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Medical terminology

Medical terminology is the language used by medical professionals

Medical words are made up of different parts :

1-The **prefix** (always come at the start of the word)

2-The **root** word(in the middle of the word ,the main part)

3-The **suffix** (always goes at the end of the word)

4- **Combining vowels** (is used to make a word easier to say)

The importance of medical terminology

- Allows health care professionals to communicate
- Saves time in an emergency
- Helps identify a problem quickly
- Helps to identify the right treatment

When you might need to know medical terminology ?

- Understand your doctor when he or she uses medical terms.
- You can better understand your illness.
- You understand your condition or the treatment
- If you decide to work as an EMT
- Help you explain to emergency services what is wrong

Prefix and their meanings

Inter - between

Hyper - too high

Tachy - fast

Myo - muscle

Intra - within

Hypo - too low

A or an - without

Ab - away from

Anti - against

Ante - before

Brady - slow

Epi - above

medical terminology and their meanings

Anesthetic: without pain or sensation

Abnormal: away from normal or not normal

Antibacterial: to fight against bacteria

Antenatal: before the birth of a baby

Bradycardia: slow heartbeat

Epidermis: above the dermis

Hyperglycemia: too much sugar in the blood

Hypoglycemia: too little sugar in the blood

Intercellular :between the cells

Intravenous: within the veins

Suffixes and
their meanings

Aemia (blood genic forming)

ism (condition or theory)

itis (inflammation)

ology (study of)

osis (disease or condition)

pathy (disease or disease process)

pnea (breathing)

medical
terminology and
their meanings

Leukaemia (cancer of the blood)

Carcinogenic (cancer forming)

Hyperthyroidism (condition where the
thyroid is overactive
)

Arthritis (inflammation of the joints)

Biology (study of the body)

Osteoporosis (condition of the bones)

Neuropathy (disease of the nervous
system)

Apnea (when breathing stops)

Chemotherapy (chemical treatment)

Root words and their meanings

Arthr – joints

Carcin- Cancer

Cardio- heart

Chemo – Chemical

Derma – Skin

Gastr - Stomach

Glyc – Sugar

Heam- Blood

Lipid – Fat

Psych – Mind

Toxo - Poison

Pulmon – Lungs

Thromb - Clot

Phleb – Vein

Osteo – Bones

Nasal- Nasal

Medical terms that use (O)as the combining vowel

Acidosis

Haemoglobin

Carcinogenic

Immunotherapy

Gastroenteritis

Radiotherapy

record report

This is used by healthcare providers. It keeps a record of patients

- Signs/symptoms
- Medical condition
- Treatment
- Allergies
- Medical history

what information is needed for a medical record report ?

1- Demographic information: Age/ date of birth "DOB" Gender Ethnicity (nationality) Contact information (address & contact number)

2- Medical complaint (what the patient is suffering from)

3- Medication & allergie

s 4- Physical examination: Blood pressure/ pulse rate (heart rate)/ respiration/ temperature

5- Results (physical examination test results or any other diagnosis)

6- Treatment plan & progress

- **Acute:** an illness of short duration
- **Chronic:** a disease or illness that lasts three months or more
- **Diagnosis:** is the disease or condition that explains a person's symptoms
 - **Fracture:** a break in a bone; it can be complete or incomplete
- **Infection:** when bacteria, viruses or parasites enter the body and are not normally in the body
- **Inflammation:** the body's response to an injury; it can cause redness, swelling and pain
- **Prognosis:** an opinion from a medical professional about the outcome of a disease or illness
- **Remission:** when the symptoms of a disease go away
 - **Sign:** evidence of a disease or an illness
- **Symptom:** what the patient experiences; symptoms help a medical professional to make a diagnosis

Field medical training

Roles and responsibilities of individual medics

- 1. Qualifications and experience- you must have a certificate that is recognized in your Emirate.**
A higher-level course means a more detailed level of training.
- 2. Expeditions- it is important that all team members remain safe when planning for and going on expeditions.**
Some key Considerations include:
 - How long is the trip?
 - How isolated is the expedition?
 - What is the casualty evacuation plan (CASEVAC) plan?
 - How many people do we need medical care for?
 - What types of medical situations might we face?
 - What level of medical qualification is needed?
 - What equipment must be bring?
- 3. National service**
Medical skills are important to make you ready for any mission.

Roles within a military unit

- 1- Individual medical training
- 2- Team medic(4-10 team member)
- 3- Unit medic
- 4- Paramedic
- 5- Medical team at a units 's first aid station
- 6- Medical team at a field hospital

Prior planning and consideration

- A study of the expedition area
- Screening of team members
- Cross training – courses and equipment
- Making sure there is all the necessary medical equipment
- Train staff before the trip
- Asking yourself (what if)and plan what could do in certain situation

Medical equipment

Personal Medical Pack- life saving medical equipment, like a home medical kit but tougher.

Team Medical Pack- larger pack carried by team medic or doctor.

Vehicle medical Pack- they can carry more equipment and ensure all medical packs are well stocked.

CASEVAC- Casualty Evacuation

When on expedition having a good plan if something goes wrong will mean that the casualty will get the best care possible.

The golden hour- if the casualty is treated within one hour of being injured, they have a better chance of survival.

Casualty Movement

- One man drag
- Fireman carry
- Seated carry
- Stretcher drag
- Four-man stretcher carry

Key locations for casualty Evacuation

- Point of wounding- the place that the injury happens
- Extraction route- the best way to get to the pick-up point
- Pick up point- the nearest place that vehicle or helicopter can get to

Field Hygiene

(staying clean and free from illness when on a mission)

Buddy, Buddy system- taking care of a teammate, making sure he eats, drinks and keeps himself clean.

Foot care- make sure you wear the right fitting footwear, always wear a good pair of socks, change your socks regularly, air your feet when you have the time, powder your feet, use medical tape to tape up your feet to prevent blistering.

Hand care- always wash your hands before preparing food to prevent diarrhea and vomiting

Washing and shaving : care for your skin

Water carriage : drink (1.2 L)of water a day

Causes and effects of traumatic injuries

Types of injury from explosions and blasts

- Penetrative injury
- Amputation
- Blunt trauma
- Blast lung

Amputation- the removal of a limb. A tourniquet is a specialized piece of equipment that will stop the flow of blood and prevent the casualty from bleeding to death

Gunshot wounds :

- 1- When dealing with gunshot wound the medic must be aware that there will be an entry and exit wound .
- 2- When checking the (C) in ABC you must thorough
- 3- Gunshot wound are serious especially if the casualty becomes non-responsive.

PPE- Personal protective equipment, to protect yourself from harm.

- Bullet proof vest
 - Helmet
 - Gloves
 - Boots
- Protective eye wear

Unit 5

Fire safety

Assembly point- an assembly point is a specially chosen place for people to meet in an emergency.

You should think of the following things when you **choosing a good assembly :**

- It should be located at a safe distance from the building
- The space should be large enough for everyone to gather in.
- It should be possible to leave the assembly point safely.

Why it is important to have an assembly point?

- 1- Everyone in the buildings knows a safe place to go during an emergency
- 2- You can check that everyone who was in the building has got out safely
- 3- Once everyone is at assembly point you need to check the class register

Evacuation

to remove someone from a dangerous place

- **In the case of an emergency you should remove yourself from the scene straight away.** You should get to an assembly point as quickly and safely as possible.
- **School fire evacuation drill** :on your way to classroom ,you see maps on the walls showing you the quickest escape route .
- Create a plan and put it into action :put a fire evacuation plan and how to evacuate safely
 - **Emergency evacuation drill**

Fire triangle

Fire needs 3 elements to start.

- 1- Heat (sun, ovens ,sparks)
- 2- Fuel (solid . coal, wood, paper or cloth)





A liquid (gasoline ,kerosene , paint or cooking oil)

A gas (propane , natural gas or butane)

- 3- Oxygen



Fire Extinguisher Types

Extinguisher		Type of Fire					
Colour	Type	Solids (wood, paper, cloth, etc)	Flammable Liquids	Flammable Gasses	Electrical Equipment	Cooking Oils & Fats	Special Notes
	Water	✓ Yes	✗ No	✗ No	✗ No	✗ No	Dangerous if used on 'liquid fires' or live electricity.
	Foam	✓ Yes	✓ Yes	✗ No	✗ No	✓ Yes	Not practical for home use.
	Dry Powder	✓ Yes	✓ Yes	✓ Yes	✓ Yes	✗ No	Safe use up to 1000v.
	Carbon Dioxide (CO2)	✗ No	✓ Yes	✗ No	✓ Yes	✓ Yes	Safe on high and low voltages.

There are four main types of fire extinguisher

- Water
- Foam
- Powder
- CO2

How to use a fire extinguisher ? **

- Check the extinguisher is fully charged (needle is in the green on the gauge)
 - Pull the pin at the top of the extinguisher
- Aim at the base of the fire ,not the flame then squeeze the handle
- Use a sweeping motion to move the fire extinguisher back and forth

Map Reading

Maps are scaled images or charts that show key features such as roads, rivers, mountains and streets.

We have different types of map (digital -on line ,
paper maps)

Topography :is the study of the shape and features of the surface of the Earth.

Careers that use maps include

- Surveyor
- Engineer
- Uniformed services

Key parts of a maps

- A map key has many symbols .they all represent a real feature on the ground .
- Symbols will include roads, woods, buildings ,rivers and mountains or places of interest

North and cardinal points

Cardinal points are a name given to the four points on a compass

The four main cardinal points are

- North
- East
- South
- West

Between the cardinal points are

- North east
- South east
- South west
- North west

A map key will have symbols that represent

- Roads and tracks
- Public transport
- Rivers and lakes
 - Buildings
- Topographical features
- Places of interest

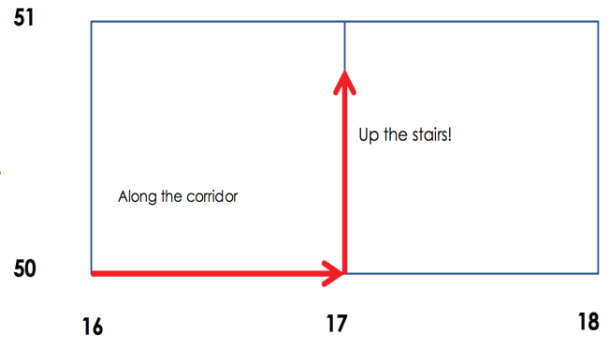
Reading a map

Coordinates : a set of numbers that is used to locate a point on a map

How to read a map?

When you read a map or give a grid location you should read the easting followed by the northing.

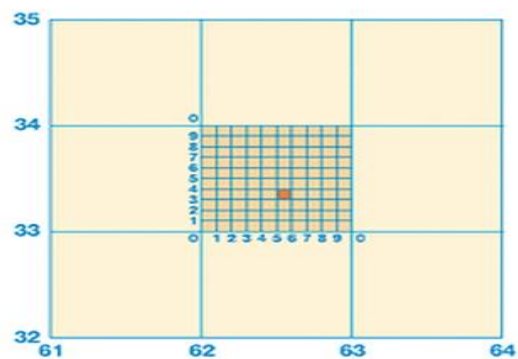
Remember this by saying *along the corridor and up the stairs*



To get a six-figure grid location divide the square into a further 10 squares from 0-9. This will then add another number.

A six-figure grid reference will give more accuracy

Six-figure grid references



Contour lines

Contour lines are brown lines connected on a map.
Numbers on the line show the height in meters above sea level.

The space between each line will represent either 5 meters or 10 meters depending on the scale.

The closer the lines the steeper the ground.

Note : activity 11 unit 4 page (160) match the contour lines

Activity 14 unit 4 page (164)

Recreational Legend

	Picnic Area		Electricity Available		Canoeing
	Picnic Area w/shelter available		Showers		Camping
	Restrooms		Dogs on Leash ok		Cross Country Skiing
	Playground Area		Boat Landing		Snowmobile Trails
	Baseball Diamond		Fishing		ATV Trails
	Basketball Court		Swimming		Running Water
	Volleyball Court		Horseback Riding		Handicap Accessible
	Tennis Court		Mountain Biking		
	Hiking Trails		Biking		

Road traffic safety

The need for road safety

Traffic related accidents cause the most death in the UAE second to heart related issues. Road traffic accidents are also the main cause of infant mortality causes in the UAE.

Causes of road accidents

- 1- Sudden swerving / lane changing
- 2- Entering the road without checking if it is clear
- 3- Not enough distance from the car in front
- 4- Misjudgement
- 5- Speeding
- 6- Lack of attention
- 7- Jumping a red light

The importance of wearing a seat belt

A recent study in Alin hospitals found that 98% of those who died or were seriously injured in road accident in the UAE were not wearing their seatbelt .

Seatbelts are designed to keep people in their seat during a crash ,if you are not wearing one you may hit the dashboard , windscreen or even be thrown from the vehicle .this cause serious injury or death.

The need for speed limits

Speed limit are set to control speeds in certain areas .This is done for many reasons

- **Pedestrian safety**
- **The condition of the road**
- **School zones**
- **Environmental issues**

Tailgating : is when one vehicle is driving too close to another

A stopping distance depends on three factors

- 1- Reaction time
- 2- Braking distance
- 3- True stopping distance

Good luck