

The layman's guide to medical terminology and facts

保健常識你要知

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2017 New Life Interns
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New Life

Psychiatric Rehabilitation Association

新生精神康復會



DISCLAIMER

我們不是醫生!

We are not trained doctors...just public health and premed students who have compiled some helpful tips if you ever find yourself in any of these positions...



Background for Maggie



Maggie is coming to be a final year student in CUHK in September. She is majoring in Public Health and has a great interest in mental health either.

She likes watching plays and having fun with friends. She also enjoys being a educational volunteer in leisure time to share what she knows with others.

Background for Nancy



Nancy is going to be a second-year at Yale University in the USA this fall. She plans on majoring in biology and would like to enter medical school after her undergraduate education.

In her free time, she likes to run, play the piano, hang out with friends (like Maggie), and volunteer at the Yale-New Haven Hospital.

預防長期病患 Prevention of Chronic Disease

1) 控制體重 Control weight:

- a) 做你有興趣的運動! Find fun ways to exercise! Hike, walk, bike, go to the gym, etc...

2) 健康飲食 Have a healthy diet

- a) 多吃五穀類食物 MORE whole grains!
- b) 少喝糖份高的飲料, 多喝水或者茶 Less sugary drinks like soda...More drinks like water/tea
- c) 少吃紅肉 (例子: 豬肉或牛肉) Limit red meat consumption

3) 立即戒煙 Quit smoking

4) 少喝酒 Drink alcohol less

5) 保持身心健康 Maintain a constant state of mental well-being

記住 REMEMBER: STAY LEAN AND STAY ACTIVE! 保持健美體態和常做運動!



心理健康 Mental Well-Being

-Relaxation scripts are at the following website:

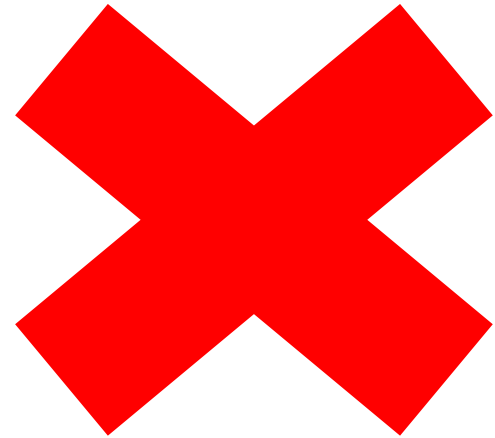
<http://www.innerhealthstudio.com/breathing-awareness.html>

-Let's practice!

職業安全及健康

Occupational health

搬運重物 Lifting heavy things



搬運重物 Lifting heavy things



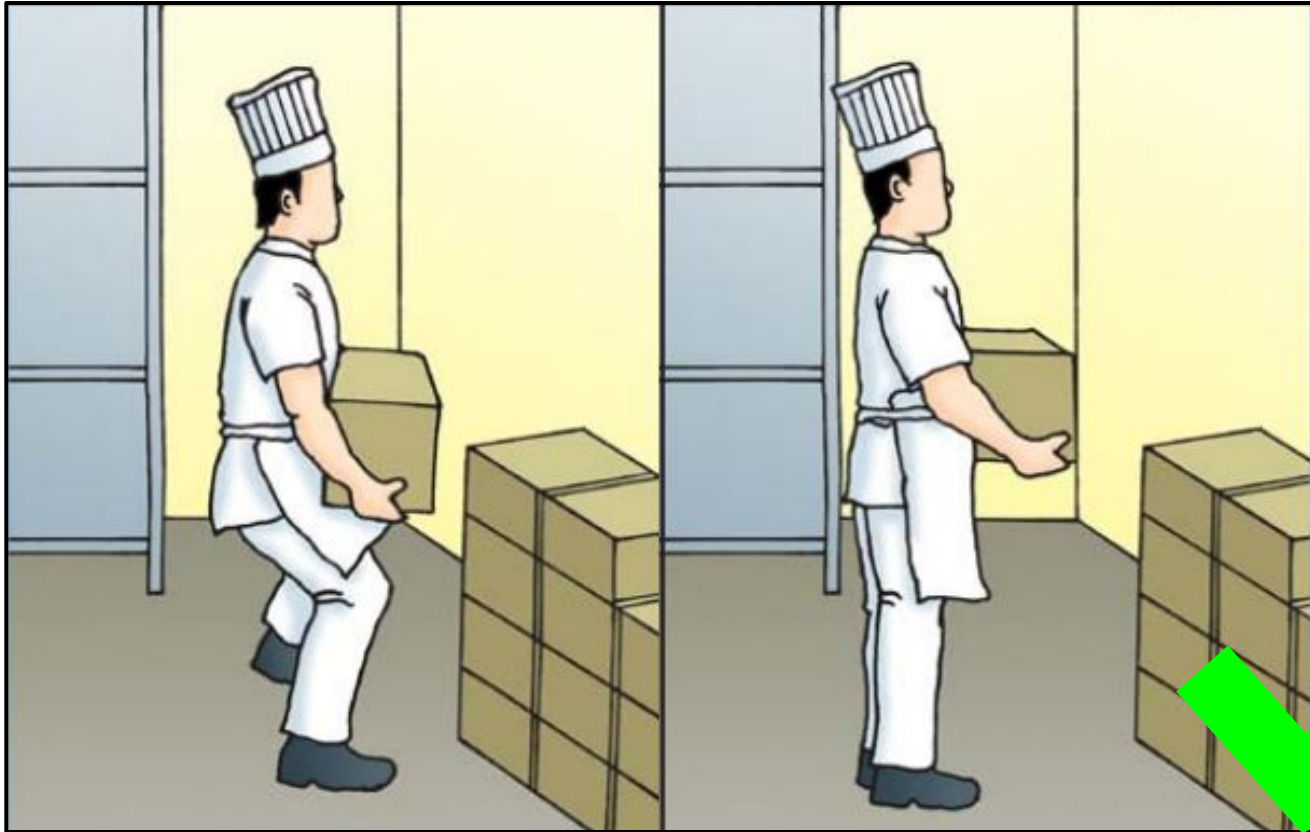
搬運重物 Lifting heavy things



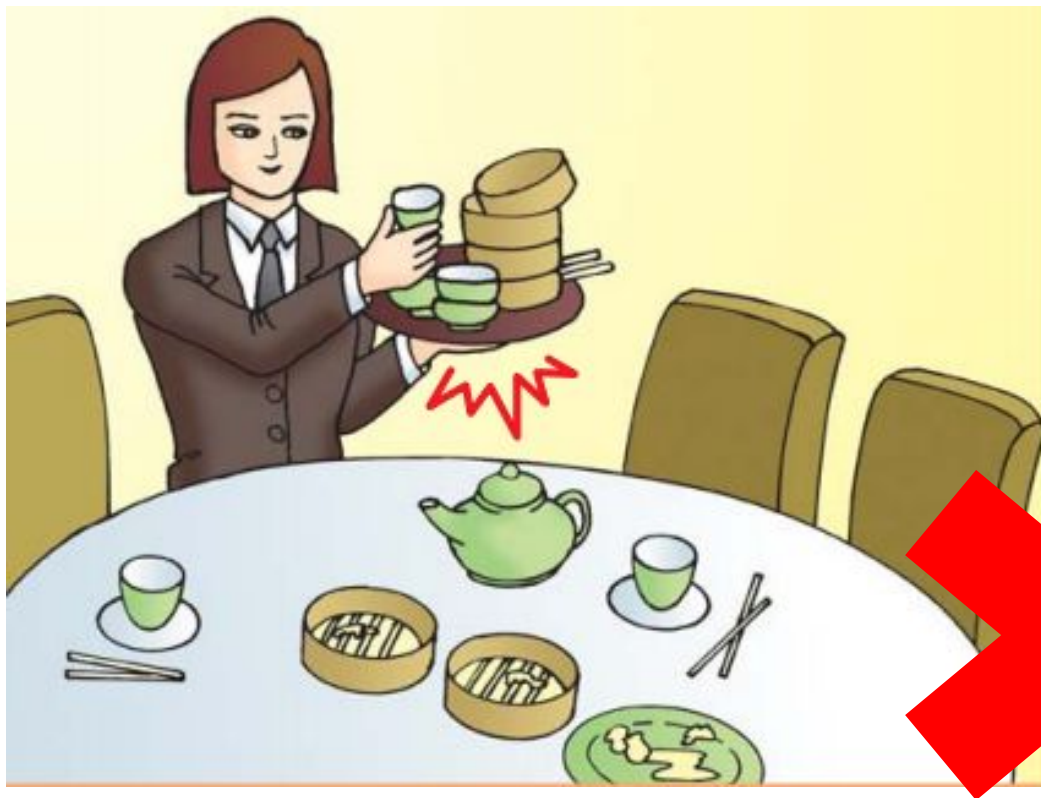
搬運重物 Lifting heavy things



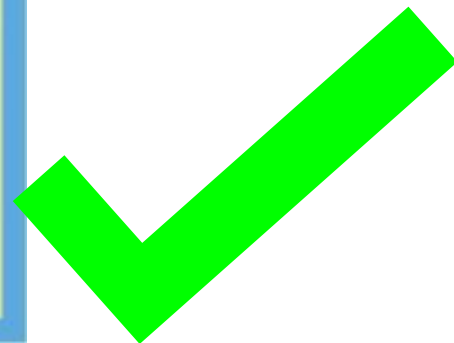
搬運重物 Lifting heavy things



收拾碗碟 Collection and handling the dishes



收拾碗碟 Collection and handling the dishes



長時間站立或坐下 Prolonged standing or sitting



但如果真的受傷了，應該怎樣處理？

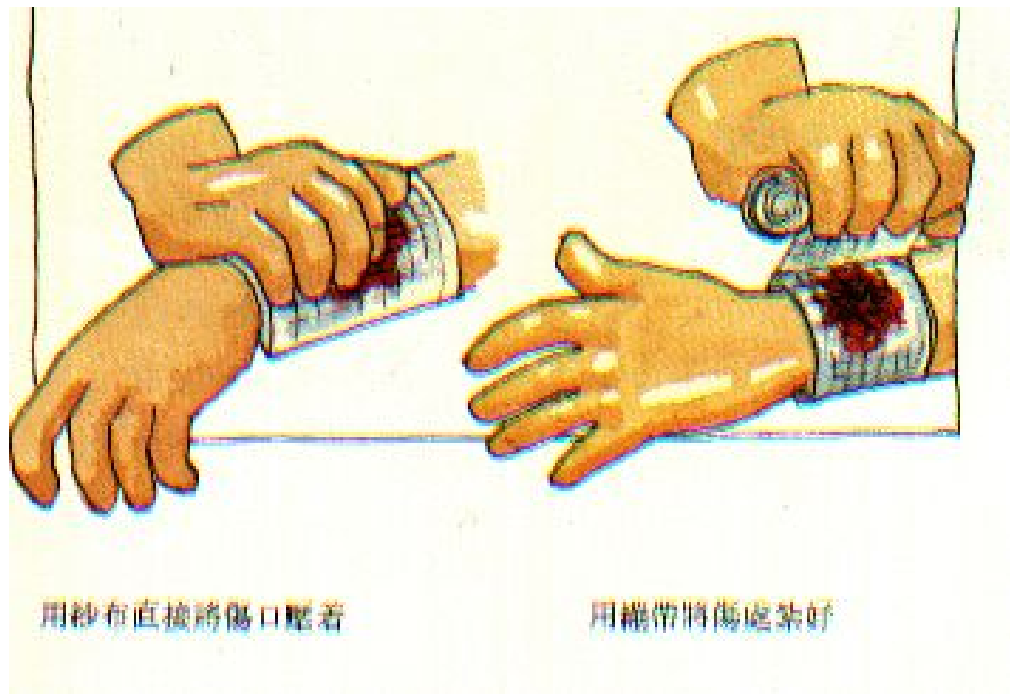
If I really got hurt, how should I deal with it immediately?

燙傷/燒傷 Burn

燒燙傷急救五步驟



刀傷/割傷 Cut



關節扭傷 Strain



中暑/熱衰竭 Heatstroke

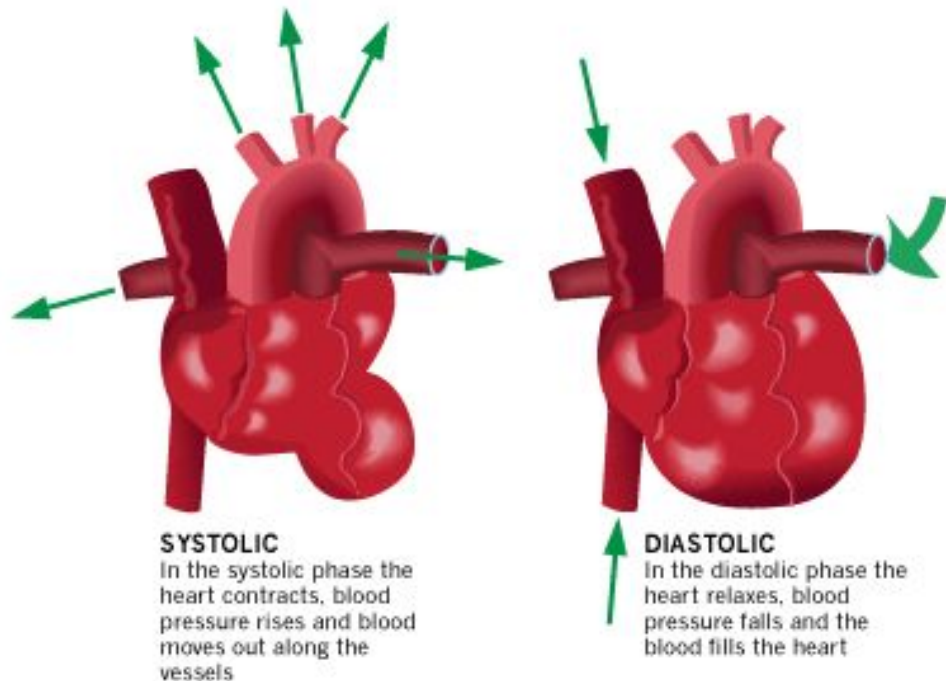


How do we measure blood pressure?

-There are **2 numbers**: the systolic and diastolic number. 血壓指數有**兩個指數**：
收縮壓(上壓)和舒張壓(下壓)

- 收縮壓：當心臟收縮，左心室便會將血液泵出到主動脈，主動脈壓產生血液高壓，又稱收縮壓

- 舒張壓：心臟會舒張，血液流入右心房，這個時候壓力最低，稱為血液低壓或舒張壓。



Measuring blood pressure



TIPS

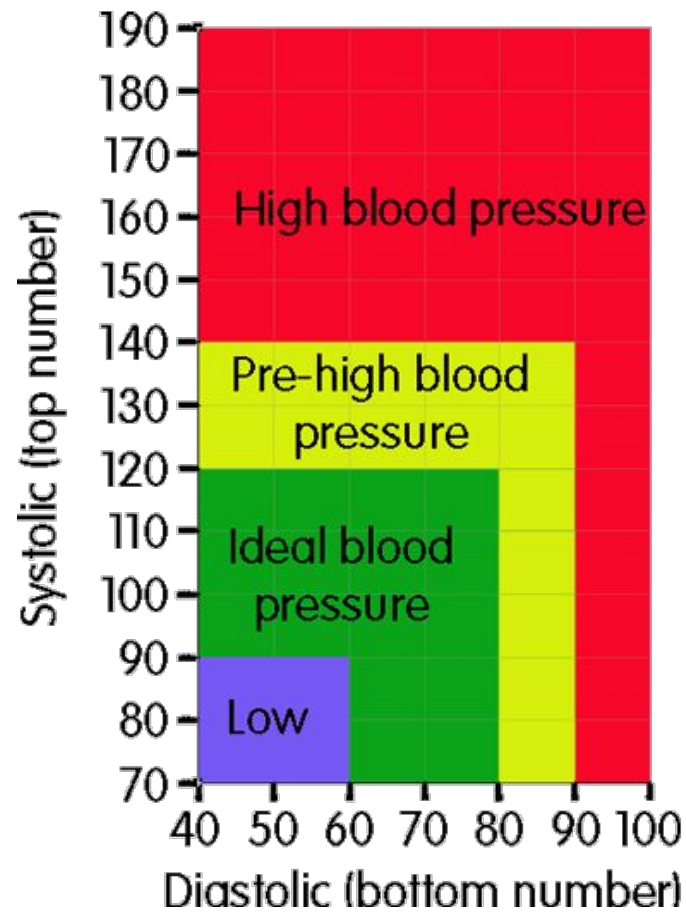
1. Place cuff on the upper arm area.
2. Do not do strenuous exercise before reading.
3. Sit down while taking measurement.
4. Avoid food, caffeine, or tobacco before the measurement.

量度血壓



貼士

1. 將袖套套在上臂。
2. 切勿在量血壓前進行劇烈活動。
3. 當量度血壓時，坐在一個舒適的位置。
4. 避免在量度血壓前進食、喝含咖啡因飲料，或抽煙。



<http://www.bloodpressureuk.org/BloodPressureandyou/Thebasics/Bloodpressurechart>

如何與醫生有效地溝通 How to talk to your doctor

** All slides are adapted from the United States' National Institute of Health "How to Talk to Your Doctor" presentation.



You're an official partner in your healthcare team



In this role, you will be expected to:


- Ask questions
- Speak up

Getting Ready for an Appointment

Before you go to the doctor:

- Create a plan
 - ☐ List and prioritize your concerns
 - ☐ Note other health and life changes since your last visit





Getting Ready for an Appointment

- Gather information to take with you
 - ☐ Other doctors' contact information
 - ☐ Insurance cards
 - ☐ Medical history
 - ☐ Medicine (prescriptions, over-the-counter pills, vitamins, supplements, eye drops)

Getting Ready for an Appointment

- Think about what you'll need to see, hear, and communicate during your visit:



- ☐ Wear your glasses and your hearing aids
- ☐ Consider bringing a family member or friend
- ☐ Ask your doctor for an interpreter, if you need one

Sharing Information with Your Doctor




- ☐ Start with your symptoms
 - What are they?
 - When did they start?
 - How often do you have them? All the time or sometimes?
 - What makes them better or worse?
 - How do they affect your daily life?

Sharing Information with Your Doctor

- ☐ Go over your medications
- ☐ Tell the doctor about your habits
- ☐ Voice other concerns





Questions To Ask About Your Diagnosis



- What may have caused this condition?
- How long will it last? Is it permanent?
- How is this condition treated or managed?
- How will it affect me?

Questions To Ask About Treatment Options

- What are my treatment choices?
- What are the risks and benefits?
- Ask yourself—which treatment best for me, given my values and circumstances?





Maintaining the Doctor-Patient Partnership

Closing thoughts:

1. Prepare for your appointment by writing down a list of your concerns.
2. Share any changes in your medical history and a complete list of your medicines.
3. Make sure you understand what the doctor is telling you.
4. Take notes or ask the doctor to write down information to help you remember.

