

# PLAIN LANGUAGE PLANNER FOR PALLIATIVE CARE

## PLAIN LANGUAGE ESSENTIALS

### USE THE ACTIVE VOICE

- Active example: "Use your inhaler"
- Passive example: "Once an inhaler is used ..."

### USE SECOND PERSON PRONOUNS

- Say "you" instead of "the patient" or "a person"

### LIMIT JARGON, DEFINE NEW WORDS

- Consider what is medical jargon and what is lay language

### SPEAK IN SHORT SENTENCES (15 WORDS OR LESS)

- Limit the amount of information you provide at any one time

MEDICINE	PLAIN LANGUAGE EXPLANATION
AMITRIPTYLINE (Elavil)	"Nerve pain can feel like 'tingling,' 'burning' or 'electrical' zaps."
DEXAMETHASONE (Dexamethasone) (Decadron)	"This can help with a queasy stomach and also creates an appetite."
DIAZEPAM (Valium)	"Valium is a short acting medicine that can help with feelings of worry."
DOCUSATE SODIUM (Dulcolax)	"A lot of medicines can also slow down your gut. So we have to keep your poop moving."
FLUOXETINE (Prozac)	"Feelings of sadness and loss are really normal. Prozac is an antidepressant medicine that can make those feelings less painful."
HALOPERIDOL (Haldol)	"Confusion can be improved with this medicine. It will help clear your thoughts."
HYOSCINE BUTYLBROMIDE (Buscopan)	"An uneasy stomach is common. This medicine can also help dry up the fluid that gets stuck in your breathing tubes."
IBUPROFEN (Advil)	"Your bones and joints can hurt. Ibuprofen gets at that kind of pain."
LOPERAMIDE (Immodium)	"Really loose poop, or diarrhea, can get better quickly with Immodium."
LORAZEPAM (Ativan)	"Feeling nervous or dreading things is common. We want you to feel better and less nervous. Ativan can make the anxiety and worry less intense."
METOCLOPRAMIDE (Reglan)	"Nausea can include the feeling of being full or even queasy after eating just a few bites of food."
MORPHINE (Avinza, Kadian, MS Contin)	"Morphine relieves many different types of pain. It can also help you breathe easier."
SENNA (Ex-Lax)	"A lot of the medicines you are using to help with pain can also slow down your gut. So we have to keep your poop moving."

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