

Glossary

Vowels

i:	needle
ɪ	runny
ɪ	symptom
e	stress
æ	practice
ɑ:	heart
ɒ	body
ɔ:	ward

ʊ	book
u:	routine
u	immunize
ʌ	dull
ɜ:	nurse
ɔ	polite
eɪ	patient
əʊ	throat

aɪ	sign
aʊ	round
ɔɪ	avoid
ɪə	piercing
eə	careless
ʊə	reassure

Consonants

p	therapy
b	bandage
t	telescope
d	admit

f	clarify
v	vaccine
θ	strength
ð	withdraw

h	health
m	numb
n	backbone
ŋ	aching

achievement /ə'tʃi:vmənt/ *n* something that somebody has done successfully

aching /'eɪkɪŋ/ *adj* (of a pain) continuous and unpleasant but not particularly strong

admit /əd'mɪt/ *v* to receive somebody into hospital for medical treatment

affective disorders /ə'fektɪv dɪs,ɔ:dəz/ *n* types of mental illness in which a person has extreme moods and emotions, such as depression or mania

aggressive /ə'ɡresɪv/ *adj* angry, and behaving in a threatening way

annoyed /ə'nɔɪd/ *adj* slightly angry

anxiety /æŋ'zaɪəti/ *n* the state of feeling worried or nervous

anxious /'æŋkʃəs/ *adj* feeling worried or nervous

apologize /ə'pɒlədʒaɪz/ *v* to say that you are sorry for doing something wrong or causing a problem

argumentative /,ɑ:gju'mentətɪv/ *adj* having the tendency to often argue with other people

assumption /ə'sʌmpʃn/ *n* something that you believe to be true even though you have no proof

attach /ə'tætʃ/ *v* to fasten or join one thing to another

avoid /ə'vɔɪd/ *v* to stay away from something; to try not to do something

awareness /ə'weənəs/ *n* knowledge or understanding of an issue or a situation

awkward /'ɔ:kwəd/ *adj* difficult to deal with

backbone /'bækbəʊn/ *n* the spine

barriers (to prevention) /'bæriəz tə pri,venʃn/ *n* situations, ways of thinking, etc. that prevent people from behaving in a way that would reduce their risk of developing an illness in the future

bd /,bi:'di:/ *abbrev* two times a day. From the Latin phrase *bis (in) die*.

bendy /'bendɪ/ *adj* able to be bent easily

benefit /'benɪfɪt/ *n* the helpful and useful effect you receive from a medicine or treatment

binge /bɪndʒ/ *n* a short period of time when somebody does too much of a particular activity, especially eating or drinking alcohol

bleep /bli:p/ *v* to call somebody on their **bleeper** (= a small electronic device that you carry with you and which makes a sound when somebody is trying to contact you)

BMI (Body Mass Index) /'bi: em ,aɪ/ /'bɒdi məs 'ɪndeks/ *n* a measurement that compares a person's height and weight in order to judge whether they weigh too much, too little, or an appropriate amount

body language /'bɒdi læŋɡwɪdʒ/ *n* the way you place and move your body and what this shows about your thoughts and feelings

book /bʊk/ *v* to make an appointment to see somebody, for example a doctor or a nurse

boring /'bɔ:ɪŋ/ *adj* (of a pain) passing through one part of the body to another

bottle up /,bɒtl 'ʌp/ *v* to hide your feelings of anger, sadness, etc. from other people, over a long period of time

break down /,breɪk 'daʊn/ *v* to fail to continue

burning /'bɜ:niŋ/ *adj* very painful, similar to the feeling of touching something very hot

CAGE /keɪdʒ/ *n* a series of questions used to judge whether a person drinks too much alcohol. The name **CAGE** refers to some of the words used in these questions: **C**ut, **A**nnoyed, **G**uilt, **E**ye opener.

careless /'keələs/ *adj* not paying attention to or showing interest in what you are doing

clarify /'klærəfaɪ/ *v* to make something clearer or easier to understand

close /kləʊs/ *adj* very involved in the activities of somebody else and communicating with them regularly

cognitive /'kɒgnətɪv/ *adj* connected with mental processes of understanding

cognitive behavioral therapy

/,kɒgnətɪv br'heɪvjərəl ,θerəpi/ *n*

a form of treatment for mental illness that attempts to treat the condition by changing the way a patient thinks and behaves

colleague /'kɒli:ɡ/ *n* a person that you work with

collective /kə'lektɪv/ *adj* done or shared by all members of a group of people

come and go /,kʌm ən 'ɡəʊ/ *v* to be present for a short time and then go away

come round /,kʌm 'raʊnd/ *v* to become conscious again

concentration /,kɒnsn'treɪʃn/ *n* the ability to direct all your attention on one thing

consent /kən'sent/ *n* permission from a patient for a doctor to do a particular medical procedure

cooperate /kəʊ'pɒreɪt/ *v* to work together with another person in order to achieve something

cooperation /kəʊ,pə'reɪʃn/ *n* the act of working together to achieve a shared aim

coping mechanisms

/'kɒpɪŋ ,mekənɪzəmz/ *n* ways or methods for dealing with difficult situations

critical /'krɪtɪkl/ *adj* saying what you think is bad about a person or thing

croup /kru:p/ *n* a disease affecting children that makes them cough a lot and have difficulty breathing

crushing /'kraʃɪŋ/ *adj* (of a pain) feeling that something is pressing down extremely hard on a particular area of your body

culture /'kʌltʃə(r)/ *n* the customs, beliefs, and way of life of a particular country or group

defensive /dɪ'fensɪv/ *adj* behaving in an angry or offended manner because you feel that people are criticizing you

denial /dɪ'naɪəl/ *n* a refusal to accept that something unpleasant or painful is true

depression /dɪ'preʃn/ *n* a medical condition in which a person feels very sad and anxious, with little energy or interest in life

devise /dɪ'vaɪz/ *v* to invent or create a new way of doing something

diet /'daɪət/ *n* 1 the food that a person usually eats and drinks each day

2 a reduced amount of food that a person eats because they want to lose weight; a time when a person only eats this reduced amount

disbelief /,dɪsbɪ'li:f/ *n* an inability or a refusal to accept that something is real or true

discriminate /dɪ'skrɪmɪnət/ *v* to unfairly treat one person or group worse/better than another

dislike /dɪs'laɪk/ *v* to not like somebody or something

distracted /dɪ'stræktɪd/ *adj* unable to pay attention to something because you are thinking about something else

district nurse /,dɪstrɪkt 'nɜ:s/ *n* a nurse who works in a particular area and who visits patients in their homes

diversity /dɪ'vɜ:səti/ *n* the quality or fact of including a range of people of different race, class, religion, etc.

donor card /'dɒnə kɑ:d/ *n* a small card that a person carries which gives permission for doctors to use parts of their body after their death

drain /drem/ *v* to remove liquid

dull /dʌl/ *adj* (of a pain) not very severe, but continuous

-ectomy /'ektəmi/ *suffix* concerning the surgical removal of an organ or a part of the body

efficient /ɪ'fɪʃnt/ *adj* doing something well and thoroughly with no waste of time, money, or energy

empathy /'empəθi/ *n* the ability to understand another person's feelings
Note: The words **empathy** and **sympathy** are often confused.

encourage /ɪn'kʌrɪdʒ/ *v* to give somebody hope and support

endoscope /'endəskəʊp/ *n* a small camera on a long thin tube which can be put into a person's body in order to view the areas inside

excruciating /ɪk'skru:ʃɪntɪŋ/ *adj* (of a pain) extremely severe

excuse me /ɪk'skju:z mi/ *phrase* used politely to get somebody's attention, especially somebody you do not know

exercise /'eksəsaɪz/ *n* physical activity that you do to stay healthy or become stronger

fade /feɪd/ *v* to become very weak and die

flamboyant /flæm'bɔɪənt/ *adj* (about a person) tending to attract attention because they dress or behave in an exciting or unusual way

foolproof /'fu:lpru:f/ *adj* (of a plan, method, etc.) certain to succeed

g /dʒi:/ *abbrev* gram

gastroscopy /gæ'strɒskəpi/ *n* a medical examination of the stomach using an **endoscope**

general practitioner

/'dʒenrəl præk'tɪʃənə(r)/ *n* a doctor who is trained in general medicine and who treats patients in a local community rather than at a hospital

go over /,ɡəʊ 'əʊvə(r)/ *v* to explain something carefully, especially by repeating it

good practice /ɡʊd 'præktɪs/ *n* a way of doing something that is a good example of how it should be done and which can be copied by other groups or organizations

gripping /'grɪpɪŋ/ *adj* (of a pain) feeling as if something is squeezing or holding a part of your body very hard

guilty /ɡɪlti/ *adj* feeling ashamed because you feel that you have done something wrong

habits /'hæbɪts/ *n* actions or activities that you often do frequently, usually without thinking

halal /'hæləl/ *adj* (of meat) from an animal that has been killed according to Muslim law

health visitor /'helθ vɪzɪtə(r)/ *n* a trained nurse who visits people in their homes in order to give them advice on medical care, for example advising new parents on how to look after their baby

- hobbies** /'hɒbi:z/ *n* activities that you do for pleasure when you are not working
- honest** /'ɒnɪst/ *adj* always telling the truth
- I'd rather** /,aɪd 'rɑ:ðə(r)/ *phrase* I would prefer to
- ignore** /ɪg'no:(r)/ *v* to pay no attention to something
- IM** /,aɪ 'em/ *abbrev* intramuscular
- immunization** /,ɪmjʊnaɪ'zeɪʃn/ *n* the action of protecting a person from a disease, usually by injecting them with a vaccine
- informed consent** /ɪn,fɔ:md kən'sent/ *n* permission for a medical procedure that is given by a patient after the procedure has been explained by a doctor, nurse, etc.
- INH** /,aɪ en 'eɪtʃ/ *abbrev* by inhalation
- initial assessment** /ɪ'nɪʃl ə'sesmənt/ *n* the formal judgement of a doctor or a nurse concerning what illness a patient is suffering from and what is the best way to treat this, made after they interview the patient for the first time
- instrument** /'ɪnstɹəmənt/ *n* a tool or device used for a particular task, especially for delicate or scientific work
- intense** /ɪn'tens/ *adj* very great; very strong
- interrupt** /,ɪntə'rʌpt/ *v* to say or do something that makes somebody stop what they are saying or doing
- isolation** /,aɪsə'leɪʃn/ *n* the state or feeling of being alone or separate from other people
- IV** /,aɪ 'vi:/ *abbrev* intravenous
- job application** /'dʒɒb ,æplɪ'keɪʃn/ *n* a formal, usually written, request for a job
- key** /ki:/ *adj* most important; essential
- kick** /kɪk/ *v* to stop doing something harmful that you have done for a long time, for example a bad habit
- kosher** /'kɒʃə(r)/ *adj* (of food) prepared according to the rules of Jewish law
- lifestyle** /'laɪfstɑɪl/ *n* the way in which a person lives, for example the type of job they have or the type of hobbies they enjoy
- mania** /'memɪə/ *n* a mental illness in which a person has extreme moods during which they become very active and highly excited
- Marie Curie nurse** /,mæri kjʊəri 'nɜ:s/ *n* a type of nurse who takes care of people who are dying from illnesses such as cancer
- mark** /mɑ:k/ *v* to indicate the position of something, for example by drawing or writing on a person's skin in order to show where to insert a needle
- metaphysics** /,meta'fɪzɪks/ *n* the branch of philosophy that deals with the nature of existence, truth, and knowledge
- midwife** /'mɪdwaɪf/ *n* a person who is trained to help women give birth to babies
- mini-mental state examination** /,mɪni mentl steɪt ɪgzæmɪ'neɪʃn/ *n* a short test that is used to judge if a person has dementia (= a severe decline in mental functioning, usually due to old age)
- mini-targets** /'mɪni tɑ:ɡɪts/ *n* a small aim or objective that you try to achieve in the near future
- moderate** /'mɒdərət/ *adj* eating or drinking sensible amounts; not extreme
- motivate** /'məʊtɪveɪt/ *v* to make somebody want to do something that requires hard work or effort
- multicultural** /,mʌltɪ'kʌltʃərəl/ *adj* for or including people of several different races, religions, languages and traditions
- multidisciplinary** /,mʌltɪdɪsə'plɪnəri/ *adj* involving several different areas of medicine
- NEB** /,en i: 'bi:/ *abbrev* by nebulizer
- non-judgemental** /'nɒn dʒʌdʒ,mentl/ *adj* (used about a person's attitude) not critical of other people
- non-verbal communication** /,nɒnvɜ:bl kəmju:nɪ'keɪʃn/ *n* the expression of ideas and feelings without the use of words or speech
- not be yourself** /,nɒt bi jɔ:'self/ *phrase* to not be in a normal state of body or mind
- numb** /nʌm/ *v* to make a part of your body unable to feel anything (= to make it numb); anaesthetize
- numbness** /'nʌmnəs/ *n* the inability to feel anything
- O/E** /əʊ i:/ *abbrev* on examination
- obesity** /əʊ'bi:səti/ *n* the condition of being very fat, in a way that is not healthy
- obtain** /əb'teɪn/ *v* to get something, such as **consent** from a patient for an operation
- od** /,əʊ 'di:/ *abbrev* every day; once a day. From the Latin phrase *omni die*.
- offend** /ə'fend/ *v* to make somebody feel upset or angry because of something you say or do
- om** /,əʊ 'em/ *abbrev* every morning. From the Latin phrase *omni mane*.
- on** /,əʊ 'en/ *abbrev* every night. From the Latin phrase *omni nocte*.
- organ transplant** /'ɔ:gən ,trænsplɑ:nt/ *n* a medical operation in which a damaged organ, such as a heart or kidney, is replaced with one from another person
- oscopy** /'ɒskəpi/ *suffix* concerning the act of examining or viewing a part of the body
- ostomy** /'ɒstəmi/ *suffix* concerning the act of creating an opening in a part of the body
- overweight** /,əʊvə'weɪt/ **1** *adj* weighing more than is healthy
2 *n* the condition of weighing more than is healthy
- panic** /'pænik/ *n* a sudden feeling of great fear that makes you unable to think calmly
- partnership** /'pɑ:tnəʃɪp/ *n* a relationship between two people or two organizations who work together on a particular activity
- pass away** /,pɑ:s ə'weɪ/ *v* to die. **Pass away** is used instead of the word *die* in order to avoid upsetting somebody
- patient** /'peɪʃnt/ *adj* able to wait for a long time or accept difficulties without becoming angry
- persistent** /pə'sɪstənt/ *adj* (of a pain) continuing for a long period of time without interruption or occurring regularly

- perspective** /pə'spektɪv/ *n* a particular view or way of thinking about something
- piercing** /'piəsɪŋ/ *adj* (of a pain) feeling as if a sharp object is being pushed into the body
- pinprick** /'pɪnprɪk/ *n* a short, mildly sharp sensation, similar to that produced by a pin when it breaks your skin
- PO** /,pi: 'əʊ/ *abbrev* by mouth. From the Latin phrase *per os*.
- polite** /pə'laɪt/ *adj* having good manners and showing respect for the feelings of others
- politeness** /pə'laɪtnəs/ *n* the fact of having good manners and showing respect and consideration for the feelings of others
- pop** /pɒp/ *v* to go somewhere or put something somewhere quickly or for a short time. This verb is normally used with a word such as *up, off*, etc. ◇ *Pop up on the table, please.* ◇ *Could you please pop your clothes off.*
- PR** /,pi: 'ɑ:(r)/ *abbrev* through the rectum. From the Latin phrase *per rectum*.
- practice** /'præktɪs/ *n* the place where a doctor of general medicine (= a general practitioner) advises and treats their patients; the work or business of a general practitioner
- practice manager** /'præktɪs ,mænɪdʒə(r)/ *n* the person who is in charge of running and organizing a **practice**, for example by managing the staff, dealing with financial matters, etc.
- practice nurse** /'præktɪs ,nɜ:s/ *n* a nurse who works in a **practice**, and who performs routine medical procedures such as giving injections
- prefer** /prɪ'fɜ:(r)/ *v* to like one thing or person better than another
- prepare** /prɪ'peə(r)/ *v* to make something ready to be used
- prn** /,pi: ɑ:r 'en/ *abbrev* as needed; when required. From the Latin phrase *pro re nata*.
- procedure** /prə'si:dʒə(r)/ *n* a medical operation
- process** /'prəʊses/ *n* a series of things that are done in order to achieve a particular result
- prohibited** /prə'hibɪtɪd/ *adj* not allowed or permitted, especially by law
- prone** /prəʊn/ *adj* having the tendency to suffer from a particular illness or condition
- psychological** /,saɪkə'lɒdʒɪkəl/ *adj* connected with a person's mind and the way in which it works
- psychosis** /saɪ'kəʊsɪs/ *n* a serious mental illness in which the patient loses contact with reality, for example by hearing voices
- psychotherapy** /,saɪkəʊ'θerəpi/ *n* the treatment of mental illness by talking with a patient rather than by giving them drugs
- qds** /,kju: di: 'es/ *abbrev* four times each day. From the Latin phrase *quater die sumendus*.
- reassurance** /,ri:ə'ʃʊərəns/ *n* the act of giving advice or help that removes a person's doubts or fears
- receptionist** /rɪ'sepʃənɪst/ *n* a person whose job is to deal with patients as they arrive at a doctor's practice, take appointments over the telephone, etc.
- referral letter** /rɪ'fɜ:rəl ,letə(r)/ *n* a letter written by a doctor that directs their patient to another person in the medical service for further treatment
- reflection** /rɪ'flekʃn/ *n* careful thought about something, for example about your work or behaviour; a written record of these thoughts
- regretful** /rɪ'gretfl/ *adj* feeling sadness or disappointment because of something that you have done or not done
- reliable** /rɪ'laɪəbl/ *adj* able to be trusted to do something well; that you can rely on
- resignation** /,rezɪg'neɪʃn/ *n* the state of having accepted an unpleasant situation because it cannot be changed
- respect** /rɪ'spekt/ *n* polite behaviour that shows that you consider someone important
- respectful** /rɪ'spektfl/ *adj* showing respect and consideration for other people
- responsibility** /rɪ,sponsə'bɪləti/ *n* a duty to deal with or take care of something, so that you may be blamed if something goes wrong
- restless** /'restləs/ *adj* unable to stay still; moving continuously
- rewarding** /rɪ'wɔ:dn/ *adj* (of an activity) satisfying because you think it is useful or important
- role** /rəʊl/ *n* the function or position of somebody or something in a group, an organization, a situation, etc.
- routine** /ru:'ti:n/ *n* the way you normally do things, especially when this follows a fixed order
- RTA** /,ɑ: ti: 'eɪ/ *abbrev* a road traffic accident, such as a car crash. This is also referred to as an **RTI** (= road traffic incident).
- run (a temperature)** /,rʌn ə 'temprətʃə(r)/ *v* (used about a person's body) to have a higher temperature than is normal due to illness
- runny (nose)** /'rʌni nəʊz/ *adj* producing a lot of liquid, for example when you have a cold
- sample** /'sɑ:mpl/ *n* a small amount of material taken from the body and tested in order to obtain information about a patient's physical condition
- SC** /,es 'si: / *abbrev* subcutaneous
- scalding** /'skɔ:ldɪŋ/ *adj* (of a pain) very strong and giving a feeling of burning
- scenario** /sə'na:riəʊ/ *n* a possible situation, especially one that you imagine in order to discuss what you would do in that type of situation
- self-harm** /,self 'hɑ:m/ *n* the practice of deliberately injuring yourself, for example by cutting yourself
- sensitive** /'sensətɪv/ *adj* aware of and able to understand other people and their feelings
- sensitivity** /,sensə'tɪvəti/ *n* the ability to understand other people's feelings and taking care not to offend them
- settle into** /,setl 'ɪntu/ *v* to begin to feel comfortable with a new way of life or a new way of doing things

- severe** /sɪ'viə(r)/ *adj* (of a pain) extremely bad or serious
- shock** /ʃɒk/ *n* a strong and unpleasant feeling of surprise as a result of an unexpected event
- shooting** /'ʃu:tɪŋ/ *adj* (of a pain) used to describe a sudden sharp pain that moves quickly across an area of the body
- shy away from** /,ʃaɪ ə'wei frəm/ *v* to avoid something
- side effect** /'saɪd ɪ'fekt/ *n* an extra and usually bad effect that a treatment has on you, as well as curing illness or pain
- sign** /sam/ *n* a physical or mental feature of a particular illness that is observed by a doctor but which the patient is not aware of
- sociable** /'səʊʃəbl/ *adj* enjoying spending time with other people
- social drinker** /'səʊʃl/ *n* a person who drinks alcohol only when they meet other people in a bar, restaurant, etc.
- sore** /sɔ:(r)/ *adj* (of a part of the body) painful and tender
- spasmodic** /spæz'mɒdɪk/ *adj* **1** (of a pain) caused by your muscles becoming tight in a way that you cannot control **2** (of a pain) happening suddenly for short periods of time; not regular or continuous
- spiritual** /'spɪrɪtʃuəl/ *adj* connected with the human spirit, rather than the body or physical things
- SpR** /,es pi: 'ɑ:(r)/ *abbrev* specialist registrar. A senior doctor who works in a hospital and who is an expert in a particular area of medicine.
- stat** /stæt/ *abbrev* immediately. From the Latin phrase *statim*.
- stereotype** /'sterɪətaɪp/ *v* to form an opinion of a person based on fixed ideas about their class, race, etc. rather than considering that person as an individual
- sterilize** /'sterɪlaɪz/ *v* to kill all the bacteria in or on something in order to make it clean
- stick to** /'stɪk tə/ *v* to continue doing something in spite of difficulties or problems
- strength** /streŋθ/ *n* a good quality or ability that a person has
- stress** /stres/ *n* anxiety or worry caused by pressure at work or problems in somebody's life
- support** /sə'pɔ:t/ *n* encouragement and help that you give to somebody or something
- sympathy** /'sɪmpəθi/ *n* a feeling of understanding for somebody; the act of showing that you understand and care about somebody's problems
Note: The words **empathy** and **sympathy** are often confused.
- symptom** /'sɪmptəm/ *n* a physical or mental change that is noticeable to a patient and which indicates that they may have a particular illness
- tactless** /'tæktləs/ *adj* saying or doing things that are likely to annoy or to upset other people
- take up** /,teɪk 'ʌp/ *v* to start to do a new activity, such as a sport or hobby
- tds** /,ti: di: 'es/ *abbrev* three times each day. From the Latin phrase *ter die sumendus*.
- teamwork** /'ti:mwɜ:k/ *n* the activity of working well together as a team
- teetotal** /,ti:'təʊtəl/ *adj* never drinking alcohol
- telescope** /'telɪskəʊp/ *n* a piece of medical equipment, consisting of a thin tube with lenses, that you look through in order to examine areas inside the body during an operation
- tender** /'tendə(r)/ *adj* (of a part of the body) painful when you touch it
- terminally ill** /'tɜ:mɪnəli ,ɪl/ *adj* suffering from an illness that cannot be cured and which will lead to death
- throat** /θrəʊt/ *n* a passage in the neck through which food and air pass on their way into the body; the front part of the neck
- thunderclap** /'θʌndəklæp/ *adj* (of a pain) sudden and very intense
- tip** /tɪp/ *n* a small piece of advice about something practical
- treatment options** /'tri:tmənt ,ɒpʃnz/ *n* the different methods of treating an illness that are available and offered to a patient
- Tt** /,ti:'ti:/ *abbrev* two tablets
- TTOs** /,ti: ti: 'əʊz/ *abbrev* to take out. Medicines that a patient is given to take home with them when they leave hospital
- TWEAK** /twi:k/ *n* a series of questions used to judge whether a person drinks too much alcohol. The name **TWEAK** refers to some of the words used in these questions: **T**olerance, **W**orried, **E**ye-opener, **A**mnnesia, and **K**/Cut down
- upset** /ʌp'set/ *v* to make somebody feel unhappy, anxious, or annoyed
- vague** /veɪg/ *adj* **1** not clear or precise **2** (of a pain) mild; not very severe
- value** /'vælju:/ *v* to think that somebody/something is important
- visualization** /vɪʒʊəlaɪ'zeɪʃn/ *n* the act of seeing something
- ward round** /'wɔ:d raʊnd/ *n* a regular visit that is paid by a doctor or a group of doctors in a hospital to each of the patients in their care
- weakness** /'wi:knəs/ *n* a bad quality or lack of ability that a person has
- withdraw** /wɪð'drɔ:/ *v* to remove something from somewhere
- withdrawn** /wɪð'drɔ:n/ *adj* very quiet and not wanting to communicate with other people
- WR** /,dʌblju: 'ɑ:(r)/ *abbrev* ward round