

## English for Nurses: Discussing Pain

<b>abdomen</b>	Medical term for <i>belly</i> or <i>tummy</i> . The front part of the body between the thorax and the pelvis.
(to) ache	to have a pain which is dull and constant
aches and pains	collocation meaning <i>pains in general</i> , e.g. <i>I have suffered from aches and pains in my knees for several years.</i>
<b>acromion</b>	medical term for the <i>highest point of the shoulder blade</i>
<b>acute</b>	describes pain which is sharp and usually short-term
<b>analgesia</b>	medical term for <i>pain relief</i> or <i>painkiller</i>
<b>ankle</b>	hinge joint between the <i>tibia</i> and <i>fibula</i> of the foot and the <i>talus</i> ( <i>ankle bone</i> )
<b>antecubital fossa</b>	medical term meaning <i>crook of the elbow</i> ; area on the inside of the elbow where blood samples may be taken from
(to) <b>assess</b>	to evaluate something
<b>back injury</b>	damage to the bones, tissues or muscles of the back.
<b>belly</b>	see <i>abdomen</i>
<b>bone</b>	tough material which supports the body and protects soft organs
(to) <b>bore</b>	to make a hole in something, e.g. bore a hole into the cranium
<b>boring</b> (pain)	pain which feels as if someone is making a hole into the body
<b>buttocks</b>	two rounded parts of the anatomy below the sacrum, generally meaning the fat over the gluteal muscles. Also called <i>bottom</i> , <i>bum</i> ( <i>vulgar</i> ) or <i>butt</i> ( <i>vulgar</i> ).
<b>canthus</b>	Medical term meaning <i>corner of the eye</i> . The angular junction between the upper and lower eyelids.
<b>capsule</b>	medication enclosed in a soft cover that is taken by mouth
<b>cartilage</b>	tough, fibrous connective tissue which connects bones
<b>chest</b>	medical term <i>thorax/thorac-</i> ; area of the body between the neck and the abdomen including the organs (heart and lungs) which are protected by the ribcage
<b>chronic</b>	describes something which is long-term
<b>comfortable</b>	free from pain or discomfort
<b>confusion</b>	disoriented mental state, lack of awareness of time and place
<b>constipation</b>	intestinal disorder causing the passing of hard stool or no stool at all

crook of the elbow	see <i>antecubital fossa</i>
<b>crushing</b>	describes a feeling of having a heavy weight pressing down
<b>cubicle</b>	section in an Emergency Department which has curtains around it for privacy
<b>dementia</b>	disorder which causes the loss of mental function and causes an inability to manage daily activities
<b>diary</b>	personal record kept by a patient to monitor a disease or disorder, e.g. a diabetes diary
dull ache	a pain which is not sharp or intense, but tends to be constant
<b>drowsiness</b>	feeling of tiredness
<b>earache</b>	medical term <i>otodynia</i> , often caused by an infection
Emergency Department (ED)	area of the hospital which is equipped for emergency care, e.g. trauma
<b>epigastric</b>	medical term meaning <i>above the stomach</i> , e.g. <i>epigastric pain</i>
<b>exterior</b>	meaning <i>outside</i> or <i>external</i>
<b>femur</b>	Medical term meaning <i>thigh bone</i> . The femur is the longest bone in the body extending from the pelvis to the knee.
<b>forehead</b>	part of the face between the eyebrows and the hair of the scalp
<b>gait</b>	the way a person walks, e.g. <i>shuffling gait</i>
<b>gluteal</b>	medical term meaning <i>relating to the gluteus muscles or buttocks</i>
<b>handover</b>	communication of patient information from one healthcare professional to another, e.g. during the transfer of patients from one part of the hospital to another
<b>headache</b>	pain in any part of the head
heat pack	heated pad which is used to soothe painful areas, especially muscular pain
heel	the back part of the foot
(to) hurt	to be painful or sore
<b>hypochondriac</b>	person who is abnormally worried about their health
<b>hypogastric</b>	medical term meaning <i>below the abdomen</i> , e.g. <i>hypogastric region</i>
<b>iliac</b>	medical term relating to the <i>ilium</i> (pelvis bone)
<b>incision</b>	surgical cut into the body, often before a surgical procedure

<b>indigestion</b>	general term for gastrointestinal symptoms such as <i>heartburn</i> , <i>nausea</i> , <i>bloating</i> and a <i>feeling of fullness</i>
<b>inflammation</b>	tissue response to injury which results in redness and swelling around the area of injury
<b>inflamed</b>	describes tissue which is red and swollen
<b>injection</b>	liquid medication pushed into the body through a needle
<b>interior</b>	relating to the inside or within
<b>intensity</b>	describes how strong something is
<b>joint</b>	place where two bones meet; joints assist with movement and flexibility
<b>knuckle</b>	part between small bones in the hand which help the fingers move easily
<b>lateral</b>	on the side of the body, furthest from the midline
<b>lid</b>	covering of a container
<b>(to) limp</b>	abnormal gait whereby a person dips to one side when walking
<b>lumbar</b>	medical term which describes the <i>loins</i> (part of the body between the ribs and the hips)
<b>lumbago</b>	pain in the lower back resulting from muscle strain
<b>mild pain</b>	pain which is not very strong
<b>moderate pain</b>	quite a lot of pain, so it is hard to move around
<b>(to) monitor</b>	to check a condition frequently, so that deterioration in the condition is managed
<b>morphine</b>	an opioid drug or very strong painkiller
<b>muscle</b>	bundle of cells which contract to produce movement
<b>muscular</b>	relating to the muscles
<b>nagging pain</b>	pain which is constant and won't go away
<b>nape of the neck</b>	medical term <i>nucha</i> ; lower part of the neck
<b>nausea</b>	feeling that you need to vomit
<b>newborn</b>	also called <i>neonate</i> ; a baby just after birth
<b>non-steroidal anti-inflammatory drugs (NSAIDs)</b>	class of drugs that reduce pain, decrease fever and reduce inflammation
<b>nucha</b>	medical term which describes <i>the nape of the neck</i>
<b>nuchal</b>	relating to the <i>nucha</i> or <i>nape of the neck</i>

numerical scale	pain scale which uses numbers from 0 to 10 to indicate pain severity
<b>occiput</b>	medical term for <i>back of the head</i>
occipital	relating to the <i>occiput</i> or <i>back of the head</i>
<b>olecranon process</b>	medical term for <i>elbow</i>
opioid	class of drugs which have morphine-like effects
<b>osteoarthritis</b>	often shortened to <i>arthritis</i> , condition where the joints of the body become painfully inflamed
pain level	amount of pain a person has
<b>painful</b>	describes something which hurts a lot and is sore
<b>painkiller</b>	medication which helps to stop pain
<b>pain relief</b>	medical term <i>analgesia</i>
pain scale	scale usually numbered zero to ten which patients use to allocate a number to describe their pain level
pain severity	measure of how painful something is
patella	medical term for kneecap, a flat triangle-shaped bone in front of the knee
<b>patient controlled analgesia (PCA)</b>	strong painkillers which are delivered to patients intravenously, whenever patients press a button attached to the IV line
<b>pharmacy</b>	chemist or place where medication is prepared or sold
<b>pharynx</b>	medical term for <i>throat</i> , section of the gastrointestinal tract from the mouth and nasal cavity to the larynx (voice box)
popliteal	medical term which describes the <i>knee</i>
popliteal fossa	medical term for the <i>kneepit</i> or <i>back of the knee</i>
<b>premature</b>	baby who is born early, i.e. before 40 weeks of gestation
<b>Premature Infant Pain Profile (PIPP)</b>	chart of the changes in facial expressions in a premature infant which indicate the presence of pain
(to) <b>prescribe</b>	write an order for a drug or IV fluids on a drug chart or prescription form
<b>pubes</b>	medical term for the lower part of the abdomen over the reproductive organs
<b>pubic</b>	relating to the <i>pubes</i>

(to) <b>pulsate</b> / <b>pulsating</b>	to throb or beat in the same way as a heartbeat
<b>queasy</b>	feeling sick as if you want to vomit
(to) <b>rate pain</b>	match a number to how bad the pain is
<b>referred pain</b>	pain felt away from the injury
<b>severe pain</b>	pain which is intense and makes you cry out
<b>sharp pain</b>	intense stabbing pain
<b>shoulder blade</b>	medical term <i>scapula</i>
<b>side effect</b>	an unpleasant effect of a drug that happens in addition to the main effect and which is unintended
(a) <b>sore</b>	also called a wound or lesion; injury to the skin
<b>sore</b>	see <i>painful</i>
<b>spine</b>	rigid bony structure in the middle of the back
<b>stabbing pain</b>	pain which feels like being cut by a knife
<b>stiff</b>	describes something which does not move easily
<b>stomach ache</b>	pain in the stomach or abdomen
<b>subjective</b>	something experienced by a person, e.g. a feeling or a symptom
<b>suppository</b>	a small, solid type of medication that is put inside the anus, where it dissolves easily
(to) <b>swell</b>	to expand or get bigger
<b>swollen</b>	refers to something which is distended or increased in size, e.g. <i>swollen finger</i>
<b>tablet</b>	a small, solid type of medicine taken by mouth
<b>tender</b>	sensitive or painful to the touch
<b>thigh</b>	part of the body above the knee
<b>toothache</b>	soreness or pain around a tooth
<b>thorax</b>	Medical term meaning <i>chest</i> . Part of the body between the neck and the abdomen.
<b>throbbing pain</b>	pain which makes you feel that you can feel the blood flowing through your blood vessels
<b>tummy</b>	everyday term for <i>abdomen</i>
<b>umbilicus</b>	medical term for <i>navel</i>
<b>verbal</b>	describes using words

<b>vertebra</b> (plural: <b>vertebrae</b> )	Medical term meaning <i>bony segment of the spine</i> . There are 33 vertebrae in the adult spine.
<b>visual</b>	describes things which are seen
(to) <b>vomit</b>	to expel undigested or partly digested food from the stomach out of the mouth
<b>vomiting</b>	medical term <i>emesis</i> or <i>vomitus</i> ; process of ejecting undigested or partially digested food from the stomach out of the mouth
<b>walking aid</b>	Also called <i>mobility aid</i> . Device used to provide stability for a person who has an unsteady gait, e.g. walking frame, rollator, crutches.
Wong <b>Baker</b> <b>Faces</b>	pain scale which uses ten different facial expressions to indicate pain severity