

## MEDICAL INSTRUCTIONS: TYPES AND STYLE

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*The research was designed to draw attention to the importance, first and foremost, of correct and accurate translations in the medical field. Secondly, to demonstrate how complex is the task of correctly translating medical instructions, which requires concentration, responsibility, enormous attention and professionalism. Third and finally, yet importantly, in addition to knowledge of the language, a wealth of medical knowledge is required, as any error or inaccuracy can endanger not only human health but also human life.*

Pharmacy as a science originated in ancient times and has followed a long path of historical development. The origins of pharmacy are closely linked to the history of pharmacology, medicine, chemistry and philosophy. The term 'pharmacy' has remained unchanged in the language systems of almost every country in the world up to the present day.

Some scholars define pharmaceutical discourse as a subset of medical discourse, while others distinguish it as a separate type of discourse.

According to Nosova L. N., characteristic features of pharmaceutical discourse include:

1. The tendency to interpret pharmaceutical terms unambiguously and to rely on a rational-critical understanding of the world;
2. The predominance of the informative function, which task is to adequately convey the full information about the proposed medicine for its use in treatment;
3. A social focus on the participants in pharmaceutical communication [1, p. 10].

The most relevant written genres for pharmaceutical discourse are, namely, instructions for the use of a medicinal product or an instruction article (containing a list of quality indicators and methods of quality control of a medicinal product for medical use).

S. I. Ozhegov defines an instruction as a set of rules establishing the order and method of doing something. The main purpose of an instruction is to convey necessary information and to regulate the user's actions. In order to fulfil this objective, a specific system of language tools has been developed to formulate the text of instructions. The instructions are characterised by a standardised structure that allows no ambiguity [2, p. 586]. There are many classifications of instructions in modern linguistics. For example, I. S. Alekseeva distinguishes the following varieties:

1. Consumer instructions for goods (instructions for a refrigerator, for a lawnmower, for food products);
2. Instructions for the use of a medicinal product;

3. Departmental instructions (rules for filling in documents and rules for customer behaviour: customs declaration, fire regulations);
4. Job description (document that defines duties and rules of conduct) [3, p. 176].

Thus, there are many types of instructions, which vary widely in their purpose and content. Nevertheless, it is important to note that traditionally instructions are referred to the official business style, which means that they have the following characteristics of this style: logical, terminological, unemotional, impersonal, precise and clear language, lack of imagery and expressiveness and a large number of imperative structures. However, instructions have their own characteristics that set them apart from other texts in formal business style. For example, reading an instruction manual does not require any special training, as it is intended for the average adult who has no special knowledge of medicine. But there are some exceptions, such as the instructions for the use of a medicinal product, which are characterised by an abundance of terms. It should be noted that, in this case, the text is not only intended for the ordinary consumer, but also for the physician. Normally, an instruction does not contain an author's name, but it always identifies the manufacturer of the product, the ministry or the institution that actually drafts the instructions according to strictly regulated standards [4, p. 13].

The texts of medical instructions operate simultaneously within the framework of two areas of special communication – pharmacy and medicine, that is, on the one hand, they contain information about the composition, pharmacological properties, features of storage and release of drugs, which is typical for the field of pharmacy; on the other hand, they may contain a description of pathological conditions of the human body, characteristic symptoms when certain diseases, recommendations for the use of medication to eliminate these symptoms, a warning about possible consequences after its use, which relates to the field of medicine. The existence of patient information leaflet is very important for the consumer because it provides useful information about the medicines that will be used by patients. The instructions do not only include the actions a user has to undertake, but also the conditions for an action and the consequences of an action. The information in the instructions should be as clear and concise as possible for the user, who has no medical education or profound knowledge in this area. Consequently, the instructions should not only state the pharmacological effect, method of administration and dosage, but also the possible side effects and the particularities of interactions with other medicinal products, contraindications and other interactions. A specific feature of medical and pharmaceutical terminology is the constant expansion of the medical and pharmaceutical vocabulary with new concepts. Burova G. has proposed the following classification of pharmaceutical terms in her dissertation:

1. Terms containing areas and fields of medicine, pharmacy and pharmacology;
2. Terms that name drug active ingredients;
3. Terms that determine the methods of using medicines;
4. Terms naming diseases and ailments;

5. Terms naming treatment and diagnostic methods;
6. Terms denoting pharmaceutical and medical instruments;
7. Terms that refer to dosage forms [5, p. 37].

There are many lexical, grammatical and stylistic features of medical instructions that should be taken into account during the translation process, in order to achieve a high-quality and free-error translation as a result, which has to be the key priority for any medical translator. The rendering of information from package inserts from one language to another requires the use of different translation techniques that help minimise any misconceptions, ambiguity, differences in message and facilitate the preservation of the standard form and style of instruction by using grammatical and lexical structures that are common to the target language audience.

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*Recomandat*

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