

Glossary

This glossary is designed to help you to understand common terms used when talking about the health service and chest, heart or stroke illness.

Myocardium

Diagnosis

COPD

Brain Attack

Brain

**Chest
Heart &
Stroke
Scotland**



Chest, Heart & Stroke Scotland aims to improve the quality of life for people in Scotland affected by chest, heart or stroke illness, through medical research, advice and information, and support in the community

Advice Line 0845 077 6000
www.chss.org.uk

HOW TO USE THIS GLOSSARY

Underlined words with capital letters are listed individually to allow further understanding. You will find alphabetical listings of common terms and some hints to understanding more complex medical terms.

Glossary Contents

Organisational

pages 1 – 4

Explanations of the main terms used to describe healthcare organisations relevant in Scotland

Financial

page 5

Explanations of some common financial terms used in relation to healthcare

Healthcare staff

pages 6 – 7

Explanations of the main terms used to describe healthcare professionals relevant to chest, heart & stroke illness

General Medical

pages 8 – 11

Explanations of general healthcare terms relevant to chest, heart and stroke illness

Medical Terms

pages 12 – 13

List of prefixes (beginnings of the word) which can help you to understand complex medical terms

Medical Terms (chest)

pages 14 – 19

Explanations of the terms used to discuss or describe chest illness

Medical Terms (heart)

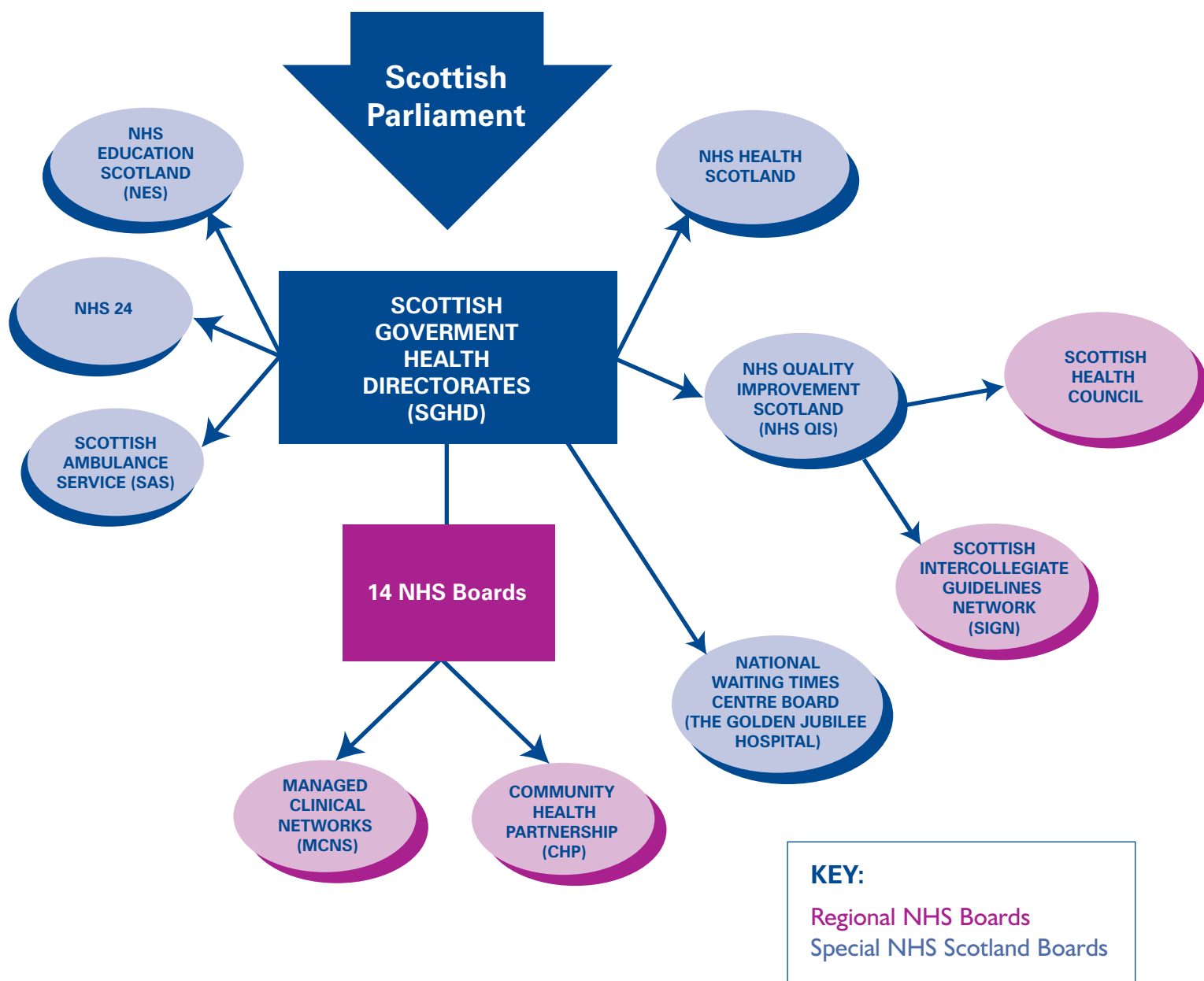
pages 20 – 26

Explanations of the terms used to discuss or describe heart illness

Medical Terms (stroke)

pages 27 – 31

Explanations of the terms used to discuss or describe stroke illness



The Structure of Scotland's Health Services

Health is a devolved issue in Scotland which means that it is under the responsibility of the Scottish Parliament. Devolved government came to Scotland in 1999.

Scottish Government Health Directorates are a set of directorates of the Scottish Government. They are responsible for NHS Scotland, as well as policies on the development and implementation of health and community care.

NHS Scotland comprises 14 regional NHS Boards responsible for the planning and delivery of all health services in their own area. In addition, there are 8 Special NHS Boards in Scotland (the 6 in the above diagram plus The State Hospital and NHS National Services Scotland).

Organisational

Organisational

Explanations of the main terms used to describe healthcare organisations relevant in Scotland

	Asthma UK A national charity for people with asthma
BACR	British Association for Cardiac Rehabilitation National association for <u>Heart</u> rehabilitation to provide information and training
BCS	British Cardiovascular Society Involved in education, the setting of clinical standards and research into <u>Heart</u> and circulatory diseases
BHF	British Heart Foundation National charity for <u>Heart</u> disease
BLF	British Lung Foundation National charity for <u>Lung</u> disease
BMA	British Medical Association Trade union and professional association for doctors
CHP ('chip')	Community Health Partnership Network of professionals aiming to improve the standards and quality of life in a local community
CHSS	Chest, Heart & Stroke Scotland CHSS aims to improve the quality of life for people in Scotland affected by <u>Chest</u> , <u>Heart</u> and <u>Stroke</u> illness, through medical research, advice and information, and support in the community
	Different Strokes National charity set up by young <u>Stroke</u> survivors for young <u>Stroke</u> survivors
E-lib	Electronic Library Online NHS information resource for all health information
GMC	General Medical Council Main governing body which creates guidelines for doctors
HSE	Health and Safety Executive Agency which aims to protect people's health and safety by ensuring that risks in the changing workplace are properly controlled

Organisational

ISD

Information and Statistics Division

Department of the NHS in Scotland which deals with the collation of information and statistics on a national basis

LAC

Local Advisory Council

Local offices of the Scottish Health Council (SHC)

LTCAS

Long Term Conditions Alliance Scotland

Aims to bring together hundreds of voluntary and community organisations across Scotland to give a national voice to ensure the interests and needs of people living with long term conditions are addressed

LTCC

Long Term Conditions Collaborative

The Collaborative will help people to deliver improvements in patient centered services and change the way care is provided for people with long term conditions

MCN

Managed Clinical Network

MCNs are a network of people (professionals and patient / carer representatives) who work together to improve patient care in one specific area of health

MKN

Managed Knowledge Network

Resource on the [Electronic Library](#) (E-Lib) for healthcare professionals

MHRA

Medicines and Healthcare products Regulatory Agency

Government agency which is responsible for ensuring that medicines and medical devices work, and are acceptably safe

NAC

National Advisory Committees

Established in 2002 to enforce the recommendations of the CHD & Stroke Strategy

NARA

National Association for the Relief of Apnoea - The Breathing Charity

A national charity providing advice, information, medical equipment and 24 hour support

NHS

National Health Service

The national organisation which provides free healthcare in the UK

NHS Boards

Organisation which deals with all local NHS services

Organisational

NES

NHS Education for Scotland

A Special [NHS Board](#) in NHS Scotland. Responsible for national education and training initiatives

NHS Health Scotland

The national agency for improving the health of the population. A Special [NHS Board](#) in NHS Scotland

NHS QIS ('quiz')

NHS Quality Improvement Scotland

Lead organisation in improving the quality of healthcare delivered by NHS Scotland. A Special [NHS Board](#) in NHS Scotland

NHS 24

NHS 24

Confidential 24 hour telephone health service, which coordinates out-of-hours care and provides advice, support and information. A Special [NHS Board](#) in NHS Scotland

NICE

National Institute of Clinical Excellence

Organisation which provides clinical guidelines for healthcare in England and Wales

Neurological Alliance

Campaigns for better services for people with neurological conditions and their carers

NMC

Nursing and Midwifery Council

Governing body for registered nurses and midwives

Respiratory Alliance

Campaigns for better services for people with respiratory conditions and their carers

RCGP

Royal College of General Practitioners

Sets standards, writes guidelines, monitors education and advises government to ensure high quality patient care

RCN

Royal College of Nursing

Sets nursing standards, writes guidelines and is the main nursing union

RCP

Royal College of Physicians

Sets medical standards, writes guidelines, monitors education and advises government to ensure high quality patient care

Organisational

RCSEd

Royal College of Surgeons of Edinburgh

Maintains and promotes the highest standards of surgical practice, through education, training, rigorous examination and liaison with external medical bodies

SAS

Scottish Ambulance Service

Provides an emergency ambulance service and a patient transport service. A Special [NHS Board](#) in NHS Scotland

Scottish Government

Responsible for all devolved government work in Scotland

SGHD

Scottish Government Health Directorates

Run NHS Scotland and is responsible for all devolved government health issues in Scotland

SHC

Scottish Health Council

National organisation with local offices to oversee public involvement in healthcare

SHFNF

Scottish Heart Failure Nurse Forum

For [Registered Nurses](#) primarily involved in the specialist management of patients with [Heart Failure](#) in Scotland

SIGN

Scottish Intercollegiate Guidelines Network

Organisation which develops evidence based clinical practice guidelines for the NHS Scotland

SMC

Scottish Medicines Consortium

Provides advice to [NHS Boards](#) about the status of all newly licensed drugs, all new formulations of existing drugs and new indications for established products

Speakability

National charity that supports people living with [Aphasia](#) and their carers

Stroke Association

UK wide charity concerned with combating [Stroke](#) in people of all ages

SSNF

Scottish Stroke Nurses Forum

For Registered Nurses with an interest in [Stroke](#)

WHO

World Health Organisation

United Nations specialised international agency for health

Financial

Financial

Explanations of some common financial terms used in relation to healthcare

CPA

Continuing Power of Attorney

Scottish legal document which entitles another person to deal with your financial affairs during ill health

JIP

Joint Investment Plan

An agreed distribution of money by the local authority to improve the quality of life of the local community

Overspend

Amount by which a project has gone over budget

PFI

Private Finance Initiative

Using money from private investors for a public facility

Pump Priming Fund

A small sum of money used to start a project

Ringfenced

Money released for a specific purpose

Slippage

Difference between estimated costs and amount actually paid

Healthcare staff

Healthcare staff

Explanations of the main terms used to describe healthcare professionals relevant to chest, heart and stroke illness

AHP

Allied Health Professional

Term for a health professional apart from nurse or doctor e.g. Physiotherapist

Cardiologist

Doctor who specialises in the Heart

CMO

Chief Medical Officer

Senior medical advisor in Scotland

CNO

Chief Nursing Officer

Senior nursing advisor in Scotland

CNM

Clinical Nurse Manager

Nurse responsible for the smooth running of the ward or unit. She / he is the first point of reference when making a complaint

CNS

Clinical Nurse Specialist

A nurse who has undertaken special training to become an expert in one area of healthcare

CSW

Clinical Support Worker

Also known as an auxiliary nurse or healthcare assistant. Assists registered nurses with patient care

CPN

Community Psychiatric Nurse

Nurse who looks after people with mental health problems in the community

DN

District Nurse

Nurse who looks after patients in the community

GP

General Practitioner

Known as the 'family doctor', works in the community

Neurologist

Doctor who specialises in the nervous system and brain

Healthcare staff

OT

Occupational Therapist

Allied Health Professional (AHP) who promotes health, well being and independence by encouraging meaningful activity

Pharmacist

A health professional who is an expert in medicines and their use. They advise medical and nursing staff and provide information to patients

PT

Physiotherapist

Allied Health Professional (AHP) who addresses the physical consequences of illness

PN

Practice Nurse

Nurse who works in the community in a GP surgery

RCN

Registered Children's Nurse

Someone who has completed their nurse training and is qualified to look after children

RMN

Registered Mental Nurse

Someone who has completed their nurse training and is a specialist in looking after people with mental health problems

RN

Registered Nurse

Someone who has completed their nurse training and is qualified to look after adult patients. Previously called Registered General Nurse (RGN)

SALT

Speech and Language Therapist

Allied Health Professional (AHP) who addresses speech, language and communication problems

General Medical

General Medical

Explanations of general healthcare terms relevant to chest, heart & stroke illness

A & E

Accident & Emergency

Receiving department of a hospital for people with serious injuries or serious illness requiring immediate treatment

ADL

Activities of Daily Living

The daily tasks (such as washing, dressing and eating) you do in normal life. ADLs can be used to measure your level of independence

ARU

Acute Receiving Unit

Hospital ward which patients are admitted into for assessment

Artery

Blood Vessel which carries Blood away from the Heart around the body

AED

Automatic External Defibrillator

Machine used to deliver an electric shock to the Heart to correct abnormal Heart Rhythm. Designed to be safely used by the public

BLS

Basic Life Support

Emergency treatment to sustain breathing and Blood flow

Benign

A condition which is not life threatening or dangerous to your health. Often used to describe a non-cancerous tumour

Blood

Fluid which is pumped through the body via the Blood Vessels. Blood is essential to life; it supplies Oxygen and nutrients to all areas of the body and removes unwanted waste products throughout the body

BP

Blood Pressure

A measurement of the pressure at which Blood is being pumped around the body by the Heart

Blood Vessel

Term for Arteries, Capillaries and Veins

General Medical

BMI

Body Mass Index

A number which is used to judge whether you are the correct weight for your height

BNF

British National Formulary

A reference book for all health professionals which contains information about medicines

Capillary

Tiny Blood Vessels which branch off from Veins and Arteries to deliver Blood to all areas of the body

CT / CAT

Computerised Actualisation Tomography

A test which looks at a part of the body using x-rays to create a picture of any problems

Consent Form

Documented permission from a patient for a treatment

CPD

Continuing Professional Development

Study which healthcare professionals are required to undertake throughout their career

DVT

Deep Vein Thrombosis

A Blood clot in a Vein, usually in the leg

Diagnosis

Medical term identifying the presence of an illness. A diagnosis is usually made after considering signs, symptoms and results of any tests or examinations

DGH

District General Hospital

Hospital not based in a city dealing with local healthcare needs

DNAR

Do Not Attempt Resuscitation

Decision not to actively treat a life threatening illness. This must be clearly documented in medical and nursing notes

EBM

Evidence Based Medicine

Medical practice which is based on research results

Generic

The accepted general name for a drug

General Medical

	Hypertension High <u>Blood Pressure</u>
	Hypotension Low <u>Blood Pressure</u>
ICP	Integrated Care Pathway A hospital document, used by all health professionals, which outlines the planned care for a patient with a specific condition
ITU / ICU	Intensive Therapy Unit / Intensive Care Unit Area of the hospital where seriously ill people are cared for
IV	Intravenous Within / into a <u>Vein</u>
	Ischaemia Lack of <u>Blood</u> flow to tissues in the body
MRI	Magnetic Resonance Imaging A scan which uses a magnetic field to produce detailed images of parts of the body
NOK	Next Of Kin The family member / friend who is the first point of contact for a patient
OPD	Out Patient Department The area of a hospital where people come from home to be seen in clinics
POM	Prescription Only Medicine Medicine which you cannot buy over the counter
	Palliative Care Holistic care of patients with advanced progressive illness. The aim of palliative care is to improve quality of life for patients, and their families, by controlling symptoms and relieving distress
	Primary Care Healthcare which is provided in the community
	Prognosis Expected outcome for a patient

General Medical

PE

Pulmonary Embolus

Blood clot restricting Blood flow to the Lungs

RCT

Randomised Controlled Trial

A method used in medical research which compares one treatment to another. Participants in the trial are randomly selected, usually by a computer, to receive either treatment

RTT

Referral to Treatment Time

The amount of time, measured in weeks, from initial referral through to start of treatment. RTT data is used to monitor NHS performance and progress

REC

Research Ethics Committee

Group of people who examine research proposals

SCI ('sky')

Scottish Care Information

A national initiative which aims to provide standard national information on Coronary Heart Disease split into three levels Bronze, Silver & Gold

Secondary Care

Healthcare which is provided in a hospital

Syndrome

A collection of signs and symptoms which are known to occur at once

Tertiary Care

Complex health care provided in a highly specialised unit on referral from Primary or Secondary Care

Vein

Blood Vessel which carries Blood back to the Heart from the body

Ventilation

To do with breathing

Medical Terms

Medical Terms

List of prefixes (beginnings of the word) which can help you to understand complex medical terms

Abdomino-	to do with the abdomen
Arthro-	to do with the joints
Audio-	to do with the ears
Brachio-	to do with the arms
Broncho -	to do with the airways
Carcino-	to do with cancer
Cardio-	to do with the heart
Cerebro-	to do with the brain
Coronary	to do with the heart
Cranio-	to do with the skull
Dermo-	to do with the skin
Gastro-	to do with the stomach
Haemo-	to do with the blood
Hepato-	to do with the liver
Histo-	to do with the tissues
Immuno-	to do with the immune system
Myo-	to do with the muscles
Nephro-	to do with the kidneys
Neuro-	to do with the nervous system
Ophthalmo-	to do with the eyes
Ortho-	to do with bones
Osteo-	to do with bones
Phlebo-	to do with the veins
Pleur-	to do with the lining surrounding the lungs
Radio-	to do with scans and x-rays
Renal-	to do with the kidneys
Thora-	to do with the chest

Medical Terms

Other prefixes (beginnings) can also give a clue as to the meaning of the word

A-	no / nothing
Anti-	prevents
Brady-	slow
Dys-	difficulty / inability
Extra-	outside
Hemi-	one side
Hyper-	high or fast
Hypo-	low or slow
Intra-	inside
Sub-	below
Tachy-	fast

Some words are used to indicate an area / position of the body, vessel, organ or tissue

Anterior	front
Posterior	back
Inferior	bottom / below
Superior	top / above

Medical Terms (Chest)

Medical Terms (Chest)

Explanations of the words used to discuss or describe chest illness

ABA

Airways

The system of tube-like passageways which allow air to get in and out of the Lungs

A1AD / A1AT

Allergic Bronchopulmonary Aspergillosis

Most common fungal respiratory disorder in the UK

Alpha-1 Antitrypsin Deficiency

Hereditary condition which can cause emphysema, liver disease and Lung infections

Alveoli

Tiny air sacs in the Lungs where Oxygen is taken in and Carbon Dioxide is removed

Anticholinergics

A group of Bronchodilator drugs which help to decrease the amount of Mucus and Phlegm

Apnoea

Medical term for stopping breathing

Asbestosis

Lung condition caused by chronic inhalation of asbestos fibres

Asthma

Common respiratory disease, narrowed Airways causing Dyspnoea and Wheezing

Autogenic Drainage

Breathing exercise to loosen Mucus from the small Airways

BCG

Bacille Calmette-Guerin

Vaccine used to prevent TB

Beta-agonists

A group of Bronchodilator drugs which cause muscles in the Airways to relax

Blood Gases

A Blood test used to monitor many chest conditions. Blood is taken from an Artery

Medical Terms (Chest)

Breathing Control

A method to restore normal breathing after activity or during an episode of Dyspnoea

Breath Sounds

Sounds heard through a stethoscope as air moves in and out of the Lungs

Bronchiectasis

Condition which widens the Airways and produces excessive Phlegm

Bronchioles

The smaller Airways located within the Lungs branching off from the Bronchi

Bronchitis

Inflammation of the Airways

Bronchodilators

Long or short-acting drugs that open up the Airways

Bronchoscopy (flexible)

Small flexible tube with a camera at the tip that is passed up the nose and into the Lungs

Bronchus

One of the large Airways that branch off from the Trachea and carry Oxygen to the Lungs. Trachea divides into the right and left Bronchus (plural Bronchi)

Buteyko Method

Breathing exercises to reduce the symptoms of breathing related health problems

Carbon Dioxide

Waste product from the body's energy making processes. It collects in the Blood and is exhaled by the Lungs

COPD

Chronic Obstructive Pulmonary Disease

Term which includes chronic Bronchitis, Emphysema and chronic Asthma

Cilia

Tiny hair like projections in Airways which move dust / debris to the throat to be expectorated or swallowed

Medical Terms (Chest)

Controllers

Inhalers which contain long acting Bronchodilators

Corticosteroids

Drugs used to treat inflammation

Cyanosis

A bluish discolouration of the skin caused by low level of Oxygen in the Blood

Diaphragm

Muscle which separates Lungs and abdomen

Dyspnoea

Medical term for breathlessness

Emphysema

Condition in which large numbers of Alveoli have been destroyed

Expectorant

A drug that helps to move and expel Mucus

FEV 1

Forced Expiratory Volume in 1 second

This is the main measure used to identify any Airway narrowing. It is the amount of air you can blow out within one second

FVC

Forced Vital Capacity

Measure of the total volume of air blown out during Spirometry

Flu (Influenza)

Virus which affects the Respiratory system

Flu Vaccine

Annual injection which reduces the chance of getting the flu

Haemoptysis

Coughing up Blood

Hyperventilation

Fast Respiratory Rate (> 25 - 30 times / minute) which alters the Carbon Dioxide levels in the Blood

Hypoventilation

Slow Respiratory Rate (< 8 - 10 times / minute) which alters the Carbon Dioxide levels in the Blood

Medical Terms (Chest)

Hypoxia

Low level of Oxygen in the Blood

H1N1

The medical term for 'swine flu'

H5N1

The medical term for 'bird flu'

Inhalers

Known as 'puffers', deliver drugs directly into the Lungs

Intercostal muscles

Located between each of the ribs, allow the chest to expand and contract

Legionnaires disease

A rare Pneumonia like disease caused by bacteria found in water supplies and plumbing

LTOT

Long Term Oxygen Therapy

Available on prescription for some Lung conditions

Lungs

Two air-filled organs in the chest which remove Carbon Dioxide and bring Oxygen to the Blood

Lung Transplant

Operation which involves replacing one or both diseased Lungs with the healthy Lungs of a donor

Mesothelioma

A tumour of the Pleura caused mainly by heavy exposure to asbestos

Mucus

Sticky Airway secretions produced by glands in the Airways to trap foreign debris

NCPAP

Nasal Continuous Positive Airway Pressure

Used for severe sleep Apnoea, pressurised air is delivered, through the nose, to prevent Airway obstruction

Nebuliser

Produces a mist from a liquid drug which is then inhaled into the Lungs

Medical Terms (Chest)

Oxygen

A gas from the air which the body requires in order to function

Phlegm

A non-medical term for Sputum

Pleura

Thin lining of the Lungs which has two layers with fluid between them for lubrication

Pleural Effusion

Collection of fluid between the Pleura

Pleural Empyema

Collection of pus within the Pleura

Pleurisy

Inflammation of the Pleura, often caused by infection, which causes pain on breathing

Pneumonia

A bacterial infection in the Lungs

Pneumoconiosis

Scarring of the Lungs caused by certain types of dust

Pneumothorax

Air in the chest caused by a punctured Lung which then collapses

Preventors

Inhalers which contain Corticosteroids

Pulmonary

Relating to, associated with, or affecting Lungs

PE

Pulmonary Embolism

Obstruction which partially blocks off Blood flow to the Lungs

Pulmonary Fibrosis

Scarring of the Lung tissue

PFTs

Pulmonary Function Tests

Detailed assessment of the Lung function

Pulmonary Hypertension

High Blood Pressure between the Heart and Lungs

Medical Terms (Chest)

Pulmonary Rehabilitation

Out patient course designed to help people with long term Lung conditions e.g. COPD

Relievers

Inhalers which contain fast acting Bronchodilators

Respiratory

Medical term for all things to do with breathing

Respiratory Rate

The number of breaths per minute; on average between 12 - 20. Rate increases during exercise, excitement, pain and fever. Decreases during relaxation and sleep

Sleep Apnoea

Apnoea that occurs overnight. Caused by a collapse of the Airway behind the tongue

Spacer

Plastic dome with a mouthpiece at one end and a fitting for an Inhaler at the other. Makes Inhaler easier and more effective to use

Spirometry

The amount of air inhaled and exhaled is measured by breathing into a mouthpiece

Sputum

Medical term for Mucus or Phlegm

Trachea

Large Airway that connects the larynx ('voice box') to the Bronchi. Also called the 'windpipe'

TB

Tuberculosis

A bacterial infection in the Lungs

Ventilation

The exchange of air between the Lungs and the atmosphere allowing Oxygen to be exchanged for Carbon Dioxide in the Alveoli

Wheeze

Whistling sound caused by a narrowing in the Airways

Medical Terms (Heart)

Medical Terms (Heart)

Explanations of the words used to discuss or describe heart illness

ACS

Acute Coronary Syndrome

Medical term for conditions associated with possible or actual heart damage due to restricted Blood supply to the Myocardium. Includes unstable Angina and Heart Attack

Angina

Chest pain or Dyspnoea caused by lack of Blood flow to the Heart

Angiogram

X-ray examination of the Heart which is used to assess blockages in the Coronary Arteries

Angioplasty

Procedure which involves stretching narrowed areas of Coronary Arteries to improve the Blood flow, also called PCI or PTCA. Can be performed at the same time as Angiogram

ACE

Angiotensin Converting Enzyme Inhibitor

Drugs that reduce Blood Pressure and improve the efficiency of the Heart

Anti-arrhythmic

Drugs given to treat Arrhythmias

Anticoagulant

Blood thinning drug

Antiplatelet

Blood thinning drug

Arrhythmia

Medical term for all irregular Heart Rhythms

Atheroma

Build up of fatty deposits in the Blood Vessels which restricts Blood flow

Medical Terms (Heart)

	Atherosclerosis The process of the <u>Arteries</u> hardening and narrowing due to the build up of <u>Atheroma</u>
	Atria Two atria are the top chambers of the <u>Heart</u>
AF	Atrial Fibrillation Irregular <u>Heart Rhythm</u>
ASD	Atrial Septal Defect Small hole in the top part of the <u>Heart</u>
B-B	Beta-Blocker Drugs that reduce <u>Blood Pressure</u> and control the <u>Heart Rate</u> and <u>Rhythm</u>
BP	Blood Pressure Measurement of the pressure within the <u>Arteries</u>
	Bradycardia When the <u>Heart Rate</u> (HR) is slow (< 60 beats per minute)
BNP	Brain Natriuretic Peptide Blood enzyme which can be measured to diagnose Heart <u>Failure</u> (HF)
	Cardiac Medical term for all things to do with the <u>Heart</u>
	Cardiac Arrest Emergency where the <u>Heart</u> stops beating
	Cardiac Enzymes A <u>Blood</u> test to diagnose a <u>Heart Attack</u>
	Cardiology Branch of medicine which deals with the treatment of <u>Heart</u> disease
	Cardiomyopathy Disease of the <u>Heart</u> muscle which affects the <u>Heart's</u> ability to pump <u>Blood</u> around the body

Medical Terms (Heart)

CVD

Cardiovascular Disease

Disease affecting the Heart and Blood vessels

CVS

Cardiovascular System

Describes the Heart and all the Blood Vessels in the body

CVP

Central Venous Pressure

A measure of the pressure in the right Atrium

Cholesterol

Fat which leads to fatty deposits in the Arteries

CHF

Chronic Heart Failure

Medical term used when the Heart muscle is weakened and less efficient at pumping Blood around the body

CA

Coronary Artery

Blood vessel which supplies Blood to the tissues of the Heart

CABG

Coronary Artery Bypass Graft

Surgical treatment for severe Coronary Artery Disease

CAD

Coronary Artery Disease

Narrowing of the Coronary Arteries which supply Blood to the Heart

CCU

Coronary Care Unit

Specialist unit of a hospital where you would be taken with an emergency Heart problem

CHD

Coronary Heart Disease

Narrowing of the Coronary Arteries which supply Blood to the Heart

CK

Creatinine Kinase

A Cardiac Enzyme used to diagnose a Heart Attack

Defibrillator

Machine used to deliver an electric shock to the Heart to correct abnormal fast Heart Rhythm

Diuretic

Drugs that remove excess fluid from the body by increasing urine volume. Used to lower Blood Pressure and ease the workload of the Heart

Medical Terms (Heart)

ECHO

Echocardiography

Ultrasound scan which looks at the structure and movement of the Heart muscle

ECG

Electrocardiogram

Test which gives a recording of the electrical activity of the Heart in the form of a graph

ETT

Electrocardiogram Treadmill Test

A type of ECG, which records the activity of the Heart as you make it work harder i.e. by walking and talking on a treadmill. Also called 'Exercise ECG'

EP Studies

Electrophysiological Studies

A detailed look at the Heart Rhythm

Embolism

Blockage in a Blood Vessel due to a Blood clot or an air bubble

Heart

Muscular organ which pumps Blood around the body, its Rate and Rhythm are controlled by electrical conduction

Heart Attack

Blockage in a Coronary Artery, requires emergency treatment in hospital

HB

Heart Block

Interruption of the electrical pathway causing a slowing of the Heart Rate

HF

Heart Failure

Condition when the Heart muscle is weakened and less efficient at pumping Blood around the body

HM

Heart Manual

A manual given to some patients which details their rehabilitation programme after Heart illness

HR

Heart Rate

The speed at which the Heart is beating per minute

Medical Terms (Heart)

Heart Rhythm

The pattern of the heartbeats. The Heart should beat regularly with an even space between each heartbeat

Heart Transplant

Operation which involves replacing diseased Heart with the healthy Heart of a donor

HBP

High Blood Pressure

When the pressure within the Arteries is too high

ICD

Implantable Cardioverter Defibrillator

A device which is put inside the chest to deliver an electric shock to the Heart to correct Ventricular Tachycardia (VT) or Ventricular Fibrillation (VF)

Infarct

Area of tissue damaged by lack of Blood and Oxygen

IHD

Ischaemic Heart Disease

Narrowing of the Coronary Arteries which supply Blood to the Heart. Also called Coronary Heart Disease

MI

Myocardial Infarction

Medical term for a Heart Attack

Myocardium

The Heart muscle

NSTEMI

Non-ST Elevation Myocardial Infarction

A classification of a Heart Attack according to ECG readings. Requires early Angiogram to decide on appropriate treatment pathway

ORS

Optimal Reperfusion Service

A service which ensures that suitable Heart Attack patients are admitted directly to a specialist centre that provides Percutaneous Coronary Intervention

Pacemaker

Small electrical device implanted surgically to correct an abnormal Heart Rhythm

Medical Terms (Heart)

	Palpitation Short bursts of a fast <u>Heart Rhythm</u>
PCI	Percutaneous Coronary Intervention Procedure which involves stretching narrowed areas of <u>Coronary Arteries</u> to improve the <u>Blood</u> flow, also called <u>Angioplasty</u> or Percutaneous Transluminal Coronary Angioplasty (PTCA)
PTCA	Percutaneous Transluminal Coronary Angioplasty Procedure which involves stretching narrowed areas of <u>Coronary Arteries</u> to improve the <u>Blood</u> flow, also called <u>PCI</u> or <u>Angioplasty</u>
PHT	Pre-Hospital Thrombolysis <u>Thrombolysis</u> which is given by the <u>Scottish Ambulance Service</u> (SAS) en route to hospital Primary Angioplasty When <u>Angioplasty</u> is undertaken as the first treatment for a <u>Heart Attack</u>
RACP(s)	Rapid Access Chest Pain Service System of referral from <u>Primary Care</u> to <u>Secondary Care</u> for the assessment of chest pain Reperfusion Term used to describe restoration of <u>Blood</u> flow to an organ or tissue Septum The area of the <u>Heart</u> which divides the <u>Atria</u> and <u>Ventricles</u> Statin <u>Generic</u> name for <u>Cholesterol</u> lowering drug
STEMI	S-T Elevation Myocardial Infarction A classification of a <u>Heart Attack</u> according to <u>ECG</u> readings. Requires immediate emergency treatment to minimise damage to <u>Heart</u> muscle Tachycardia When the <u>Heart Rate</u> (HR) is fast (> 100 beats per minute)

Medical Terms (Heart)

	Thrombolysis A 'clot busting' drug used to dissolve a clot which is causing a <u>Heart Attack</u>
	Thrombosis Medical term for a blockage in a <u>Blood Vessel</u> due to a clot
TOE	Transoesophageal Echocardiography A type of ultrasound which produces pictures of the <u>Heart</u> viewed from the oesophagus (gullet)
Tn I/T	Troponin I/T A <u>Cardiac Enzyme</u> used to diagnose a <u>Heart Attack</u>
	Valve Four Heart Valves control the flow of <u>Blood</u> into and out of the <u>Heart</u>
VF	Ventricular Fibrillation Life threatening irregular <u>Heart Rhythm</u>
VSD	Ventricular Septal Defect Small hole in the bottom part of the <u>Heart</u>
VT	Ventricular Tachycardia Irregular <u>Heart Rhythm</u> (can be life threatening)

Medical Terms (Stroke)

Medical (Stroke)

Explanations of the words used to discuss or describe stroke illness

Agnosia

Inability to use information coming from senses i.e. touch, sight, hearing, smell and taste

Agraphia

Difficulty in writing or drawing

Amnesia

Loss of memory

Aneurysm

Swelling in a Blood Vessel wall which may burst and cause a Stroke

Anticoagulant

Blood thinning drug

Antiplatelet

Blood thinning drug

Aphagia

Inability to swallow

Aphasia

Inability to speak or use language

Apraxia

Difficulty in coordinating movements or speaking

AVM

Arterio-Venous Malformation

Abnormal structure of Arteries and Veins in the brain which has a risk of Haemorrhage

Aspirin

Antiplatelet drug

Ataxia

Loss of control of muscle function

AF

Atrial Fibrillation

Irregular Heart Rhythm which can be a cause of Stroke

Medical Terms (Stroke)

BP

Atheroma

Build up of fatty deposits in the Blood Vessels which restricts Blood flow

Atherosclerosis

The process of the Arteries hardening and narrowing due to the build up of Atheroma

Blood Pressure

Measurement of the pressure within the Arteries

Brain Attack

New term for a Stroke

Brainstem

Base of the brain which controls the basic functions of life

Bruit

Noise made by a blockage in a Carotid Artery when examined with a stethoscope

Carotid Arteries

Blood Vessels which supply Blood to the brain located in the neck

CD

Carotid Doppler

Ultrasound of the Arteries in the neck to check for blockages

Carotid Endarterectomy

Procedure to clear blockage from a Carotid Artery

Cerebral Haemorrhage

Medical term for a bleed in the brain

Cholesterol

Fat which leads to fatty deposits in the Arteries

Contracture

When a joint becomes fixed in one position

Diplopia

Double vision

Dysarthria

Difficulty in communicating due to weakness of the muscles used in speaking

Medical Terms (Stroke)

EEG

Dyslexia

Difficulty with literacy and language related skills

Dysphagia

Difficulty in swallowing

Dysphasia

Difficulty in using and understanding language

Dysphonia

Difficulty in speaking at the desired volume

Dyspraxia

Difficulty in coordinating movement or speech

Electroencephalogram

Tracing of the activity of the brain

Embolism

Blockage in a Blood Vessel due to a Blood clot or an air bubble

Haematoma

Blood clot

Haemorrhage

Bleeding from a ruptured Blood Vessel

Hemianopia

Blindness in half of the visual field affecting both eyes

Hemiparesis

Weakness or partial Paralysis on one side of the body

Hemiplegia

Loss of power or movement on one side of the body

Hemisphere

Medical term for right or left side of the brain

Hydrocephalus

Raised pressure within the skull

Incontinence

Loss of bladder or bowel control

Infarct

Area of tissue damaged by lack of Blood and Oxygen

Medical Terms (Stroke)

LACS

Lacunar Stroke Syndrome

Medical classification; a 'small' Stroke affecting an area deep inside the brain

MID

Multi-Infarct Dementia

Long term confusion caused by a series of small Strokes

NG

Naso-gastric

Tube inserted through the nostril into the stomach to provide nutrition

Nystagmus

Involuntary jerking of the eyes

Paralysis

Complete loss of movement in a part of the body

PACS

Partial Anterior Circulation Syndrome

Medical classification; a Stroke at the front of the brain

PFO

Patent Foramen Ovale

Hole situated between the right and left sides of the Heart.
Can contribute to Strokes

PEG

Percutaneous Endoscopic Gastrostomy

Tube inserted into the wall of the stomach to provide nutrition

PET

Positive Emission Tomography

A detailed scan of the brain

POCS

Posterior Circulation Syndrome

Medical classification; a Stroke at the back of the brain

Statin

Generic name for Cholesterol lowering drugs

Stroke

Disruption in the Blood supply to part of the brain which damages the surrounding brain cells

SAH

Subarachnoid Haemorrhage

Ruptured Blood Vessel which has bleed into the brain

Subluxation

Partial dislocation of a joint

TACS

TIA

VSD

Thalamus

Part of the brain which deals with sensations

Thrombolysis

A 'clot busting' drug used to dissolve a Blood clot which is causing a Stroke

Thrombosis

Medical term for a blockage in a Blood Vessel due to a Blood clot

Total Anterior Circulatory Syndrome

Medical classification; a large Stroke at the front of the brain

Transient Ischaemic Attack

Medical classification of a mini-Stroke; symptoms last less than 24 hours

Ventricular Septal Defect

Small hole in the bottom part of the Heart

Vertigo

An abnormal sensation of movement which can cause spinning, dizziness and/or nausea

Advice Line



The Chest, Heart & Stroke Advice Line nurses aim to meet the needs of patients, their families and health professionals by providing confidential, independent advice on all aspects of chest, heart and stroke illness.

The Advice Line is staffed by specialist nurses from 9.30am – 12.30pm and 1.30pm – 4.00pm, Monday to Friday. A text phone is available and an interpretation service can be arranged. All calls are charged at local rates and there is an out of hours answer phone.

**Advice Line 0845 077 6000
adviceline@chss.org.uk
www.chss.org.uk**

Chest, Heart & Stroke Scotland have compiled this information on the express understanding that no recommendations or endorsements are made (express or implied) as to the reliability, accuracy or completeness of such information.

**Chest
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