

POCKET GUIDE



MEDICAL GUIDE

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CALCULATE THE CORRECT FLOW RATE

DRIP RATE IS INDICATED ON THE POUCH ATTACHED TO THE IV LINE

MACRO DRIP = 15 DROPS/MILLILITER

MACRO DRIP = 30 DROPS/MILLILITER

MICRO DRIP = 60 DROPS/MILLILITER

FLOW RATE :

**VOLUME TO ADMIN. in ml. X DRIP FACTOR in DROPS/ml. = DROPS/MIN.
TIMEFRAME IN MINUTE**

EXEMPLE FLOW : 120 ml./hour WITH MACRO TUBING

**Ex : 120 ml. X 15 drops/ml. = 30 drops/min. or 8 drops in 15 secondes
60 MINUTES**

FLOW RATE ml./hour	MACRO TUBING 10 drops/ml.	MACRO TUBING 15 drops/ml.	MICRO TUBING 60 drops/ml.
30	5 drops/minute	8 drops/minute	30 drops/minute
50	8	13	50
60	10	15	60
70	12	18	70
80	13	20	80
90	15	23	90
100	17	25	100
110	18	28	110
120	20	30	120
130	22	33	130
140	23	35	140
150	25	38	150
175	29	44	175
200	33	50	200

SALINE SOLUTION CONCENTRATIONS

HYPOTONIC SALINE

<u>DEXTROSE 2.5% WATER</u>	D2.5% W or D2.5% H₂O
<u>SODIUM CHLORIDE 0.45%</u>	NaCl 0.45%
<u>SODIUM CHLORIDE 0.33%</u>	NaCl 0.33%

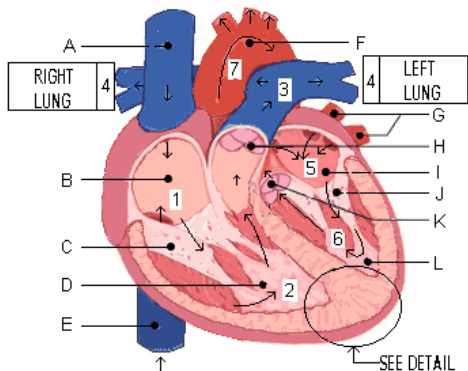
ISOTONIC SALINE

<u>DEXTROSE 5% WATER</u>	D5% W or D5% H₂O
<u>SODIUM CHLORIDE 0.9%</u>	NaCl 0.9%
<u>LACTATED RINGER</u>	L.R.

HYPERTONIC SALINE

<u>DEXTROSE 5% WATER + SODIUM CHLORIDE 0.9%</u> D5% W / NaCl 0.45% or D5% H₂O NaCl 0.9%
<u>DEXTROSE 5% WATER + SODIUM CHLORIDE 0.45%</u> D5% W / NaCl 0.45% or D5% H₂O NaCl 0.45%
<u>DEXTROSE 5% WATER + SODIUM CHLORIDE 0.33%</u> D5% W / NaCl 0.33% or D5% H₂O NaCl 0.33%
<u>DEXTROSE 5% WATER + SODIUM CHLORIDE 0.225%</u> D5% W / NaCl 0.225% or D5% H₂O NaCl 0.225%
<u>DEXTROSE 5% WATER + LACTATED RINGER</u> D5% W / L.R. or D5% H₂O /L.R.
<u>DEXTROSE 10% WATER</u> D10% W or D10% H₂O
<u>DEXTROSE 5% WATER + SODIUM CHLORIDE 0.45% + CHLORIDE POTASSIUM 40 μm</u> D5%W / NaCl 0.45%/KCl 40 μm or D5% H₂O NaCl 0.45%/KCl 40 μm
<u>DEXTROSE 5% WATER + SODIUM CHLORIDE 0.45% + POTASSIUM CHLORIDE 20 μm</u> D5%W / NaCl 0.45%/KCl 20 μm or D5%H₂O NaCl 0.45%/KCl 20 μm

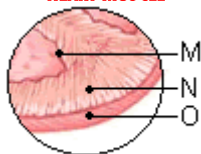
THE HEART



- A: SUPERIOR VENA CAVA**
B: RIGHT ATRIUM
C: TRICUSPID VALVE
D: RIGHT VENTRICLE
E: INFERIOR VENA CAVA
F: AORTA

- G: PULMONARY VEINS**
H: PULMONARY VALVE
I: LEFT ATRIUM
J: MITRAL VALVE
K: AORTIC VALVE
L: LEFT VENTRICLE

HEART MUSCLE

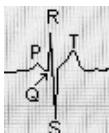


M: ENDOCARDIUM N: MYOCARDIUM O: PERICARDIUM

ELECTROCARDIOGRAM

NORMAL HEART BEAT.

" P-R " INTERVAL : < 0.23



NORMAL SINUS RHYTHM NSR



**NSR IS CHARACTERIZED BY A HEART RATE BETWEEN 60-100 BPM.
ELECTRICAL IMPULSES COMES FROM THE "SA" NODE.**

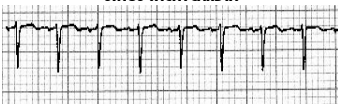
SINUS BRADYCARDIA



HEART RATE UNDER 60 BPM.

BRADYCARDIA : ELECTRICAL IMPULSE COMES FROM THE "SA" NODE.

SINUS TACHYCARDIA



HEART RATE OVER 100 BPM.

TACHYCARDIA : ELECTRICAL IMPULSE COMES FROM THE "SA" NODE.

Depression evaluation (for reference only)

- 1. Are you basically satisfied with your life?**
- 2. Have you dropped many of your activities and interest?**
- 3. Do you feel that your life is empty?**
- 4. Do you often get bored?**
- 5. Are you optimistic about the future?**
- 6. Do you have Thoughts that haunt you?**
- 7. Are you in good mood most of the time?**
- 8. Are you afraid that something bad is going to happen to you?**
- 9. Do you feel happy most of the time?**
- 10. Do you need help to do your activities?**
- 11. Are you feeling nervous and feel the need to keep moving?**
- 12. Do you prefer to be alone at home, rather than going out?**
- 13. Do you worry about future?**
- 14. Do you think that your memory is bad?**
- 15. Do you think it is wonderful to be alive now?**
- 16. Are you often discouraged?**
- 17. Do you feel pretty worthless the way you are now?**
- 18. Do you often think about the past?**
- 19. Do you think that life is wonderful?**
- 20. Do you have difficulties to start projects?**
- 21. Are you feel energetic?**
- 22. Do you feel that your situation is hopeless?**
- 23. Do you think that most people are better than you are?**
- 24. Are you often irritated by details?**
- 25. Do you often feel that you need to cry?**
- 26. Do you have difficulty with your concentration?**
- 27. Are you happy when you get up in the morning?**
- 28. Do you often suggest activities?**
- 29. Is it easy for you to make decisions?**
- 30. Do you feel better than yesterday?**

TRANSLATION SECTION

ENGLISH

FRENCH

WHAT IS YOUR NAME?	QUEL EST VOTRE NOM?
WHAT DAY IS IT?	QUEL JOUR SOMMES-NOUS?
WHERE ARE YOU HERE?	OÙ ETES-VOUS ICI?
WHAT HAPPENED?	QUE S'EST-IL PASSE?

1- DO YOU HAVE ANY DIFFICULTY TO BREATHE? AVEZ-VOUS DE LA DIFFICULTE A RESPIRER?
2- DO YOU HAVE ANY CHEST PAIN? AVEZ-VOUS MAL A LA POITRINE?
3- DOES IT HURT MORE WHEN YOU INHALE OR EXHALE? AVEZ-VOUS PLUS MAL LORSQUE VOUS INSPIRE OU EXPIRE?
4- DOES IT HURT WHEN YOU COUGH? AVEZ-VOUS MAL LORSQUE VOUS TOUSSEZ?
5- DO YOU HAVE PAIN WHEN YOU TAKE A DEEP BREATH? AVEZ-VOUS MAL EN PRENANT UNE GRANDE INSPIRATION?
6- ARE YOU OFTEN SHORT OF BREATH? ETES-VOUS SOUVENT A BOUT DE SOUFFLE?
7- ARE YOU SHORT OF BREATH WHEN RESTING? ETES-VOUS ESSOUFFLE AU REPOS?
8- ARE YOU SHORT OF BREATH WHEN WORKING? ETES-VOUS ESSOUFFLE LORSQUE VOUS TRAVAILLEZ?
9- DO YOU HAVE PALPITATIONS? AVEZ-VOUS DES PALPITATIONS?
10-DO YOU HAVE HEART PROBLEMS OR HISTORY OF HEART PROBLEMS? AVEZ-VOUS DES PROBLEMES CARDIAQUES?
11-DO YOU HAVE ANY PAIN ANYWHERE? AVEZ VOUS DE LA DOULEUR QUELQUE PART?

**12- SHOW ME WITH ONE FINGER WHERE YOUR PAIN IS.
MONTREZ-MOI AVEC UN DOIGT OÙ EST VOTRE DOULEUR.**

**13- AT WHAT TIME DID IT START?
A QUELLE HEURE CELA A-T-IL COMMENCE?**

**14- HOW DID THE PAIN START?
COMMENT LA DOULEUR A-T-ELLE DEBUTE?**

**15- DOES IT WAKE YOU UP AT NIGHT?
EST-CE QUE CA VOUS REVEILLE LA NUIT?**

**16- IS IT WORST OR BETTER AFTER EATING?
EST-CE PIRE OU MOINS PIRE APRES AVOIR MANGE?**

**17- WHAT KIND OF PAIN IS IT?
QUEL EST LE TYPE DE DOULEUR?**

**18- EVALUATE YOUR PAIN ON A SCALE 0 TO 10? 0 = NO PAIN
EVALUEZ VOTRE DOULEUR SUR UNE ECHELLE DE 0 A 10?**

**19- DOES THE PAIN EXTEND ANYWHERE ELSE ON YOUR BODY?
EST-CE QUE LA DOULEUR CHANGE DE PLACE?**

**20- DO YOU TAKE MEDICATIONS ON A REGULAR BASIS?
PRENEZ-VOUS DES MEDICAMENTS TOUS LES JOURS?**

**21- DO YOU HAVE ANY ALLERGY TO MEDICATIONS?
AVEZ-VOUS DES ALLERGIES AUX MEDICAMENTS?**

**22- I WILL TAKE YOUR BLOOD PRESSURE NOW.
JE VAIS PRENDRE VOTRE PRESSION MAINTENANT.**

**23- I AM GOING TO TAKE A BLOOD SAMPLE.
JE VAIS VOUS FAIRE UNE PRISE DE SANG.**

**24- I NEED A URINE SPECIMEN.
J'AI BESOIN D'UN PRELEVEMENT D'URINE.**

**25- I AM GOING TO PRICK YOUR FINGER NOW.
JE VAIS VOUS PIQUER SUR LE BOUT DU DOIGT.**

**26- THIS WILL NOT HURT YOU.
CELA NE VOUS FERA PAS MAL.**

TERMINOLOGY OF PATHOLOGIES

ACROMEGALY : Growth hormonal disorder which causes an abnormal increase in the size of the feet and hands and a deformation of the face with the passing of years.

AGNOSIA : Disorder of the comprehension. Loss of ability to recognize object, persons, sounds, shapes or smell.

AGNOSIA (DIGITAL) : inability, for a patient, to distinguish the fingers from his hand or from another person.

AGRAPHESIA : Inability to identify a letter or number being written on some part of the body.

HYPOKINESIA : inability or difficulty to initiate voluntary muscular movements.

AMENORRHEA : Is the absence of a menstrual period in a woman of reproductive age.

ANALGESIC : Suppression of the painful feelings with the conservation of the touch feelings.

ANAMNESIS : Information collected by the doctor on the medical past history.

ANARTHRIA : Speech difficulty consisting only in impossibility of articulating the sounds.

ANEMIA : Decrease of haemoglobin rate in blood due to a lack of iron.

ANESTHESIA : The sensation is blocked or temporarily away.

ANEURYSM : localized dilation of the wall of an artery leading to the formation of a pocket.

ANGINA (Chest pain) : Is a pain felt in the chest caused by an insufficient contribution of blood from the cardiac muscle and appears in general by an oppression of a feeling of heaviness in the chest. The pain may irradiates often, but not

MEDICAL ABBREVIATIONS

























A

AAA	Abdominal aortic aneurysm
AANS	Agent antiandrogen nonsteroidal
AAR	Angiotensine Antagonist receptors
Abdo.	Abdomen
AB_x	Antibiotics
A/C	Analysis / Urine culture
A.C.	Before meals (Ante Cibum)
ACC	Ambulatory care clinic
ad	Until/up to (adusque)
ad lib.	As desired (ad libitum)
A-fib	Atrial fibrillation
AIDS	Acquired immunodeficiency syndrome
AKA	Also known as
Alt	Alternate
ANA	Anti-nuclear antibodies
ANS	Autonomic nervous system
APC	Atrial premature complex
ARB	Arterial blood gas
ASA	Acetylsalicylic acid
CNS	Central nervous system
AV	Artrioventricular

B

Ba	Baryum
Bact.	Bacteria
BCG	Bacille Calmette + Guerin, Antituberculosis Vaccine
b.i.d.	twice daily (bis in die)
BM	Barium meal
BP	Blood pressure
BPM	Heart beat per minute
BSP	Bromesulfone-phtaleine

CONTAGIOUS DISEASE AND PERSONNAL PROTECTIONS

INFECTION	GLOVES -	GLASSES-	MASK - TYVEK
ADENOVIRUSES			Standard based
ANTHRAX			 
BOTULISM			Standard based
CHLAMYDIA			Standard based
CHOLERA			Standard based
CLOSTRIDIUM			 
DENGUE			Standard based
DIPHThERIA			 
E-COLI			Standard based
EBOLA	SPECIAL PROTECTIVE SUIT FOR EBOLA		

PATHOLOGY SECTION

DIPHTHERIA : Acute contagious disease that affected mostly upper respiratory tract. Characterized by sore throat, low fever and adherent pseudo membrane on the tonsil(s), pharynx and/or nasal cavity. Inflammation may occur an obstruction in the throat. **Evolution** : Pale, fatigue, fever, Dysphonic.

Treatment : Diphtheria anti-toxin. Vaccine

GONORRHEA (THE CLAP) : Sexually transmitted infection caused by the bacterium *Neisseria gonorrhoea*.

Infected : From one person to another through vaginal, oral and anal sex. **Evolution** : Man: urethritis associated with burning. Woman : vaginal discharge, lower abdominal pain.

Treatment : Antibiotic but high rate of resistance

Preventions : The condom remain the best precaution.

GOUT : Elevated levels of uric acid in the blood which crystallize and are deposited in the articulations.

Evolution : The metatarsal-phalange joint at the bas of the big toe is commonly affected. **Treatment** : NSAID, steroids or colchicines. **Prevention** : Good lifestyle and diet.

HEPATITE-A (ACUTE HEPATITIS VIRAL INFECTION) :

A disease that causes inflammation of the liver.

Infected : By eating contaminated food or drinking water or through contact with an infected person's feces (stool).

Incubation period : Average is 2 to 4 weeks. But symptoms may appear two to seven weeks after being infected.

Evolution : Most people recover without treatment.

Precautions : Wash your hands after using the washroom and changing diapers, and before preparing or eating food.

Vaccine : Yes and is effective during nearly 10 years.

SYNDROMES SECTION

ANSE SYNDROME : Postprandial abdominal pain relieved by vomiting; Malabsorption, steatorrhea (pernicious anemia.)

APERT SYNDROME : Malformation of the skull, face, hands and feet, syndactyly, exophthalmia, maxillary hypoplasia.

ARC PAIN SYNDROME : Pain in the range through the movement of the shoulder joint in abduction (60° to 120°), no pain at the beginning and the end of the spectrum.

ASHERMAN'S SYNDROME : Amenorrhea and infertility after a uterine curettage for postpartum hemorrhage.

ASPERGER SYNDROME : In autism spectrum, inability to feel emotion or empathy, non social interaction, violence, difficulty to communicate, poor coordination, (bad posture, little imagination, inability to memorize specific date.

AUTO-IMMUNISATION SYNDROME : Young women (sometimes subsequent emotional or physical stress.) Parasthesia of the arms, legs and body followed by series of bruising.

AXENGELD-RIEGER SYNDROME (RIEGER SYNDROME) : Dysgenesis of the iris, small teeth, oligodontia.

BARRETT'S SYNDROME : Chronic reflux esophagitis, esophageal ulcers. Stenosis of the esophagus.

BARTTER'S SYNDROME : Child or young adult, short stature, polydipsia, polyuria, enuresis, nocturia, muscle weakness, (tetany, cramps, taste for salt, vomiting, constipation.)

BASSEN-KORNZWEIG SYNDROME : Abetalipoproteinemia: affect the absorption of fats, unable to gain weight and grow, dyspraxia, acanthocytose, retinitis pigmentosa, growth retardation.

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