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| ABBREVIATIONS | |
| Abdo | Abdomen |
| AMI | Acute Myocardial Infarction |
| A&O x3 | Alert and oriented to person, place and thing |
| BP | Blood pressure |
| BS | Bowel sounds |
| BSL | Blood sugar level |
| Ca | Calcium |
| CABG | Coronary artery bypass |
| C collar | Cervical collar |
| CK | Creatine kinase (Cardiac enzyme) |
| Cl | Chloride |
| CN 2-12 | Relates to the 12 cranial nerves of the head and neck, which are usually examined only in a neurological or head/neck |
| Coags | Coagulation screen |
| COPD | Chronic Obstructive Pulmonary Disease; A lung disease characterized by chronic obstruction of lung airflow that interferes with normal breathing and is not fully reversible |
| CPR | Cardiopulmonary resuscitation |
| Creps | Crackles are the clicking, rattling, or crackling noises that may be made by one or both lungs of a human with a respiratory disease during inhalation |
| CRP | C-reactive protein – blood test |
| CT | Computed tomography |
| CTKUB | Computed tomography of kidneys, ureter and bladder |
| CXR | Chest x-ray |
| CVS | Cardiovascular system |
| Dx | Diagnosis |
| DDx | Differential diagnosis “working” diagnosis and other possibilities |
| ECG | Electrocardiogram |
| ED | Emergency department |
| EP | Emergency physician |
| EUC | Electrolytes, Urea, Creatinine; Helps to exclude electrolyte imbalance, hypoglycemia, dehydration, kidney impairment/failure |
| FB | Foreign Body |
| FBC | Full Blood Count; Ordered to rule out anaemia/infection |
| Fhx | Family history |
| FOOSH | Fall onto an outstretched hand |
| GCS | Glasgow coma scale, a measure of consciousness |
| GIT | Gastrointestinal tract/system |
| HPC | History of presenting concern |
| HR | Heart rate |
| HS | Heart sounds |
| HTN | Hypertension |
| IDC | Indwelling catheter |
| Imp | Impression |
| IP joint | Interphalangeal joint |
| IV | Intravenous |
| IVF | Intravenous fluids |
| K | Potassium |
| LFT | Liver function tests; Ordered to help exclude liver failure, liver disease, hepatitis, pancreatitis, liver damage, low protein |
| LL | Lower limb |
| LP | Lumbar puncture |
| Meds | Medications |
| Mod | Moderate |
| MTP joint | Metatarsophalangeal joint |
| M/S | Musculoskeletal |
| Na | Sodium, an electrolyte |
| NAD | No acute distress |
| NBM | Nil by mouth |
| Neuro | Neurological system |
| NKDA | No known drug allergies |
| NSAIDS | Nonsteroidal anti-inflammatory drugs |
| NT | Non-tender |
| NVI | Neurovascularly intact |
| O2 | Oxygen |
| O/E | On examination |
| O & G | Obstetrics and gynaecology |
| P | Pulse |
| PC | Presenting complaint |
| PE | Pulmonary embolism |
| PEx | Physical exam |
| Physio | Physiotherapy |
| PMHx | Past medical history |
| PO | Orally |
| PSHx | Past surgical history |
| QID | Four times each day |
| RA | Room air |
| Resp | Respiratory system |
| ROS | Review of systems |
| RR | Respiratory rate |
| SaO2 | Oxygen saturation |
| Sats | Oxygen saturation |
| Shx | Social history |
| SOB | Shortness of breath |
| SpO2 | Oxygen saturation |
| STEMI | ST elevation myocardial infarction |
| T | Temperature |
| TM | Tympanic membrane |
| Tx | Treatment |
| UA | Urinalysis |
| UL | Upper limb |
| UTI | Urinary tract infection |
| VUJ | Vesico-ureteric junction; Where the ureter enters the bladder; A very narrow spot and kidney stones tend to lodge here |
| Yo | Year old |
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| BLOOD WORK | |
| Blood culture x1, 2 and 3 | DDx includes sepsis and bacteremia; Results arrive in 2-3 days |
| Cardiac Enzymes | Enzymes that demonstrate damage to cardiac muscle; Elevated in a heart attack, heart failure, pulmonary embolisms or pericarditis |
| Coags | Measure of components of blood coagulation |
| C-reactive protein | Elevated in infection/inflammation; Nondiagnostic but useful for monitoring |
| Electrolytes, Urea, and Creatinine | Helps to exclude electrolyte imbalance, hypoglycemia, dehydration, kidney impairment/failure |
| Full Blood Count | Ordered to rule out infection/ anaemia |
| Group and Hold | Blood sample for blood group |
| Liver Function Test | Ordered to help exclude liver failure, liver disease, hepatitis, pancreatitis, liver damage, low protein |
| Urine Dip | Quick dipstick as a crude measure of infection/blood in urine |
| Urine MC&S | Formal urinalysis checking for organisms in the urine, and their sensitivities to various antibiotics. |

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| ANATOMY | |
| Appendix | A narrow blind tube usually about 8 to 10 centimeters long that extends from the cecum in the lower right-hand part of the abdomen |
| Axilla | Armpit |
| Carotid artery | Major blood vessels in the neck that supply blood to the brain, neck, and face |
| Carotid pulse | Pulse felt on the neck |
| Coronary artery | An artery supplying blood to the heart |
| Extensor Tendon | Just under the skin; Lie next to the bone on the back of the hands and fingers etc and extends the joint |
| Femoral pulse | Pulse felt in the groin |
| Fibula | Lower leg bone; Located on the lateral side of the tibia |
| Ligament | Short band of tough, flexible fibrous connective tissue which connects two bones or cartilages or holds together a joint |
| Lymph Nodes | Small lumps of tissue that contain white blood cells, which fight infection |
| Pedal Pulse | Pulse felt on top of the foot and in front of the medial malleolus of the ankle |
| Peripheries | Arms and legs |
| Phalanx | Little bones on the fingers and toes |
| Pharynx | The space at the back of the nasal passages and mouth that is the passage through which air passes to the larynx and food to the esophagus |
| Radial pulse | Pulse felt at the wrist overlying the distal radius |
| Tendon | Flexible but inelastic cord of strong fibrous collagen tissue attaching a muscle to a bone |
| Thyroid | Gland in the neck, near the base of the throat; Produces hormones that help control heart rate, blood pressure, body temperature and weight |
| Tibia | Lower leg bone; the larger bone of the lower leg from knee to ankle. It ends at the ankle where it meets the talus and its medial aspect is the medial malleolus |
| Tibio-taler joint | One of three joints located in the ankle |
| Uvula | A fleshy extension at the back of the soft palate which hangs above the throat |

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| IMAGING | |
| CT | Computed tomography. Provides very fine detail and overall images of a body part. |
| MRI | Magnetic resonance imaging; More specific and sensitive test to obtain more detail about a problem |
| U/S | Ultrasound; Sound or other vibrations having an ultrasonic frequency |
| X-RAY | A photographic or digital image of bones, some soft tissues (eg lungs) |

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| MEDICAL TERMS | |
| Alert | Referring to a state in which a person is awake and appropriately answers all questions. In contrast to having an altered conscious state. |
| Altered vision | Blurry or double vision |
| Anaemia | Deficiency in the number or quality of red blood cells in your body |
| Anesthetic | A substance that induces insensitivity to pain |
| Angiogram | An x-ray photograph of blood or lymph vessels, made by angiography by injecting dye into the vessels |
| Angulated fracture | Describes a specific type of fracture displacement where the normal axis of the bone has been altered such that the distal portion of the bone points off in a different direction |
| Anorexia | Lack of appetite |
| Anterior | Situated in front of or directed toward the front |
| Anxiety | A mental health disorder characterised by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities |
| Appendicectomy | Removal of the appendix |
| Appendicitis | Inflammation of the appendix |
| Asthma | Constriction of the airway due to muscular contraction of the bronchioles |
| Auscultation | Listening with a stethoscope |
| Backslab | Plaster applied to the back of the leg, ankle and foot |
| Bacteraemia | The presence of bacteria in the blood |
| Bacterial | Caused by bacteria |
| Bilateral | Relating to two/both sides |
| Bony tenderness | Tenderness of the bone on examination suggesting a fracture or injury |
| Borderline hypoxia | Oxygen saturation 90-94% requiring supplemental oxygen |
| Bradycardia | Slow heart rate; Under a rate of 60 |
| Bronchitis | Inflammation/infection of the bronchi caused by viruses and bacteria, and sometimes allergies |
| Cachectic | Extremely thin and malnourished |
| Cardiac | Pertaining to the heart |
| Cardiac arrest | Sudden, unexpected loss of heart function. Can be from lack of blood flow or abnormal functioning of the cardiac electrical system |
| Cath Lab | Stand for Cardiac Catheter Laboratory. An examination room in a hospital or clinic with diagnostic imaging equipment used to visualize the arteries of the heart and the chambers of the heart and treat any stenosis or abnormality found |
| Cervical collar | Also known as a neck brace; Used to support a patient’s neck; Applied by emergency personnel to those who have had traumatic head or neck injuries |
| Cholecystectomy | Removal of the gallbladder |
| Cholecystitis | Infection and inflammation of the gallbladder |
| Coma | Deep state of prolonged unconsciousness in which a person cannot be awakened |
| Co-morbidities | Presence of one or more additional conditions co-occurring with a primary condition |
| Complex | Consisting of many different and connected parts |
| Compression bandage | Long strip of stretchable cloth that you can wrap around a sprain or strain |
| Congestion | An abnormal or excessive accumulation of a body fluid |
| Coronary artery bypass graft | Open heart surgery |
| Cranial nerves | Each of twelve pairs of nerves which arise directly from the brain, not from the spinal cord, and pass through separate apertures in the skull |
| Creatinine | Substance easily excreted by the kidney; Increased in kidney failure |
| Croup | A childhood illness. Inflammation of the upper airway with a barking cough |
| Deformity | An obvious angulation or irregularity of the limb or bony structure |
| Dehydration | A harmful reduction in the amount of water in the body |
| Degloving wound | A type of avulsion in which an extensive section of skin is completely torn off the underlying tissue, severing its blood supply |
| Deoxygenated blood | Bluish-purple colored blood |
| Diaphoresis | Profuse sweating |
| Diarrhoea | A condition in which faeces are discharged from the bowels frequently and in a liquid form |
| Disheveled | Person appears unkept and having poor hygiene |
| Diastolic | Bottom number in blood pressure; Range is normal between 65-85 |
| Dislocation | Disconnected joint; Complete malalignment of the joint |
| Distal | Away from the body |
| Dorsal | Rear or back |
| Dry cough | Cough with no sputum production |
| Ear infection | Most often a bacterial or viral infection that affects the middle ear, the air-filled space behind the eardrum that contains tiny vibrating bones of the ear |
| Ecchymosis | Bruising |
| Eczema | Inflammatory condition of the skin characterized by scaly and itchy rash; may include tiny vesicles with oozing and crusting |
| Electrolytes | Important salts in the blood, eg Potassium, sodium, calcium, chloride |
| Emphysema | A lung condition featuring an abnormal accumulation of air due to enlargement and destruction of the lung's many tiny air sacs resulting in the formation of scar tissue. Also causes a reduction in the surface area for gas exchange causing permanent breathlessness. |
| Erythema | Redness |
| Exacerbation | An increase in the severity of a disease or its signs and symptoms |
| Exudate | Pus, purulent fluid |
| Febrile | Elevated body temperature above 38 degree Celsius; fever |
| Flank pain | Sensation of discomfort, distress, or agony in the part of the body below the rib and above the ilium usually from renal diseases or trauma to the area |
| Foreign body | An object or piece of extraneous matter that has entered the body by accident eg wooden splinter, glass, metal |
| Fracture | Broken bone |
| Gait | A person's manner of walking |
| Glucose | Tested in the blood and urine. Elevated levels suggest glucose intolerance or diabetes |
| Goiter | A noncancerous enlargement of the thyroid gland |
| Haemaglobin | Protein molecule in red blood cells that carries oxygen from the lungs to the body's tissues and returns carbon dioxide from the tissues back to the lungs |
| Haematoma | Raised area with underlying blood which occurs in tissue resulting from ruptured blood vessels |
| Haemoptysis | Coughing up blood |
| Headache | A pain in the head with the pain being above the eyes or the ears, behind the head, or in the back of the upper neck |
| Heart attack | A sudden occurrence of coronary thrombosis, typically resulting in the death of part of a heart muscle and sometimes fatal |
| Heart disease | Disease which affects the heart |
| Heart failure | Occurs when your heart muscle doesn't pump blood as well as it should |
| Heart murmur | Abnormal heart sound rated on a scale of 1-6 |
| Hepatitis | Inflammation of the liver |
| Hernia | Contents of body cavity bulged out of the area where are normally contained |
| Hydronephrosis | Swelling of the kidney due to acute blockage of the ureter |
| Hyperglycemia | Elevated blood sugar |
| Hypoglycemia | Low blood sugar |
| Hypertension | Persistently elevated blood pressure over 140/90 |
| Hypotension | Persistently low blood pressure below 100/60 |
| Hypoxia | A lower-than-normal concentration of oxygen in arterial blood; Typically, below 90% |
| Impression | Working Diagnosis, what the doctor thinks is the likely cause for the presenting symptoms |
| Infection | The invasion and multiplication of microorganisms such as bacteria, viruses, and parasites that are not normally present within the body |
| Intracranial bleed | Type of bleeding that occurs inside the skull |
| Ischemia | Localize lack of blood supply to a specific area, causing death of cells, eg cardiac ischemia = heart attack |
| Jaundice | Yellow tinge to skin and eyes |
| Kidney failure | Severe failure of the kidneys to function properly |
| Kidney stone | A hard mass formed in the kidneys, typically consisting of insoluble calcium compounds, that then travels down the ureter causing pain and haematuria |
| Laceration | Cut in the skin due to some type of trauma |
| Lateral | Farther from the midline |
| Lesion | An abnormality of the skin or organ from damage |
| Liver disease | Refers to any disorder of the liver |
| Liver failure | A condition that occurs when the liver is damaged and no longer able to function; Can be both acute and chronic |
| Malaise | Generalized feeling or discomfort or lack of well being |
| Mastectomy | Surgical removal of one or both breasts; Usually carried out to treat breast cancer |
| Metatarsal | Long bones of the foot between the ankle and toes |
| Migraine | Type of headache |
| Myocardial infarction | Death of cardiac muscle due to prolonged ischemia when blood flow through the coronary artery is obstructed |
| Nausea | A stomach distress with distaste for food and an urge to vomit |
| Nebulizer | A drug delivery device used to administer medication in the form of a mist inhaled into the lungs |
| Nephrolithiasis | Kidney stones |
| Nil | No; None |
| Non-tender | No tenderness |
| Nontoxic | Not sweating or ill-appearing typically used to describe paediatric patients |
| Oblique | Slanting |
| Oedema | Swelling of the legs or soft tissues |
| Oriented | Patient knows where they are, who people around them are, day or date when tested by the doctor |
| Ovarian torsion | A condition that occurs when an ovary twists and cuts off blood flow to the ovary and fallopian tube |
| Oxygenated blood | Red colored blood |
| Pale | Signs of anaemia |
| Palpation | An act of touching or feeling |
| Pancreatitis | Inflammation of the pancreas |
| Pathology | Laboratory testing |
| Pedal oedema | Build-up of fluid in the foot and ankle area |
| Pericarditis | Inflammation of the pericardium evidenced on physical exam by the presence of a friction rub on heart auscultation |
| Peripheral pulses | Pulses of the arms and legs |
| Pharyngitis | Infection of the throat |
| Photophobia | Light sensitivity |
| Pleuritic pain | Chest pain with inspiration |
| Pneumonia | Infection inside the lung tissue |
| Posterior | Rear or back |
| Postural blood pressure | Blood pressure taken upon laying and standing to compare and see if there is a difference |
| Productive cough | Cough with sputum production |
| Pulmonary embolism | Blockage of the pulmonary artery or one of its branches due to a clot which usually arises from a DVT in the leg |
| Pulse oximetry | Estimates a % of oxygenated haemaglobin |
| Pus | A thick, whitish-yellow fluid that results from the accumulation of white blood cells, liquefied tissue, and cellular debris suggesting infection |
| Radius | The thicker and shorter of the two bones in the forearm |
| Rash | Break out of the skin |
| Reflexes | An involuntary reaction; part of a neurological exam |
| Respiratory distress | Mild, moderate, or severe; Tachypnea and using accessory muscles of respirations |
| Resuscitation | The process of correcting physiological disorders such as lack of breathing or heartbeat in an acutely ill patient |
| Rigors | Shaking chills suggesting infection or sepsis |
| Seizure | A sudden surge of electrical activity in the brain; usually affects how a person appears or acts for a short time |
| Sensation | Part of the neurological exam which tests sensitivity of the skin, usually comparing one side of the body to the other. |
| Sepsis | The presence of bacteria, other infectious organisms, or toxins created by infectious organisms in the bloodstream with spread throughout the body, resulting in severe illness and possible shock and death |
| Shortness of breath | Difficult and labored breathing |
| Sprain | A stretched or torn ligament |
| Sputum | Produced when a patient has a productive cough, composed of mucus but may contain pus, blood, fibrin, or bacteria |
| Stent | A tube designed to be inserted into a vessel or passageway to keep it open |
| Strep throat | Bacterial infection that can make your throat feel sore and scratchy |
| Stridor | Upper airway noise on inspiration or expiration |
| Stroke | The sudden death of brain cells due to lack of oxygen, caused by blockage of blood flow or rupture of an artery to the brain |
| Supplemental oxygen | Treatment in which a storage tank of oxygen is used to give oxygen to people with breathing problems |
| Suture | Thread-like material used to sew tissue together |
| Swelling | The enlargement of organs, skin, or other body parts caused by a buildup of fluid in the tissues |
| Systolic | Top number in blood pressure; Range is normal between 100-140 |
| Tachycardia | Fast heart rate; Over a rate of 100 |
| Tachypnoea | Increased respiratory rate. Greater than 20 respirations per minute |
| Tenderness | Pain or discomfort when an affected area is touched |
| Tonsillitis | Inflammation of the tonsils |
| Through-and-through injury | Penetrates two surfaces of a structure |
| Trauma | Physical injuries of sudden onset and severity which require immediate medical attention |
| Troponin | Cardiac enzyme |
| Tubigrip | An elasticated tubular bandage designed to provide support for sprains, strains and weak joints |
| Turbulent blood flow | Heard as a murmur or bruit when listening to the patients heart or blood vessels |
| Type 1 Diabetes | Insulin-dependent diabetes; a chronic condition in which the pancreas produces little or no insulin |
| Type 2 Diabetes | A long-term metabolic disorder that is characterized by high blood sugar, insulin resistance, and relative lack of insulin. Usually managed with diet or tablets but sometimes more severe requiring insulin. |
| Ulna | The thinner and longer of the two bones in the human forearm, on the side opposite to the thumb |
| Urea | Excretory product of the kidneys |
| Ureteric calculi | A stone in the kidney or in the urinary tract |
| Urinary tract infection | An infection of the kidney, ureter, bladder, or urethra |
| Viral | Caused by, or relating to a virus or viruses |
| Vomiting | An act or instance of disgorging the contents of the stomach through the mouth |
| Wedge fracture | A vertebral compression fracture of the vertebra of the spine |
| Wheeze | High pitched sound heard in patients with asthmatics or lung disease |
| Work certificate | Work note |
| Wound | A physical injury to the body |

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| MEDICATIONS | |
| Amlodipine | Medication used to treat high blood pressure and coronary artery disease |
| Antibiotics | Most important type of antibacterial agent for fighting bacterial infection |
| Analgesia | Medication used to relieve pain |
| Antiemetic | Medication which relieves nausea |
| Anti-inflammatories | Medication used to relieve pain |
| Aspirin | A non-steroidal anti-inflammatory (NSAID). Medication used to treat pain, fever, or inflammation |
| Ibuprofen | Medication in the NSAID class that is used for treating pain, fever, and inflammation. |
| Hydralyte Ice-Blocks | Oral rehydration solution which is formulated to help replace water and electrolytes lost due to vomiting, diarrhoea, heavy sweating, vigorous exercise and occasional hangovers |
| Coveram | Medication used to treat high blood pressure |
| Morphine | Opiate medication |
| Nexium | Medication which reduces stomach acid |
| Panadeine Forte | Analgesic consisting of a combination of codeine phosphate and acetaminophen |
| Panadol | Also known as Paracetamol; Medication used to treat pain and fever |
| Paracetamol | Also known as Panadol; Medication used to treat pain and fever |
| Perindopril | Heart medication used to treat HTN or heart failure |
| Phenoxymethylpenicillin | An antibiotic; Type of Penicillin |
| Prednisone | Used to suppress the immune system and decrease inflammation in conditions such as asthma, COPD, and rheumatologic diseases |
| Steroids | Medication used to decrease inflammation and reducing the activity of the immune system |
| Ventolin | Medication that opens up the medium and large airways in the lung; Used to treat asthma, including asthma attacks, exercise-induced bronchoconstriction, and chronic obstructive pulmonary disease |

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| SPECIALTIES | |
| Interventional Cardiologist | Specialty focusing on the heart; Branch of cardiology that deals specifically with the catheter-based treatment of structural heart diseases |
| Gynaecology | Specialty focusing on health of the female reproductive systems and the breasts |
| Obstetrics | Specialty concerned with childbirth and midwifery |
| Orthopaedic | Specialty concerned with conditions involving the musculoskeletal system, bones in particular |
| Surgeon | Physician who performs surgical operations |
| Urologist | Specialty focusing on focuses on surgical and medical diseases of the male and female urinary-tract system and the male reproductive organs |