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MNEMONICS IN ENGLISH-LANGUAGE PRACTICE OF HISTORY TAKING

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Relevance. Mnemonics (a special technique that facilitates the memorization of information through the formation of associative links) is widely used in medicine. One of the most important steps in the process of diagnosis and treatment is history taking. It is a rather complex multi-stage process. In English-speaking practice, various mnemonic techniques are used to facilitate the memorization of all stages of history taking.

Aim: collect, study and analyze English mnemonics related to the process of history taking, classify them by the stages of the process.

Materials and methods. Mnemonics associated with history taking were selected from English authentic handbooks. They were classified. The most effective methods were highlighted.

Results and their discussion. More than 20 mnemonics describing the steps in history taking process were identified and analysed.

To memorize and maintain the overall structure of patient visit mnemonics CHAPS-FRAP (Chief complaint, History of Present Illness, Allergies, Past medical history, Social history, Familial history, Review of other symptoms, Assessments, Plan) can be used. The general scheme of taking history is clearly demonstrated by the mnemonic CHAMPS (Complaint, History of presenting complaint, Allergies, Medications, Past medical history, Social history).

Further on, all mnemonics found can be classified by the following steps of the process of history taking.

1. Patient's Complaints. The goal of the stage is to identify the main complaints of the patient. In this situation, you can use such mnemonics as ICE (Ideas, Concerns, Expectations). The doctor always asks the patient additional questions about the complaint. Useful mnemonics for identifying pain, for example, is SOCRATES (Site, Onset, Character, Radiation, Alleviating factors, Timing, Aggravating factors, Severity).

2. Medical history (Anamnesis morbi). Common mnemonics such as OLD CARTS (Onset, Location, Duration, Character, Aggravating factors, Relieving factors, Timing and Severity) can be used to clarify symptoms for correct diagnosis. This mnemonic technique helps doctors to remember the relevant questions that should be asked when assessing a current disease.

3. Life History (Anamnesis vitae). There are several points on this stage of history taking: past medical history, family and social history, drug history and so on. One of the most successful mnemonics here is the mnemonics MISS FAMILY (Med history, Interventions and Procedures, Social & sexual history, Surgical history, Family history, Family history, Allergies, Medications, Immunizations and Disease screening, Living will, Yearly PCP visits).

Conclusion: at present, modern medicine uses a fairly large number of mnemonic rules that help to quickly remember and recall the stages and steps of the patient visit and history taking process. But the research showed that not all mnemonics can be easily memorized and reproduced. The productivity of mnemonics is determined by the ease of memorization and speed of reproduction. To do this, mnemonics should be short, rhythmic, full of meaning. Easy-to-remember mnemonics are most suitable for speed and efficiency of application, for example, small full-valued words (CHAMPS, ICE, SOCRATES, PILLS) or combinations of letters (WIIPP), rhyming phrases (CHAPS-FRAP) or full-valued phrases (OLD CARTS, MISS FAMILY). It should also be noted that no Russian mnemonics were identified during the research. However, productive English-language mnemonics can be absorbed by speakers of other languages as they allow building some associative relationship.