



First Aid Definitions & Glossary

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This information was taken from www.replant.ca and was provided courtesy of course manuals published by WorkSafe BC for the OFA3 first aid course. The difference between this list and the appendix in the OFA3 course manual is that this list omits a large number of basic definitions so if you're studying, you can concentrate on the more important terms. Please feel free to photocopy, share with other planters, and disseminate this information in any manner that you want – safety should be a priority at every planting company. If you post this on other websites, please include a link back to the above site. Thanks!

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A List of Common Definitions

Abdomen – The large cavity below the diaphragm and above the pelvis.

Abduction – Movement of a limb away from the central axis of the body.

Abrasion – The loss of a partial thickness of skin from rubbing or scraping on a hard or rough surface.

Abscess – A cavity containing pus, formed by disintegration of the tissues.

Acetabulum – The large, cup-shaped depression on the external surface of the pelvic (innominate) bone, into which the head of the femur fits.

Acetone – A colourless, volatile liquid ketone used as a solvent of organic compounds.

Achilles Tendon – The fibrous cord attaching muscles of the leg to the heel.

Acid – A substance that yields hydrogen ions in solution, and that has a pH less than 7.0.

Acidosis – A state of increased acidity of body tissues and fluids.

Acromion – A lateral bony process of the scapula.

Acute – Having severe symptoms and a short course.

Acute Abdomen – A condition caused by an irritation or inflammation of the peritoneum.

Adam's Apple – The prominence of the thyroid cartilage of the larynx.

Adduction – Movement of a limb towards the central axis of the body.

Adrenaline – A hormone that acts as a stimulant.

Aerobic – Requiring air or free oxygen to live.

Air Hunger – Distressed or labored breathing; dyspnea.

Airway – The passage through which air enters and leaves the lungs; or a mechanical device used for maintaining unobstructed respiration.

Alignment – The placement of an injured limb in a straight line.

Alkali – A substance with a pH greater than 7.0.

Alkalosis – An alteration in body chemistry due to low carbon dioxide levels.

Allergen – A substance capable of inducing allergy or hypersensitivity.

Allergy – A mild to severe reaction to a substance to which an individual is sensitive.

Alveoli – The air sacs of the lungs.

Ambulatory – Able to walk without assistance.

Amnesia – Loss of memory due to an illness or injury.

Amniotic Fluid – The liquid that surrounds the fetus in the uterus and protects it from injury.

Amputation – The removal of a limb or other part of the body.

Amyl Nitrite – A clear, yellowish liquid that, when inhaled as a vapour, will dilate coronary arteries. It can be used in the treatment of cyanide poisoning.

Anaerobic – Needing no air or free oxygen to live.

Anatomical Position – The body standing erect, arms at the sides and palms forward.

Anatomy – The study of body structure.

Anemia – A condition in which there is a below-normal number of circulating red cells in the blood.

Anesthetic – A drug that causes loss of sensation in part or all of the body.

Aneurysm – A localized abnormal dilation of a blood vessel due to a congenital effect or a weakness of the wall of the vessel.

Angina Pectoris – A distinctive type of pain that results from an inadequate supply of blood to the heart muscle.

Angulation – A fractured limb positioned at an angle distal to the fracture site.

Anoxia – An abnormal lack of oxygen.

Anterior – The front of the body surface.

Antibiotic – A chemical substance produced by a micro-organism that has the capacity to kill other micro-organisms.

Antidote – An agent that counteracts a poison.

Antiseptic – A substance used to destroy bacteria.

Anus – The opening of the rectum on the body surface.

Aorta – The largest artery in the body, the main arterial trunk from which the systemic arterial system proceeds. It arises from the left ventricle of the heart.

Apnea – The cessation of breathing.

Appendix – A long, narrow tube, connected in the lower right abdomen to the cecum. Inflammation of this tube is called appendicitis.

Arachnoid – The middle layer of the meninges, which protects the brain.

Arrhythmia – Variation from the normal rhythm of the heartbeat.

Arteriolar Resistance – The back pressure exerted by the arterioles on the blood flow.

Arteriole - A tiny arterial branch.

Artery – A muscular, thick-walled blood vessel that carries blood away from the heart.

Arthritis – Inflammation of a joint, usually accompanied by pain and frequently by changes in the joint structure.

Articulation – A meeting place of two bones, forming a joint.

Artificial Ventilation – Any method used to force air in and out of the lungs of a person who is not breathing.

Asphyxia – Suffocation due to decreased oxygen and increased carbon dioxide in the blood.

Aspiration – The act of inhaling foreign material into the lungs.

Asthma – A disease of the lungs characterized by bronchial spasms.

Asymmetry – Lack of correspondence of parts or organs on opposite sides of the body.

Asystole – No electrical activity in the heart.

Atherosclerosis – A form of hardening or blockage of the arteries.

Atrium – Either of two receiving chambers of the heart from which blood passes to the ventricles.

Auditory – Pertaining to the sense of hearing.

Aura – A hallucination, caused by an epileptic seizure, that may involve the senses of smell, sight, hearing, and taste.

Auricle – The part of the ear outside the head.

Autonomic – Not subject to voluntary control.

Autonomic Nervous System – The part of the nervous system concerned with the function of the cardiac muscle, glands, and smooth muscles.

Avulsion – The tearing away of a body part or tissue.

Axilla – Armpit.

Axis – A line that runs through the center of the body or about which a part revolves.

Bacteria – Microscopic organisms that can cause disease.

Ball & Socket – A type of joint with a wide range of movement, such as the shoulder and hip joints.

Barometric Pressure – A measurement of atmospheric pressure.

Barotrauma – Injury due to increased environmental pressure.

Battle's Sign – The signs of bruising and swelling found behind the ear as a result of basilar skull fracture.

Bile – A greenish-yellow fluid secreted by the liver that aids in fat digestion.

Bladder – A musculomembranous sac that collects and stores fluids.

Bleb – A small blister or bubble in the skin.

Blister – A collection of plasma or blood in or under the epidermis.

Blood – The fluid circulating through the heart, arteries, capillaries, and veins. It carries nutritive materials and oxygen to body cells and removes waste products and carbon dioxide.

Blood Pressure – The pressure of the blood on the walls of the arteries, usually given in millimeters of mercury.

Blood Volume – The total quantity of blood in the body, usually given in liters.

Bone – The hard form of connective tissue that constitutes most of the skeleton.

Brachial Artery – The main artery of the upper arm; a continuation of the axillary artery that branches into the radial and ulnar arteries at the elbow.

Brachial Pulse – The pulse felt in the mid-third of the upper arm just inferior to the bicep.

Brain – The part of the central nervous system contained in the cranial vault.

Brain Stem – The stem-like portion of the brain connecting the cerebral hemispheres with the spinal cord.

Breech – The presentation in which a baby emerges feet or buttocks first.

Bronchi – The larger passages off the trachea, conveying air to and within the lungs.

Bronchiole – A subdivision of the bronchi.

Bruise – An injury due to hemorrhage into tissue from ruptured vessels. If it is superficial, discolouration of skin may result. Also called a contusion.

Burn – Injury to tissue caused by contact with heat, flame, chemicals, electricity, or radiation.

Bursa – Small sacs containing fluid, found in the fascia under the skin or muscles, and around tendons. Situated in places where friction would otherwise develop.

Buttocks – The external fleshy prominences posterior to the hips, formed by muscles and underlying structures.

Calcaneus – The heel bone.

Canthus – The angular junction of the eyelids at either corner of the eyes, designated outer (lateral) and inner (medial).

Capillary – A minute vessel that joins arterioles and venules.

Carbon Dioxide – An odourless, colourless gas that is a normal by-product of body metabolism, found in exhaled air.

Carbon Monoxide – A colourless, odourless, poisonous gas. When inhaled, it combines more readily with hemoglobin than does oxygen, causing central nervous system depression and asphyxiation.

Carcinogenic – Causing cancer.

Cardiac – Pertaining to the heart.

Cardiac Arrest – Cessation of heart function.

Cardiac Muscle – Specialized muscle that contracts rhythmically.

Cardiopulmonary Resuscitation (CPR) – Artificial ventilation and external cardiac compression.

Cardiovascular – Pertaining to the heart and blood vessels.

Carotid Artery – One of the main arteries of the neck, which supplies blood to the head.

Carotid Pulse – The pulse felt in the neck, lateral to the trachea and medial to the sternomastoid muscle.

Carpal Bones – The eight small bones of the wrist.

Carpal Tunnel Syndrome – A compression of the median nerve at the wrist, which can result in numbness, tingling, burning, pain, and weakness in the limb.

Carpopedal Spasm – During severe attacks of hyperventilation, spasms of the fingers and wrists that can cause the hands to become stiff and flexed like claws.

Cartilage – The white, elastic substance that is attached to articular bone surfaces and forms part of the skeleton. Also called “gristle.” The cricoids cartilage is the lowest cartilage of the larynx. The thyroid cartilage is the shield-shaped

cartilage of the larynx.

Cataract – An opaqueness or clouding of the lens of the eye that results in diminished vision.

Caustic – A substance that causes a burning or corrosive effect on organic tissue.

Cavity – A hollow or space.

Cecum – The first portion of the large intestine.

Cell – A mass of protoplasm containing a nucleus.

Cellulitis – An infection or inflammation of cellular or connective tissue.

Centigrade (Celsius) – The temperature scale in which the freezing point of water is zero degrees and the boiling point (at sea level) is one hundred degrees.

Central Nervous System (CNS) – The brain and the spinal cord.

Cerebellum – The smaller, posterior portion of the brain, mainly concerned with coordination of movement.

Cerebrospinal Fluid (CSF) – The fluid that surrounds the brain and spinal cord and that flows inside the central canal of the spinal cord and the four ventricles of the brain.

Cerebrovascular Accident (CVA) – The stoppage of blood circulation to a section of the brain. Commonly referred to as a stroke.

Cerebrum – The portion of the brain that governs thought, reasoning, memory, sensation, and voluntary movement.

Cervical Spine – The first seven vertebrae of the spinal column.

Cervix – The lower, narrower part of the uterus, which enters the upper part of the vagina.

Chest Compression – An external effort to artificially circulate a patient's blood.

Cholesterol – A fat-like substance that, in excess, can become deposited on the inner lining of the arteries.

Chronic – Persisting for a long time.

Chronic Obstructive Pulmonary Disease (COPD) – An illness that causes obstructive problems in the lower airways, such as chronic bronchitis, emphysema, and sometimes, asthma.

Circulatory – Pertaining to the heart and blood vessels.

Circulatory System – The network consisting of the blood, heart, blood vessels, and lymph vessels, concerned with the movement of blood and lymph.

Clammy – Moist and cold.

Clavicle – The bone that articulates with the sternum and scapula. Also called the collarbone.

Clitoris – One of the structures of the female genitalia.

Clot – A thrombus; a lump; a semi-solidified mass, as of blood or lymph.

Coagulation – The process of changing from a liquid to a thickened or solid state, the formation of a clot.

Coccygeal – Pertaining to the coccyx.

Coccyx – The lowest part of the spine, composed of four small, fused vertebrae. Also called the tailbone.

Cochlea – A winding, cone-shaped tube that forms a portion of the inner ear. It contains the receptor for hearing.

Cognitive – Pertaining to awareness. The mental process by which knowledge is acquired.

Collateral – Secondary or accessory, not direct or immediate; a small side branch, as of a blood vessel or nerve.

Colon – The part of the large intestine extending from the cecum to the rectum.

Coma – Unconsciousness from which the patient cannot be aroused.

Communicable Disease – A disease that can be transmitted from one person to another.

Concussion – A violent shaking or jarring, usually of the head, leading to transient or prolonged loss of normal brain function.

Conduction – The transfer of heat by direct contact.

Condyle – The rounded prominence at the articular end of a bone.

Congenital – Existing at or before birth.

Congestion – The presence of an excessive amount of blood or other fluid in an organ.

Congestive Heart Failure – Failure of adequate ventricular function, causing a backup of blood or fluid into the lung.

Conjunctiva – The delicate membrane that lines the eyelids and covers exposed surfaces of the eyeball.

Connective Tissue – A variety of cells grouped together to give structural support to different parts of the body.

Conscious – Aware, knowing, with alert mental faculties; awake.

Consensual Reaction To Light – A similar reaction by both pupils to a stimulus applied to only one.

Constrict – To decrease in diameter; shrink.

Contagious – Communicable; transmitted from one person to another by direct or indirect contact.

Contaminate – To soil with foreign matter.

Contraction – In muscles, shortening or tension.

Contusion – An injury that causes a hemorrhage into or beneath the skin but does not break the skin. Also called a bruise.

Convection – The transfer of heat by exposure to air or water that is cooler than body temperature.

Convulsion – A violent, involuntary contraction or series of contractions of the voluntary muscles; a seizure.

Cornea – The transparent anterior part of the eye covering the iris and the pupil.

Coronary Arteries – The large arteries that branch from the ascending aorta and supply the heart muscle with oxygenated blood.

Coronary Artery Disease – A disease that causes a progressive narrowing and eventual obstruction of the coronary arteries.

Cortex – The outer layer of an organ or other structure, as distinguished from its inner substance.

Costal – Pertaining to a rib.

Costal Arch/Margin – The fused costal cartilages of ribs seven to ten; the arch forms the upper limit of the abdomen.

Cramp – A painful involuntary contraction of muscle.

Cranial Cavity – The bony container for the brain.

Creptus – A grating sound made, for example, by two fractured bone ends rubbing together, or the bubbly sensation of air palpated in tissues.

Critical Incident Stress – An ongoing reaction to a traumatic incident or accident, which may result in a range of emotional, cognitive, behavioural, and physical symptoms.

Crowning – During birth, the appearance of the baby's head at the vaginal opening.

Cruciate – Cross-shaped.

Crush Syndrome – The signs and symptoms of renal failure after prolonged crushing of a part, especially of a large muscle mass.

Cutaneous – Pertaining to the skin.

Cyanide – A highly poisonous substance used in the extraction of gold and silver and also in the manufacture of synthetic rubber and textiles.

Cyanosis – A bluish discolouration of the skin and mucous membranes due to lack of oxygen.

Debriefing/Defusing Session – A session in which a confidential, non-judgmental meeting is held to lessen the trauma and stressful effects of an incident.

Decapitation – Severing of the head from the body.

Decerebrate Posture – A posture of extension and internal rotation of one or both arms and extension of one or both legs, caused by injury to the brain.

Decomposition – The decay of tissue after death.

Decompression Illness – Problems caused by exposure to elevated atmospheric pressure and decompression.

Decorticate Posture – A posture of flexed upper limbs and extended lower limbs, caused by injury to the brain.

Defecate – To expel waste matter through the rectum.

Defibrillator – A mechanical device used to assess and stimulate the heart of patients in cardiac arrest.

Deformity – Distortion of any part of the body, or general disfigurement of the body.

Dehydration – Excessive loss of water from the body or tissue.

Delirium – A mental disturbance of relatively short duration, usually reflecting a toxic state, marked by hallucinations, delusions, excitement, restlessness, and incoherence.

Dementia – A deteriorated mental state.

Dentine – The main tissues of the tooth surrounding the pulp cavity.

Depressant – A substance that can depress a body function or nerve activity. Common depressants are alcohol, marijuana, tranquilizers, and narcotics.

Dermis – The inner layer of the skin containing the skin appendages, hair follicles, sweat glands, nerves, and blood vessels.

Diabetes – A disease of the pancreas characterized by deficient insulin secretion.

Diagnosis – The identification, through a series of tests and measurements, of a disease condition or the severity of an injury.

Diaphoresis – Sweating.

Diaphragm – The muscle that separates the thoracic cavity from the abdominal cavity.

Diarrhea – Rapid movement of fecal matter through the intestine, resulting in poor absorption of water, nutritive elements, and electrolytes. Diarrhea produces abnormally watery stools.

Diastole – The phase of the cardiac cycle in which the ventricles of the heart relax between contractions.

Digestion – The process of converting food into chemical substances that can be absorbed into the blood and used by the body.

Digit – A finger or toe.

Dilate – To make or become larger or wider, expand, widen, enlarge.

Disc – A circular or rounded flat plate; the layer of cartilage between vertebrae.

Disease – A specific illness or disorder having a characteristic set of signs and symptoms that are detrimental to the well-being of an individual.

Dislocation – The displacement of the ends of two bones at a joint so that the joint surfaces are no longer in proper contact.

Displacement – Movement to an abnormal location or position.

Distal – Remote; farther from any point of reference; in the extremities, farthest from the point of junction with the trunk of the body.

Distention – The state of being stretched out or enlarged.

Diuretic – A substance that causes the body to lose fluid through increased urine production.

Dive Reflex – A primitive human response to immersion in cold water, in which blood flow is shut off to most parts of the body, except for the heart, lungs, and brain.

Dorsal – Pertaining to the top of the foot.

Dorsalis Pedis – The pulse felt on top of the foot.

Duct – A passage with well-defined walls; especially, a tubular structure for the passage of excretions or secretions.

Dura Mater – The outermost and toughest of the three meninges (membranes) of the brain and spinal cord.

Dysfunction – Abnormal, inadequate, or impaired function of an organ or a part.

Dyspnea – Shortness of breath.

Ear – The organ of hearing.

Ecchymosis – A discolouration of the skin resulting from bleeding under the skin. Bluish at first, it changes later to a greenish-yellow because of chemical changes in the pooled blood.

Ectopic Pregnancy – Development of the fertilized ovum outside the uterus.

Edema – A condition in which fluid escapes to the tissues from the vascular or lymphatic spaces and causes local or generalized swelling.

Effusion – Escape of fluid into a part of the body, such as the pleural cavity.

Ejaculation – The expulsion of semen from the urethra by rhythmic contractions.

Embolism – A blood clot or other plug, such as an air bubble or fat globule, that obstructs local circulation.

Emphysema – A chronic disease of the lung, characterized by extreme dilation of pulmonary air sacs and poor exchange of oxygen and carbon dioxide in the lungs.

Endotracheal – Within the trachea.

Epicondyle – A prominence upon a bone above the condyle.

Epidermis – The outermost layer of the skin.

Epigastric – The upper and middle region of the abdomen, located within the sterna angle.

Epiglottis – The lid-like, cartilaginous structure overhanging the superior entrance to the larynx and trachea that closes while a person is swallowing.

Epilepsy – A chronic disorder characterized by intermittent attacks of brain dysfunction, usually associated with some alteration of consciousness. The attacks may be confined to impaired behavior or may progress to a generalized convulsion.

Erect – Standing upright.

Esophagus – The tube extending from the pharynx to the stomach.

Evaporation – The mechanism through which the body is cooled by sweating.

Eversion – The act of turning outward.

Excretion – The process of eliminating the residue of food and the water products of metabolism.

Exhale/Exhalation – The act of breathing out or expelling air from the lungs, expiration.

Exsanguination – Extensive loss of blood due to internal or external hemorrhage.

Extension – The opposite of flexion; the act of straightening.

Extremity – An upper or lower limb.

Extricate – Remove from a dangerous environment.

Extrude – To squeeze out, or push out of normal position.

Fallopian Tube – A tube on each side of the female abdominal cavity that conveys the ovum from the ovary and sperm from the uterus.

Fascia – A membrane that connects the skin with the underlying tissues and supports and separates muscles.

Feces – Waste matter discharged from the bowel, consisting of the undigested residue of food, intestinal mucosal cells, intestinal mucus, bacteria, and waste material.

Femoral Artery – The principal artery of the leg.

Femoral Pulse – The pulse felt in the crease of the groin lateral to the symphysis pubis and inferior to the inguinal ligament.

Femur – The longest and largest bone in the body, extending from the pelvis to the knee; the thigh bone.

Fetus – Developing young in the uterus.

Fever – An elevated body temperature.

Fibula – The lateral and smaller of the two bones of the leg, extending from just below the knee and forming the lateral wall of the ankle joint.

Fissure – Any cleft or groove.

Flaccid – Without muscle tone.

Flail Segment – In a flail chest injury, that segment of the chest wall that lies between the rib fractures, which may move

paradoxically with respiration.

Flank – The part of the body below the ribs and above the ilium.

Flexion – The act of bending; the movement by which the two ends of any jointed part are drawn closer to one another (the opposite of extension).

Flushed – Description of the reddened skin caused by dilation of blood vessels.

Focal Motor Seizure – A seizure involving the part of the brain that controls motor activity. Typically, only one part of the body twitches or shakes.

Follicle – A deep, narrow pit containing the root of the hair. The duct of the sebaceous gland opens into it.

Foramen Magnum – A large opening in the anterior inferior part of the occipital bone between the cranial cavity and the vertebral canal.

Fracture – Any break in a bone.

Frontal Lobe – The anterior portion of the cerebrum; the site of emotional control.

Frostbite – An injury in which tissues are damaged by exposure to freezing temperatures.

Frostnip – A minor injury without soft tissue damage caused by exposure to freezing temperatures.

Fungus/Fungi – A single celled organism that can cause disease in humans.

Fused Joint – A joint that forms a solid, immobile bony structure.

Gallbladder – A pear-shaped sac located on the undersurface of the liver; collects and stores bile.

Gangrene – Death of tissue due to a deficient or absent blood supply.

Gastric – Pertaining to the stomach.

Gastric Juice – The digestive fluid secreted by the glands of the stomach; a thin, colourless liquid, containing mainly hydrochloric acid, pepsin, and mucus.

Gastroenteritis – Inflammation of the stomach and intestine.

Gelatinos – Like jelly or softened gelatin.

Genitalia – The reproductive organs.

Germ – A pathogenic microorganism, such as a bacterium or a virus.

Gland – A group of cells that manufacture a secretion that is discharged and used in some other part of the body.

Glasgow Coma Scale – A measurement used to assess a patient's level of consciousness by scoring the eye-opening, verbal, and motor responses.

Glottis – The vocal apparatus of the larynx, consisting of the vocal cords and the opening between them.

Glucose – A simple sugar.

Gluteus Maximus – A large muscle in the buttocks.

Glycemia – The presence of glucose in the blood.

Grand Mal Seizure – A generalized seizure involving contraction of all muscles followed by rapid jerking activity of the extremities.

Granulation Tissue – Meaty looking, rough textured tissue produced by the body to slowly heal large wounds from the inside out, when the wound cannot be closed initially.

Greater Trochanter – The greater of two bony processes below the neck of the femur; a broad, flat, lateral surface serving as a point of attachment for several muscles.

Groin – The depression between the thigh and the trunk.

Guarding – Muscle tightening when the abdominal area is palpated, due to irritation or inflammation of the peritoneum.

Gut – The bowel or the intestines.

Hallucination – A false perception, having no relationship to reality and not accounted for by external stimuli.

Hamstring – The muscle on the posterior thigh that flexes, extends, and adducts the leg.

Heart – The muscular pump of the cardiovascular system that is responsible for maintaining circulation of the blood.

Heat Cramps – Intense muscle cramps caused by salt loss from profuse sweating.

Heat Exhaustion – Prostration due to an excessive loss of water and salt through sweating.

Heat Stroke – A condition that results from prolonged exposure to heat, causing a disturbance of the temperature-regulating mechanism of the body. Also referred to as sunstroke.

Heimlich Manoeuvre – The application by a second person of quick abdominal thrusts to clear an obstructed airway.

Hematoma – A localized collection of blood in the tissues as a result of injury or a broken blood vessel.

Hemiplegia – Paralysis of one side of the body.

Hemisphere – Half of a spherical or roughly spherical object or structure such as the brain.

Hemoglobin – The oxygen carrying pigment of the red blood cells.

Hemorrhage – Escape of blood.

Hemothorax – Bleeding into the pleural space or chest cavity.

Hepatitis – Inflammation of the liver.

Herniated Disc – The bulging of an intervertebral disc or its nucleus.

Hinge Joint – A joint that allows motion in only one plane, such as the elbow and knee.

Histamine – A substance released from body cells that is partially responsible for allergic reactions.

Hives – Blotchy areas of raised reddish-pink tissue caused by an allergic reaction.

Hormone – A substance secreted by an endocrine gland that acts on other glands and organs of the body.

Humerus – The bone of the upper arm that extends from the shoulder to the elbow.

Hydrocarbon – A petroleum product.

Hypertension – High blood pressure.

Hyperthermia – Elevated body temperature.

Hyphema – Bleeding within the eyeball.

Hypotension – Low blood pressure.

Hypothermia – Low blood temperature.

Hypotonic – A solution having less salt than normal body fluid.

Hypoxemia – Inadequate oxygen supply in the blood.

Hypoxia – Diminished availability of oxygen to the body tissues.

Ileus – Intestinal obstruction.

Iliac Crest – The top edge of the ilium, palpable just below the lower ribs.

Ilium – The lateral, flaring portion of the pelvic bone.

Immobilize – To render incapable of movement.

Immune – Protected from contracting a disease.

Incontinent – Inability to retain urine or feces through loss of muscle control due to injury or disease.

Incus – One of the three tiny bones of the middle ear that connect the external ear to the nerve center in the inner ear.

Infarct – A local area of cell or tissue death.

Infection – An invasion of the body by pathogenic microorganisms.

Inferior – Situated below.

Inflammation – A tissue response to injury or irritation of the cells, consisting of redness, swelling, and pain or tenderness.

Inflammatory Exudate – An accumulation of fluid at an injury site, containing white blood cells, cellular debris from dead tissue, and some live germs.

Ingest – To take into the body by mouth.

Inguinal – Pertaining to the groin.

Inhale/Inhalation – To draw air or other gases into the lungs; inspiration.

Injection – The act of forcing a liquid through a needle or other tube through the skin into the body.

Injury – A specific impairment of body structure or function caused by an outside agent or force. May be physical, chemical, or psychological.

Innominate Bone – The bone forming one-half of the pelvic girdle and arising from the fusion of the ilium, the ischium, and the pubis.

Insulin – A hormone secreted into the blood by the pancreas that permits utilization of sugar by the body. Also used therapeutically in the treatment of diabetes.

Intestine (Small) – The distal portion of the small bowel, extending from the stomach to the cecum.

Intestive (Large) – The portion of the digestive tube extending from the small intestine to the anus, comprising the cecum, colon, and rectum; the large bowel.

Intubation – Insertion of a tube into the larynx to ensure air exchange between the airway and the lungs.

Inversion – A turning inward.

Ipecac – A substance that can cause vomiting, aka. Syrup of Ipecac.

Iris – The coloured portion of the eye, surrounding the pupil.

Irritant – A substance that causes an inflammatory reaction when it comes into contact with body tissues.

Ischemia – Inadequate perfusion of fluids to an area of the body.

Ischial Tuberosity – A protuberance on the ischium lateral to the anus that bears weight when a person is seated.

Ischium – The posterior, distal portion of the hip bone.

Joint – A point at which two or more bones articulate.

Joint Capsule – A fibrous sac, containing a transparent, viscid fluid called synovial fluid, that encases a joint.

Jugular Veins – Large veins that return blood from the head, neck, and face to the superior vena cava.

Ketoacidosis – A condition resulting from the accumulation of acid in the body, caused by badly controlled diabetes.

Kidneys – Two organs that filter the blood and produce urine; they also regulate salt and water balance in the body.

Laceration – A wound resulting from tearing or cutting of tissue.

Lacrimal – Pertaining to tears.

Lacrimal Gland – The gland located at the upper, outer corner of the eye that secretes tears.

Lamina – A flattened membrane on either side of the arch of a vertebra.

Laryngospasm – Reflex closure of the airway.

Larynx – The organ of voice production.

Lateral – Pertaining to or situated at the side; away from the midline.

Lens – The portion of the eye that focuses light rays onto the retina.

Lethargy – A condition of drowsiness or indifference.

Lifting Device – Anything used to lift a patient into or onto a stretcher.

Ligament – A band of fibrous tissue connecting bones or cartilages that serves to support and strengthen joints.

Liver – The large organ in the right upper quadrant of the abdomen that stores and filters blood, secretes bile, converts sugars into glycogen, and performs many other metabolic activities.

Lobe – A specific portion of an organ or gland.

Lucidity/Lucid – Awareness and clarity of the thinking process.

Lumbar Spine – The five individual vertebrae located between the thoracic vertebrae and the sacrum.

Lungs – Two spongy organs of respiration contained in the thoracic cavity.

Lymph – A colourless fluid formed in tissue spaces throughout the body. It is gathered into small vessels that return it to general circulation.

Lymph Node/Gland – A rounded body of accumulations of lymph tissue found at intervals along the course of the lymphatic vessels.

Lymphadenitis – Inflammation of the lymph glands.

Lymphangitis – Inflammation of the lymphatic vessels.

Lymphocyte – A type of white blood cell.

Malaise – General feeling of discomfort or uneasiness, often indicative of an infection.

Malleolus – A rounded process, such as the one on each side of the ankle joint.

Malleus – One of the three tiny bones of the middle ear that connect the external ear to the nerve centre in the inner ear.

Malpresentation – Faulty presentation of the fetus at birth.

Mandible – The bone of the lower jaw.

Manipulate – To alter the position of a joint injury to improve circulation to the limb.

Maxilla – The bone of the upper jaw.

Meatus – An opening or passage into the body.

Meconium – Feces passed into the amniotic fluid when a baby is deprived of oxygen during birth.

Medial – In or towards the midline or centre of the body.

Mediastinum – The tissues or organs between the sternum and the thoracic vertebral column.

Membrane – A thin layer of pliable tissue that covers a surface, lines a cavity, or divides a space or organ.

Meninges – The three layers of membranes that cover the brain and spinal cord – the dura mater, arachnoid, and pia mater.

Meniscus – Crescent shaped fibrocartilage in the knee joint.

Metabolism – All the physical and chemical changes that take place within an organism.

Metacarpal Bones – The five bones of the hand between the wrist (carpal) and the fingers (phalanges).

Metatarsal Bones – The five bones of the foot between the ankle (tarsal) and the toes (phalanges).

Midline – An imaginary line drawn from the top of the head through the nose and down to the navel.

Morbidity – The condition of being diseased. Also, the ratio of sick to well persons in a community or group of people.

Mortality – The ratio of actual deaths to expected deaths.

Mortice – A hole in the framework designed to receive the end of some other parts.

Motor Nerve – A nerve that causes a contraction in a skeletal muscle.

Mucus – A slimy semi-fluid secreted in mucous membranes.

Muscle – A tissue which, by contraction, produces movement of an organ or other parts of the body.

Myocardial Infarction – Damage or death of an area of the heart muscle (myocardium), resulting from a reduction in the blood supply.

Narcosis – A stuporous state.

Nasal – Pertaining to the nose.

Nasopharynx – The uppermost region of the throat, from behind the nose to the soft palate.

Nausea – A feeling that vomiting may be imminent.

Navel – The scar marking the site of the attachment of the umbilical cord of the fetus.

Necrosis – Death of cells or localized tissue.

Nerve – A collection of fibers in a cord-like structure, which convey impulses between the central nervous system and

some other regions of the body.

Neurological – Pertaining to the nervous system.

Nitroglycerin – A vasodilator used in the treatment of angina.

Noradrenalin – A hormone that causes generalized vasoconstriction of arteries.

Occipital Lobe – The most posterior portion of the cerebrum.

Occiput – The back of the head.

Occlusion – The act of closure or the state of being closed; an obstruction or a closing-off.

Olecranon Process – The bony projection of the ulna at the elbow.

Optic – Pertaining to the eye.

Orbin – The bony cavity containing the eyeball and its associated muscles, vessels, and nerves.

Organ – A collection of tissues that perform a special function.

Ovary – A gland that produces female sex hormones and ova.

Ovum/Ova – Female sex cell(s).

Oxygen – A colourless, odourless gas that supports combustion and is essential for life.

Pallor – Paleness of the skin.

Palpate – To examine by feeling and pressing with the fingers and the palms of the hand.

Palpitations – Awareness of a rapid, throbbing heartbeat.

Pancreas – A large, elongated gland situated transversely behind the stomach, between the spleen and the duodenum. It provides a major source of digestive enzymes and is the sole producer of the hormone insulin, which regulates the metabolism of sugar.

Paradoxical Movement – The motion of the injured segment of a flail chest; opposite to the normal motion of the chest wall.

Paralysis – The loss or impairment of motor function in a part due to a lesion of the neural or muscular mechanism.

Paraplegia – Paralysis of the lower part of the body.

Parasite – A plant or animal that lives on or within another living organism, at whose expense it obtains some advantage.

Parietal – Pertaining to the walls of a cavity.

Patella – The bone at the front of the knee; the kneecap.

Patent – Open, unobstructed, or not closed.

Pathogen – Any disease-producing agent or microorganism.

Pelvis – The bony ring connecting the trunk of the body to the lower extremities.

Penis – The external genital organ of the male.

Percutaneous – Through the skin.

Perforate – To pierce or puncture.

Perfusion – The flow of blood that carries oxygen and nutrients to the cells and takes carbon dioxide, acids, and other wastes away.

Pericardial Sac – The membrane enclosing the heart.

Pericardial Tamponade – An accumulation of fluid in the pericardial sac, causing compression of the heart muscle.

Perineum – The area between the vaginal opening and the anus in females or between the scrotum and the anus in males.

Periosteum – A layer of connective tissue that covers all bones.

Peripheral – Pertaining to the outside or surrounding area.

Peripheral Nervous System – The portion of the nervous system consisting of the nerves and ganglia outside the brain and spinal cord.

Peristalsis – A progressive wave-like movement that occurs involuntarily in hollow tubes of the body, most evident in the digestive tract. The simultaneous contraction and relaxation progresses slowly for a short distance like a wave that forces the contents of the tube along.

Petit Mal Seizure – A brief seizure (less than one minute), characterized by the patient staring into space and not responding to questions.

Peritoneum – The membrane lying over the abdominal and pelvic organs; it also lines the abdominal cavity.

Phalanx/Phalanges – A bone of a finger or toe.

Pharynx – The cavity posterior to the nose and mouth and connecting with the esophagus and glottis; the throat.

Physiology – The science that deals with the study of the functions of living organisms and their parts.

Pia Mater – The delicate, innermost meningeal membrane enveloping the brain and spinal cord.

Pinna – The part of the ear outside the head. Also called the auricle.

Placenta – A fetal organ that connects the fetus to the mother, through which the fetus absorbs oxygen, nutrients, and other substances and excretes carbon dioxide and other wastes.

Placenta Previa – A placenta located in the lower uterine segment. It partially or entirely covers the cervical opening, instead of lying in the proper position higher on the uterine wall.

Plaque – Fatty deposits within arteries.

Plasma – The liquid portion of whole blood.

Platelet – Part of the cellular portion of the blood, essential for blood coagulation.

Pleura – The membrane covering the lungs and lining the walls of the thoracic cavity.

Pleural Space – The potential space between the two layers of the pleura.

Pneumonia – Inflammation of the lungs.

Pneumothorax – The accumulation of air or gas in the pleural cavity. The air or gas usually enters as a result of a penetrating injury to the chest wall or a laceration of the lung.

Point Tenderness – An area of tenderness limited to two or three centimeters in diameter. It can be identified by pain caused by gentle pressure. Point tenderness can be located in any area of the body.

Poison – A substance that harms the human body, damaging health or destroying life.

Popliteal Artery – The continuation of the femoral artery in the area behind the knee.

Pore – A small opening or empty space.

Posterior – Directed towards or situated at the back; opposite of anterior.

Posterior Tibialis Pulse – The pulse felt on the inside of the foot behind the ankle.

Postictal – A state immediately following a seizure.

Pre-Eclampsia – A toxemia of late pregnancy characterized by hypertension and the presence of protein in the urine and edema, but without convulsions.

Pressure Point – Various locations on the body at which pressure may be applied on an artery to control hemorrhage.

Pressure Sore – A sore or open wound caused by a lack of circulation to an area of the skin due to continued pressure on the area.

Priapism – A persistent abnormal erection of the penis.

Process – A prominence or projection, as from a bone.

Prolapse Of Cord – Protrusion of the umbilical cord ahead of the presenting part of the fetus during labour.

Prone – Lying face downward.

Prostate – A gland surrounding the urethra in males that adds a secretion to the semen.

Protuberance – A projecting part.

Proximal – Nearer to the body trunk, when used to refer to a point on the limbs.

Pulmonary – Pertaining to the lungs.

Pulmonary Artery – The large artery originating at the right ventricle of the heart, which carries blood to the lungs.

Pulmonary Embolism – An obstruction of the pulmonary artery or one of its branches by a clot or other plug.

Pulmonary Veins – The large veins that originate in the lungs, carrying blood back to the heart.

Pulse – The wave of increased pressure felt along the arteries as a result of ventricular contraction.

Puncture – A type of wound caused by a penetration of the body.

Pupil – The opening at the centre of the iris of the eye.

Pus – Tissue fluid containing the products of inflammation: white cells, bacteria, and broken-down tissue.

Quadrant – One of four parts or quarters of the abdominal area.

Quadriplegia – Paralysis of all four limbs.

Radial Artery – One of the major arteries of the forearm.

Radial Pulse – The pulse felt on the anterior wrist, just proximal to the base of the thumb.

Radiation – The transfer of heat without direct contact.

Radius – The bone on the thumb side of the forearm.

Rash – A temporary eruption on the skin.

Rectum – The distal portion of the large intestine.

Recumbent – Leaning back, reclining.

Reduce/Reduction – Restore a part to its normal place or relationship to other parts.

Rehydrate – Restore water or fluid content to the body.

Renal – Pertaining to the kidneys.

Reproductive – Pertaining to the capacity of organisms to produce other organisms of the same kind.

Respiration – The act of inhaling and exhaling.

Retina – The lining of the back of the eye that receives visual images.

Retrosternal – Behind the sternum.

Ribs – The long, flat, curved bones forming the wall of the thorax.

Rigidity – Stiffness, inflexibility, immobility.

Rotation – Turning or rotating a body around its axis.

Rupture – Tearing or disruption of tissue.

Sacral Spine – The five fused vertebrae that constitute the sacrum, a part of the pelvic girdle.

Sacrum – Five fused vertebrae forming a triangular-shaped bone. It lies just below the lumbar vertebrae.

Saline Solution – A solution of distilled water and salt.

Saliva – The clear, alkaline secretion from the glands of the mouth.

Scab – Coagulation of blood, pus, or serum or a combination of these, forming a crust on the surface of an ulcer or wound.

Scabies – A microscopic mite that burrows under the skin.

Scaphoid – One of the carpal bones.

Scapula – The shoulder blade.

Sciatic Nerve – A nerve extending from the base of the spine down the posterior aspect of the thigh, with branches throughout the lower leg and foot.

Sclera – The white, tough, outer coat of the eyeball.

Sebaceous Gland – A gland in the dermis that secretes sebum.

Sebum – An oily secretion of the sebaceous gland that lubricates the skin.

Secretion – Any substance that is discharged onto an external or internal body surface.

Seizure – A sudden abnormal electrical discharge by brain cells.

Semilunar Cartilage – One of the two intra-articular cartilages of the knee joint.

Seminal Vesicles – Two storage pouches posterior to the male urinary bladder that receive and store spermatozoa.

Seminiferous Tubules – Small tubes that collect the sperm from the testicles.

Sensory Nerve – A peripheral nerve that conducts impulses from a sense organ to the central nervous system.

Sepsis – The presence of disease-producing microorganisms or their toxins in blood or other tissues.

Septic Shock – Shock from severe bacterial infection.

Septicemia – Generalized blood poisoning.

Septum – A partition; a dividing wall between two spaces or cavities.

Shock – The state of inadequate perfusion of the cells.

Skeletal Muscle – Muscle attached to and moving the bones, generally under voluntary control.

Skeleton – The bones of the body.

Skin – The outer covering of the body.

Skull – The bones of the head.

Smooth Muscle – Muscle comprising the walls of the internal organs, blood vessels, hair follicles, and other appendages; generally it is not under voluntary control.

Spasm – Involuntary contraction of a muscle or a group of muscles.

Spermatozoa/Sperm – The male sex cell.

Spinal Canal – A bony channel formed by the vertebral bodies and neural arches. It contains and protects the spinal cord.

Spinal Column - All the vertebrae; the spine; the backbone.

Spine – The vertebral column.

Spinous – Pertaining to or like a spine.

Spleen – An abdominal organ in the upper left quadrant of the abdominal cavity.

Spontaneous – Occurring without external cause.

Sprain – Twisting or stretching of ligaments at the joint.

Sputum – Matter ejected from the trachea, bronchi, and lungs through the mouth.

Stapes – A small bone in the middle ear.

Status Epilepticus – A condition in which a person has a prolonged seizure with convulsive activity lasting longer than twenty minutes, or has two or more successive seizures without regaining full consciousness in between.

Sterile – Not fertile; free from living microorganisms.

Sternomastoid – Pertaining to the sternum and mastoid process.

Sternum – The breastbone; the long, flat bone located in the midline of the anterior part of the thoracic cage.

Stimulant – An agent that produces an increase of activity in the body or a part of it.

Stomach – The hollow digestive organ that receives food material from the esophagus.

Strain – An overstretching of a muscle.

Stretcher – A device for carrying patients.

Stridor – A harsh, high-pitched respiratory sound.

Stroke – A cerebrovascular accident.

Subcutaneous Emphysema – A condition in which air escapes into the subcutaneous tissue, especially the chest wall,

neck, and face, causing a crackling sensation on palpation of the skin.

Subungual – Beneath a nail.

Suffocate – To asphyxiate; to be unable to breathe.

Superficial – Situated on or near the surface.

Superior – Location of an organ or body part above another organ or part.

Supine – Lying flat, with the face upward.

Symphysis Pubis – The site of fusion of the pubic bones at the anterior midline.

Syncope – Temporary loss of consciousness due to inadequate blood supply to the brain.

Syndrome – A group of signs and symptoms that characterizes a condition or disease.

Synovial Fluid – Clear fluid secreted by the synovial membrane and found in joint cavities, bursae, and tendon sheaths.

Synovial Membrane – The inner lining of the articular capsule in a synovial joint, permitting more or less free motion.

System – A set or series of interconnected or independent parts that act together in a common purpose or produce results impossible by the action of one alone.

Systemic – Pertaining to or affecting the body as a whole.

Systole – Systolic pressure; the contraction phase of the cardiac cycle.

Tachycardia – Rapid heartbeat.

Tachypnea – Very rapid respiration.

Talus – One of the tarsal bones.

Tarsal Bones – The seven bones that articulate between the lower leg and foot.

Temporal – Pertaining to the temple.

Tendon – A fibrous cord that attaches a muscle to a bone.

Tendon Sheath – A tubular case or envelope surrounding a tendon.

Tenosynovitis – Inflammation of a tendon sheath. Infectious tenosynovitis is caused by microorganisms, and mechanical tenosynovitis is caused by repetitive overuse.

Tension Pneumothorax – A condition that develops when air is continually forced into the chest cavity outside the lung and is unable to escape; causing compression of the lung and heart.

Testicles – Egg shaped glands that produce male sex hormones and spermatozoa. Also called testes.

Testosterone – A male sex hormone.

Tetanus – An infectious disease of the central nervous system caused by a bacterium found in soil, dust, and the bowels of cows and horses.

Thorax – The upper part of the trunk between the neck and the abdomen; the chest.

Thrombus – A blood clot that obstructs a blood vessel or a cavity of the heart.

Tibia – The shin bone.

Tissue – A group or collection of similar cells that act together to perform a particular function.

Tissue Injury Fluid – Plasma that accumulates in tissue spaces as a result of injury or irritation.

Topical – Pertaining to a particular surface area.

Torso – The body, exclusive of the head and limbs.

Tourniquet – A bandage drawn tightly around a limb to stop hemorrhage from an injury.

Toxemia – An abnormal condition associated with the presence of toxic substances in the blood.

Toxic – Poisonous; pertaining to poison.

Trachea – The windpipe; the cartilaginous and membranous tube descending from the larynx and branching into the left and right main bronchi.

Traction – The act of drawing or pulling.

Transection – Division by cutting.

Transfusion – The introduction of whole blood or blood cellular components directly into the bloodstream.

Trapezius – The muscle of the top of the shoulder.

Trauma – An injury inflicted, usually suddenly, by some physical or psychological factor.

Traumatic Asphyxia – A condition caused by crushing trauma to the chest that forces blood back into the veins of the upper chest, neck, and head.

Triage – The sorting or selection of patients to determine the priority of care to be rendered to each.

Tricep – The muscle of the posterior upper arm.

Trunk – The body, exclusive of the head and limbs.

Tympanic Membrane – The eardrum.

Ulcer – An open sore or lesion on the surface of the skin or a mucous membrane, sometimes accompanied by formation of pus.

Ulna – The inner and larger bone of the forearm, on the side opposite the thumb.

Ultraviolet Radiation Injury – Inflammation of the conjunctiva and/or the cornea, caused by excessive exposure to

ultraviolet light, such as with welding.

Umbilical Cord – The structure that connects the umbilicus of the fetus to the placenta.

Umbilicus – The navel.

Unconscious – Insensible; incapable of responding to sensory stimuli or of having subjective experiences.

Uremia – A toxic condition caused by retention of excessive by-products of protein metabolism in the blood.

Ureter – The fibro-muscular tube that conveys urine from the kidney to the bladder.

Urethra – The membranous canal that conveys urine from the bladder to outside the body.

Urinary Bladder – The organ that serves as a storage place for urine until it is discharged from the body.

Urine – A fluid waste product excreted by the kidneys, stored in the bladder, and discharged through the urethra.

Urticaria – Slightly elevated patches that are redder or paler than the surrounding skin and are often itchy, aka. Hives.

Uterus – The hollow muscular organ in the female that protects the fetus.

Vagina – The muscular tube connecting the uterus with the external female genitalia.

Vascular - Pertaining to blood vessels.

Vas Deferens – The tube that carries spermatozoa from the testicles to the seminal vesicles.

Vasoconstrictor – A substance that causes a narrowing of the diameter of the blood vessels.

Vasodilator – A substance that causes a widening of the diameter of the blood vessels.

Vault – A cavity or chamber.

Vein – A blood vessel that carries blood towards the heart.

Vena Cava – The largest veins of the body, which return blood to the right atrium of the heart (superior and inferior).

Venom – A toxic fluid substance secreted by a serpent, insect, or other animal.

Ventilate – To move air in and out of the lungs.

Ventricle - A thick-walled, muscular chamber of the heart that receives blood from the atrium and pumps it into the pulmonary or systemic circulation.

Ventricular Fibrillation – Rapid, ineffective contractions of the ventricular muscle.

Venules – Any of the small vessels that collect blood from the capillaries and join to form veins.

Vertebrae – The bones of the spinal column.

Vertebral Body – The sound, solid bone forming the front of each vertebra.

Vertebral Spine – The spinous process; the posterior projection of each vertebra.

Vessels – Tubes or canals for conveying blood or lymph.

Vestibular Apparatus – The structure of the inner ear responsible for balance.

Virus – A microscopic infectious agent.

Vital Signs – Measurement of body functions, including pulse, blood pressure, respiratory rate, temperature, and level of consciousness.

Vitreous Humor – The transparent, gelatin-like substance that fills the inside of the eye.

Void – To excrete urine from the bladder.

Vomitus – Material ejected from the stomach by vomiting.

Vulva – The external genital organs of the female.

Wrist Drop – Inability to extend the wrist or fingers, caused by a radial nerve injury.

Xiphoid Process – The cartilage at the lower end of the sternum.

Zygoma – The cheekbone.

Conclusions

If you have any suggestions or additions to the above information, please send an email to jonathan.scooter.clark@gmail.com or post feedback in the appropriate thread of the training forum on the Replant Message Boards at www.replant.ca/board

Also, please feel free to print this page and pass the information along to other potential planters, and let them know the link to www.replant.ca

- Jonathan Clark (Scooter).