

About the Patient Advice sample

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This document is structured in two parts. The first part describes the purpose of the sample, and the second part is a mockup of a patient information leaflet consisting of a series of short sections followed by a customer feedback question.

The sample demonstrates markup for higher quality text-to-speech audio file creation. It shows the following techniques:

1. Using alternative text to describe pictures, and a table description;
2. adding extra pauses before and after headings by setting the **Pause** property of the style 'Heading 1';
3. the use of the **Alias** property to clarify pronunciation;
4. the use of a lexicon to clarify pronunciations;
5. the use of a vocal gesture (CereVoice only);
6. the use of the **Voice emotion** property (CereVoice only) to give the sentence 'Please follow it with caution' a calmer reading;
7. the use of conditional formatting to clarify document structure and spelling in the spoken version only.

This document also shows the ability to generate normal and large print documents. Other available formats include Epub, Kindle and HTML.

Patient Advice Sample

Introduction

This sheet gives advice for patients on how to improve life after a medical procedure, and avoid negative sensory input that can make recovery harder. Please follow it with caution.

Animal therapy

Pets have great therapeutic value, but it is important to choose one's pet with care. The pictures below illustrate a suitable pet, and a less suitable pet. A less suitable pet can become a liability and occasionally, can cause harm or eviction.



*Figure 1:
A suitable pet*



*Figure 2:
A less suitable pet*

Of all the possible animals that could be taken as pets, it is widely recognised that the choice comes down to a cat or a dog. As research readily available on YouTube has proved, cats are better in all ways than dogs and therefore are recommended for treatment of frustration, depression, and listlessness. When choosing a pet for the purposes of de-stressing the patient, hair covering is an important consideration. Cats have soft fur that, when stroked, can lead to a zen-like peace of mind. Some dogs' coats, on the other hand, almost take your skin off. Also, if you accidentally drop a cat, the pet is unlikely to be damaged due to its superior engineering. If you drop a dog, the result is likely to be an expensive series of trips to the vet and a visit from the RSPCA.

Art

Art can be a useful tool in distracting the patient before a medical procedure, as well as during recovery and beyond. By passing a genuine van Gogh, Gainsborough or Banksy in front of a patient, the element of surprise can promote compliance and calmness.

It has been said that the strain on health service funds may make the technique impractical, but patients who have been surprised with art make a much better recovery and have improved dinner-party conversation. As a patient, you can use 'art surprise' at

home, by purchasing an expensive artwork and surprising your partner or bank manager. This simple act will put your medical troubles into perspective.

Music

The music in your house should be calming or uplifting, but not stressful. Classical music is often medically indicated. Film scores are good sources of positive vibes although they frequently tip into sentimentality and sadness. The important thing is to remember to listen to music; it's all too easy to forget.

Media

Try to reduce your exposure to negative media, especially 24 hour rolling news that illustrates the seemingly endless evils of mankind. The more documentaries about fluffy bunnies, the better; but drama can also be a therapy. Obviously I mean thought-provoking dramas such as *The Good Wife*, not something grim and depressing like *Eastenders*.

Your home environment

How your home is decorated and furnished can affect your mood. Colour and pattern, when used thoughtfully, can lift the spirits, as can well-designed furniture and objects that have sentimental value or a feeling of history and permanence. It was William Morris who famously said, "Have nothing in your house that you do not know to be useful or believe to be beautiful." Modernists have adapted and shortened this slogan to: "Have nothing in your house." So, some balance is required between the Victorian cluttered drawing room look, with its fast-reproducing occasional tables and pot plants from the jungle, versus a modernist colourless dystopia of plastic chairs and obsessive organisation.

Customer feedback

Thank you for reading this leaflet. Please let us know what you think of it by putting a cross next to the applicable option below.

Lovely	
Fairly poor	
Poorly fair	
Regrettable	
OMG	