

6 GLOSSARY

Abdomen	Body cavity which contains the liver, spleen, kidneys and bladder
Abrasion	Superficial wound caused by damage to the outermost layers of skin or cornea
Abscess	A localised collection of pus (infection)
Airway	The passage through which air moves from the nose and mouth via the throat to the lungs
Airway, lower	Trachea, bronchi, alveoli
Airway, upper	Mouth, nose, throat
Altitude sickness (AMS or acute mountain sickness)	A condition caused by the lack of oxygen at high altitude
Alveoli	Small sacs of air in the lungs where gas is exchanged with the blood
Anaphylaxis	Severe allergic reaction involving widespread oedema and shock
Aspiration	The breathing in of foreign liquid or solid into the lungs
Basic life support (BLS)	The process of supporting a person's respiratory and circulatory function using artificial ventilation, chest compressions and bleeding control
Cardiac arrest	The loss of an effective pumping action of the heart
Cardiogenic shock	Shock caused by an inadequate pumping action of the heart
Cardiopulmonary resuscitation (CPR)	A technique using artificial respiration and chest compressions to circulate oxygenated blood in the absence of an effectively pumping heart
Capillaries	The narrowest blood vessels in the body where gases and nutrients are exchanged between circulating blood and tissue cells
Carotid pulse	The pulse felt on either side of the neck at the site of the carotid artery
Central nervous system (CNS)	The brain and spinal cord
Cervical spine	The portion of spine in the neck between the skull base and the top of the thorax
Conjunctiva	The membrane that covers the front of the eye and the inside of the eyelids
Conjunctivitis	Inflammation (swelling and redness) of the conjunctiva due to irritation, infection or injury

Consciousness, level of	Describes the level of brain function in terms of responsiveness to specific stimuli (the AVPU scale): A = Awake and Alert V = responds to Voice P = responds to Pain U = Unresponsive to any stimulus
Cornea	The clear part of the eye which covers the iris and the pupil
Dental abscess	Infection at the base of a tooth
Diagnosis	The specific identification of an injury or illness by name
Diaphragm	A dome-shaped muscle that separates the chest from the abdominal cavity
Discharge	Excess fluid escaping from the site of infection or inflammation
Dislocation	Disruption of a normal joint's position
Drowning, near-	At least temporary survival of water inhalation. Often associated with the protective effects of hypothermia in cold water
Evacuation	The removal of a patient from the scene of injury or illness to a place of expert medical care
Extension	A movement that is the opposite of flexion
Exudate	Discharge
Femoral artery	A large artery found in the thigh alongside the femur
Femur	Long bone of the thigh
Fits	The movement of an unconscious patient as a result of unco-ordinated electrical activity in the brain
Flexion	The bending of a joint to bring the bones forming it closer together
Fracture	Broken bone or cartilage
Frostbite	Frozen tissue
Frostnip	Loss of blood flow to the skin during the early stages of tissue freezing as a result of blood vessels narrowing (vasoconstriction)
Heart attack	An episode of ischaemia or lack of oxygen to the heart muscle caused by a blood clot or spasm of the coronary arteries
Heat stroke	Severe elevation of body temperature (over 40°C)

High-altitude cerebral oedema (HACE)	The accumulation of excess fluid within the brain owing to a lack of oxygen at high altitude
Hyperextension	The extension of a joint beyond its normal range of movement
Hyperventilation syndrome	Symptoms usually associated with acute stress caused by reduced carbon dioxide in the blood as a result of overbreathing
Hypothermia	The lowering of body temperature below the normal body core temperature (below 35°C). Can be mild (35°C) or severe (<35°C)
Infection	Invasion of body tissues by harmful organisms such as bacteria, viruses or fungi
Intracranial	Inside the skull
Intravenous fluids	Fluids given directly into the blood through a needle inserted into a vein
Ischaemia	A lack of blood flow to a part of the body
Ligament	A tough band of tissue that joins two bones across a joint
Lumbar spine	The lower portion of the spine between the thorax (chest) and the pelvis
Monitor	To reassess a patient regularly and repeatedly for the purpose of revising treatment plans as the situation changes
Neutral position	The position halfway between flexion and extension
Oedema	The accumulation of excess fluid within body tissue
Open fracture	A broken bone with an associated break in the skin
Oxygenation	To saturate the blood with oxygen. This takes place in the lungs
Patella	Knee cap
Penicillin	An antibiotic drug
Perfusion	The flow of blood through blood vessels in body tissues
Peripheral nerves	The nerves running from the central nervous system (brain and spinal cord) to the body tissues (periphery)
Pneumonia	Infection of the lungs
Pneumothorax	A collection of free air in the chest cavity, usually from a puncture to the chest wall or lung
Pulmonary oedema	The accumulation of excess fluid within the air spaces of the lung

EXPEDITION MEDICINE

Reduction	Restoration of a dislocated joint or a displaced fracture to normal anatomical position
Resuscitation	The process of trying to revive a person who appears to be dead
Scene survey	After an accident, this is the assessment in which you look for dangers to the rescuer and patient, and assess the mechanism of injury
Sexually transmitted disease (STD)	Infection passed from person to person by sexual activity
Shock	A condition associated with inadequate blood supply leading to circulatory collapse; the patient is pale and sweaty, has a weak rapid pulse, irregular breathing and a reduced flow of urine
Sinuses	Hollow spaces in the bones of the skull
Spasm	Involuntary contraction of muscle
Spinal cord	The portion of the central nervous system running from the base of the brain to the lower spine, encased within the bones of the spinal column
Spine	The column of vertebral bones extending from the base of the skull to the pelvis
Stethoscope	An instrument used to listen to body sounds and transmit them to the ears of the examiner via rubber tubes
Survey	A systematic examination
Swelling	An excess of fluid in body tissues from bleeding or oedema
Symptoms	The problems complained of by the patient, e.g. pain, shortness of breath
Systemic	Involving the whole body
Thorax	The region of the body between the top of the abdomen and the base of the neck
Tourniquet	A constricting band used to restrict and prevent the flow of blood to an extremity
Traction	Tension applied along the long axis of bone
Trauma	Injury
Ventilation	The movement of air in and out of the lungs
Vertebrae	The bones of the spine
Vital signs	The measurement of body functions including pulse, blood pressure, respiration, consciousness, skin colour and temperature