

GLOSSARY OF TERMS

A glossary is a list with explanations of abstruse, antiquated, dialectal or technical terms (The Shorter Oxford English Dictionary on Historical Principles). In this context, the terms will be explained or defined by reference to recognized international usage (RI) or particular Australian Resuscitation Council usage (ARC)

Entries will be limited to those used in ARC Guidelines and reference to the relevant ARC guideline will be made when appropriate. Glossary items used in the text of another glossary item will be indicated by bold type.

ADDITIONAL PRECAUTIONS

those work practices recommended for specified patients known or suspected to be infected or colonised with epidemiologically important or highly transmissible pathogens that can cause infection. (RI) (See **STANDARD PRECAUTIONS**)

ADVANCED LIFE SUPPORT (ALS)

the provision of effective airway management, ventilation of the lungs and production of a circulation by means of techniques additional to those of BASIC LIFE SUPPORT. These techniques may include, but not be limited to, advanced airway management, vascular access/drug therapy and defibrillation. (ARC)

ANAPHYLAXIS (Guideline 9.2.7)

an acute, severe allergic reaction, which can be triggered by a variety of allergens, and can be life-threatening. (ARC)

ANGINA (Guideline 9.2.1)

temporary chest pain or discomfort resulting from a reduced blood supply to the heart muscle. Unlike heart attack, angina does not mean the heart muscle is damaged. (RI)

ANZCOR (Guideline 1.1)

the Australian and New Zealand Committee on Resuscitation (ANZCOR) comprises the Australian Resuscitation Council (ARC) and New Zealand Resuscitation Council (NZRC). It was formed to facilitate the engagement of these two resuscitation councils in the International Liaison Committee on Resuscitation.

AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

a defibrillator, for use outside of the body, which analyses the electrical rhythm of the heart and charges automatically if a "shockable" rhythm (ventricular fibrillation or ventricular tachycardia) is recognised. It provides the operator with audible and/or visual prompts on actions required for safe delivery of an electrical shock. (ARC)

BACK BLOW (Guideline 4)

a forceful blow between the shoulder blades with the heel of the hand in an effort to clear a foreign body from the airway of a victim with severe airway obstruction who is conscious. (RI)

BASIC LIFE SUPPORT (BLS)

the preservation of life by the initial establishment of, and/or maintenance of, airway, breathing, circulation and related emergency care, including use of an AED. (ARC)

BYSTANDER

a person who witnesses an incident or comes across a victim who has collapsed or is injured. (ARC)

CARDIAC ARREST

cessation of heart action recognised by the absence of response and absence of normal breathing. (ARC) May be referred to cardiorespiratory arrest when combined with respiratory arrest.

CARDIORESPIRATORY ARREST

cessation of spontaneous ventilatory efforts and heart action.

CARDIOPULMONARY RESUSCITATION (CPR) (Guideline 8)

comprises those techniques used to minimise the effects of circulatory arrest and to assist the return of spontaneous circulation, including the technique of rescue breathing combined with external chest compressions. (ARC Guideline 11.1)

CHEST THRUST (Guideline 4)

a sharp, forceful chest compression delivered at the same point as for an external chest compression during CPR in an effort to clear a foreign body from the airway of a conscious victim with severe airway obstruction. (RI)

CHILD/CHILDREN (Guideline 12.1)

children (up to the 18th birthday), excluding newborns, or appears to be a child if age not known. The term 'newborn' refers to an infant at the time of birth. (ARC)

CHIN LIFT (Guideline 4)

the practice of supporting an unconscious victim's jaw to assist in maintaining an open airway. (RI) Usually combined with **HEAD TILT**.

CHOKING (Guideline 4)

life-threatening acute obstruction of the upper airway. (ARC)

COLLAPSE (Guideline 2)

a state of prostration resulting from a severe injury or medical condition in which the victim may be either unconscious or semiconscious. (ARC)

DROWNING (Guideline 9.3.2)

drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid. (RI)

ENVENOMATION (Guidelines 9.4.1-9.4.8)

the introduction to the body of poisonous substances produced by animals. This may result from a bite, sting or penetrating wound. (ARC)

FINGER SWEEP (Guideline 4)

use of the rescuer's fingers to try to dislodge a foreign body from a victim's mouth. (RI)

FIRST AID

First aid is defined as the helping behaviours and initial care provided for an acute illness or injury". First aid can be initiated by anyone in any situation. (RI)

FIRST AIDER or FIRST AID PROVIDER

a *first aid provider* is defined as someone trained in first aid who should a) Recognize, assess, and prioritise the need for first aid; b) Provide care by using appropriate competencies; c) Recognise limitations, and seek additional care when needed. (RI)

FIRST RESPONDER

a first responder is a person competent in advanced first aid (including oxygen administration and the use of an automated external defibrillator). A first responder may be a salaried/non-salaried member of a fire/police/ambulance service, a community-based organisation (e.g. first aid and water safety/rescue services), or any other organisation having in place the necessary systems.

FIST PACING (Guideline 11.3)

the delivery of serial, rhythmic blows with the closed fist over the left lower edge of the sternum to pace the heart at a physiological rate of 50 to 70 beats per minute. (RI)

GOOD SAMARITAN (Guideline 10.5)

a person who in good faith and without expectation of payment or reward comes to the aid of an injured, apparently injured or person at risk of injury with assistance or advice.

GUIDELINES (Guidelines 1.2-4)

systematically developed statements to assist in the practice and teaching of a skill. (RI) For the ARC, this skill is resuscitation. ARC Guidelines are a distillation of current evidence and opinion and best practice.

HEAD TILT (Guideline 4)

backward tilting of the head to assist in achieving a clear airway. (RI) Usually combined with **CHIN LIFT**.

HEALTH CARE PROFESSIONAL

(in the context of [first aid](#), pre-hospital care and resuscitation)

a person who is a registered medical practitioner, registered nurse, registered midwives, or qualified ambulance paramedic or Australian Defence Force medic. (ARC)

HYPOTHERMIA (Guideline 9.3.3)

a condition in which the core body temperature is abnormally low (35°C or below). (RI)

HYPERVENTILATION SYNDROME (Guideline 9.2.8)

symptoms and signs which result from over-breathing. (ARC)

IMMEDIATE LIFE SUPPORT (ILS)

provision, by a first responder, of basic airway management, ventilation, basic drug delivery and defibrillation using a manual defibrillator or **AED** in addition to **BLS**. (ARC)

INFANT (Guideline 12.1)

paediatric patients include infants (0 to 12 months of age ie. up to the first birthday) (ARC)

LATERAL POSITION (Guideline 3)

a position in which an unconscious victim is placed on one side with the weight supported by the under shoulder, under hip and the upper knee, the upper leg being flexed at the hip. The face is turned slightly downwards to allow the tongue to fall forwards so that saliva or vomit will drain out. (ARC)

LEFT LATERAL TILT POSITION (Guideline 8)

the position achieved in a pregnant woman, who lying on her back with her shoulders flat has sufficient padding under the right buttock to give an obvious pelvic tilt to the left. (RI)

NEONATE (Guideline 13.1)

an infant in the first 28 days of life. (RI) (ARC)

NEWBORN (Guideline 13.1)

an infant in the first minutes to hours following birth. (ARC)

PRECORDIAL THUMP (Guideline 11.3)

a single, sharp blow delivered by the rescuer's fist to the mid-sternum of the victim's chest. (ARC)

PRESSURE BANDAGE (Guideline 9.4.8)

a wide bandage applied firmly, as part of the Pressure Immobilisation Technique, around a limb to delay absorption of venom following a bite or sting.

RESPIRATORY ARREST

may be referred to as cardiorespiratory arrest when progressing to, or combined with, cardiac arrest.

STANDARD

a set of criteria against which quality of performance may be assessed. Such assessment may have legal, regulatory, industrial or occupational implications. (ARC)

STANDARD PRECAUTIONS (previously Universal Precautions)

work practices required for the basic level of infection control and recommended for the treatment and care of all patients. (RI) (See **ADDITIONAL PRECAUTIONS**).

SUDDEN DEATH (Guideline 9.2.1)

unexpected death that is instantaneous or occurs within minutes or hours from any cause other than violence. (RI)

TOURNIQUET (Guideline 9.1.1)

a constricting device (preferably wide) applied firmly to a limb above an injury/amputation and tightened to control life-threatening bleeding.

TRAINING MANIKIN

a physical model of part of the human body used to practice and demonstrate psychomotor skills and the physical effort required in performing cardiopulmonary resuscitation.

TRANSIENT ISCHAEMIC ATTACK (TIA) (Guideline 9.2.2)

a brief episode of cerebral ischaemia usually characterized by temporary blurring of vision, slurring of speech, numbness, paralysis or syncope, and that is predictive of a serious stroke. (RI) Also called a mini-stroke.

UNCONSCIOUSNESS (Guideline 3)

a state of unrousable unresponsiveness, where the victim is unaware of their surroundings and no purposeful response can be obtained. (ARC)

VITAL SIGNS

Vital signs include: respiratory rate, oxygen saturation, heart rate, blood pressure, temperature and level of consciousness. (RI) The specific vital signs monitored will depend on context and clinical needs of the victim and level of training of the rescuer.

(Ref: Australian Commission on Safety and Quality in Healthcare, 2010. National Consensus Statement: Essential Elements for Recognising and Responding to Clinical Deterioration)

VOLUNTEER (Guideline 10.5)

a volunteer is defined as an individual who provides service in relation to community work on a voluntary basis but this does not preclude the receipt of remuneration that he or she would receive whether the service be provided or not or recoupment of out-of-pocket expenses.