

Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th November, 2022

ISSN: XXXX-XXXX

Website: econferenceseries.com

THE USE OF ABBREVIATIONS IN THE FIELD OF MEDICINE

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Abstract

This article gives information about the use of abbreviations in the field of medicine. Using professional abbreviations can save your time and make you sound more professionally. However, the use of acronyms can not only bring some benefits, there are also some disadvantages of them. More information about them can be seen in this article.

1) Why do nurses use abbreviations?

When I walked into the room and saw nurses using abbreviations for unfamiliar terms, I thought, "That's cool. I want to be able to use abbreviations and terms so naturally," don't you?

Using terms and acronyms sounds cool, but there are certainly good reasons why nurses use terms and acronyms in their work. We tend to think, "If there are terms or abbreviations that we don't know, we have to look them up every time."

In order to provide nursing care to patients, nurses process various information such as the patient's health status and family circumstances. Some information must be kept secret from the patient. The use of terms and abbreviations can reduce known risks when dealing with such information in healthcare settings. For example, we use the term **agony** to describe the death of a patient.

It is impossible to know where the patient is listening to the nurse's conversation, not only in the ward, but also at the nursing station. In this case, it is better to tell the patient "sir", the information becomes difficult to convey.

Recently, with the spread of the Internet, there have been cases where suspicious patients have looked up the meanings of abbreviations and terms used by nurses and figured out what they mean, which has led to trouble. Therefore, it is better not to use it in front of the patient, saying: "I use the term so that the patient does not know it."



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Can save time

Have you ever heard the official name of a disease or surgery and thought, "There are a lot of hieroglyphs! And it's a long time!" When discussing with the same doctor at a conference, etc., it takes time to say the official name one after the other. Even in times like these.

- « **COPD** » in chronic obstructive pulmonary disease
- Coronary artery bypass grafting is CABG.

You can save a lot of time by using alphabetic abbreviations rather than full names, for example.

In addition, when recording instead of writing "due to chronic obstructive pulmonary disease...", writing "due to COPD..." can significantly reduce the time required.

However, when making entries in medical records, etc. n. each hospital stipulates "abbreviations that can be written", or some hospitals prohibit the writing of abbreviations, so when using them in records, it is important to check in advance "which abbreviation" can be included

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can speak more professionally

When you are in medical school, just starting out or just after transferring or changing jobs, you don't understand terms and abbreviations and you don't understand what everyone is talking about. If you can understand the terms and abbreviations at the time, you can increase your experience in this area.



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For example, if you are referred to the endocrinology department and you are having a meeting with a doctor about diabetes medication, you will be told: "This person took SU, but the effect was bad." "Suppose you were talking to

- SU stands for "Sulfonylurea".
- BG stands for "biguanide drug".

it's an acronym for Knowing these things can take the first step towards speaking more professionally.

2. Problems caused by the use of terms and abbreviations by nurses

There are many reasons why nurses and healthcare professionals use medical jargon and abbreviations. However, the use of terms and abbreviations is not always positive.

So, what problems can be caused by the use of terms and abbreviations? And how do we solve these problems?

It doesn't make sense if you're not familiar with the field

As I mentioned earlier in the "I can speak technically" section, there are many terms and abbreviations that you may not understand if you are not familiar with the field. Therefore, for those who are not familiar with the area, words that they do not understand come out one after another, and the meaning is not understood.

When I was assigned to a field I had never worked in before, I did not at first understand the medical charts written by physicians or the acronyms used at seniors' conferences.

As a nurse, I need to know at least what the patient's condition is, but I can't get enough information because I don't understand the terms and abbreviations even when I read the chart. I thought it was no good, so for some time I carried a dictionary of abbreviations in the pocket of my white coat.

In addition, whenever I had free time between work, I would read the maps drawn up by doctors and look up the meanings of terms and abbreviations that I did not understand. At the end of the day, I wrote down the terms and abbreviations that I was looking for that day in a notebook, so that if the next time I didn't understand something, look into the notebook and quickly find out.

By repeating this little by little, I began to understand technical terms and abbreviations. The contents of the charts and conferences are now in my head. Thus, it takes considerable time and effort to get a little familiar with the terms and abbreviations.



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Misunderstood by the patient

As we become accustomed to terms and abbreviations, we tend to use them when talking to patients. For example, suppose you go to a patient in the morning and tell him, "I have a test tonight, so I won't eat."

For us nurses, the word "abstinence" is used in everyday situations, so we can understand it as "not to eat", but for patients, "abstinence means not to eat." Maybe it's jelly or something like that? the possibility of misunderstanding.

If you constantly use terms and abbreviations, it's easy to forget that these are just medical terms and abbreviations. And using it in everyday conversation can interfere with communication with others.

Therefore, in this case, instead of using technical terms such as "no food", it is important to use easier-to-understand expressions such as "Please do not eat anything and only drink until this time."

Even if I want to know the meaning, I can't tell you

The era of new employees is the period when seniors teach you various things about work. However, there are times when I ask elders about terms and abbreviations that I don't understand, and they tell me to look it up on my own, but they don't tell me. It would be nice if it was a term or acronym that could be found in a dictionary or on the Internet, but since it is a term or acronym unique to a hospital or department, there will be times when you don't know what it represents. In such a case, you will have to work without understanding the meaning, and you yourself will get into trouble, and as a result, your elders will be in trouble if you do not understand the meaning.

If there are terms or acronyms that I don't understand at work, I'll look them up myself first. And if you still don't understand, ask, "I looked it up in a dictionary or on the Internet, but I couldn't understand because it wasn't on the list. Can you tell me?"

Once you tell them that you have researched it yourself, most seniors will be happy to tell you about it.

References:

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