

# GLOSSARY

## A

<b>Abandonment</b>	a legal term referring to discontinuing emergency medical care without making sure that another health-care professional with equal or better training has taken over.	<b>Airway Adjunct</b>	an artificial airway.
<b>Abdominal Cavity</b>	the space below the diaphragm and continuous with the pelvic cavity.	<b>Alimentary Tract</b>	the food passageway that extends from the mouth to the anus.
<b>Abrasion</b>	an open wound caused by scraping, rubbing, or shearing away of the epidermis.	<b>Altered Mental Status</b>	a change in a patient's normal mental status.
<b>Abuse</b>	improper or excessive action so as to injure or cause harm.	<b>Alveoli</b>	the air sacs of the lungs (singular, alveolus).
<b>Accessory Muscles</b>	additional muscles; in regard to breathing, these are the muscles of the neck and the muscles between the ribs.	<b>Amniotic Sac</b>	a sac of fluid in which the foetus floats.
<b>Activated Charcoal</b>	a finely ground charcoal that is very absorbent and is sometimes used as an antidote for ingested poisons.	<b>Amputation</b>	an injury that occurs when a body part is severed from the body.
<b>Acute Abdomen</b>	a sharp, severe abdominal pain with rapid onset.	<b>Anaphylactic Shock</b>	See anaphylaxis.
<b>Advance Directive</b>	a patient's instructions, written in advance, regarding the kind of resuscitation efforts that should be made in a life-threatening emergency.	<b>Anaphylaxis</b>	an acute allergic reaction with severe bronchospasm and vascular collapse, which can be rapidly fatal.
<b>AEMT</b>	Advanced EMT (formerly called EMT-Intermediate) has received additional training in specific areas, allowing some level of advanced life support.	<b>Anatomical Position</b>	a position in which the patient is standing erect with arms down at the sides, palms facing forward.
<b>Afterbirth</b>	the placenta after it separates from the uterine wall and delivers.	<b>Aneurysm</b>	an enlarged or burst artery.
<b>Agonal Respirations</b>	reflex gasping with no regular pattern or depth; a sign of impending cardiac or respiratory arrest.	<b>Antecubital Space</b>	the hollow, or front, of the elbow.
		<b>Anterior</b>	a term of direction or position, meaning toward the front. Opposite of <i>posterior</i> .
		<b>Aorta</b>	major artery that starts at the left ventricle of the heart and carries oxygen-rich blood to the body.
		<b>Apical Pulse</b>	an arterial pulse point located under the left breast.
		<b>Arterial Bleeding</b>	recognised by bright red blood spurting from a wound.
		<b>Arteries</b>	blood vessels that take blood away from the heart.

## A (Cont.)

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<b>Arterioles</b>	the smallest arteries.	<b>Bloody Show</b>	the mucous plug that is discharged during labour.
<b>Artificial Ventilation</b>	a method of assisting breathing by forcing air into a patient's lungs.	<b>Blunt Trauma</b>	injuries caused by a sudden blow or force that has a crushing impact.
<b>Asphyxia</b>	suffocation.	<b>Body Armour</b>	a garment made of a synthetic material that resists penetration by bullets.
<b>Aspirate</b>	to inhale materials into the lungs.	<b>Body Mechanics</b>	the safest and most efficient methods of using the body to gain a mechanical advantage.
<b>Atria</b>	the two upper chambers of the heart. (singular, <i>atrium</i> ).	<b>Body Substance Isolation (BSI)</b>	a strict form of infection control based on the premise that all blood and body fluids are infectious.
<b>Auscultation</b>	a method of examination that involves listening for signs of injury or illness.	<b>Brachial Pulse Point</b>	an arterial pulse that can be felt on the inside of the arm between the elbow and the shoulder.
<b>Autonomic Nervous System</b>	the part of the nervous system that handles involuntary activities.	<b>Bracing</b>	exerting an opposing force against two parts of a stable surface with your body; in EMS, usually refers to a safety precaution taken while riding in an ambulance patient compartment.
<b>Avulsion</b>	an open wound that is characterised by a torn flap of skin or soft tissue that is either still attached to the body or pulled off completely.	<b>Bronchi</b>	the two main branches of the trachea, which lead to the lungs (singular, <i>bronchus</i> ).

## B

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<b>Bag of Waters</b>	see amniotic sac.	<b>Burn Centre</b>	a medical facility devoted to treatment of burns, often including long-term care and rehabilitation.
<b>Barotrauma</b>	an injury caused by a change in the atmospheric pressure between a closed space and the surrounding area.	<b>Burnout</b>	a state of exhaustion and irritability caused by the chronic stress of work-related problems in an emotionally charged environment.
<b>Behaviour</b>	the way a person acts or performs.		
<b>Behavioural Emergency</b>	a situation in which a patient exhibits behaviour that is unacceptable or intolerable to the patient, family, or community.		
<b>Birth Canal</b>	the passage consisting of the cervix and vagina.		
<b>Blanch</b>	to lose colour.		

<b>Blood Pressure</b>	the amount of pressure the surging blood exerts against the arterial walls.	<b>Capillaries</b>	the smallest blood vessels through which the exchange of fluid, oxygen, and carbon dioxide takes place between the blood and tissue cells.
<b>Blood Vessels</b>	a closed system of tubes through which blood flows.		

## C

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## C (Cont.)

<b>Capillary Bleeding</b>	recognised by dark red blood that oozes slowly from a wound.	<b>Clavicle</b>	the collarbone.
<b>Capillary Refill</b>	the time it takes for capillaries that have been compressed to refill with blood.	<b>Cleaning</b>	the process of washing a soiled object with soap and water. See disinfecting and sterilising.
<b>Cardiac Arrest</b>	the sudden cessation of circulation.	<b>Closed Wound</b>	an injury to the soft tissues beneath unbroken skin.
<b>Cardiac Muscle</b>	one of three types of muscles; makes up the walls of the heart.	<b>Coccyx</b>	the tailbone, formed by four fused vertebrae. Also called coccygeal spine.
<b>Carotid Pulse Point</b>	an arterial pulse that can be felt on either side of the neck.	<b>Colicky Pain</b>	cramps that occur in waves.
<b>Catheter</b>	a hollow tube that is part of a suctioning system. Also called tonsil tip or tonsil sucker.	<b>Competent</b>	in EMS, a competent adult is one who is lucid and able to make an informed decision about medical care.
<b>central nervous system</b>	the brain and the spinal cord.	<b>Complex Access</b>	the process of gaining access to a patient, which requires the use of tools and specialised equipment.
<b>Cerebrospinal Fluid</b>	a water cushion that helps to protect the brain and spinal cord from trauma.	<b>Consent</b>	permission to provide emergency care. See expressed consent and implied consent.
<b>Cervical Spine</b>	the neck, formed by the first seven vertebrae.	<b>Constrict</b>	to become smaller or narrower.
<b>Cervix</b>	the neck of the uterus.	<b>Contusion</b>	a bruise; a type of closed soft-tissue injury.
<b>Chain Of Survival</b>	term used by the American Heart Association for a series of interventions that provide the best chance of survival for a cardiac- arrest patient.	<b>Cornea</b>	the anterior part of a transparent coating that covers the iris and pupil.
<b>Chief Complaint</b>	the reason that EMS was called, as stated in the patient's own words.	<b>Cranium</b>	the bones that form the top (including the forehead), back, and sides of the skull.
<b>Child</b>	A patient who is one to eight years of age (American Heart Association standard).	<b>Crepitus</b>	the sound or feeling of broken bone ends grinding against each other.
<b>Chronic</b>	of long duration.	<b>Cribbing</b>	a system of wood or other materials used to support an object.
<b>Circulatory System</b>	the system that transports blood to all parts of the body.	<b>Cricoid Cartilage</b>	shaped like a ring, this is the lowermost cartilage of the larynx.
<b>Clamping Injury</b>	a soft-tissue injury usually caused by a body part being stuck in an area smaller than itself.	<b>Critical Incident</b>	any situation that causes a rescuer to experience unusually strong emotions that interfere with the ability to function either during the incident or later.

## C (Cont.)

<b>Critical Incident Stress Debriefing (CISD)</b>	a session usually held within three days of a critical incident in which a team of peer counsellors and mental health professionals help rescuers work through the emotions that normally follow a critical incident.	<b>Diabetes</b>	a disease in which the normal relationship between glucose (sugar) and insulin is altered.
<b>Cross-Finger Technique</b>	a method of opening a patient's clenched jaw.	<b>Diaphragm</b>	a muscle, located between the thoracic and abdominal cavities, that moves up and down during respiration.
<b>Crowing</b>	a sound made during respiration similar to the cawing of a crow, which may mean the muscles around the larynx are in spasm.	<b>Diastolic Pressure:</b>	the result of the relaxation of the heart between contractions. See <i>systolic pressure</i> .
<b>Crowning</b>	the appearance of the baby's head or other body part at the opening of the birth canal.	<b>Dilate</b>	to enlarge or widen.
<b>Crushing Injury</b>	an open or closed injury to soft tissues and underlying organs that is the result of a sudden blow or a blunt force that has a crushing impact.	<b>Direct Medical Control</b>	an EMS medical director or other physician giving orders to an EMS rescuer at the scene of an emergency via telephone, radio, or in person. See <i>indirect medical control</i> .
<b>Cyanosis</b>	bluish discolouration of the skin and mucous membranes—a sign that body tissues are not receiving enough oxygen.	<b>Disinfecting</b>	the process of cleaning plus using a disinfectant, such as alcohol or bleach, to kill microorganisms on an object. See <i>cleaning</i> and <i>sterilising</i> .

## D

<b>Debriefing</b>	a technique used to help rescuers work through their emotions within 24 to 72 hours after a critical incident.	<b>Distal</b>	a term of direction or position, meaning distant or far away from the point of reference, which is usually the torso. Opposite of <i>proximal</i> .
<b>Deep</b>	a term of position, meaning remote or far from the surface. Opposite of <i>superficial</i> .	<b>Diving Reflex</b>	the body's natural response to immersion in cold water in which breathing is inhibited, heart rate decreases, and blood vessels constrict in order to maintain blood flow to the brain and heart. Also called <i>mammalian diving reflex</i> .
<b>Defibrillation</b>	the process by which an electrical current is applied to the heart to correct fatal heart rhythms.	<b>Do Not Resuscitate (DNR) Orders</b>	documents reflecting the wish of the chronically or terminally ill patient not to be resuscitated. See <i>advance directive</i> .
<b>Defusing</b>	a short, informal type of debriefing held within hours of a critical incident.	<b>Dorsalis Pedis Pulse</b>	an arterial pulse point that can be felt at the top of the foot on the arch side.
<b>Dermis</b>	the second layer of skin. See <i>epidermis</i> and <i>subcutaneous tissue</i> .	<b>Dressing</b>	a covering for a wound.

## D (Cont.)

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<b>Drowning</b>	death from suffocation due to immersion in water.	<b>Expressed Consent</b>	permission that must be obtained from every responsive, competent adult patient before emergency medical care may be rendered.
<b>Drug Abuse</b>	self-administration of one or more drugs in a way that is not in accord with approved medical or social practice.	<b>External</b>	a term referring to the outside of the body. Opposite of internal.
<b>Duty To Act</b>	the legal obligation to care for a patient who requires medical attention.	<b>Extremities</b>	the limbs of the body.
<b>Dyspnea</b>	shortness of breath.	<b>Extrude</b>	to push or force out.

## E

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<b>Ecchymosis</b>	black and blue discoloration.
<b>Embolus</b>	a mass of undissolved matter in the blood (plural, <i>emboli</i> ).
<b>Emergency Move</b>	moving a patient when he or she is in immediate danger, usually performed by a single rescuer.
<b>EMR (Emergency Medical Responder)</b>	usually the first medically trained personnel to reach the patient. It is the first level of EMS training.
<b>EMT</b>	an emergency medical technician trained to a higher level than the EMR. It is considered the minimum level of certification for ambulance personnel.
<b>Epidermis</b>	outermost layer of skin. See <i>dermis</i> and <i>subcutaneous tissue</i> .
<b>Epiglottis</b>	a leaf-shaped structure in the throat that prevents foreign objects from entering the trachea during swallowing.
<b>Epiglottitis</b>	a bacterial infection of the epiglottis.
<b>Evisceration</b>	the protrusion of organs from an open wound.
<b>Expiration</b>	breathing out; exhaling.

## F

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<b>Fallopian Tube</b>	the tube or duct that extends up from the uterus to a position near an ovary.
<b>Femoral Pulse Point</b>	an arterial pulse that can be felt in the area of the groin in the crease between the abdomen and the thigh.
<b>Femur</b>	the bone in the thigh, or upper leg.
<b>Fibula</b>	one of the bones of the lower leg.
<b>Finger Sweep</b>	a technique in which a finger is used to remove a foreign object from the mouth.
<b>First Responder</b>	the first person on the scene with emergency medical care skills, typically trained to the most basic EMS level.
<b>Flail Chest</b>	a closed chest injury involving broken ribs, resulting in an unstable chest wall.
<b>Flail Segment</b>	an area of chest wall between broken ribs that becomes free-floating.
<b>Fontanel</b>	the soft spot between the cranial bones of an infant's skull.
<b>Frostbite</b>	freezing or near-freezing of a specific body part. Also called local cold injury.

## F (Cont.)

**Full-thickness Burn** a burn that extends through all layers of skin and may involve muscles, organs, and bone.

## G

**Gastric Distension** inflation of the stomach.

**Genitalia** reproductive organs.

**Globe** eyeball.

**Glucose** blood sugar.

**Grieving Process** the process by which people cope with death.

**Guarding Position** a position in which the patient is on his or her side with knees drawn up toward the abdomen.

**Hemodilution** an increase in the volume of blood plasma resulting in reduced concentration of red blood cells.

**Hemothorax** a collapse of the lungs caused by bleeding inside the chest.

**Human Restraints** padded soft leather or cloth straps used to tie a patient down in order to protect the patient from self-injury and from hurting others.

**Humerus** the bone that extends from the shoulder to the elbow.

**Hyperthermia** fever, or elevated body temperature.

**Hyperventilation** rapid breathing common to diseases such as asthma and pulmonary oedema. Common in anxiety-induced states.

**Hypoglycaemia** low blood sugar.

**Hypoperfusion** See *shock*.

**Hypothermia** the reduction of overall body temperature. Also called *generalised cold emergency*.

**Hypoxemia** a condition caused by a oxygen deficiency in the blood. See *hypoxia*.

**Hypoxia** decreased levels of oxygen in the blood.

## H

**Hand-Off Report** a report of the patient's condition and the care provided, given to the EMS personnel who take over patient care.

**Hazardous Material** a substance that in any quantity poses threat or unreasonable risk to life, health, or property if not properly controlled.

**Haz-Mat** abbreviation for hazardous materials.

**Head-Tilt/Chin-Lift Manoeuvre** a manual technique used to open the airway of an uninjured patient. See *jaw-thrust manoeuvre*.

**Heimlich Manoeuvre** a technique used to dislodge and expel a foreign body airway obstruction. Also called *subdiaphragmatic abdominal thrusts* and *abdominal thrusts*.

**Hematoma** a collection of blood beneath the skin.

**Ileum** one of the bones that form the pelvis (plural, *ilia*).

**Immobilise** to make immovable.

**Impaled Object** an object embedded in an open wound.

**Implied Consent** the assumption that in an emergency, a patient who is unable give permission for emergency medical care would give it if he or she could.

## I

## I (Cont.)

<b>Incontinent</b>	unable to retain.
<b>Index of Suspicion</b>	an informal measure of anticipation that certain types of mechanisms produce specific types of injury.
<b>Indirect Medical Control</b>	refers to EMS system design, protocols and standing orders, education for EMS personnel, and quality management. See <i>direct medical control</i> .
<b>Infant</b>	according to AHA standards, a patient up to one year old.
<b>Infectious Disease</b>	a disease that can spread from one person to another.
<b>Inferior</b>	toward or closer to the feet. Opposite of <i>superior</i> .
<b>Inferior Vena Cava</b>	the great vein that collects blood from the lower body and delivers it to the heart.
<b>Initial Assessment</b>	part of patient assessment, conducted directly after the scene assessment, in which the rescuer identifies and treats life-threatening conditions.
<b>Inspection</b>	method of examination that involves looking for signs of injury or illness.
<b>Inspiration</b>	breathing in; inhaling.
<b>Insulin</b>	a hormone secreted by the pancreas, essential to metabolising blood sugar.
<b>Intercostal</b>	between the ribs.
<b>Internal</b>	a term of position, meaning inside. Opposite of <i>external</i> .
<b>Internal Bleeding</b>	bleeding that occurs inside the body.
<b>Involuntary</b>	See smooth muscle.
<b>Ischium Muscle</b>	the lower portion of the pelvis or hip bone. (plural, <i>ischia</i> ).

## J

<b>Jaw-thrust Manoeuvre</b>	a manual technique used to open the airway of an unresponsive patient who is injured, especially with suspected spinal or neck injury. See <i>head-tilt/chin-lift manoeuvre</i> .
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## K

<b>Kinematics of Trauma</b>	the science of analysing mechanisms of injury.
<b>Kinetic Energy</b>	the total amount of energy contained in an object in motion.

## L

<b>Labour</b>	the term used to describe the process of childbirth.
<b>Laceration</b>	an open cut wound of varying depth.
<b>Larynx</b>	the voice box.
<b>Lateral</b>	a term of direction or position, meaning to the left or right of the midline. See <i>medial</i> .
<b>Lateral Recumbent Position</b>	body position, lying down on the left or right side.
<b>Level of Responsiveness</b>	mental status, usually characterised as alert, verbal, responsive to pain, or unresponsive.
<b>Ligaments</b>	tissues that connect bone to bone.
<b>Litter</b>	portable stretcher or cot.
<b>Lividity</b>	the settling of blood in the lower areas of the body a few hours after death, which shows as a purple to bluish colour.
<b>Local Cold Injury</b>	freezing or near freezing of a specific body part. Also called <i>frostbite</i> .

## L (Cont.)

<b>Log Roll</b>	a method of turning a patient without causing or aggravating spinal injury.	<b>Musculoskeletal System</b>	a system made up of the skeleton and muscles, which help give the body shape, protect the organs, and provide movement.
<b>Lumbar Spine</b>	the lower back, formed by five vertebrae.	<b>Myocardial Infarction</b>	(literally “death of the heart”) heart attack, caused by occlusion or obstruction of the coronary artery.
<b>M</b>			
<b>Manual Traction</b>	applying a pulling force to a body part in order to align it.	<b>Nasal Airway</b>	See <i>nasopharyngeal airway</i> .
<b>Mechanism of Injury (MOI)</b>	the force or forces that caused an injury.	<b>Nasal Cannula</b>	an oxygen delivery device characterised by two soft plastic tips, which are inserted a short distance into the nostrils.
<b>Meconium Staining</b>	a greenish or brownish colour in the amniotic fluid, indicating that the unborn infant had a bowel movement.	<b>Nasopharyngeal Airway</b>	an artificial airway positioned in the nose and extending down to the larynx. Also called <i>nasal airway</i> .
<b>Medial</b>	a term of direction or position, meaning toward the midline or centre of the body. See <i>lateral</i> .	<b>Nasopharynx</b>	the nasal part of the pharynx.
<b>Medical Director</b>	in EMS this person is the physician legally responsible for the clinical and patient-care aspects of an EMS system.	<b>Nature of Illness (NOI)</b>	the type of medical condition or complaint a patient may be suffering.
<b>Medical Patient</b>	a patient who is ill, but not physically injured.	<b>Neglect</b>	refers to giving insufficient attention or respect to someone who has a claim to that attention and respect.
<b>Minor</b>	any person under the legally defined age of an adult; usually under the age of 18 or 21.	<b>Negligence</b>	the act of deviating from the accepted standard of care through carelessness, inattention, disregard, inadvertence, or oversight that was accidental but avoidable.
<b>Mouth-To-Barrier Device Ventilation</b>	a technique of artificial ventilation that involves the use of a barrier device, such as a face shield, to blow air into the mouth of a patient.	<b>Nervous System</b>	the body system that controls the voluntary and involuntary activity of the body. Includes the brain, spinal cord, and nerves.
<b>Mouth-To-Mask Ventilation</b>	a technique of artificial ventilation that involves the use of a pocket mask with a one-way valve to blow air into the mouth of a patient.	<b>Non-Accidental Trauma</b>	injuries such as those caused by child abuse.
<b>Mouth-To-Mouth Ventilation</b>	a technique of artificial ventilation that involves blowing air directly from the rescuer’s mouth into the mouth of a patient.	<b>Non-Emergency Move</b>	a move made by several rescuers usually after a patient has been stabilised. Also called <i>non-urgent move</i> .
<b>Multiple-Casualty Incident (MCI)</b>	any emergency involving three or more patients.		

## N (Cont.)

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**Non-Rebreather Mask** an oxygen delivery device characterised by an oxygen reservoir bag and a one-way valve.

## O

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**Occlude** to block, close up, or obstruct.

**Occlusive Dressing** a dressing that can form an airtight and sometimes watertight seal.

**Oesophagus** a passageway at the lower end of the pharynx that leads to the stomach.

**Open Injury** a soft-tissue injury resulting in broken skin.

**Oral Airway** See *oropharyngeal airway*.

**Orbit** the eye socket, or the bones in the skull that hold the eyeball.

**Oropharyngeal Airway** an artificial airway positioned in the mouth and extending down to the larynx. Also called *oral airway*.

**Oropharynx** the central part of the pharynx.

**Overdose** an emergency that involves poisoning by drugs or alcohol.

## P

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**Packaging:** refers to getting the patient ready to be moved and includes procedures such as stabilising impaled objects and immobilising injured limbs.

**Palmar Surface Method** a method used to estimate the percent of body surface area involved in a burn injury. See *Rule of Nines*.

**Palpation** method of examination that involves feeling for signs of injury or illness.

**Palpitations** a sensation of abnormal rapid throbbing or fluttering of the heart.

**Paradoxical Breathing** during respiration, when a segment of the chest moves in the opposite direction to the rest of the chest; typically seen with a flail segment.

**Paramedic** the most highly trained emergency medical technician in EMS.

**Parietal Pleura** the membrane that covers the internal chest wall.

**Partial-Thickness Burn** a burn that involves both the epidermis and dermis.

**Patella** the kneecap.

**Patent Airway** an airway that is open and clear of obstructions.

**Pathogens** microorganisms such as bacteria and viruses, which cause disease.

**Patient History** facts about the patient's medical history that are relevant to the patient's condition.

**Paediatric Centre** medical facility devoted to the treatment of infants and children.

**Paediatric Patients** patients who are infants or children.

**Pelvic Cavity** a space bound by the lower part of the spine, the hip bones, and the pubis.

**Pelvis** the hips.

**Penetration/Puncture Wound** an open wound caused by a sharp or pointed object entering into soft tissues.

**Perfusion** the circulation of blood throughout a body organ or structure.

**Perinatal Centre** medical facility devoted to the treatment of high-risk pregnant patients.

**Peripheral Nervous System** the portion of the nervous system (the nerves) located outside the brain and spinal cord.

## P (Cont.)

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<b>Personal Protective Equipment (PPE)</b>	equipment used by a rescuer to protect against injury and the spread of infectious disease.	<b>Proximal</b>	a term of direction or position, meaning close or near the point of reference, which is usually the torso. Opposite of <i>distal</i> .
<b>Pharynx</b>	the throat.	<b>Pubis</b>	bone of the groin; anterior portion of the pelvis.
<b>Placenta</b>	a disk-shaped inner lining of the uterus that provides nourishment and oxygen to a foetus.	<b>Pulmonary</b>	concerning or involving the lungs.
<b>Pleura</b>	the membranes that surround both lungs.	<b>Pulmonary Vein</b>	vessel carrying oxygen-rich blood from the lungs to the left atrium of the heart.
<b>Pleural Cavity</b>	the space between the visceral pleura and the parietal pleura.	<b>Pulse Pressure</b>	the difference between systolic blood pressure and diastolic blood pressure.
<b>Pneumothorax</b>	collapse of the lungs caused by air in the chest cavity.	<b>Pulse</b>	a pressure wave in the blood of the arteries resulting from the pumping action of the heart.
<b>Poison Centre</b>	medical facility devoted to providing information for treatment of poisoning victims.	<b>Pustules</b>	raised areas of the skin filled with pus.
<b>Posterior</b>	a term of direction or position, meaning toward the back. Opposite of <i>anterior</i> .	<b>R</b>	
<b>Posterior Tibial Pulse</b>	an arterial pulse point that can be felt behind the medial ankle bone.	<b>Radial Pulse Point</b>	an arterial pulse that can be felt on the palm side of the wrist.
<b>Power Grip</b>	a technique used to obtain maximum strength from the hands while lifting and moving.	<b>Radius</b>	one of the bones of the forearm.
<b>Power Lift</b>	a technique used for lifting, especially helpful to rescuers with weak knees or thighs.	<b>Rape</b>	sexual intercourse that is performed without consent and by compulsion through force, threat, or fraud.
<b>Pre-Hospital Care</b>	emergency medical treatment in the field before transport to a medical facility. Also called <i>out-of-hospital care</i> .	<b>Rape Trauma Syndrome</b>	a reaction to rape that involves four general stages: acute (impact) reaction, outward adjustment, depression, and acceptance and resolution.
<b>Priapism</b>	a constant erection of the penis.	<b>Rappelling</b>	a special technique for descending steep surfaces using a secured rope.
<b>Prone</b>	a position in which a patient is lying face down on his or her stomach. Opposite of <i>supine</i> .	<b>Reasonable Force</b>	the minimum amount of force needed to protect a patient from self-injury and from injuring others.
<b>Protocols</b>	written orders issued by the medical director that may be applied to patient care. A type of standing order.	<b>Recovery Position</b>	lateral recumbent position; used to allow fluids to drain from the patient's mouth instead of into the airway.

## R (Cont.)

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<b>Referred Pain</b>	pain felt in a part of the body that is different from its actual point of origin.	<b>Sexual Assault</b>	any touch that the victim did not initiate or agree to and that is imposed by coercion, threat, deception, or threats of physical violence.
<b>Relative Skin Temperature</b>	an assessment of skin temperature obtained by touching the patient's skin.	<b>Shock</b>	a life-threatening, progressive condition that results from the inadequate delivery of oxygenated blood throughout the body.
<b>Respiration</b>	the passage of air into and out of the lungs.	<b>Shoulder Girdle</b>	consists of the clavicles and scapulae.
<b>Respiratory Arrest</b>	the cessation of spontaneous breathing.	<b>Sign</b>	any observable injury or medical condition in a patient.
<b>Respiratory Distress</b>	shortness of breath or a feeling of air hunger with laboured breathing.	<b>Simple Access</b>	the process of gaining access to a patient without the use of tools.
<b>Respiratory System</b>	organs involved in the interchange of gases between the body and the environment.	<b>Skeletal Muscle</b>	one of three types of muscles; makes possible all deliberate acts such as walking and chewing. Also called <i>voluntary muscle</i> .
<b>Responsive</b>	conscious; acting or moving in response to stimulus.	<b>Skull</b>	a bony structure that houses and protects the brain.
<b>Retraction</b>	a pulling inward.	<b>Smooth Muscle</b>	one of three types of muscles; found in the walls of tube-like organs, ducts, and blood vessels. Also called <i>involuntary muscle</i> .
<b>Rule Of Nines</b>	a method used to estimate the percent of body surface area affected by a burn injury. See <i>palmar surface method</i> .	<b>Sniffing Position</b>	the position of a patient's head when the neck is flexed and the head is extended.

## S

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<b>Sacrum</b>	the lower part of the spine, formed by five fused vertebrae.	<b>Soft-Tissue Injuries</b>	injuries to the skin, muscles, nerve, and blood vessels.
<b>Scapula</b>	the shoulder blade (plural, <i>scapulae</i> ).	<b>Sphygmomanometer</b>	instrument used to measure blood pressure. Also called <i>blood pressure cuff</i> .
<b>Scene Size-Up</b>	an overall assessment of the emergency scene.	<b>Spinal Column</b>	the column of bones, or vertebrae, that houses and protects the spinal cord.
<b>Scope of Care</b>	actions and care legally allowed to be provided by a first responder.	<b>Spinal Precautions</b>	methods used to protect the spine from further injury; in EMS, this usually consists of manually stabilising the patient's head and neck until the patient is completely immobilised.
<b>Seizure</b>	a sudden and temporary change in mental status caused by massive electrical discharge in the brain.		
<b>Septum</b>	a wall that divides two cavities.		

## S (Cont.)

<b>Splint</b>	a device used to immobilise a body part.	<b>Stroke</b>	loss of brain function caused by a blocked or ruptured blood vessel in the brain.
<b>Spontaneous Abortion</b>	miscarriage, or the loss of pregnancy before the twentieth week.	<b>Subcutaneous Tissue</b>	layer of fat beneath the skin.
<b>Stabilise</b>	to hold firmly and steadily.	<b>Sucking Chest Wound</b>	open wound to the chest or back that bubbles or makes a sucking noise.
<b>Standard Of Care</b>	the care that is expected to be provided to the same patient under the same circumstances by another first responder who has received the same training.	<b>Suctioning</b>	using negative pressure created by a commercial device to keep a patient's airway clear.
<b>Standing Orders</b>	advance orders, rules, regulations, or step-by-step procedures to be taken under certain conditions; a type of indirect medical control.	<b>Superficial</b>	term of position, meaning near the surface. Opposite of <i>deep</i> .
<b>Status Epilepticus</b>	a seizure lasting longer than 10 minutes or seizures that occur consecutively without a period of responsiveness between them.	<b>Superficial Burn</b>	a burn that involves only the epidermis.
<b>Sterile</b>	free of all microorganisms and spores	<b>Superior</b>	a term of direction or position, meaning toward or closer to the head. Opposite of <i>inferior</i> .
<b>Sterilising</b>	process in which a chemical or other substance, such as superheated steam, is used to kill all microorganisms on an object. See <i>cleaning</i> and <i>disinfecting</i> .	<b>Supine</b>	a position in which a patient is lying face up on his or her back. Opposite of <i>prone</i> .
<b>Sternum</b>	the breastbone.	<b>Symphysis Pubis</b>	the junction of the pubic bones on the midline in front; the bony eminence under the pubic hair.
<b>Stethoscope</b>	instrument that aids in auscultating (listening) for sounds within the body.	<b>Symptom</b>	any injury or medical condition that can only be felt and described by the patient.
<b>Stoma</b>	a permanent, surgically created opening that connects the trachea directly to the front of the neck.	<b>Syrup of Ipecac</b>	a drug used to induce vomiting, usually in a patient who has ingested poison.
<b>Stress</b>	any change in the body's internal balance. This occurs when external demands become greater than personal resources.	<b>Systolic Pressure</b>	the result of a contraction of the heart, which forces blood through the arteries. See <i>diastolic pressure</i> .
<b>Stridor</b>	harsh, high-pitched sound made during inhalation, which may indicate the larynx is swollen and blocking the upper airway.		

## T

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<b>Tendons</b>	tissues that connect muscle to bone.
<b>Tension Pneumothorax</b>	a condition resulting from an open chest wound, in which a severe build-up of air compresses the lungs and heart toward the uninjured side of the chest.
<b>Thoracic Cavity</b>	the space above the diaphragm and within the walls of the thorax. Also called <i>chest cavity</i> .
<b>Thoracic Spine</b>	the upper back, formed by 12 vertebrae.
<b>Thorax</b>	the chest. Also called <i>rib cage</i> .
<b>Thrombus</b>	a blood clot that obstructs a blood vessel.
<b>Tibia</b>	one of the bones of the lower leg.
<b>Tongue-Jaw Lift</b>	a technique used to draw the tongue away from the back of the throat and away from a foreign body that may be lodged there.
<b>Tourniquet</b>	: a constricting band used as a last resort on an extremity to apply pressure on an artery in order to control bleeding.
<b>Trachea</b>	windpipe.
<b>Trauma Centre</b>	a medical facility devoted to the treatment of injuries.
<b>Trauma Patient:</b>	a patient who is injured.
<b>Triage</b>	the process of sorting patients to determine the order in which they will receive care.
<b>Trimester</b>	a three-month period.
<b>Tripod Position</b>	a position in which the patient is sitting upright, leaning forward, struggling to breathe.

## U

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<b>Ulna</b>	one of the bones of the forearm.
<b>Umbilical Cord</b>	an extension of the placenta through which the foetus receives nourishment while in the uterus.
<b>Universal Number</b>	a phone number - such as 911 - used in many areas to access emergency services including police, fire, rescue, and ambulance.
<b>Universal Precautions</b>	a form of infection control used to prevent the spread of disease.
<b>Unresponsive</b>	unconscious; not acting or moving in response to stimulus.
<b>Uterus</b>	the female organ that contains the developing foetus.

## V

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<b>Veins</b>	blood vessels that carry unoxygenated blood back to the heart from the rest of the body.
<b>Velocity</b>	the speed at which an object moves.
<b>Venous Bleeding</b>	recognised by dark red blood that flows steadily from a wound.
<b>Ventilation</b>	a method of assisting breathing by forcing air into a patient's lungs.
<b>Ventricles</b>	the two lower chambers of the heart.
<b>Venules</b>	the smallest type of veins.
<b>Vertebrae</b>	the 33 bone segments of the spinal column (singular, <i>vertebra</i> ).
<b>Vesicle</b>	small blisters or cysts that contain moisture.
<b>Visceral Pleura</b>	the membrane that covers the outer surface of the lungs.
<b>Vital Signs</b>	signs of life; assessments related to breathing, pulse, skin, pupils, and blood pressure.
<b>Voluntary Muscle</b>	see <i>skeletal muscle</i> .

## W

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**Wheals** itchy, raised, round marks on the skin that are red around the edges and white at the centre.

**Withdrawal** a syndrome that occurs after a period of abstinence from the drugs or alcohol to which a person's body has become accustomed.

**Wound** a soft-tissue injury.

## X

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**Xiphoid Process** the lowest portion of the sternum.





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