

Caduceus

A PUBLICATION OF THE MEDICAL DIVISION OF THE AMERICAN TRANSLATORS ASSOCIATION

SUMMER 2007

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QUANTUM

SUCCESS

2007

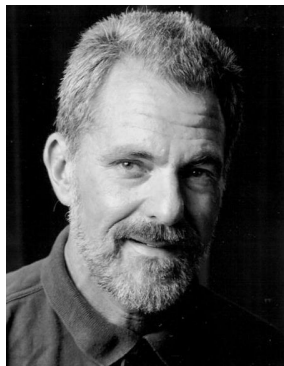
MEDICAL DIVISION CONFERENCE

by Eva Ristl

PRACTICAL PSYCHOANALYSIS FOR THERAPISTS AND PATIENTS

by Owen Renik

In this essential new book, Owen Renik describes how clinical psychoanalysis can focus on symptom relief and deliver results efficiently. With a humane, direct, and engaging voice, he takes up how to begin treatment, how to end it, and how to deal with the in-between. He offers chapters on the therapy of panic attacks and depersonalization, on how to get out of an impasse, on the relation between sexual desire and power in the analytic relationship, on patients who seem to want to sabotage their treatments, on flying blind as an analyst, and on a number of other intriguing, important practical topics. Renik's down-to-earth presentation and discussion of clinical anecdotes, combined with useful recommendations for both analyst and patient, amounts to a clear and readable how-to manual. The book is intended for all mental health caregivers, patients and potential patients, and for anyone who is curious about what makes for an effective, helpful psychotherapy.



Praise for **PRACTICAL PSYCHOANALYSIS FOR THERAPISTS AND PATIENTS**:

"A brave, brilliant, and lively book that restores the centrality of therapeutic benefit in psychoanalysis. Its structure as a casebook gives the reader the benefit of seeing the analyst and his patients at work together in an array of very practical situations which are, at the same time, of the emotionally deepest kind." -- Antonino Ferro, member of the International Psychoanalytical Association and the Italian Psychoanalytical Society.

"**PRACTICAL PSYCHOANALYSIS** is an exemplar of what it means to be evidence-based. At every turn, Renik asks, "Is the patient being helped?" Reading **PRACTICAL PSYCHOANALYSIS** is like meeting with a good consultant, liberating patients and clinicians to look at their work with fresh eyes." -- Kimberlyn Leary, Ph.D., Harvard Medical School.

"From the first page we know ourselves to be in a workshop, not a temple. His matter-of-factness is breathtaking: what's useful is what's important, what's not need not detain us. . . . True believers are to be warned: they may never be the same again." - Allen Wheelis, author of *How People Change* and *The Way We Are*.

"Renik is an outstanding clinician and theorist who has redefined the two-person, therapeutic perspective. His 'one-of-a-kind' book presents clinical examples of the diversity of patient-analyst interactions, providing dazzling descriptions of clinical cases, each of which depicts turning points in the therapy. His book is original, therapeutically enlightening, and will, I



believe, broaden the perspective of its readers." -- Ethel Spector Person, M.D., Training and Supervising Analyst, Columbia University Psychoanalytic Center for Training and Research, Coeditor of *The APPI Textbook of Psychotherapist*.

PRACTICAL PSYCHOANALYSIS FOR THERAPISTS AND PATIENTS

By Owen Renik
ISBN 1-59051-237-5 /

Boards - in the medical field this word is most often associated with either a) organizations that grant certifications of one kind or another to physicians, or b) the tests that are required before granting such certification.. The National Board of Medical Examiners (NBME)¹ is the entity that administers the tests that medical students must pass as a requisite to obtain the medical school diploma in a US medical school. The testing assessments are known as the United States Medical Licensing Examinations (or Steps)². The USMLE Step1 is taken upon completion of the first two years of medical school in the US or Canada. USMLE Step 2 is taken upon completion of the remaining two years of medical school and Step 3 follows the first postgraduate year of training to assess the physician's ability to practice medicine in an unsupervised environment. Satisfactory completion of all three tests is necessary in order to obtain a State license within the United States.

The next certification category is in the hands of the American Board of Medical Specialties (ABMS)³. Following successful completion of training in a primary medical specialty the physician must pass a test created and administered by the ABMS. Upon passing the ABMS test for the particular specialty the physician is then Board Certified. Further training in any subspecialty area under the primary medical specialty is conducive to obtaining further Board certification by means of further successful completion of the subspecialty board examination.

To illustrate the above further: examples of primary specialties are Internal Medicine, Surgery, Pediatrics and others. Within Internal Medicine there are 18 recognized subspecialties such as Cardiology, Gastroenterology, Pulmonary Diseases, Hematology and others. Within Pediatrics there are 21 recognized subspecialties such as Pediatric Cardiology, Adolescent Medicine, Child Abuse Pediatrics, etc.⁴ A Pediatric Cardiologist is possibly certified in both Pediatrics and Cardiology.

How to translate Board or Board Certified into Spanish is not agreed upon. *Comisión* or *Junta* could be used for Board. The problem is that there are other medical and regulatory *comisiones* or *juntas* at the local State level. So, it would be necessary to refer to a *Junta Nacional de tal o cual especialidad* and say *Certificación Nacional*. This is an opinion. Readers are invited to join in this conversation.

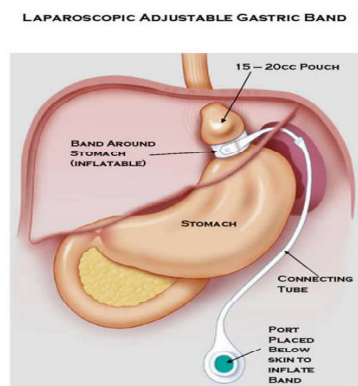
¹ <http://www.nbme.org/>

² <http://www.usmle.org/step2/Step2CS/Step2Indexes/Step2CSIndex.htm>

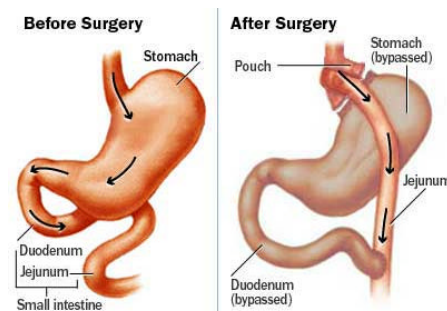
³ http://www.abms.org/About_Board_Certification/means.aspx

⁴ http://www.abms.org/Who_We_Help/Physicians/specialties.aspx

bariatric surgery - refers to surgery on the stomach or intestine designed to control extreme obesity. There are two main types: a) an adjustable gastric banding or b) a gastric bypass.

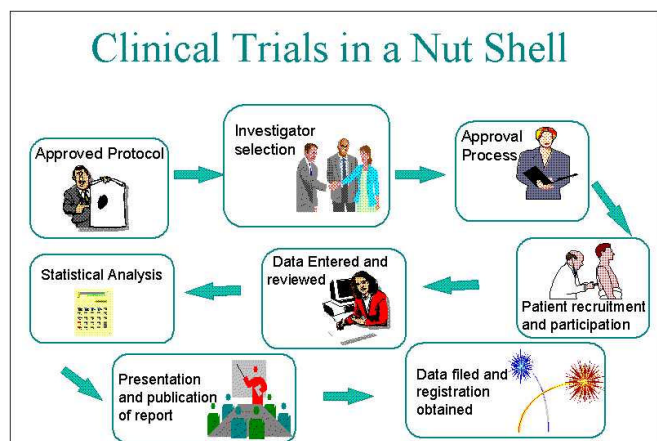


the size of the gastric pouch defines the amount of food that can be eaten. The size of the opening into the pouch can be controlled by inflating or deflating the band through a port that is implanted beneath the skin of the abdomen. In a gastric bypass a stomach pouch is formed and detached from the rest of the stomach. Then a piece of small intestine is connected to the pouch entirely bypassing the rest of the stomach.



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by Maria Rosdolsky



Adverse drug reaction (ADR): All unintended, harmful or unpleasant responses to a medicinal product at any dose, used for diagnosis, prophylaxis or treatment of diseases or modifications of physiological functions. The response is such that there is a reasonable possibility that the adverse reaction was caused by the medicinal product.

Adverse event (AE): Any medical event (including intercurrent diseases and accidents) that occurs under treatment with a medicinal product that does not necessarily have a causal relationship with the treatment.

Baseline assessment: Assessment before treatment

Blinding: The process through which study participants and the study team are unaware of the treatment assignments

Comparator (product): Any product including placebo used for comparison to the investigational product in a clinical trial.

Contract Research Organization (CRO): A person or an organization (commercial, academic or other) contracted by the sponsor to perform one or more of a sponsor's study-related duties and functions.

Control group: Group of subjects treated with placebo or standard therapy

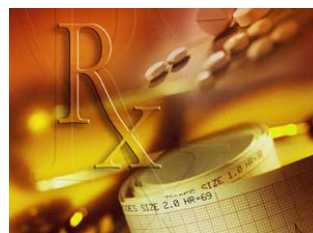
Controlled study: A study in which the investigational product is compared with no treatment, placebo, or standard treatment.

Double-blind (double-masked) study: A study in which neither the subject nor the investigator or other staff members know what treatment (study drug or comparator) the subjects are receiving

Endpoints: Outcome measures related to efficacy and safety

Exclusion criteria: Characteristics that exclude a potential subject from participating in a study

Food and Drug Administration (FDA): An agency of the United States Department of Health and Human Services, responsible for regulating foods, drugs, and other dietary and medical products



Good Clinical Practice (GCP): A standard for the design, conduct, monitoring, recording, analyzing and reporting of clinical studies. GCP ensures that the reported data are accurate and that the subjects' rights and confidentiality are protected.

Inclusion criteria: Characteristics that a potential subject must meet to be eligible for participation in a study

Intention to treat: Inclusion of all patients in the evaluation regardless of whether they received the treatment or withdrew from the study prematurely

International Conference of Harmonization (ICH): An international body that issues recommendations for Good Clinical Practice (GCP) and Standard Operating Procedures (SOPs)

Institutional Review Board (IRB): Ethics committee that is responsible for the ethical conduct of clinical studies according to Good Clinical Practice (GCP). IRBs are regulated by the Office for Human Research Protection which is part of the Department of Health and Human Services (DHHS).

Investigational product (study drug): A pharmaceutical product with an active substance, being tested in a clinical trial.

Investigational group (treatment group): Group of subjects who are treated with the investigational product.

Investigator: Person responsible for conducting the clinical study at the study site.

Monitor: Person employed by the sponsor or CRO who reviews study records to determine whether a study is being conducted in accordance with the protocol. A monitor's duties may include, but are not limited to, helping to plan and initiate a study, assessing the conduct of a study, and assisting in data analysis.

Placebo: Placebo is Latin and means literally "I will please". A pharmaceutical preparation with no active substance that looks exactly like an investigational product.

Principal investigator: If there is more than one investigator at a site, the principal investigator is the responsible leader of a group of investigators.

Randomization: Random allocation of subjects to the treatment group or the control group.

Screening: Evaluation of subjects for participation in a clinical trial according to inclusion and exclusion criteria.

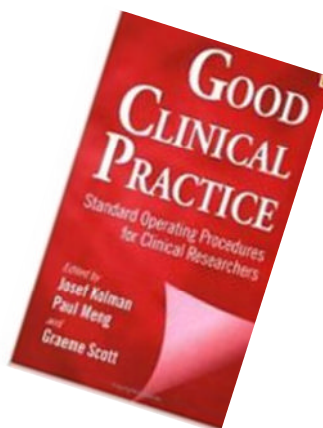
Screen failure: Subject who does not meet all criteria for participating in a clinical trial.

Serious adverse event (SAE): An adverse event that is fatal, life-threatening, permanently disabling or that results in hospitalization or prolongation of hospitalization.

Single-blind (single-masked) study: A study in which only the subjects or the investigator know what treatment (study drug or comparator) the subjects are receiving.

Sponsor: An individual, company, institution or organization taking responsibility for initiation, management, and financing of a clinical study.

Standard Operating Procedures (SOP): Detailed written instructions to achieve uniformity of the performance of a specific function. SOPs must be prepared for each individual or group of individuals with the same function, participating in the procedures of the clinical trial, including the sponsor, the monitor, the Institutional Review Board, the investigator, and all clinic staff.



Standard treatment: Currently accepted treatment for a specific disease.

Study drug: *see Investigational product*

Study Protocol: Detailed plan of a study

Subject: Study participant

Treatment group: *see Investigational group*

Unblinding: Identification of the treatment code

TYPES OF CLINICAL STUDIES

Double-blind study: *see page 20*

Cohort study: A study in which patients who presently have a certain condition and/or receive a particular treatment are followed over time and compared with another group that is not affected by this condition.

Cross-over study: A controlled, usually double-blind study during which patients receive both treatment and placebo in a consequential manner.

Early detection or screening study: A study of the methods of detecting a disease in people at risk before symptoms occur.

Longitudinal study: A study conducted over a long period of time.

Monocenter study: A study conducted at one site.

Multicenter study: A study conducted according to one protocol but at more than one site and therefore with more than one investigator.

Open-label study: A study in which patients and physicians are informed about the administered drug and dosages. These are phase I and some of phase II studies.

Parallel group study: A randomized study with a treatment and a control group who receive the assigned treatment throughout the study.

Pivotal study: A controlled, randomized, and double-blind study that is conducted with a large number of patients. The study presents data that the FDA uses in its decision about approval of the drug.

Placebo-controlled study: A study, in which one group receives a placebo.

Preventive trial: A study on measures to reduce the risk of developing a disease.

Prospective study: A study in which a group of subjects is recruited and monitored according to criteria described in the protocol. Most clinical trials today are prospective.

Quality-of-life study: A study that investigates treatments for improving the quality of life, usually conducted in very sick, sometimes terminally ill patients.

Randomized study: A study in which subjects are randomly assigned to one or more treatment groups and to one or more control groups.

RECOMMENDED WEBSITES:

www.cirp.org/library/ethics/helsinki (Declaration of Helsinki)
http://en.wikipedia.org/wiki/Clinical_trial
<http://www.cdisc.org/glossary/CDISCGlossaryV3.pdf>
www.ClinicalTrials.gov
www.answers.com/topic/clinical-trial-1

By Esther Diaz

English → Spanish Glossary

NEUROLOGICAL EXAMINATION ENGLISH	EXAMEN NEUROLÓGICO ESPAÑOL
NEUROLOGICAL STATUS	ESTADO NEUROLÓGICO
EQUIPMENT NEEDED	EQUIPO NECESARIO
Reflex hammer	Martillo de reflejos
Tuning fork	Diapasón
Flash light	Linterna
Ophthalmoscope	Oftalmoscopio
STATE OF AWARENESS	ESTADO DE ALERTA
Conscious, lucid	Consciente, lúcido
Clouding of consciousness	Obnubilación mental
Drowsy, sleepy	Somnoliento
Unconscious	Inconsciente
Coma	Coma
ORIENTATION	ORIENTACIÓN
Oriented to time, place and person	Orientado al tiempo, lugar y persona
SPEECH	HABLA
Aphasia	Afasia
motor aphasia	Afasia motora
sensory (receptive) aphasia	Afasia sensorial (receptiva)
amnesic (nominal) aphasia	Afasia amnésica (anómica)
Expressive aphasia	Afasia expresiva
conduction (associative) aphasia	Afasia conductiva (asociativa)
transcortical aphasia	Afasia transcortical
global aphasia	Afasia global
Dysarthria	Disartria
Bulbar speech	Habla bulbar
Scanning speech	Habla entrecortada
Slurred speech	Habla farfullada
Slow speech, bradyphasia	Bradilalia, bradifasia
CRANIAL NERVES	NERVIOS CRANEALES
I Olfactory nerve	I Nervio olfatorio
Pt. can smell coffee / vinegar	El paciente puede oler café / vinagre

English → Spanish Glossary

NEUROLOGICAL EXAMINATION ENGLISH	EXAMEN NEUROLÓGICO ESPAÑOL
II Optic nerve	II Nervio Óptico
Visual acuity, visus	Agudeza visual
Visual fields	Campos visuales
Finger perimetry, confrontation	Perimetría por confrontación
perimetry	Perimetría
Visual field defect	Defecto del campo visual
Hemianopia / hemianopsia	Hemianopsia
Fundus	Fondo del ojo
optic nerve papilla, optic disk	Papila del nervio óptico, disco óptico,
distinct (sharp) edges of the papilla	Márgenes de papila bien delimitados
blurred disk margins (edges)	Márgenes de disco mal Delimitados
papilledema, choked disk, discedema	Papiledema, edema de papila
Cupping of the disc	Excavación de la papila
optic atrophy	Atrofia del nervio óptico
III Oculomotor nerve, IV trochlear nerve, VI abducens nerve	III Nervio motor ocular común, IV nervio patético, VI nervio motor ocular externo
Ocular motility	Motilidad ocular
Conjugate eye movements	Movimientos oculares coordinados
Dysconjugate eye movements	Movimientos oculares no coordinados
Double vision on gaze to the left (right)	Vista doble al ver a la izquierda (derecha)
Pupils	Pupilas
isocoria (equal size of pupils)	Isocoria
anisocoria (unequal size of pupils)	Anisocoria
reaction to light	Reacción a la luz
V Trigeminal nerve	V Nervio trigémino
Facial sensibility	Sensitividad facial
Corneal reflex	Reflejo corneal
Force of masseter muscle contractions (clenching teeth)	Fuerza de contracciones del masetero (apretar los dientes)
VII Facial nerve	VII Nervio facial
Central facial paresis	Paresis facial central
Peripheral facial paresis	Paresis facial lateral

English → Spanish Glossary

NEUROLOGICAL EXAMINATION ENGLISH	EXAMEN NEUROLÓGICO ESPAÑOL
VIII Vestibulocochlear nerve	VIII Nervio auditivo
Crude hearing test	Prueba rudimentaria de la audición
Nystagmus	Nistagmo
End point nystagmus, end position	Nistagmo de posición terminal
Rotary nystagmus	Nistagmo rotatorio
Past pointing test	Prueba de señalización pasada o de past-pointing
Romberg's test	Prueba de Romberg
Unterberger's test, stepping test	Prueba de Unterberger
IX Glossopharyngeal nerve, X vagus nerve	IX Nervio glossofaríngeo, X Nervio vago
Gag reflex	Reflejo nauseoso
Palatine reflex	Reflejo palatino
Palatine paralysis	Parálisis palatina
XI Accessory nerve	XI Nervio espinal
Strength (force) of trapezius and sternocleidomastoid muscles	Fuerza de músculos trapecios y esternocleidomastoideos
XII Hypoglossal nerve	XII Nervio hipogloso
Paralysis of the tongue, glossoplegia	Parálisis lingual
Atrophy of the tongue	Atrofia lingual
MOTOR FUNCTION MUSCLES	FUNCIÓN MOTORA – MÚSCULOS
Trophicity	Trofismo
Atrophy	Atrofia
Muscle tone	Tono muscular
spasticity	Espasticidad
rigor, rigidity	Rigor, rigidez
flaccid muscle tone	Tono muscular flácido
Involuntary movements	Movimientos involuntarios
Tremor	Temblor
choreatic movements	Movimientos típicos de corea
dystonic movements	Movimientos distónicos
fasciculations	Fasciculaciones
Strength	Fuerza
paresis = incomplete paralysis,	Paresis = parálisis incompleta
weakness	Debilidad

English → Spanish Glossary

NEUROLOGICAL EXAMINATION ENGLISH	EXAMEN NEUROLÓGICO ESPAÑOL
paralysis = loss or impairment of motor function	Parálisis = pérdida o defecto de la función motora
hemiparesis	Hemiparesis
hemiplegia	Hemiplejia
quadriparesis, tetraparesis	Tetraparesis
tetraplegia	Tetraplejía
Diadochokinesis	Diadococinesia
normal diadochokinesis	Diadococinesia normal
dysdiadochokinesis	Disdiadococinesia
Testing for pronator drift	Prueba de desviación del pronador
Reflexes, upper extremities	Reflejos de extremidades superiores
biceps reflex	Reflejo del bíceps
triceps reflex, elbow jerk	Reflejo del tríceps, contracción del codo
brachioradial reflex	Reflejo braquioradial
Reflexes, lower extremities	Reflejos de extremidades inferiores
patellar reflex, quadriceps reflex, knee jerk	Reflejo rotular, contracción de la rodilla, reflejo del cuádriceps
Achilles reflex, triceps surae reflex,	Reflejo del tendón de Aquiles, reflejo del tríceps sural
ankle jerk	Reflejo de contracción del tobillo
Reflexes are elicited and are:	Se comprobaron los reflejos y resultaron:
normal	Normales
brisk	Enérgicos
exaggerated, hyperactive	exagerados, hiperactivos
hyperactive with clonus	hiperactivos con clonus
diminished, hypoactive	disminuidos, hipoactivos
absent	Ausentes
Pyramidal signs, upper extremities	Signos piramidales, extremidades superiores
Trömner's sign, Trömner's reflex	Signo o reflejo de Trömner
Hoffmann's sign	Signo de Hoffmann

English → Spanish Glossary

Pyramidal signs, lower extremities	Signos piramidales, extremidades inferiores
Babinski's reflex, Babinski's sign,	Signo o reflejo de Babinski
plantar reflex	Reflejo cutáneo plantar
Oppenheim's reflex	Reflejo de Oppenheim
SENSIBILITY, SENSORY FUNCTION	SENSIBILIDAD, FUNCIÓN SENSITIVA
Superficial sensibility, superficial sensory function	Sensibilidad superficial, función sensitiva superficial
touch sensation, tactile sensation	Sensación al tacto, sensibilidad táctil
(tactile) hypoaesthesia	Hipoestesia
(tactile) hyperaesthesia	Hiperestesia
Temperature sense, thermesthesia	Sensibilidad a la temperatura, termestesia
thermypoesthesia	Hipoestesia térmica
thermanesthesia	Anestesia térmica
thermhyperaesthesia	Hiperestesia térmica
Pain sense, nociperception	Sensibilidad al dolor, nocipercepción
hypalgesia, hypoaesthesia, hypalgia	Hiperalgesia, hipoaesthesia, hiperalgesia
hyperalgesia	Hiperalgesia
Dissociated (dissociation) anesthesia	Anestesia disociada
Vibration sense	Sensibilidad a la vibración
Position sense	Sentido de posición, propiocepción
Two point discrimination	Distinción entre dos puntos
COORDINATION	COORDINACIÓN
Finger-to- nose test	Prueba de dedo a nariz
Finger-to-finger test	Prueba de dedo a dedo
Heel-to-knee test	Prueba de talón a rodilla
GAIT	MARCHA
Associated arm movements	Movimientos coordinados de brazos
Toe walking	Marcha de puntapiés
Heel walking	Marcha sobre talones
Blind gait, blind walking	Marcha ciega, andando ciego
Straight line walking	Marcha en línea recta
Spastic gait	Marcha espástica
Steppage gait	Marcha en estepaje
Ataxic gait	Marcha atáxica
Small step gait, small step walking	Marcha de pequeños pasos