE)

*Layman's explanation*

Check your breast by feeling it for lumps or swelling every month

*Used in a sentence*

Please check your breast by feeling it for lumps or swelling every month.



## Cannulation

*Layman's explanation*

Insert a tube to inject the medicine into your body

*Used in a sentence*

We will be inserting a tube to inject the medicine into your body directly.

## Catheter

*Layman's explanation*

Tube

*Used in a sentence*

Let us show you how you can care for your urine tube before you go home.

## Cellulitis

### *Layman's explanation*

Bacterial infection inside the skin

### *Used in a sentence*

This is a common bacterial infection inside the skin that is painful, and causes the skin to swell and turn red.

## Cerebral haemorrhage

### *Layman's explanation*

Bleeding in the brain

### *Used in a sentence*

Mr Tan was hospitalised due to bleeding in the brain.

## Chest symmetry

### *Layman's explanation*

Right and left sides of the chest are the same

### *Used in a sentence*

We will check if the right and left sides of your chest are the same when you breathe.

## Clear feed

### *Layman's explanation*

Clear liquids such as water and clear soups

### *Used in a sentence*

Please take only clear liquids, such as water and clear soups, juices with no pulp, or tea and coffee with no milk or cream.

## Comfort care

### *Layman's explanation*

Care to relieve symptoms and ensure comfort

### *Used in a sentence*

Given your father's condition, the team suggests we continue to provide care to relieve his symptoms and ensure his comfort.

## Complete rest in bed (CRIB)

### *Layman's explanation*

Not allowed to get out of bed

### *Used in a sentence*

To help you recover faster, you are not allowed to get out of bed. If you need any help, please press the call bell for the nurses.

## Conservative management

### *Layman's explanation*

Not go for operation or do anything major

### *Used in a sentence*

Given your condition, we recommend that you not go for operation or do anything major.

## CP-CRE swab (CRE stands for Carbapenem-resistant Enterobacteriaceae)

### *Layman's explanation*

Take a swab from inside your anus to test for the bacteria

### *Used in a sentence*

As you have stayed with us for the past 14 days, we would need to take a swab from inside your anus to test for a bacteria called CP-CRE. We will do this every two weeks as a regular check.

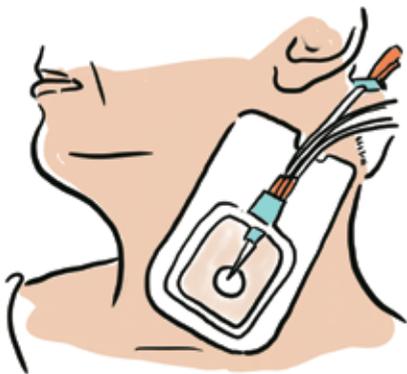
## CVC dressing (CVC stands for Central Venous Catheter)

### *Layman's explanation*

Dressing of the tube that was inserted

### *Used in a sentence*

Each week, the nurse will check the dressing of the tube that was inserted.



## D

## Debridement

### *Layman's explanation*

Remove all damaged or dead tissue from wound

### *Used in a sentence*

During your operation tomorrow, the doctor will remove all damaged or dead tissue from the wound on your leg to help it to heal.

## Demise

### *Layman's explanation*

Passed away

### *Used in a sentence*

We are sorry to hear that the patient has passed away.

## Deteriorate

### *Layman's explanation*

Worsen

### *Used in a sentence*

Tom's condition has worsened.

## Dilation of the heart / Cardiomegaly

### *Layman's explanation*

Heart becomes enlarged

### *Used in a sentence*

When the heart becomes enlarged, it cannot pump blood effectively.

## Discharge plan

*Layman's explanation*

List of things to do and note after you leave the hospital so as to help you recover fully

*Used in a sentence*

I would like to discuss with you the list of things you can do and note after you leave the hospital so as to help you recover fully.

## Dislocation

*Layman's explanation*

Popped out of its joint

*Used in a sentence*

We believe your shoulder could have popped out of its joint.

## Downgrade

*Layman's explanation*

Change to subsidised/non-private paying which is cheaper

*Used in a sentence*

I understand you have difficulty paying hospital bills under the private paying ward. Would you like to change to a subsidised ward which is cheaper?

## Drink fluids

*Layman's explanation*

Drink liquids

*Used in a sentence*

Please drink more liquids, such as water, soups or juices to ensure your body has enough water so that you can recover quickly.

## Dysarthria

*Layman's explanation*

Slurred speech

*Used in a sentence*

The speech therapist will help your father with his slurred speech.

## Dysphagia

*Layman's explanation*

Swallowing difficulties

*Used in a sentence*

The speech therapist will help your father with his swallowing difficulties.

## Dyspnea

*Layman's explanation*

Short of breath or have difficulty breathing

*Used in a sentence*

If you feel short of breath or have difficulty breathing, please see a doctor immediately.

# E

## Electrolytes

*Layman's explanation*

Body minerals such as sodium, calcium and potassium

*Used in a sentence*

Body minerals such as sodium, calcium and potassium, are passed out when you vomit, have diarrhoea or when you sweat. You can replace them with water, isotonic drinks, fruits and vegetables.

## Electrolytes Imbalance

*Layman's explanation*

Level of body minerals in the body becoming too high or too low

*Used in a sentence*

When the level of body minerals in the body become too high or too low, it can cause twitching, weakness, muscle cramps and irregular heartbeat.

## Episiotomy

*Layman's explanation*

Childbirth wound after delivery

*Used in a sentence*

If you feel a lot of pain in your childbirth wound after delivery, please let the nurses know.

## Evacuation of the uterus (EVAC)

*Layman's explanation*

Clean up the uterus by removing the remaining blood clots (usually when a pregnancy ends e.g. miscarriage or abortion)

*Used in a sentence*

We are sorry for your loss. The gynaecologist will clean up your uterus by removing the remaining blood clots. This will reduce the chances of infection and the amount of bleeding from the vagina later.

## Exacerbation

*Layman's explanation*

Gotten worse

*Used in a sentence*

Your asthma has gotten worse.

## Expectorate

*Layman's explanation*

Cough out

*Used in a sentence*

Mr Tan was able to cough out his own phlegm after the breathing exercises.

## Expressed Breast Milk (EBM)

*Layman's explanation*

Breast milk that you have pumped

Do you have any breast milk that you have pumped stored in our fridge?

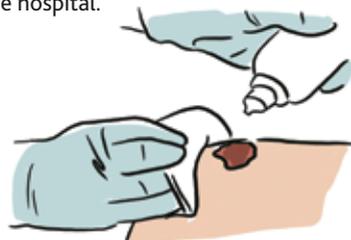
## Exudate

*Layman's explanation*

Fluid coming out from the wound

*Used in a sentence*

We will need to monitor the fluid coming out from the wound to ensure there is no infection before we can allow you to leave the hospital.



## F

### Findings

*Layman's explanation*

Results

*Used in a sentence*

Your scan results show that your condition is improving.

### Finely minced diet

*Layman's explanation*

Food that is blended, easy to eat and does not need chewing

*Used in a sentence*

To help you digest food more easily after your operation, we advise you to eat food that is blended, is easy to eat and does not need chewing.

### Fluid retention

*Layman's explanation*

Water building up inside the body

*Used in a sentence*

Your swollen foot is caused by the water building up inside your body.

### Foreign body

*Layman's explanation*

Object that may have accidentally gone into the body

*Used in a sentence*

This X-ray is to look for any objects that may have accidentally gone into the body during your accident.

### Formula

*Layman's explanation*

Powdered milk

*Used in a sentence*

Your baby does not need to drink powdered milk for now.

### Fracture

*Layman's explanation*

Broken bone

*Used in a sentence*

The X-ray shows that Tom has a broken bone at his shin.

### Full Blood Count On Arrival (FBC OA)

*Layman's explanation*

Be at the clinic two hours before your appointment time to take a blood test to measure your blood count

*Used in a sentence*

At your next appointment date, you will need to be at the clinic two hours before your appointment time to take a blood test to measure your blood count.

### Full Diet

*Layman's explanation*

Eat normal food

*Used in a sentence*

You can start eating normal food once you have no problems drinking and eating porridge according to your doctor's instruction.



## Full Feed

*Layman's explanation*

Patient's normal diet

*Used in a sentence*

Once Ali is able to take in clear feeds such as water and juices without pulp, he may start to take drinks that he likes, such as milk and milo. If he does not throw up, he may go back to his normal diet.

## Functional activity

*Layman's explanation*

Everyday activity

*Used in a sentence*

The occupational therapist will teach you exercises that can help you get back to doing your everyday activities, such as writing or eating.



## General Ward (GW)

*Layman's explanation*

Normal ward

*Used in a sentence*

As your father's condition has improved and he no longer requires close monitoring, we will be transferring him to a normal ward.



## Haemorrhage

*Layman's explanation*

Internal bleeding

*Used in a sentence*

The CT brain scan is to check if there is any internal bleeding in your brain.

## High Dependency (HD)

*Layman's explanation*

Ward with patients that need closer and constant monitoring

*Used in a sentence*

Patients in a high dependency ward are usually recovering from a major operation, and need closer and constant monitoring.

## Haematuria

*Layman's explanation*

Blood in urine

*Used in a sentence*

The blood in your urine will go away in a few days.

## Histology

*Layman's explanation*

Lab report on the tissue/cyst/tumour/whatever parts that were removed

*Used in a sentence*

When you return for your appointment with the doctor, he will go through with you your lab report on the tumour that was removed.

## Hypertension

*Layman's explanation*

High blood pressure

*Used in a sentence*

We are giving him medicine to control his high blood pressure.

## Hypervolemia

*Layman's explanation*

Too much fluid in the blood

*Used in a sentence*

Your mother has too much fluid in her blood.

## Hypocount

*Layman's explanation*

Check blood sugar levels by pricking a finger with a small device

*Used in a sentence*

As you have diabetes, you can check your blood sugar levels regularly by pricking a finger with a small device.

## Hypoglycemia

*Layman's explanation*

Blood sugar level is lower than normal

*Used in a sentence*

We note from your blood test results that your blood sugar level is lower than normal.

## Hypokalemia

*Layman's explanation*

Potassium levels are lower than usual

*Used in a sentence*

We note from your blood test results that your potassium levels are lower than usual because you urinate too frequently.

## Hyponatremia

*Layman's explanation*

Sodium levels are lower than usual

*Used in a sentence*

Ms Siti, we noted from your blood test results that your sodium levels are lower than usual because you urinate too frequently.



## Incentive Spirometer (IS)

*Layman's explanation*

Breathing device to help the lungs breathe normally again

*Used in a sentence*

After your operation, we will give you a breathing device to help your lungs breathe normally again.

## Intermediate Care Area (ICA)

### *Layman's explanation*

Area where there is close and constant monitoring of the patient

### *Used in a sentence*

Your brother will be in the Intermediate Care Area, where he will be closely and constantly monitored. A monitoring device will also be attached to him at all times.

## Intramuscular Injection (IM)

### *Layman's explanation*

Injection straight into the muscle

### *Used in a sentence*

Injections straight into the muscle help the body absorb medicine faster. You would have experienced this when you get flu shots or similar vaccines.



## Intestinal Obstruction (IO)

### *Layman's explanation*

Intestines are blocked

### *Used in a sentence*

Usually, if your intestines are blocked, you will not be able to pass gas or pass motion. You may also have a swollen abdomen.

## Intravenous (IV)

### *Layman's explanation*

Inject into the vein

### *Used in a sentence*

The nurse will inject the medicine into the vein to deliver it directly and quickly into the body.

## IO Chart (Intake Output Chart)

### *Layman's explanation*

A chart to record all your drinks and all the waste (urine/motion) that you pass out to better understand your body condition

### *Used in a sentence*

We would like you to record what you eat and drink, and what you pass out on this chart.

# L

## Laparoscopic APR (Abdominal Perineal Resection)

### *Layman's explanation*

Remove the cancer that is very close to the anus through small cuts in the belly

### *Used in a sentence*

The surgeon will be removing the cancer that is very close to the anus through small cuts in the belly.

## Lead Apron

### *Layman's explanation*

Apron to protect against radiation

### *Used in a sentence*

Before we take your son's X-ray, he will be given an apron to protect him against radiation.

## Lochia flow

### *Layman's explanation*

Blood that comes out from the vagina after giving birth

### *Used in a sentence*

It is normal for you to have blood coming out from the vagina after giving birth.

## Low purine diet

### *Layman's explanation*

A diet that reduces the amount of uric acid in the body

### *Used in a sentence*

We recommend that you follow this special diet that reduces the amount of uric acid in your body. This will help improve your gout condition.

## Lower Segment Caesarean Section (LSCS)

### *Layman's explanation*

A cut made (through surgery) at the lower part of the abdomen

### *Used in a sentence*

Eva's baby was born through a Caesarean Section, in which a cut was made in the lower part of the abdomen.

## Lymphoedema

### *Layman's explanation*

Swelling of the arm

### *Used in a sentence*

After your operation, the occupational therapist will share with you what you should and should not do to prevent swelling in your arm.





## Malignant

*Layman's explanation*

Cancerous

*Used in a sentence*

The lump in her abdomen is cancerous.

## Mammogram

*Layman's explanation*

X-ray of the breast

*Used in a sentence*

We advise that women between 40 to 50 years old undergo mammogram screening every year, which is like an X-ray of the breast.

## Mass

*Layman's explanation*

Lump

*Used in a sentence*

Your test results show that the lump in your breast is not cancerous.

## Mastectomy

*Layman's explanation*

Remove your breast

*Used in a sentence*

Following the surgery to remove your breast, you can choose to do an operation to create an artificial breast.

*(See Breast Reconstruction on pg 5)*

## Medical condition

*Layman's explanation*

Illness/Injury/Disease

*Used in a sentence*

You have to take this medicine for your illness/injury/disease.

## Medical devices

*Layman's explanation*

Medical equipment – state the medical equipment e.g. walking frame, inflatable air mattress, movable toilet chair e.t.c. in your speech

*Used in a sentence*

We recommend that you use a walking stick or frame to help your mother walk after her operation.

## Medical Social Worker (MSW)

*Layman's explanation*

Social workers who can help with financial, social or personal difficulties because of your medical condition

*Used in a sentence*

Our Medical Social Workers can help you with financial, social or personal difficulties arising from your medical condition.

## Medication compliance

*Layman's explanation*

Follow your doctor's instruction to take your medication regularly

*Used in a sentence*

In order to recover well, you must follow your doctor's instruction to take your medication regularly.



## Mobility (as compared to mobilise)

*Layman's explanation*

Ability to move around

*Used in a sentence*

As Mr Tan lives alone at home, his ability to move around by himself is very important to him.

## Monitor

*Layman's explanation*

Check

*Used in a sentence*

It is important for diabetes patients to constantly check their blood sugar levels in order to keep their condition under control.

## MRSA (Methicillin-Resistant Staphylococcus Aureus)

*Layman's explanation*

A bug that usually causes infection among patients in hospitals who have weaker immune systems

*Used in a sentence*

MRSA is a bug that usually causes infection among patients in hospitals who have weaker immune systems and can appear as a small red bump, pimple or boil on the skin. The area may be tender, swollen or warm. If you experience these symptoms, please inform a nurse or doctor immediately.

## Nasogastric tube feeding (NG tube feeding)

*Layman's explanation*

Feed you through a nose tube connected to the stomach

*Used in a sentence*

As the patient cannot eat, drink and swallow by mouth, we have to feed him through a nose tube connected to the stomach.

## Neutropenic Diet

*Layman's explanation*

Diet that involves choosing food and drinks, and preparing them in a way that protects you from diseases caused by bacteria in food.

*Used in a sentence*

You will be on a diet that involves choosing food and drinks, and preparing them in a way that protects you from diseases caused by bacteria in food. Therefore, do not eat any raw food, including salads and undercooked eggs and leftover food.

## Nil By Mouth (NBM)

*Layman's explanation*

Must not eat or drink anything, including water

*Used in a sentence*

The doctor has requested that Michelle not eat or drink anything, including water, from 12am onwards, to prepare for her operation tomorrow morning.



## Non-invasive

*Layman's explanation*

Does not require any cutting into the body, or the removal of any body tissue

*Used in a sentence*

This procedure does not require any entering/cutting into the body, or any removal of body tissue.

## Normal Vaginal Delivery (NVD)

*Layman's explanation*

Normal childbirth through the vagina

*Used in a sentence*

Did you have your baby via normal child birth through the vagina?



## Occupational Therapist (OT)

*Layman's explanation*

A trained person who helps patients get back their ability to do daily tasks e.g. brush their teeth and call for a taxi

*Used in a sentence*

He is a trained person who can help you get back your ability to do your daily tasks e.g. brushing your teeth and calling for a taxi

## Op

*Layman's explanation*

Operation

*Used in a sentence*

Lilian went for her operation this morning to remove the stones in her gall bladder.

## Orally taken

*Layman's explanation*

Eat and drink through the mouth

*Used in a sentence*

We can remove your drip tube once you are able to eat and drink through the mouth.

## Osteoporosis

*Layman's explanation*

Condition where bones lose calcium and become more likely to break

*Used in a sentence*

Eating foods high in calcium can reduce our risk of osteoporosis, a condition where our bones lose calcium making them more likely to break as we get older.

## Oxygen saturation

*Layman's explanation*

Level of oxygen in the blood

*Used in a sentence*

As the level of oxygen in your blood is low, we would need to put an oxygen mask on you to increase your oxygen levels.

**P**

## Paediatrician (Paeds)

*Layman's explanation*

Doctor who looks after babies and children

*Used in a sentence*

The doctor who looks after babies and children will see your baby soon.

## Phlebitis

*Layman's explanation*

Redness and pain where the needle was inserted

*Used in a sentence*

There is some redness and pain where the needle was inserted. I will inform the doctor and he may give you treatment for it.

## Physiotherapist (PT)

*Layman's explanation*

A trained person who helps you with sprains, back pain, arthritis, posture problems, and sports and workplace injuries

*Used in a sentence*

The physiotherapist is a trained person who can help you with your sprains, back pain, arthritis, posture problems, and sports and workplace injuries

## Pleural effusion

*Layman's explanation*

Water in your lungs

*Used in a sentence*

Your chest X-ray shows that there is water in your lungs. This could be why you feel short of breath.



## Pneumonia

*Layman's explanation*

Air sacs in your lungs are inflamed

*Used in a sentence*

Your chest X-ray shows that the air sacs in your lungs are inflamed.

## Pneumothorax

*Layman's explanation*

Collapsed lung

*Used in a sentence*

Your chest X-ray shows that your lungs have partially collapsed.

## Podiatrist

*Layman's explanation*

A trained person who specialises in treating problems in the leg, including the foot and ankle

*Used in a sentence*

You can see a podiatrist who specialises in treating problems in the leg, including the foot and ankle, for help with the warts on your feet that keep coming back.

## Post-op day

*Layman's explanation*

Day after your operation

*Used in a sentence*

We will check your wound on the fifth day after your operation.

## Post-Partum Haemorrhage (PPH)

### *Layman's explanation*

Lose a lot of blood after giving birth

### *Used in a sentence*

It is dangerous to lose a lot of blood after giving birth.

## Postural hypotension

### *Layman's explanation*

Feel giddy when you suddenly stand up after sitting or lying down

### *Used in a sentence*

If you suddenly stand up after sitting or lying down, you may feel giddy.

## Pressure garment

### *Layman's explanation*

Special clothing that fits tightly over an area

### *Used in a sentence*

You will need to wear a special clothing that fits tightly over your wound after your surgery to help you recover quickly.

## Pressure injury

### *Layman's explanation*

Injury caused by putting pressure on the same position for too long, usually by lying down.

### *Used in a sentence*

Bed sores are injury caused by putting pressure on the same position for too long as it limits blood flow. To prevent this, patients who need to stay in bed for a long period of time must change their positions frequently.

## Pro Re Nata (PRN)

### *Layman's explanation*

When needed

### *Used in a sentence*

You should take these painkillers only when you need it.

## Prophylaxis

### *Layman's explanation*

To prevent

### *Used in a sentence*

The drug, Doxycycline, is used to prevent malaria.

## Prosthesis fitting

### *Layman's explanation*

To fit an artificial body part

### *Used in a sentence*

After the surgery to remove your breast, we will make an appointment with you to fit an artificial breast on you.

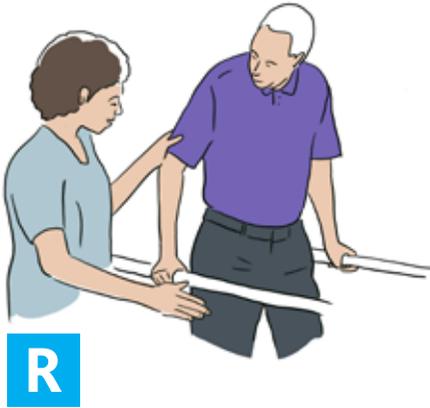
## Pass Urine (PU)

### *Layman's explanation*

Pass urine

### *Used in a sentence*

Have you passed urine today?



## Rehabilitation

### *Layman's explanation*

To get back to your original health condition

### *Used in a sentence*

If you follow the physiotherapist's instructions, you will be able to get back to your original health condition quickly.

## Rehabilitation exercise

### *Layman's explanation*

Exercises to get back the use of your arm

### *Used in a sentence*

After your surgery, the occupational therapist will show you some exercises to get back the use of your arm.

## Residual urine

### *Layman's explanation*

Urine that is left in your bladder and not yet passed out

### *Used in a sentence*

To help us better assess your condition, we need to check the amount of urine that is left in your bladder and has not been passed out.

## Restraints

### *Layman's explanation*

Safety equipment to tie down her hands

### *Used in a sentence*

Your mother had tried to hit herself continuously with a cup. The doctors suggest that we use this safety equipment to tie down her hands to prevent her from injuring herself.



## Secondary contributing factors

### *Layman's explanation*

Other factors causing the illness or situation

### *Used in a sentence*

Other factors causing infertility include over-exercising, eating disorders, injury or tumours.

## Sensation

### *Layman's explanation*

Feel anything - pain/pricks/tingling

### *Used in a sentence*

We need to check whether you can feel any pain or pricks on your sole.

## Sepsis

### *Layman's explanation*

Blood poisoning, a serious infection

### *Used in a sentence*

John has blood poisoning, a serious infection and needs to be warded immediately

## Seroma aspiration

### *Layman's explanation*

Remove the fluid/liquid from your breast

### *Used in a sentence*

After we remove the drainage tube, we will refer you to the nurse in the clinic to help you to remove the fluid from your breast.

## Skin graft

### *Layman's explanation*

A surgery to remove a piece of healthy skin and attach it to a damaged part on your body

### *Used in a sentence*

The doctor will perform a surgery to remove a piece of healthy skin from your thigh and attach it to your burn wound.

## Skin to Skin Contact

### *Layman's explanation*

Hold your baby close to your skin after delivery

### *Used in a sentence*

Hold your baby close to your skin after delivery will help to promote bonding between you and your baby.

## Soft Diet

### *Layman's explanation*

Only eat food that is soft and easy to swallow

### *Used in a sentence*

After your operation, you should only eat food that is soft and easy to swallow, such as porridge and soups.

## Standard Measurement of Drainage (SMD)

### *Layman's explanation*

How much fluid was collected

### *Used in a sentence*

Every morning, please inform the nurse how much fluid was collected so she can help to monitor your condition.

## Subcutaneous injection

### *Layman's explanation*

Inject the medicine just underneath the skin

### *Used in a sentence*

We will inject the medicine just underneath your skin, instead of directly into your vein as the medicine needs to be slowly absorbed by your body.

## Sublingual medication

### *Layman's explanation*

Medicine that is placed under the tongue so it can enter the bloodstream faster

### *Used in a sentence*

As your father is unable to swallow, we will give him this medicine to be placed under his tongue so it can enter his bloodstream faster.

## Survivor

*Layman's explanation*

Patient who has recovered from his/her illness and living well

*Used in a sentence*

At our forum, you will meet cancer patients who have recovered from their illnesses and living well.

## Systolic blood pressure (SBP)

*Layman's explanation*

Upper number of the blood pressure reading

*Used in a sentence*

What is the upper number of your blood pressure reading?



## TCU

*Layman's explanation*

Follow-up appointment

*Used in a sentence*

You will be given a follow-up appointment with the doctor after discharge.

## TED stockings (Thrombo-Embolus Deterrent stockings) or Anti-Embolism stockings

*Layman's explanation*

Stockings to prevent blood clots in the legs

*Used in a sentence*

As your mother will not be able to move around much by herself in the ward, we will give her stockings to wear to prevent blood clots in her legs.

## Titrate

*Layman's explanation*

Adjust the amount of medicine

*Used in a sentence*

We will adjust the amount of blood pressure medicine given depending on how he responds to the medicine.

## Transitional home care

*Layman's explanation*

A team to help you adjust to managing and recovering from your illness at home by supporting you with any nursing therapy or medical care that you need.

*Used in a sentence*

After your discharge from hospital, our Transitional Home Care Team will look after you. They will help you adjust to managing and recovering from your illness at home by supporting you with any nursing, therapy or medical care that you need.

## Treatment plan

*Layman's explanation*

Plan on how to treat your condition/illness

*Used in a sentence*

You have to follow the plan on how to treat your illness to recovery quickly.



## Unstable gait

*Layman's explanation*

Walk in a way that is not steady

*Used in a sentence*

We notice that the way you walk is not steady due to the pain in your right foot. This can cause you to fall. We will get the physiotherapist to see you and check whether you need a walking aid.



## Urinary Tract Infection (UTI)

*Layman's explanation*

Infection in your urine

*Used in a sentence*

If you have an infection in your urine, you may feel pain while urinating.



## Vaginal Birth After Caesarean Section (VBAC)

*Layman's explanation*

Deliver your second baby through the vagina after delivering your first child through Caesarean Section

*Used in a sentence*

We need to weigh the pros and cons of delivering your second baby through the vagina after you delivered your first child through a Caesarean Section.

## Venepuncture

*Layman's explanation*

Take some blood from you by inserting a needle

*Used in a sentence*

For this blood test, we will be taking some blood by inserting a needle into your arm.

## Vertigo

*Layman's explanation*

Feel giddy

*Used in a sentence*

If you feel giddy when getting out of bed, please press the call bell for help.

## Vision

*Layman's explanation*

See

*Used in a sentence*

She came to see the doctor because everything she saw was blurry and unclear.



## Wheelchair mob

*Layman's explanation*

Only allowed to move around in a wheelchair

*Used in a sentence*

As your father's wound is not completely healed, he is only allowed to move around in a wheelchair.

## Weight-bearing as tolerated (WBAT)

*Layman's explanation*

Only allowed to take steps with affected leg within pain and comfort level

*Used in a sentence*

After his left knee replacement surgery, Mr Lee is only allowed to walk and take steps with his left leg within his pain and comfort level.

## Full weight-bearing (FWB)

*Layman's explanation*

Allowed to take steps with the affected leg with full body weight

*Used in a sentence*

Mrs Tan would like to find out if Mr Tan is allowed to take steps with the affected leg with his full body weight.

## Non weight-bearing (NWB)

*Layman's explanation*

Not allowed to take steps with affected leg

*Used in a sentence*

Mr Tan has been told not to take steps with his injured leg. As such, if he needs to move around, he should use a wheelchair.

## Partial weight-bearing (PWB)

*Layman's explanation*

Only allowed to take steps with affected leg with 50% of body weight

*Used in a sentence*

Mr Tan has been advised to only take steps with his injured right leg with about 50% of his body weight.





SingHealth Patient Advocacy Network