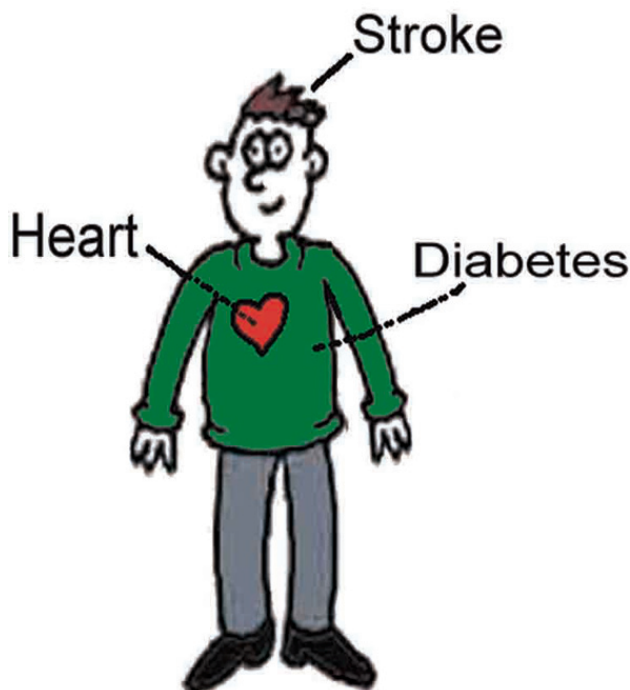

Heart, Stroke and Diabetes Glossary of Terms

Your easy guide to the most common terms and acronyms used within the Heart, Stroke and Diabetes Managed Clinical Networks.



Welcome

This booklet includes the most common terms and acronyms used within Managed Clinical Networks.

It was developed by the Heart, Stroke and Diabetes Forum to support Volunteer Patient and Carer Representatives to be involved in Managed Clinical Networks.

Please visit www.nhsggc.org.uk/myhds for other common terms.

Key: ● **General Terms** ● **Stroke Terms**
 ● **Heart Terms** ● **Diabetes Terms**

A-Z of Terms

ACE Inhibitors ● Medication which reduces blood pressure, and lowers chances of a heart attack or stroke.

Allied Health Professional (AHP) ● NHS therapy staff. For example: Physiotherapists, Occupational Therapists, Podiatrists etc.

Ambulatory Care Hospital (ACH) ● An NHS centre providing Outpatient, Day Surgery, X-Ray and Diagnostic Testing. Usually with no Inpatient beds (e.g. the New Victoria).

Angina ●

Heaviness or tightness in the centre of the chest which may spread to the arms, neck, jaw, face, back or stomach. Caused when the arteries become so narrow that not enough oxygen containing blood can reach the heart muscle when its demands are high - such as during exercise.

Angiogram ●

A test giving a picture of the blood vessels by injecting dye (which can be seen on special x-ray) into the bloodstream.

Angiography ●

A test to show where the arteries are narrowed and how narrow they have become.

Angioplasty ●

A treatment to improve the blood supply through an artery. A catheter (a fine, hollow tube) with a small inflatable balloon at its tip is inserted into a vein in the groin and passed through to the narrowed artery. The balloon is then gently inflated so that it squashes the fatty tissue responsible for the narrowing, and widens the artery.

Annual Review ● This is a health check that is done at least once per year, usually by your GP or Practice Nurse.

Anticoagulant ● Any medicine used to reduce the chance of blood clots forming.

Aphasia / Dysphasia ● A condition where a stroke affects the ability to use and understand language. This can affect speech (getting the right word), understanding other people, reading and writing.

Arrhythmia ● A disorder of the heart rhythm.

Atrial Fibrillation ● Is a rapid irregular heartbeat. It can be treated with tablets, pacemaker or a procedure called radio frequency ablation.

Beta Blockers ● Medication which helps the heart not to beat too fast.

Blood Glucose ● Also known as blood sugar. Glucose can be found in the bloodstream. Diabetes is the most common condition related to failure of blood sugar regulation.

Cardiac Rehabilitation ● A programme for people who have had a heart attack or heart surgery. Includes exercise, relaxation, and information on lifestyle and treatment.

Cardiologist ● A doctor, who has a specialist interest and specialist training in the treatment of heart disease.

Cardiovascular ● To do with the heart and the blood vessels.

Care pathway ● The order in which an individual receives services/care.

Cerebral / Cerebro ● Refers to the brain.

Cerebrovascular Accident ● Another term for a stroke.

Cerebrovascular Disease ● Any condition affecting the blood vessels of the brain.

Chief Executive Letter (CEL) ●

Produced by the Government for the attention of NHS Board Chief Executives.

Cholesterol ●

Fatty substance needed by the body as a building block for tissues and chemical processes. Some cholesterol is present in our food, but most is made in the body from the fat we eat. Blood carries cholesterol around the body.

Chronic Disease Management Programme (CDM) ●

This ensures an agreed quality of care for everyone with heart disease, stroke or diabetes, to help address areas of specific need within NHS Greater Glasgow and Clyde.

Clot-buster ●

A drug used when there is an urgent need to dissolve a clot - for example after a heart attack.

Cognitive Impairment ●

Difficulty with thinking, planning and memory - this can happen as a result of having a stroke.

Community Health (and Care) Partnerships (CH(C)Ps) ●

(CH(C)P)s manage a wide range of local health services delivered in health centres, clinics, schools and homes.

Community Health Index (CHI) Number ●

Everyone registered with a Scottish GP practice has their own unique CHI number. It helps make sure information about your healthcare is not mixed up with someone else's.

Computerised Tomography Scan (CT / 'CAT' Scan) ●

This is an x-ray of the brain. It is able to make a computerised picture of the brain in cross section. It shows if there are any scars caused by blocked circulation, or if there is bleeding into the brain.

Congenital Heart Disease ●

Heart disease caused by abnormalities of the heart or major blood vessels which are due to abnormal development of the foetus and which are present at birth.

Coronary Bypass Surgery ●

An operation to bypass a narrowed section or sections of coronary arteries and improve the blood supply to the heart. This is a specialist unit in a hospital for patients with heart conditions who need special care.

Coronary Care Unit (CCU) ●

This is a specialist unit in a hospital which is reserved for patients with heart conditions who need special care.

**CHD/IHD
Coronary Heart Disease /
Ischaemic Heart Disease ●**

Coronary heart disease or ischaemic heart disease refers to clogged up heart (coronary) arteries. This includes people with angina and those who have had a heart attack.

Diabetes ●

A condition caused by a lack of insulin or an increased resistance within the body to insulin.

Diabetes Education and Self-Management for On-going and Newly Diagnosed people with diabetes (DESMOND) ●

An education course for people with Type 2 diabetes.

**Diabetic
Ketoacidosis
(DKA) ●**

DKA is a life threatening emergency caused by a lack of insulin. This results in very little glucose entering cells where it would normally be used as an energy source. The body begins to use stores of fat as an alternative source of energy, and this in turn produces an **acidic** by-product known as **ketones** which are very harmful. Eventually, if untreated, the level of ketones will be such that, combined with high blood glucose levels, a coma will develop which can be fatal.

**Diabetes
Specialist
Dieticians ●**

Dieticians who offer specialist advice on healthy eating and the impact of different foods on diabetes control.

Diabetologist ●

Doctor specialising in diabetes.

**Did Not Attend
(DNA) ●**

Used when stating that a patient did not turn up for an appointment.

**Diuretics (water
tablets) ●**

Medication to help remove water and salt from the body. Used to treat heart failure and lower blood pressure.

**Dose Adjustment
For Normal
Eating (DAFNE) ●**

An education course for people with Type 1 diabetes.

Dysarthria ●

A condition where someone understands what is said and can find the correct words and sentences, but their speech sounds distorted, quiet or slurred. This is due to a weakness in the muscles which make speech sounds.

Dysphagia ●

Difficulty in swallowing.

Dysphasia ●

(See Aphasia)

**Dyspraxia /
Apraxia ●**

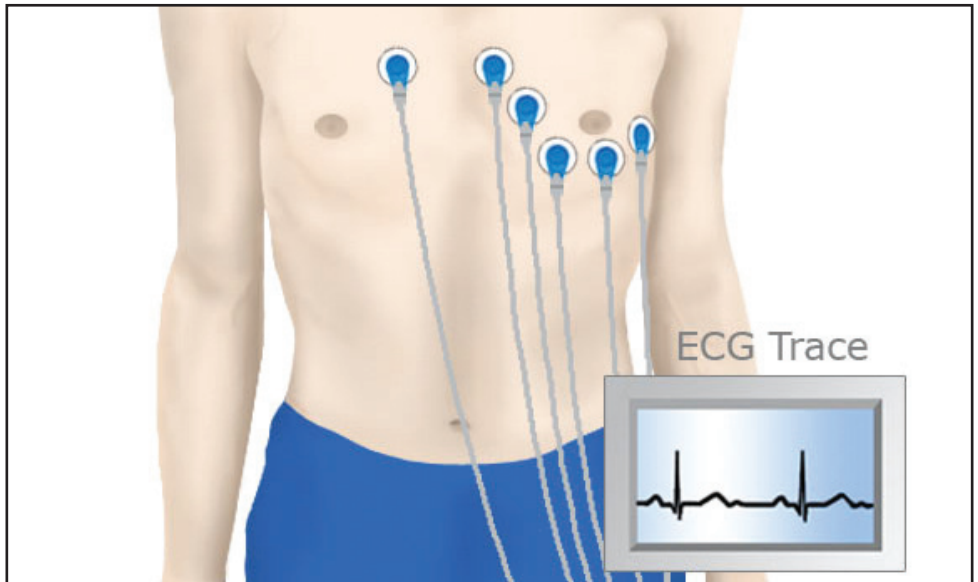
Difficulty in co-ordinating movement or speech. It is not caused by weakness or paralysis of the muscles or by failure to understand, but by a difficulty coordinating movements.

**Echo /
Echocardiogram** ●

This is a heart scan which shows how much heart muscle damage has occurred.

**Electrocardiogram
(ECG)** ●

This gives a recording of the electrical activity of the heart. Electrodes are positioned on the chest, wrists, and ankles and a recording is made. It shows what is happening in different areas of the heart and may show up an abnormality. **(See image below)**



**Embolism /
Embolus** ●

A clot that has broken off a larger one somewhere else and has travelled through the blood vessels in the blood.

Exercise Tolerance Test (ETT) or Exercise Electrocardiogram



When the rhythm and activity of the heart is recorded while the person is pedalling an exercise bike or walking on a treadmill.

General Practitioner (GP)



Family doctor, based within Primary Care.

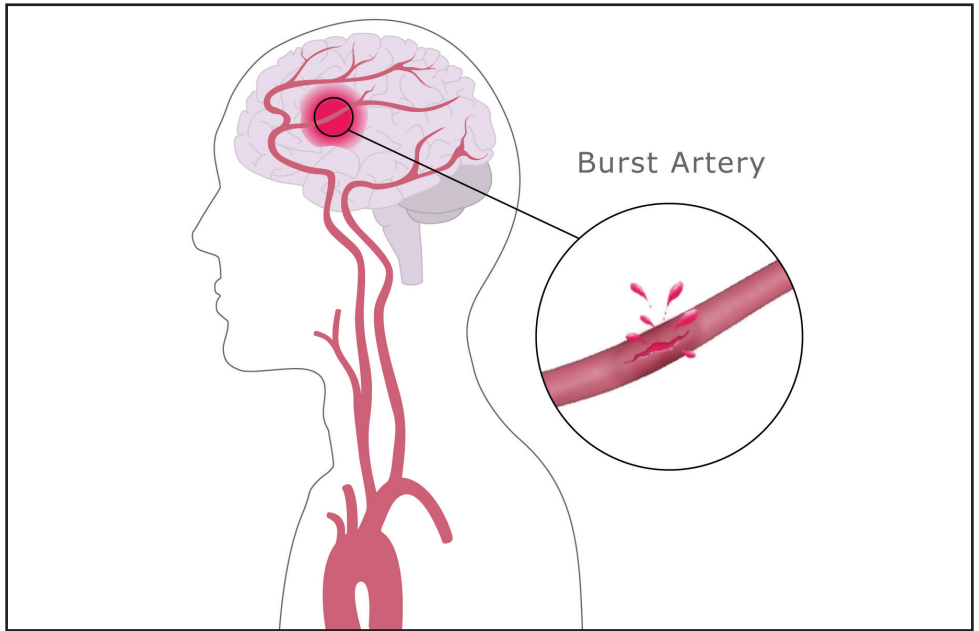
Gestational Diabetes



A type of diabetes that occurs during pregnancy if the body does not produce enough insulin to meet the extra needs of pregnancy. The symptoms usually disappear after childbirth but there is increased risk of acquiring type 2 diabetes later on in life.

Haemorrhagic Stroke ●

A stroke caused by a burst artery in the brain. (See image below)



HbA1c (Glycated Haemoglobin) ●

A blood test that shows how well controlled diabetes has been in the previous three to four months. HbA1c is currently reported as a % but new units, **HbA1c IFCC**, have been introduced and by May 2011 these new units will be solely used.

Heart Failure ●

When the pumping action of the heart is inadequate.

Hyperglycaemia (Hyper) ●

This occurs when blood glucose levels are high, above 7mmol/l.

Hypertension ● Another term for high blood pressure. This happens when the walls of the larger arteries (blood vessels that keep the blood flowing) in the heart aren't as bendy and become stiff and the smaller arteries become narrower.

Hypoglycaemia (Hypo) ● This occurs when blood glucose levels are low, below 4mmol/l.

Implantable Cardioverter Defibrillator (ICD) ● A device which is implanted within the chest wall. It monitors the heart rhythm, senses if there is about to be a severe disturbance in heart rhythm and if necessary delivers an electrical impulse to stop the abnormal rhythm and allow the normal rhythm to resume.

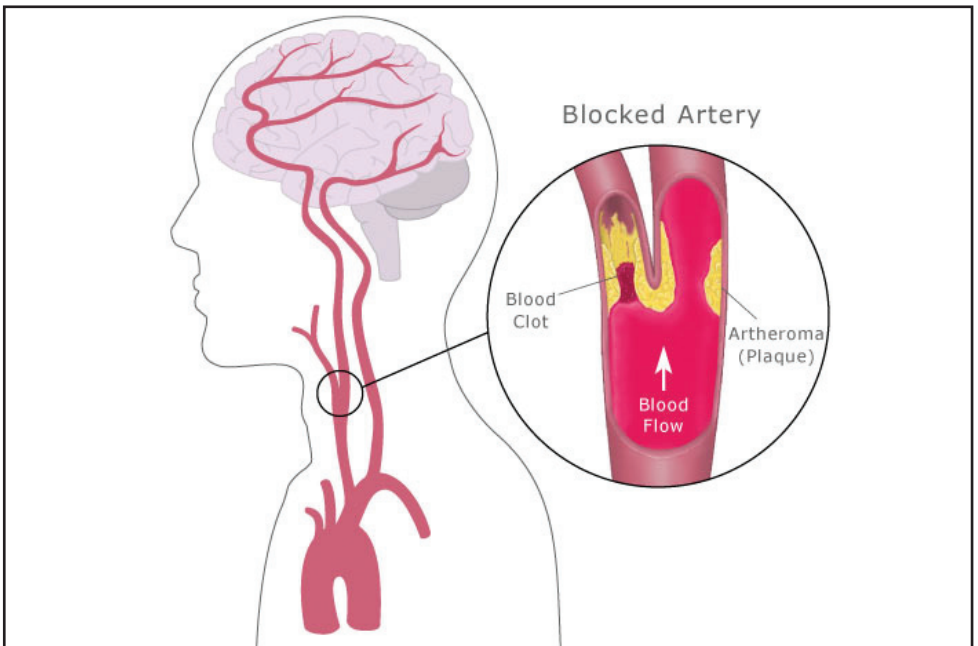
Information and Statistics Division (ISD) ● Department of the NHS in Scotland which collects information and statistics nationally.

Insulin ●

A hormone produced by the pancreas and released into the bloodstream to control blood sugar levels in the body. Insulin helps glucose in the blood enter the body's cells, where the glucose is used as fuel. Insulin is also important for growth and tissue repair.

Ischaemic Stroke ●

A stroke caused by a blood clot or embolus that blocks the blood supply to the brain. (See image below)



Local Enhanced Services ●

Locally developed services designed to meet local health needs. Generally aimed at conditions affecting a large number of people within a local area (e.g. Diabetes). Additional funding is given to support the service within NHS Greater Glasgow and Clyde.

Macular Oedema ●

Fluid in the part of the retina that is at the centre of the sight. It may be a result of leaking small vessels causing fluid to build around the cells of the retina or may be a result of sick and dying cells ballooning up because they are starved of oxygen and food.

Magnetic Resonance Imaging Scan (MRI Scan) ●

These use magnetic forces to produce very detailed images of the brain - it is more detailed than a CT scan.

Managed Clinical Networks (MCN) ●

Groups of healthcare professionals, patients, carers and organisations working together to make sure services are of high quality, and are clinically effective.

Mini-Stroke ● See TIA or transient ischaemic attack.

Myocardial Infarction (Heart Attack) (MI) ● When one of the coronary (heart) arteries becomes blocked by a blood clot and part of the heart is starved of oxygen.

Nephropathy ● A complication of diabetes that results from damage to the kidney.

Neuropathy ● Nerve disease. Neuropathy is one of the long-term complications of diabetes. Nerve damage can affect many parts of the body. The most common form is called ‘peripheral neuropathy’, and usually affects the nerves in the feet and legs first.

NHS Education Scotland (NES) ● Support education, training and learning for NHS staff.

NHS Quality Improvement Scotland (NHS QIS) ● Promote improvement in the quality of healthcare for the people of Scotland.

**Occupational
Therapist (OT) ●**

Allied Health Professional (AHP) who addresses the non-medical effects of a condition.

**Optimal
Reperfusion ●**

Reperfusion restores blood flow to an organ or tissue. After a heart attack the first goal is to quickly open blocked arteries and restore blood flow to the heart. Doing this early helps to reduce damage to the heart muscle and preserves the pumping function. An Optimal Reperfusion service exists so that patients who need it will go directly to their nearest heart treatment service (Golden Jubilee National Hospital or Hairmyres) as soon as possible.

Pacemaker ●

A device to stimulate contractions of the heart.

Palliative Care ●

Supports people who have a life-threatening condition. It does not aim to cure. The aim is to reduce symptoms or slow the progress of the disease. This includes relieving pain, providing emotional support and making plans for end of life.

Patient Focus & Public Involvement (PFPI) ●

A process of involving people in decisions about health services to help improve patient experience and outcomes.

Primary Care ●

Health services provided locally by GP's, Dentists, Pharmacists, Optometrists, District Nurses, Health Visitors and Therapy Staff.

Private Finance Initiative (PFI) ●

Using money from private investors for a public facility.

Proliferative Retinopathy ●

Diabetes can cause small blood vessels to block off resulting in the retina of the eye being starved of food and oxygen. If enough small blood vessels block, then the eye tries to grow new blood vessels (Proliferative Retinopathy) that are prone to bleeding and pulling of the retina.

Public Partnership Forum (PPF) ●

A network of local individuals and organisations who have an interest/ involvement in how health and social care services are designed and delivered.

**18 Weeks:
Referral To
Treatment (RTT)**

An NHS programme ensuring referral (from GP) to treatment in 18 weeks.

**Retinal
Screening ●**

Eye examinations where the pupils are dilated to detect any early changes at the back of the eye, which could be signs of retinopathy.

Retinopathy ●

Damage to the retina at the back of the eye. One of the possible long-term complications of diabetes.

Secondary Care ● Care provided in hospital.

**Scottish Health
Council (SHC) ●**

Assess performance of NHS Boards in terms of delivering patient focussed services and involving the public in developing services/care.

**Scottish
Intercollegiate
Guidelines
Network (SIGN) ●**

Organisation which develops evidence based clinical practice guidelines for the NHS in Scotland.

**Scottish
Medicines
Consortium
(SMC) ●**

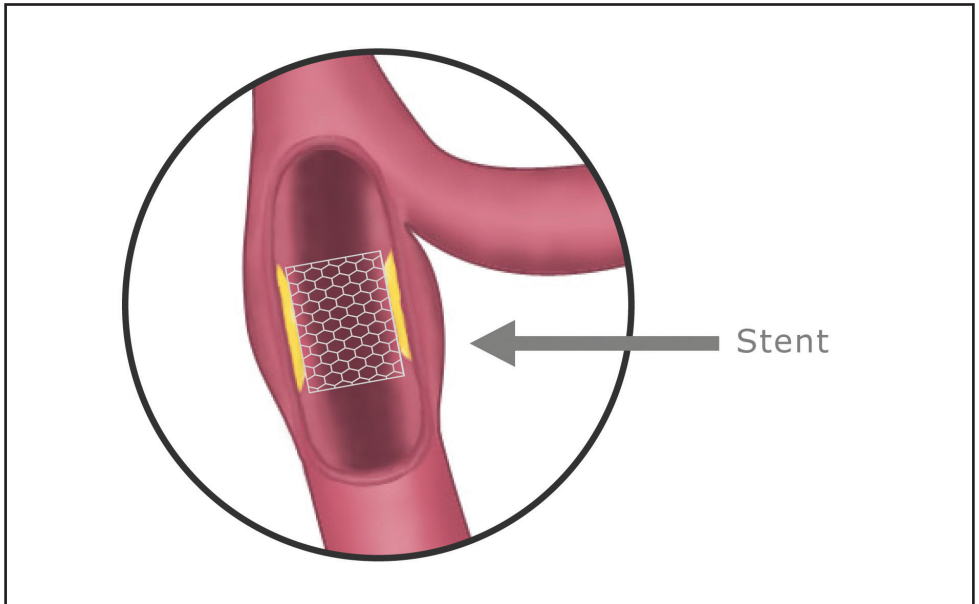
Provide advice about the status of all newly licensed medicines, all new formulations of existing medicines and new indications for established products.

Statin ●

A drug used to reduce cholesterol levels.

Stent ●

A short tube of stainless steel mesh, inserted at the part of the artery which is to be widened by angioplasty. **(See image below)**



Subarachnoid Haemorrhage ●

Bleeding from a blood vessel into the space between the brain surface and one of the covering membranes. It causes stroke-like symptoms but its causes are different from most other kinds of 'stroke'.

Tertiary Care ●

Care and treatment provided by specialist staff and technology.

Thrombolysis ●

Dissolving of a blood clot with 'clot busting' drugs.

Transient Ischaemic Attack (TIA) or Mini stroke ●

A stroke that recovers completely within 24 hours. It does not cause any permanent damage to the brain.

Type 1 (insulin dependent) diabetes ●

Develops if the body is unable to produce any insulin. This type of diabetes usually appears before the age of 40. It is treated with a healthy diet, regular physical activity and insulin injections.

**Type 2
(non-insulin
dependent)
diabetes ●**

Develops when the insulin that is produced by the body does not work properly or when the body can still make some insulin but not enough to keep the glucose within the target range. This type of diabetes usually appears in people over the age of 40. It can be treated by diet and physical activity alone; by diet, physical activity and tablets; or, sometimes, by diet, physical activity and insulin injections.

**Valvular Heart
Disease ●**

When one or more of the four valves in the heart are diseased or damaged, affecting the flow of blood in the heart.

