

12 Reference section

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Mnemonics

Mnemonic	Meaning
5As (brief interventions p141)	A sk, A ssess, A dvice, A ssist, A rrange
A M P L E (assessing trauma p41)	A llergies, M edicines or current illness, P ast history, L ast time they ate or drank, E vent – what happened to cause the injuries
A V P U (assessing trauma p40)	A lert, V oice, P ain, U nresponsive
B U R P (intubation p53)	B ackward, U pward, R ightward Pressure
C A R E (at accident sites p33)	C autious, C arry, C are, A nimals, R oad traffic management, E nvironment
De M I S T (assessing trauma p41)	D escription of incident, M echanism of injury, I njuries sustained, S igns and symptoms, T reatment so far
DRS ABC (life support CARPA p10)	D anger, R esponse, S end for help, A irway, B reathing, C irculation
DRS ABC DE (assessing trauma p35)	D anger, R esponse, S end for help, A irway, B reathing, C irculation, D isability, E xpose and E xamine
FRAMES (brief interventions p140)	F eedback, R esponsibility, A dvice, M enu, E mpathy, S upport self-efficacy
H A R M (avoid for 48 hours) (soft tissue injuries p219)	H eat, A lcohol/ A spirin/ A nti-inflammatories, R unning/ strong exercise, M assage
HEADSS (interview guide for young people p102)	H ome, E ducation/ E mployment/ E ating/ E xercise, A ctivities and peers, D rugs, S exuality/ S uicide/ S afety/ S trengths/ S pirituality
I S B A R (phone consultation p13)	I dentify, S ituation, B ackground, A ssessment, R equest
O L D C A R T S (presenting complaint — history taking p95 , skin examination p266)	O nset, L ocation, D uration, C haracteristics, A ggravating factors, R elieving factors, T reatments, S igns and S ymptoms
Ps (compartment syndrome p218)	P ain gets worse, P assive movements, P aresthesia and P rogressive P aralysis, P oor circulation, loss of P eripheral P ulses
P Q R S T (assessing trauma p41)	P rovoking/ P alliating factors, Q uality, R egion and R adiation, S everity, T iming
R I C E (soft tissue injuries p220)	R est, I ce, C ompression, E levation (use in first 48 hours)
S N A P E (current health status p126)	S moking, N utrition, A lcohol and drugs, P hysical activity, E motional wellbeing
S O O D A – F (writing in file notes p117)	S tory of presenting problem, O ngoing health problem, O bservations and clinical examination, D iagnosis, A ction/management plan, F ollow-up

Abbreviations

°	degree	cm	centimetre
%	percent	CMV	cytomegalovirus
ABC	airway, breathing, circulation	CO ₂	carbon dioxide
ABCDE	airway, breathing, circulation, disability, expose	COPD	chronic obstructive pulmonary disease
ACR	albumin creatinine ratio	CPM	<i>Clinical Procedures Manual</i>
ACTH	adrenocorticotrophic hormone	CPR	cardiopulmonary resuscitation
AFB	acid fast bacilli	CRP	c-reactive protein
AIMhi	Australian Integrated Mental Health Initiative	CSOM	chronic suppurative otitis media
APTT	activated partial thromboplastin time	CT	computed tomography
ATSIHP	Aboriginal and Torres Strait Islander Health Practitioner	CVC	central venous catheter
AV	arteriovenous	DNA	deoxyribonucleic acid
BCG	Bacille Calmette–Guérin	Dr	doctor
BGL	blood glucose level	DVT	deep vein thrombosis
BIG	bone injection gun	EBV	Epstein-Barr virus
BMI	body mass index	ECG	electrocardiogram
BP	blood pressure	EDTA	ethylenediaminetetraacetic acid
BVM	bag-valve-mask	eg	exempli gratia – for example
C	centigrade	eGFR	estimated glomerular filtration rate
Ca	calcium	ENT	ear, nose and throat
CAA	Civil Aviation Authority	EPG	electrophoresis
CAPD	continuous ambulatory peritoneal dialysis	EPIRB	emergency positioning infra-red beacon
CARPA	Central Australian Rural Practitioners Association	ESR	erythrocyte sedimentation rate
CARPA STM	<i>CARPA Standard Treatment Manual</i>	ETA	estimated time of arrival
CASA	Civil Aviation Safety Authority	etc	et cetera – and so forth
CBT	cognitive behavioural therapy	ETD	estimated time of departure
CDC	Centre for Disease Control, Communicable Disease Control Branch, Communicable Disease Control Directorate	F	figure
CF	count fingers	FBC	full blood count
CK	creatinine kinase	FEV ₁	forced expiratory volume in 1 second
		FOBT	faecal occult blood test
		Fr	French gauge
		FVC	forced vital capacity
		FVC ₆	forced vital capacity in 6 seconds
		G	gauge

Abbreviations

g	gram	min	minute
HACC	home and community care	mL	millilitre
Hb	haemoglobin	mm	millimetre
HbA1c	glycated haemoglobin	mmHg	millimetre of mercury
HF	high frequency	MMS	multimedia messaging service
HM	hand movement	MMSE	Mini Mental State Exam
hr	hour	MRSA	methicillin-resistant <i>Staphylococcus aureus</i>
Hz	hertz	MSU	mid-stream urine
IATA	International Air Transport Association	NAAT	nucleic acid amplification test
ICC	intercostal catheter	NDIS	National Disability Insurance Scheme
id	internal diameter	NGT	nasogastric tube
ie	id est – that is	NLP	no light perception
IGT	impaired glucose tolerance	No.	number
IM	intramuscular (in the muscle)	NSAID	non-steroidal anti-inflammatory drug
INR	international normalised ratio	NT	Northern territory
IO	intraosseous (in the bone)	O₂	oxygen
IPP	intermittent positive pressure	O₂ sats	oxygen saturation
IV	intravenous (in the vein)	OC&P	ova, cysts, and parasites
kg	kilogram	OGTT	oral glucose tolerance test
KICA-COG	Kimberley Indigenous Cognitive Assessment: cognitive component	ORS	oral rehydration salts
km	kilometre	OSA	obstructive sleep apnoea
L	left	OT	occupational therapist
L	litre	P	pulse
LA	local anaesthetic	PBS	Pharmaceutical Benefits Scheme
LD	lactate dehydrogenase	PCB	polychlorinated biphenyl
LFT	liver function test	PCEHR	personally controlled electronic health record
LMA	laryngeal mask airway	PCR	polymerase chain reaction
LP	light perception	PD	peritoneal dialysis
m	metre	PE	pulmonary embolus
M&C	microscopy and culture	PEA	pulseless electrical activity
MC&S	microscopy, culture and sensitivity	PEP	positive expiratory pressure
MDI	metered dose inhaler	pH	potential hydrogen
MED	<i>Medicines Book</i>	PH	pinhole
mg	milligram		

PHC	primary health care	TV	television
PHQ	patient health questionnaire	U/A	urinalysis (with dipstick)
PHU	Public Health Unit	UEC	urea, electrolytes, creatinine
physio	physiotherapist	UHF	ultra high frequency
pm	post meridiem – afternoon	UTI	urinary tract infection
POC	point of care	v	volume
POP	plaster of Paris	VA	visual acuity
PPE	personal protective equipment	VTM	viral transport medium
PPT	plasma preparation tube	w	weight
PSA	prostate specific antigen	WBC	white blood count
PT	prothrombin time	WBM	<i>Women's Business Manual</i>
PTH	parathyroid hormone	WHO	World Health Organisation
qid	quarter in die – 4 times a day		
R	right		
RAN	remote area nurse		
REWS	remote early warning score		
RFDS	Royal Flying Doctor Service		
RHD	rheumatic heart disease		
RM	remote midwife		
RN	registered nurse		
RNA	ribonucleic acid		
RPM	revolutions per minute		
RR	respiratory rate		
RUM	return of unwanted medicines		
SARS	severe acute respiratory syndrome		
SES	State Emergency Service		
SIDS	sudden infant death syndrome		
SOS	distress signal		
SST	serum separated test		
STI	sexually transmitted infection		
subcut	subcutaneous		
T	temperature		
TB	tuberculosis		
temp	temperature		
TFT	thyroid function test		
TGA	Therapeutic Goods Administration		

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