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DOCTOR in the house is a practical multimedia presentation of a family health advisor for Windowstm 3.x.

Most topics have a short help **cribcard** to explain the displayed screen. This is a dedicated virtual help card explaining the particular screen in which it was called.

This Help file is context sensitive - press **F1** during the program for relevant help.

To learn how to use HELP, select **How to use Help** from the Menubar HELP item.

Select from the following for further information:

- OVERVIEW**
- FILE**
- CONTENTS**
- TOPIC**
- LIBRARY**
- UTILITIES**
- EMERGENCY**



OVERVIEW

Doctor in the house is a practical medical home advisor for the family which is presented in a multimedia environment for a PC running Windows, preferably 3.1.

Background: Based on a working general practice, with real patient concerns, it deals mainly with the more common problems and concerns that have presented over a period of a few years. A recent upsurge of interest in physical health and complementary healing has prompted new areas such as exercise and herbal remedies to become incorporated into family healthcare.

Requirements: DOCTOR in The House requires an absolute minimum of a 386DX processor with 4Mb of Ram, although a 486 processor with 8Mb of Ram is more suitable and will allow the program to run correctly. All the images and videos are in 256 colour which is essential to view them properly - this requires a suitable colour monitor and a video card capable of displaying 256 colours. A sound card is necessary to hear speech and music. A mouse is necessary for some of the screens although the standard keyboard functions are available for the most part. A CD ROM drive is of course essential.

For context sensitive help, press **F1** at any point in the program.

Interface: The program is controlled through a master **Menubar** and an **Iconbar**. Finishing any section returns you to the Menubar. There is a context sensitive **Dictionary** available for medical text present in Doctor in the house. To use the dictionary a word may be highlighted in the text of the program - make sure that the highlight starts with the first letter of the word. Once highlighted, select Dictionary from the menu and click on it. The dictionary will be displayed with the selected word defined.

The program is mouse driven in a standard Windows interface of clicking on buttons, menus and lists. A secondary interface using the keyboard is also present in most places, once again with a standard Windows routine of using the Tab key to move from item to item etc. This help file does not mention the interface again unless it is non standard, so if we inadvertently cause some confusion over the interface at any particular area, please refer to the Help on Help item in the Menubar which will bring up a Help File on using Windows itself.

Throughout the program there are three buttons in consistent use which are usually not referred to in the **cribcard**, these are:



- always takes you back to the previous window.



- enables relevant speech (not always accompanied by text) or music.



- shows a **cribcard** which explains the particular window you are in.



MENUBAR


This is the main menu for **Doctor** which allows access to all the sections.



Most of the items available in the menubar are mirrored in the **iconbar**. Some items can be **toggled** off and on, specifically some of those in the Utilities menu

To EXIT from the program use the Files/Exit menu item or the iconbar , or [Ctrl X](#).

The menubar is divided into 5 main sections and a Help section. Access each one with either using the mouse and clicking on the item or by pressing the Alt key and one of the underlined characters displayed in the menubar, e.g. Alt + U for Utilities.

This Help file is accessed either through pressing F1, clicking on the  icon in the iconbar or from the Help item on the menubar. The Windows general Help on Help file may also be accessed from the menubar in the Help item. This gives general advice on the standard Windows interface and using the mouse or keyboard.

- FILE**
- TOPIC**
- LIBRARY**
- UTILITIES**
- EMERGENCY**

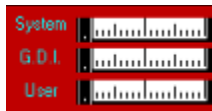
ICONBAR

This duplicates most of the items in the menubar as icons. Passing the cursor over an icon will show its purpose in the small text window above. Clicking on an icon takes you to the section indicated.



The iconbar can be moved around the screen by clicking on the blue header and, keeping the button pressed down, moving the mouse then releasing the button when the iconbar is placed. It is not always visible and will occasionally be removed then redisplayed. Whenever the iconbar is removed by the program and redisplayed, it will return to its default position at top left.

Resources: If the Menubar item [View Resources](#) is toggled then the bottom of the iconbar will expand to show three bars which reflect the state of the Windows resources indicated, e.g.



Low at left & High at right

Resources refers to the area of memory set aside by Windows for its housekeeping purposes and is a limited size. Normally you are not made aware of this store until the computer starts to have problems. When running **DOCTOR in the house** Warnings will appear on screen when the resources fall below 45%, and at 5% intervals below that. It is suggested that if resources do fall below 45% then you close other applications that are running concurrently. Low resources will make applications run slowly and may eventually lock the computer or crash Windows. It is possible that the Low resources message may come up if no other application is running. All programs should free up any resources they have used when running once they are closed. This is not always true and even when they finish, some resources may remain locked up and unusable thus reducing the amount available for fresh applications. The only certain way to free these locked up resources is to terminate all applications and exit Windows then restart Windows.

Iconbar items: In addition to the HELP and EXIT icons, the following items are available from the iconbar:

- [Hometest](#)
- [Symptom Analysis](#)
- [Infectious Disease](#)
- [Childhood Development](#)
- [Genetics](#)
- [Nutrition](#)

- [Obesity](#)
- [Fatigue](#)
- [Physical Therapy](#)
- [Herbal Medicine](#)
- [Aids](#)
- [Dictionary](#)
- [Abbreviations](#)
- [Disease Library](#)
- [Video Review](#)
- [Graphic Review](#)
- [Height v Weight](#)
- [Ideal Weight](#)
- [RDA Vitamins](#)
- [RDA Minerals](#)
- [RDA Proteins](#)
- [Drug Side Effects](#)
- [Contact Manager](#)
- [Notepad](#)
- [Choking](#)
- [CPR](#)
- [Accidents](#)

FILES

Use this menu item to **Exit Doctor in the house.**

You may also exit by clicking on the iconbar , or pressing the **Ctrl** and **X** buttons together.



TOPIC

Select this menu item from the **Menubar** by clicking on it. This will show a secondary menu which will then allow you to select relevant topic or section by clicking on it.

The sections covered in Topic are:

- **Hometest**
- **Symptom Analysis**
- **Infectious Disease**
- **Childhood Development**
- **Genetics**
- **Nutrition**
- **Obesity**
- **Fatigue**
- **Physical Therapy**
- **Herbal Medicine**
- **Aids**



LIBRARY

Select a menu item from the **Menubar** by clicking on it. This will show a secondary menu which will then take you to the relevant section by clicking on it.

The sections covered in Library are:

- [Dictionary](#)
- [Abbreviations](#)
- [Disease Library](#)
- [Video Review](#)
- [Graphic Review](#)
- [Height v Weight](#)
- [Ideal Weight](#)
- [RDA Vitamins](#)
- [RDA Minerals](#)
- [RDA Proteins](#)
- [Drug Side Effects](#)



UTILITIES

Select a menu item from the **Menubar** by clicking on it. This will show a secondary menu which will then take you to the relevant section by clicking on it.

The sections covered in Utilities are:

- **Contact Manager**
- **Notepad**
- **Licence Agreement**
- **Acknowledgements**
- **View resources**



EMERGENCY

Select a menu item from the menubar by clicking on it. This will show a secondary menu which will then take you to the relevant section by clicking on it.

The sections covered in Emergency are:

- Choking
- CPR
- Accidents



PICTURE DISPLAY

A 256 colour picture with a short explanatory text. Your cursor is limited to the picture boundaries to remind you to close it before going elsewhere, as it is memory and resource hungry.

Click on the picture to close it and return to the previous screen which called the picture.

It is usually context sensitive in certain areas of the program but all the relevant pictures may be displayed together through **Graphic Review**.



INITIALISATION

Doctor in the house is initialised automatically.

The only configuration needed is under the Blank screen item in the Menubar/Utilities. You may select whether background music plays or not during the time the screen is blanked

Click on [here](#) to return to the Overview section of the Help file.



CRIBCARD

A short explanation of the screen and description of the icons used. Each one is specific to the displayed screen.

There are three icons which are constant through the program and are not usually explained in the cribcard, these are:




- always takes you back to the previous window.



- enables relevant speech (not always accompanied by text) or music.



- shows a **cribcard** which explains the particular window you are in.

Click on  to return to the previous screen.

Click on **here** to return to the Overview section of the Help file.



HOMETEST

The introductory screen to the section on Home Tests.

The tests are those that can be performed at home by the individual with simple equipment or equipment that can be purchase from most medical suppliers.

Some of the more specialised tests will come with their own instructions - please read these very carefully and follow them as instructed. Indeed, when dealing with such a subject matter as health, all instructions should be read and understood to minimise misconception and avoid making mistakes.

Click on [continue](#) to proceed to the main Hometest section.

The following sections are present in Hometest:

Hometests

Hometest Index

Associated Diseases



HOMETESTS

The main hometest window. This opens with an introduction to hometests in the main text box.

First select a [Test Class](#) from the combo list at the top. This first selects the general area of body function to be tested, e.g. vision. Each area selected will then load the relevant individual tests into the Individual Tests combo list directly below.

Then select from the [Individual Tests](#) from the combo directly below. The contents of this list vary and change according to the Test Class chosen. Clicking on an item in this list will display the individual test selected.


The subject chosen is presented in the main text box. Any appropriate apparatus used is displayed on the right.

Most tests will have **associated diseases** which the test is relevant to and which are mentioned in the main subject matter. A list of these appears in a drop down menu on the right. Activate the list by clicking on the down arrow and make a selection.



displays a cribnote on the window and its icons.



The  icon brings up an [index](#) of tests and associated diseases. If an item appears in different areas then it is listed once for each area. Clicking on an item will show which one is selected and where it is accessed in. Clicking on [Go to](#) will take you back to the main screen with the particular area displayed automatically.



HOMETEST INDEX


This screen brings up an index of tests and associated diseases. If an item appears in different areas then it is listed once for each area.

Clicking on an item will show which one is selected and where it is accessed in. Clicking on [Go to](#) will take you back to the [Hometest](#) screen with the selected item area displayed automatically.



ASSOCIATED DISEASES

The selected disease from Hometests is displayed with symptoms, description and treatment.

Select the  icon to hear the disease name.



SYMPTOM ANALYSIS

A short introduction to symptom analysis.



Select  to return to the **Menubar** or [Continue](#) to progress to the main Symptom Analysis section.

The following sections are present :

Symptom Selection

Symptom Analysis

Probable Diagnosis



SYMPTOM SELECTION

Select the symptoms you wish to investigate from here.

The symptoms are divided into symptom classes and then into specific symptoms within each class.

The [symptom class](#) may be selected either -

1. - by passing a cursor over the [picture](#) which highlights a symptom class at the top of the image. Click to confirm the choice when the class will appear in the top combo menu on the right.
2. - selecting directly from the [Class](#) menu on the right.

The [specific symptom](#) must be selected next from the lower combo menu at right.

The selected choices then appear in the symptoms selected area at the right.

Click on [Proceed to Analysis](#) to continue to the **Symptom Analysis** form or click on the door icon to leave Symptom Analysis.

The symptoms included in this section are not exhaustive by any means, but cover the majority of common presentations which are amenable to this form of analysis without further requirements of investigation.



SYMPTOM ANALYSIS

Each symptom has a presentation of background information such as anatomy or general information in the main text window. Use this to give more informed answers to the questionnaire displayed at right.

The symptom analysis consists of simple yes or no answers to specific questions which appear in their own compartment. Apart from the first one, each question depends on your answer to the previous one, so please answer carefully.

Click on the [Yes](#) or [No](#) buttons as indicated by the question and your response to it. If your answer is a maybe then choose the nearest response to it.

Once the analysis has reached a conclusion, it will display its **probable diagnosis** in a separate form.

During the questionnaire you may [Restart](#) with the first question or [Backup](#) to the previous one.

With the detail in the background information and the ability to go back in the questionnaire to change your mind, you should reach a reasonable endpoint with a probable diagnosis. Please remember that not all possible diagnoses are available here, and that only the more common ones are covered - read the probable diagnosis to see if it accords with the symptoms experienced. This is not a diagnostic tool, but it should point the way towards a more informed opinion.

NB If you are worried about any symptoms you may be experiencing, you must see a qualified physician to provide a real diagnosis.



PROBABLE DIAGNOSIS

This screen displays the most probable diagnosis, or end point, for the preceding question and answer sequence. Reading the disease displayed should provide further clues to the original problem.

Please remember that not all possible diagnoses are available here, and that only the more common ones are covered. This is not a diagnostic tool, but it should point the way towards a more informed opinion.

NB If you are worried about any symptoms you may be experiencing, you must see a qualified physician to provide a real diagnosis.



INFECTIOUS DISEASE

A short introduction to infectious disease.

Select [Cancel](#) to return to the **Menubar** or [Continue](#) to progress to the main infectious disease section.

The following sections are present:

Infectious Diseases
Disease Selection
Background



INFECTIOUS DISEASES

The main display for each infectious disease entity.

To select a disease, click on the **Disease Selection** button.

The display will present the disease in a consistent format with details about each one. The incubation period is that time between contracting the infection and displaying symptoms.

Many of the diseases have an accompanying photograph which may be seen by clicking on

the  icon.

The button marked **Background** presents a background discussion on infectious diseases.

Click on the door icon to return to the **Menubar**



SELECT DISEASE

Select the disease you are interested in from the list.


You may select by name or the [causative agent](#) - click on either of the options to display the relevant list in the window. The causative agent is the organism responsible for the disease such as a bacterium or virus.

Once selected, click on [Process](#) which will take you back to the main **Infectious Diseases** display. If you wish to exit the selection without changing the disease, click on [Cancel](#).



BACKGROUND

A discussion of what infectious disease is and how it should be treated.

Click on the  to return to the main **Infectious Diseases** screen.



CHILDHOOD DEVELOPMENT

A short introduction to childhood development.



Select  to return to the **Menubar** or [Continue](#) to progress to the main Childhood Development section.

The following sections are present:

Development Milestones

The First Year

Introduction

Height and Weight



DEVELOPMENT MILESTONES

The screen is divided into a control section on the left and display section on the right. Each text area is specific for one facet of development and is meant as a guide for that age group. Dont worry if a few items dont match - 50% to 75% will do. If the variation is greater and repeated at the next age group then please consult a physician although there may not necessarily be any problem.

Generally speaking, the child should achieve 75% of the stated milestones, individual abilities not being as important as an overall picture. If a child is consistently 25% or more slower than stated, medical help should be sought to explain it. As a corollary, if a child is 25% or more over the abilities for that age it can be said to be forward.

First select an age group from the drop down combo list at the top left. The text areas will automatically update their displays for that age group. Scroll through each development group.



will access the **Height and Weight** assessment.



will access the **The First Year** development, which is presented in graphical form

The button marked **Introduction** will display a short discussion of child development.



FIRST YEAR

The first year in monthly graphic instalments.

Select the age group from the combo list at the top. The picture and text will automatically follow.

Use the cursor arrows to go back or forward one group at a time.


Each picture is at the age group specified and has pertinent accompanying text.

It will be seen that with different children there is a wide range of appearance and apparent ability. This is normal and depends on environment, heredity, siblings etc.



INTRODUCTION

A small background introduction to child development.

Click on the  to return to the previous screen.



HEIGHT AND WEIGHT

The 3 measurements of *weight, height and head circumference* are referenced to the average expected at any particular age.

The child's measurement is plotted against the *median*, i.e. average; the *97th percentile*, i.e. the measurement below which 97% of children are found; the *3rd percentile*, i.e. the measurement above which 97% children are found. 94% of children should measure between the two extremes.

If measurement falls outside these percentiles, medical help should be sought, as should any marked deviation from the normal incremental change, but bear in mind that it does not necessarily mean anything is actually wrong.

First select the correct chart type i.e. [weight](#), [height](#) or [head circumference](#).
Next choose the correct sex i.e. [male](#) or [female](#).
Select the right [age](#) with the [scroll bar](#).
Then [Apply](#) the child's measurement.

The graph will automatically update for each selection so make sure all options are as wanted before reading the graph.

The same process must be undertaken each time a new measurement is undertaken to obtain correct readings.



GENETICS

A short introduction to genetic disease.

Select [Cancel](#) to return to the Menubar or [Continue](#) to progress to the main Genetics section.

The following sections are present:

Genetic Disease & Inheritance
Mendelian Inheritance



GENETIC DISEASE & INHERITANCE

This section may be used as either a simple lookup for individual genetic diseases or as a more involved tutorial illustrated by individual disease entities.

Each genetically acquired disease may be looked up individually from the dropdown list at top left.

If used as a tutorial, read the introduction in the main text area first then use the various sections on the left for detail.

There are three main types of inheritance available, each with further subdivisions and a general background discussion on each one appearing in the text area.

Select from the three main types by clicking on the correct button when further choices within the selected division will become visible.

Each activated subdivision displays a dropdown list which contains relevant genetically acquired diseases - these are context sensitive to the selected subdivision, and can themselves be displayed in the text area.


The tutorial is not linear, you can start anywhere but read the introduction first.

From this screen you may also read a **general introduction** to genetic disease by clicking on the [Intro](#) button.

The modern study of genetics was based on work done by an Augustinian monk, Gregor Mendel. Click on **Mendelian Inheritance** to learn more about this subject on a separate screen.

GENETICS - INTRODUCTION

A general introduction to Genetics.

Click on the  to return to the previous screen.



MENDELIAN INHERITANCE

A general discussion of Mendelian inheritance with graphic examples of all possible mendelian combinations.

Select from the dropdown menu items.

The graphic displays the possible combinations of two genes from a pair of chromosomes, including the sex chromosomes. If a parent has two paired genes for a particular expression, they may be on autosomal chromosomes or on the sex chromosomes. As the Y chromosome is shorter than an X chromosome, some X-linked genes may not be paired however.

Two parents will usually provide 4 genes which may combine in 4 different ways. Please remember that each combination has a 1 in 4 chance of occurring but may occur the same way many times

The examples will show the possible combinations with recessive, dominant and sex-linked genes.



NUTRITION

A short introduction to nutrition.

Select [Cancel](#) to return to the [Menubar](#) or [Continue](#) to progress to the main Nutrition section.

The following sections are present:

[Nutrition](#)

[Vitamins](#)

[Vitamin Use](#)

[Water](#)

[Proteins](#)

[Minerals](#)

[Fat](#)

[Carbohydrates](#)

[Calorie Allowances for Adults](#)


[Calorie allowances for Children](#)

NUTRITION

The main selection form for Nutrition.

Select from any subject by clicking on the appropriate button. Leaving each subject will return you to here.

To see Recommended Dietary Allowances of Vitamins, Minerals and Proteins, look in the Menubar under **Library** to display the appropriate tables, i.e. **RDA Vitamins**, **RDA Proteins** and **RDA Minerals**.


Click on the  to return to the **Menubar**.

VITAMINS

This screen displays the source, function and use of vitamins.

Select the vitamin to be displayed from the labelled buttons by clicking on one.


To display a body map of Vitamin use click on **Vitamin distribution**.

Click on the  to return to the main **nutrition** form.

VITAMIN USE

A body map of the distribution of vitamin use in the body.


Click on the labelled buttons to see which vitamins are used in that area of the body.

Click on the  to return to the main [vitamin](#) form

WATER

This screen displays the intake, values, deficiency and replacement of water in the body.


Click on the labelled buttons to display the subject in the text window.

Click on the  icon to return to the main **nutrition** form

PROTEINS

This screen displays a discussion of proteins, their constituent amino acids, their part in the energy use in the body and also their possible deficiency.


The section at the bottom displays the recommended amounts of protein intake for different body weights. Use the [scrollbar](#) to change the body weight, the protein recommendation automatically follows it.

Click on the  icon to return to the main [nutrition](#) form

MINERALS and TRACE ELEMENTS

This screen displays the source, function and use of minerals as well as any recommended dietary allowances.


Select the required Mineral from the labelled buttons to display it.

Click on the  to return to the main **nutrition** form

FATS

This screen displays the dietary importance of fats and their metabolism and intake.

Select from the labelled buttons by clicking on one.


Click on the  to return to the main **nutrition** form.



CARBOHYDRATES

This screen displays the classification and metabolism of carbohydrates, their dietary importance, energy use and their importance as a source of fibre.

Select from the labelled buttons by clicking on one.

Click on the  to return to the main [nutrition](#) form




CALORIE ALLOWANCES FOR ADULTS

This screen displays the recommended daily calorie allowances for adults.

They may be displayed in 2 slightly different ways depending on whether more importance is attached to the age or to the weight of the adult, with slightly different information in each selection.

Select either [Variable Age](#) or [Variable Weight](#) from the menu and continue the selection from the submenus.

Each approach is displayed separately allowing both to be displayed at the same time allowing a more interesting view of the allowance recommended.


Click on the  to return to the main [nutrition](#) form



CALORIE ALLOWANCES FOR CHILDREN

This screen displays the recommended calorie allowances for children to the age of 18, together with the mean weight and height for the selected age groups.

From the menu, select [Children](#) to the age of nine, [Boys](#) or [Girls](#) from the age of nine to eighteen, then select the required age group.

Click on the  to return to the main [nutrition](#) form



OBESITY

A short introduction to obesity.

Select [Cancel](#) to return to the **Menubar** or [Continue](#) to progress to the main Obesity section.

The following sections are present:

Obesity
Definition
Weight Tables
B.M.I.



OBESITY


The main selection form for Obesity.

There are three areas of interest, select any one by clicking on the relevant button. A further selection will then be available within the chosen heading.

Choose an item from the subdivision by clicking on one of the option buttons available on the left. The subject will be automatically displayed on the right.

Click on **Obesity?** for a definition of what is obesity.


Weight Tables will present a graphical display of weight ranges for specific heights and enable you to plot your own against it.

Click on the  to return to the **Menu**bar.




DEFINITION

What is obesity.

Click on the  to return to the main **Obesity** section.

B.M.I.

An explanation of The Basal Metabolic Index, a better judge of obesity than a straight height to weight ratio.

Click on the  to return to the main **Obesity** section.



FATIGUE


A discussion of fatigue, its causes and ways to combat it - see tips and tricks.

Select from the labelled option buttons at the bottom of the screen.

[Tips and Tricks](#), displays a further submenu which is again controlled from option buttons.



Will enable appropriate text to be heard.

Click on the  to return to the [Menubar](#)



PHYSICAL THERAPY

The main screen for Physical Therapy which is a series of videos and tutorials on exercise and physical therapy.

Clicking on the text will automatically take you to the selected subject.

Click on the door icon to return to the **Menubar**.

The following sections are present:

Stretches - Thumbnails

Toning and Strength - Thumbnails

Muscle Selection

Muscle Exercise Selection


Exercise Videos

Posture

STRETCHES - THUMBNAILS

The cursor moves a yellow rectangle around the various thumbnails on the screen indicating a selection.


Select the exercise you are interested in by clicking on the relevant thumbnail. This will take you directly to the **Exercise Videos** to view.

Click on the  to return to the previous screen.

TONING AND STRENGTH - THUMBNAILS

The cursor moves a yellow rectangle around the various thumbnails on the screen indicating a selection.


Select the exercise you are interested in by clicking on the relevant thumbnail. This will take you directly to the [Exercise Videos](#) to view.

Click on the  to return to the previous screen.

MUSCLE SELECTION

Select a muscle or muscle group from the button list and click on the button. A red light on the body map will indicate which muscle has been chosen.


Click on the [Select Exercise](#) button to confirm the selection which will then take you to the **Muscle Exercise Selection** screen where you may choose the individual exercise for the selected muscle group.

Click on the  to return to the previous screen without making a selection.

MUSCLE EXERCISE SELECTION

Select an individual exercise from the ones available for the previously selected muscle or muscle group.


Clicking on a thumbnail picture will automatically take you to the **Exercise Videos** with the selected exercise.


Click on the  to return to the previous screen.


EXERCISE VIDEOS

This screen will play the selected exercise video.

Use the cassette buttons to control the video.


 Will display an explanation of the cassette buttons.

 Will enable appropriate text to be heard.

 Will return to the previous screen.

POSTURE

A discussion of good posture, the points to look out for and why.

 Will return to the previous screen.



HERBAL MEDICINE

A short introduction to herbal medicine, one of the most popular forms of complementary medicine.

Select  to return to the Menubar or [Continue](#) to progress to the main Medicinal Herbs section.

The following sections are present:

Medicinal Herbs

Herbal Preparations

Herbal Search Index




MEDICINAL HERBS


The main herbal medicine screen.


Each herb is displayed separately with accompanying text. You may step through each herb alphabetically, using the arrows, or use the [Search Index](#) to locate either a herb or a text string.

The step through arrows will roll over at the beginning and end.

To see how each preparation is made click on the [preparation](#) icon.

Click on the  to hear the names.

The  explains the screen use.


Click on the  to return to the [menubar](#).



HERBAL PREPARATIONS

Click on the option buttons to select the type of preparation.

The quantities, dose used and the preparation of each one will automatically display in their respective areas.

Click on the  to return to the [Medicinal Herbs](#) section.



HERBAL SEARCH INDEX

You may either look for a particular herb by name or look for a text string, such as fever or wound etc.

NAME SEARCH :

The first part of the index is for search by name. Clicking on one of the option buttons displays a list of the herbs either by common or proper name.

A single click on a name in the list will take you to the main section with the selected herb automatically displayed.

TEXT SEARCH:

To find a text string in the main body of the text, click on the [Text Search](#) button to reveal a further section of the search index

1. Click on [New](#)
2. Enter the phrase to search for in the blue window
3. Click on [Find it](#) - a list of the herbs where the search phrase occurs appears in the list box. Then either -
 - 4a. A double click on a herb name in the lower list box will take you to the main section with the selected herb automatically displayed.
- Or -
 - 4b. A double click on a herb name will take you to the main section with the selected herb automatically displayed.

If you have used the text search function and looked up a herb, when you return to the herb index you will find your original list still displayed. You may then select another herb to display from that list.

To close the Text Search function either click on [Close](#) which will close the whole Search Index or click on [Cancel](#) which will only close the Text Search function but retain you in the main Search Index.



AIDS

Select a main heading by clicking on the relevant button. This will make a secondary menu visible from which the actual text may be selected.

The slide icon shows a photograph of Kaposi sarcoma.

Click on the  to return to the **menubar**.

Please note that the subject of AIDS is constantly undergoing investigation and new information is available continuously. The information contained here is basic other than the update, and is unlikely to change without a major new discovery. If such a discovery is made then we are sure that it will be carried in the media as a major item. Small steps are being taken all the time, but none so far have affected the basic problem or made any large impact upon the overall course of the disease or changed the lives of its sufferers in any substantial degree. Let us hope that such a discovery is none too soon announced, for this infectious disease is such as the western world has not seen for many years. Having congratulated ourselves on the elimination of smallpox, the program of inoculation and vaccination that has tamed tuberculosis, whooping cough, tetanus etc., the appearance of AIDS has once again hurled back our medical scientists to an investigational environment when giants such as Pasteur and Salk laboured to defeat our microbial antagonists, albeit with the benefit of modern technology and a century of experience in the fight.



DICTIONARY

This is a context sensitive dictionary for medical terms found in the text of the program. It is not a full medical dictionary, which we hope will be available in a future release.

1. To use it as context sensitive, a word may be highlighted in the text of the program elsewhere - make sure that the highlight starts with the first letter of the word. Once highlighted, select [Dictionary](#) from the menu and click on it. The dictionary will be displayed with the selected word defined.

2. To use as a stand alone, you may either select a word from the list or search for a word.

To select a word, scroll through the list and double-click on a selection. Use the go to [scroll bar](#) to select a character from the alphabet and click on [Go to](#) to start the display at that point.

To search for a word, click on [S](#) then enter the word in the white box. Click on [Confirm](#) then click on [Look up](#). If that word is present in the dictionary it will be highlighted in the dictionary list. Click on [Look up](#) again when the definition will appear.

If the word is not found, a message box will say so. You may then try to find the nearest equivalent by clicking on the [Nearest](#) button. A search will automatically take place and the nearest approximation, if found, will be highlighted in the dictionary list. Click on [Look up](#) again to see the definition.

Click on the door icon to return to the [menubar](#).



ABBREVIATIONS

A list of some 4,000 medically related abbreviations/acronyms.

You may either search for an acronym/abbreviation or select one from the displayed lists.

To select an abbreviation first select a letter of the alphabet which will change the lists below to reflect the selection. Then click on either the list of abbreviations or the list of definitions, each will highlight as you pass the cursor over it, the selection being displayed in the top boxes.

To search for an abbreviation, click on [Search](#) then enter the abbreviation - not the definition - in the highlighted box. Click on [Find](#). If found, it will be displayed at the top. If the abbreviation cannot be found, click on [Nearest](#) when an attempt will be made to find the nearest match. If found, it will be displayed at the top. If nothing is found, re-enter the abbreviation. Please note that as the abbreviations are very small, the -nearest- facility may not always work as expected. The search is serial and not A.I.

The [Browse](#) buttons will step backwards or forwards through the list displayed. You must select alphabetically to change the list. Whichever type of list has been chosen last, i.e. acronym or definition, the browse will follow that list. Reselect the type of list if required.

Click on the  to return to the [menubar](#)




DISEASE LIBRARY

This screen provides direct access to any of the 400+ diseases covered in the program.

Select a disease from the list by scrolling through it. The arrow buttons will either page up or down the list or alphabetically.

A single click on a list item will highlight it. A double click will display the disease selected.

A double click on a list item will automatically display the selected disease.

Click on the  to return to the [menubar](#)




GRAPHIC REVIEW


This screen provides direct access to most of the pictures used in the program. They are in alphabetical order not in context order.

Select a picture from the list available.

A double click on the name will automatically display that picture in the viewing window.

A single click will highlight the selection. Click on the  to view the picture.

The [Browse](#) buttons will move backwards and forwards through the list one picture at a time.

Click on the  to return to the [menubar](#)



VIDEO REVIEW

This screen provides direct access to all the videos used in the program. They are in alphabetical order not in context order.

Select a video from the list available.

A double click on the name will automatically display that video clip in the viewing window. Use the cassette buttons to control the video.



Will display an explanation of the cassette buttons.



Will enable appropriate text, if any, to be heard.



Will return you to the **menubar**



HEIGHT v WEIGHT

A graph to display the upper and lower limits of acceptable weights for an adult. These are based on quoted statistics for optimum life expectancy and morbidity. Please remember that these figures do show demographic changes and may well be slightly different for specific geographic and hereditary environments.

First select the [gender](#), i.e. male or female, then select the [frame](#), i.e. large medium or small, by clicking on the option buttons. The graph will automatically update to reflect your choice.

Then plot the [weight](#) in pounds and the [height](#) in inches using the [scrollbars](#) at the bottom. Once the latter have been entered, click on [Apply](#) and the graph will update. To clear the personal plot, click on [Clear](#).

Only one personal plot may be input at one time.




IDEAL WEIGHT

Check the ideal weight against height for adults.

Select [male](#) or [female](#) by clicking on the required option button, this updates the scales automatically.

Move the [scrollbar](#) to select the required height and read off the ideal weights at the different frame sizes.

Click on the  icon to return to the main [menubar](#) form.




RDA VITAMINS

Display the Recommended Dietary Allowance for vitamins at different age groups.

Select [male](#) or [female](#) from the menu then select the [age group](#).

The tables will automatically show the RDAs.

Click on the  icon to return to the main [menubar](#) form.




RDA MINERALS

Display the Recommended Dietary Allowance for Minerals at different age groups.

Select [male](#) or [female](#) from the menu then select the [age group](#).

The tables will automatically show the RDAs.

Click on the  icon to return to the main [menubar](#) form.




RDA PROTEINS

Display the Recommended Dietary Allowance for the amino acid content of protein at different age groups for different weights.

Use the [slide bar](#) to change the [weight](#), from 1 to 200 lbs. The graphing has been adapted from formulae which allows the values to be read as either differing amounts of body weight or as a total body weight.

Small adjustments of a pound may be made with the [cursor keys](#), while [the page up/page down keys](#) make 10lb changes in the selection.

The different weights automatically cater for the adult/child/infant distribution but the weight should be the guiding factor.

Click on the  icon to return to the main [menubar](#) form.



DRUG SIDE EFFECTS

A short introduction to drug side effects.

Select  to return to the [menubar](#) or [Continue](#) to progress to the main Side Effects section.

The following sections are present:

[Side Effects Master](#)

[Side Effects Index](#)

[Side Effects](#)

[Drug Index](#)

[Select Associated Drug](#)

*The side effects listed in **Doctor** are not exhaustive but mainly concerned with those which the patient may experience rather than one needing a laboratory test. The approach taken is that if you feel you may be suffering a side effect or wish to know which ones you would be advised to look out for then it may be looked up here. The ability to reference particular drugs as a primary search has been included for completeness.*

Those side effects such as thrombocytopenia which require a laboratory test to distinguish should be already catered for by your prescribing physician by regular check-ups and blood tests.

At any time that you may feel you are experiencing a possible side effect, it would be advisable, probably a must, to contact your physician for confirmation or rebuttal. It would not be an unreasonable request and may prevent possible harm.




SIDE EFFECTS MASTER

Look up side effects either by looking them up directly and finding the medicines which exhibit them or look up a medicine and display the side effects that it may display.

Click on [**Drug Index**](#) or on [**Side Effects Index**](#).



Click on the  to return to the main [**menubar**](#) form.

The side effects listed are possible side effects experienced with no order of frequency or importance. They have been obtained from government published lists. Approximately 2,300 drugs are covered and 900+ side effects listed. The drugs are mainly listed by their commercial names. The length of lists may take a few seconds to sort through when each screen is initialised, please be patient when this occurs.

*The side effects have been separated into every instance they are described, such that they may appear a number of different ways for each occurrence; viz. Anafranil may cause problems with breathing but because different descriptions have been used, the entry for this side effect reads *breathing - difficult, disturbed, impaired and lack of*. The side effect may be described as *simple breathing problems* but the search pattern will pick up all instances of *breathing problems associated with Anafranil*.*

Please remember that these side effects may happen - not that they will happen, a distinction often overlooked when justifiable worry colours objectivity.



SIDE EFFECTS INDEX

Select a side effect in the top list by clicking on one. The selected side effect is highlighted and a list of the drugs which exhibit that side effect is displayed in the bottom window.


Make a selection from the list of Associated Medicines with a double click. This will automatically display that medicine together with all the other **Side Effects** listed for it in a separate window.

Click on the  to return to the **Side Effects Master** screen.



SIDE EFFECTS

This screen displays the selected drug and the list of possible side effects you may experience whilst taking that drug. Use the scrollbar if necessary.

Click on the  to return you to the previous screen.



DRUG INDEX

The drug glossary. Either select a drug from the list or search for a name.

[To select a drug](#) - first select an [alphabetical index](#) from the button bar which will update the list below automatically. Double click on the required drug name to display the **Side Effects** window with the selected drug and the list of possible side effects you may experience whilst taking that drug. Use the scrollbar if necessary.

[To search for a drug](#) - simply enter its name in the white box and click on [Search](#). All the drug names will then be searched. If the drug is not found then a nearest search will take place. This works by removing a character from the right side of the search string and searching again for any occurrence of that string in the drug names. This is repeated until a match is found - i.e. an occurrence of the search string within any name of drug which is present in the total list of drugs.


If a drug or a nearest match is found, the **Select Associated Drug** screen will open with ALL occurrences of that match.



SELECT ASSOCIATED DRUG

This screen displays all the drugs matching or nearest matches searched for in the **Drug Index** screen.


Select the drug you are interested in, use the scrollbar if necessary, and double click on it. This will display the **Side Effects** screen with the selected drug and a list of all the possible side effects you may experience whilst taking that drug.

Click on the  to return to the previous screen.



CONTACT MANAGER

The Contact manager is a dedicated database for storing an individual's event centred medical history, associated accounts and a medical profile.

Select  to return to the **menubar** or Continue to progress to the main Medical Records section.

The following sections are present:

Medical Records

Accounts

Personal History



MEDICAL RECORDS

An event centred database of your medical history. Composed of both fixed length and free form fields. Each record is a history of an individual contact.

Fixed length Fields are Date, Location, Doctor, Diagnosis, Type of contact and How made.

Free entry fields are Purpose, Outcome, Drugs and Comments.

All fields are optional. Type of contact and How made are chosen from a combo list.

The **icons** on the form relate to individual records and include [Print](#), [Delete](#), [Save](#) and [Accounts](#). The latter is a separate screen although the data involved is part of the medical records set. The [Query](#) icon displays a 'crib card' for Medical Records. The '[cassette](#)' buttons control movement between records.

Record Manipulation:

You must first [OPEN](#) an existing file (or database), or create a [NEW](#) one. Pressing the [EDIT](#) button allows you to make changes in the fields, add a [NEW RECORD](#), [DELETE](#) the record or [SAVE](#) the record (the complete file is saved).

You may also [PRINT](#) the record, using the default Windows printer, when both the medical record and the associated accounts are printed out. The [CANCEL EDIT](#) button takes you out of Edit mode. The '[cassette](#)' buttons move either to the beginning of the file or the end, or backwards and forwards by one record.

File Manipulation:

Using the menu, once a file is open or created, you may save it, save it under a different name, or print it. Closing the file automatically saves it together with any changes.

When a **new file** is created, you are automatically asked to name it, with an extension of .wrc, and find a directory on disk where it will be saved.

Search on:

Searching on Date, Doctor, Diagnosis, Type of contact and How made brings up a list of that field from all the records; choose with a click and the relevant record is displayed.

Text Search asks for a text string which it will then search for on the Purpose, Outcome, Drugs and Comments fields. When a match is found, the relevant record is displayed. **Find Next** is then enabled in the Search on menu, use this to find further matches.

Personal History:

Click on this to bring up the [Personal History](#) form.



ACCOUNTS

The accounts relate to each medical record individually.

When **Accounts** is displayed, the appropriate record will automatically be shown. Fill in the details except for Total Paid and Outstanding. These fields are automatically updated and form running totals for the file. All fields are free form as no searches are available here.

EDIT must be selected before any changes or additions are made.

When moving through the accounts records, the **Medical Records** form is also updated onscreen.

Clicking on the **Return** button will activate the **Medical Records** form and hide **Accounts**.



PERSONAL HISTORY

A personal medical profile.

All fields are optional with free text entry. Allergies, Immunisation and vaccination history, drug history and medical history are of unlimited length.

The menu allows you to [open a file](#), [create a new file](#), [save a file](#) and [exit](#) the form when you select the appropriate item.

The icons include a 'crib card' query, a print command which prints all fields on the default Windows printer and a 'leave but not close' green door icon.

The leave command enables the Medical Records form without closing **Personal History**. This allows the standard Windows text manipulation to work between the two forms. For instance - highlighting a block of text with the cursor and pressing **Ctrl C** to copy the highlighted text. Pressing **Ctrl V** will then paste that text at the cursor when placed elsewhere.



NOTEPAD

This is the standard Windows Notepad which comes with Microsoft Windows.

If you have removed it from your hard disk then this feature is not available. To use it you will have to re-install it from your Windows Set-up disks.

Click on **UTILITIES** or **CONTENTS** to return there in the help file.



BLANK SCREEN

This menu command allows you to blank the screen after a half second delay.

You may also select to play some background music or not during the blank.

The screen will automatically reappear if the mouse or keyboard are moved or activated.

The screen automatically blanks after 50 mins of no activity at either the mouse or keyboard.

Click on **UTILITIES** or **CONTENTS** to return there in the help file.



VIEW RESOURCES

A toggle to show the state of Windows resources on the iconbar.

If the Menubar item [View Resources](#) is toggled then the bottom of the iconbar will expand to show three bars which reflect the state of the Windows resources indicated, e.g.



Read with low at left and high at right.

When resources fall below 45% then a warning will show on screen to indicate this. A warning will then show at 5% intervals until either Windows locks or more resources are freed up by the user.



CONFIGURE

A toggle to allow you to select whether music plays or not when the screen saver is activated from the Menubar/Utilities/Blank Screen item.



BLANK SCREEN

A toggle to blank the screen by invoking the built in screensaver.

Music accompanies the screensaver by default but may be taken out by using the Menubar\
Utilities\Blank Screen item.



LICENCE AGREEMENT

Please read this license agreement carefully.

*If you use **Doctor in the house** then it is assumed that you have read it and also agreed to the caveat "Do you agree NOT to use **Doctor** as a substitute for a physician?".*

*If you do not agree then you are NOT granted a license to use **Doctor**. This is for your benefit and it addresses the limitations of any mechanical means of medical advice, not just **Doctor**.*

Click on [UTILITIES](#) or [CONTENTS](#) to return there in the help file.



ACKNOWLEDGEMENTS

This screen thanks and acknowledges the help of all those people, professional and personal, who have helped us with ***Doctor*** and contributed to its content.


Click on [UTILITIES](#) or [CONTENTS](#) to return there in the help file




CHOKING

A First Aid tutorial on Choking and its management accompanied by a video clip on the Heimlich manoeuvre and a spoken description.

The text is in three parts - select from the [option buttons](#) by clicking on the required one.

Play the video clip using the standard cassette buttons - click on the  for an explanation.


Click on the  icon to return to the [Menubar](#).




CPR

A First Aid tutorial on Cardio-Pulmonary Resuscitation which is accompanied by a video clip on C.P.R. and a spoken description.

The text is in three parts - select from the [option buttons](#) by clicking on the required one.

Play the video clip using the standard cassette buttons - click on the  for an explanation.

Click on the  icon to return to the [Menubar](#).



COMMON ACCIDENTS

A selection of common but unusual problems that may occur in normal life with an illustration and accompanying advice. All text is available in the spoken form.

Make a selection from the option list (see below) which will display 3 areas of interest , each accompanied by a spoken version.



- enables relevant speech (not always accompanied by text) or music.



Will bring up an option list to select a subject.






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DOCTOR In The House initiates through an opening multimedia sequence followed by a licence agreement form. Please read the agreement and acknowledge this by pressing **Yes** to the question otherwise the program will terminate prematurely.

You may skip the opening screen at subsequent viewings of **DOCTOR In The House** by pressing any key once the opening sequence has started.

Information

1. Pressing **any key** during the opening sequence skips the rest.
2. During DOCTOR In The House, **<Ctrl> X** terminates immediately while pressing the **Door icon** on the icon bar terminates with an are you sure question.
3. When running DOCTOR In The House there is a monitor running on Windows resources. This automatically appears when the resources are at 45% or under. They will appear at 5% intervals below that as well. If this is the case, close some or all other application to free resources. Unfortunately some programs will eat up unusual amounts of resources when running and even refuse to free them up even when closed. In this case you will have to exit Windows and restart to free them. Although DOCTOR In The House frees up all resources it uses, as well as being frugal when running, it is a multimedia program and is sensitive to low levels.
4. Some icons in the program are consistent throughout.
 -  Will display an explanation of the cassette buttons.
 -  Will enable appropriate text, if any, to be heard.
 -  Will return you to the **previous** screen or place.
5. During the installation process, a number of files are transferred from the CD to your \Windows subdirectory. These are -
 - a. WMHP.HLP - the help file
 - b. DOCTOR.INI - an initialisation file
 - c. A number of .VBX files, all those found in the \System subdirectory on the CDROM.Please **DO NOT** remove or modify any of these files as DOCTOR in The House will not run without them!

Doctor in the house does not have a proprietary Uninstall program as certain files must be in the Windows/System subdirectory. These files may well be used by other programs and so can only be removed if you know that they are not used elsewhere. With many programs, especially multimedia, now being written with Visual Basic and VBX files in use by many different applications, it is very difficult to create a general rule that will apply to more than one set-up at a time. If you wish to uninstall DOCTOR In The House be **VERY CAREFUL** about removing the .VBX files as they may well be used by other programs apart from DOCTOR In The House. Typical advice suggests that if you are not sure about which VBX is required elsewhere, then rename it and run other programs. If all goes well over a period of time then they are probably not being used elsewhere and may be deleted. If they are being used by other programs then you will be informed which one cannot be found and you should rename it back to the original name. Another way is to save a copy of the windows system directory before installation and compare it with a directory listing afterwards - remember

that subsequent installations may alter it again.



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Database: A collection of data that's related to a particular topic or purpose. It is usually gathered in an orderly structure and can be easily retrieved.

Record: A collection of information about a unit of the database. It may be about a person, thing or event. A group of records constitute a database.

Field: A category of information in a record. A group of fields make a record in the database.

Multimedia: A nebulous term meaning a presentation or program containing **Sound**, such as speech or music, and **Graphics**, such as video clips, animations and images, in addition to standard **Text**.

Context sensitive: Reflects the context of the selected text or area. In this case it means that when F1 is keyed then the Help file is displayed with help about the active screen.

Toggle: Change between two states only, i.e. either on or off.

