

# Glossary

**aches** [N-COUNT-U10] **Aches** are unpleasant pains in the body. **bóle**

**advanced degree** [N-COUNT-U15] An **advanced degree** is a college degree higher than a bachelor's degree. **wyższy stopień uniwersytecki (powyżej stopnia licencjata)**

**affect** [N-UNCOUNT-U9] **Affect** is the displaying of emotion through facial expressions, movements, etc. **wyraz (twarz), zachowanie**

**alternating pressure mattress** [N-COUNT-U3] An **alternating pressure mattress** is a mattress that helps to prevent sores by keeping pressure off of certain areas of the body. **materac przeciwdleżynowy ze zmennym ciśnieniem**

**alveoli** [N-COUNT-U7] **Alveoli** are the sacs in the lungs that allow oxygen to enter the blood. **pęcherzyki płucne**

**anesthesiologist** [N-COUNT-U1] An **anesthesiologist** is a doctor who gives patients anesthetics to keep them from feeling pain. **anestezjolog**

**antibiotic** [N-COUNT-U12] An **antibiotic** is a drug that destroys harmful bacteria in the body. **antybiotyk**

**antidepressant** [N-COUNT-U12] An **antidepressant** is a drug that lifts a person's mood. **antydepresant, środek antydepresyjny**

**antihistamine** [N-COUNT-U12] An **antihistamine** is a drug that combats symptoms of allergic reactions. **antyhistamina**

**anti-inflammatory** [N-COUNT-U12] An **anti-inflammatory** is a drug that reduces redness and swelling. **środek przecizwzapalny**

**aorta** [N-COUNT-U6] The **aorta** is the major tube in the heart that carries blood to the body. **aorta, tętnica główna**

**appendicitis** [N-UNCOUNT-U8] **Appendicitis** is inflammation of the appendix. It is a medical emergency that requires the removal of the appendix. If left untreated, appendicitis can be fatal. **zapalenie wyrostka robaczkowego**

**arm** [N-COUNT-U4] The **arm** is one of two limbs at the side of the body with the hands at the end. **ramię**

**arrhythmia** [N-COUNT-U6] An **arrhythmia** is a condition in which the heart beats abnormally. **arytmia**

**artery** [N-COUNT-U6] An **artery** is a tube in the body that carries blood from the heart to other parts of the body. **tętnica**

**associate's degree** [N-COUNT-U14] An **associate's degree** is a degree granted to people who have completed two years of coursework at a college. **stopień uniwersytecki zdobywany po 2 latach studiów/stopień licencjata**

**asthma** [N-UNCOUNT-U7] **Asthma** is a condition where people have trouble breathing because of narrow or blocked air passages. **astma**

**atrium** [N-COUNT-U6] An **atrium** is one of the two upper chambers of the heart. It holds blood returning to the heart from the lungs and body. **przedsionek serca**

**auscultation** [N-UNCOUNT-U9] **Auscultation** is the process of examining the body by listening to its internal parts. **osłuchiwanie**

**bachelor's degree** [N-COUNT-U14] A **bachelor's degree** is a degree granted to people who have completed four years of coursework at a college or university. **stopień licencjata**

**bedside** [ADJ-U13] If care is **bedside**, it happens while a patient is in a hospital bed. **(opieka) szpitalna/ nad chorym leżącym**

**bedsore** [N-COUNT-U13] A **bedsore** is a sore on the body caused by lying down in the same position for too long. **odleżyna**

**biohazard waste container** [N-COUNT-U3] A **biohazard waste container** is a special container that stores harmful biological substances. **pojemnik na odpady medyczne**

**bleeding** [N-UNCOUNT-U5] **Bleeding** is loss of blood. It occurs when blood escapes from the circulatory system. **krwawienie**

**board certified** [ADJ-U15] Someone who is **board certified** has taken a test to document his or her expertise in an area of medicine. **po zdaniu końcowych egzaminów lekarskich / certyfikowany przez izbę lekarską/ z uprawnieniami do samodzielnego wykonywania zawodu**

**body build** [N-UNCOUNT-U9] A person's **body build** refers to the overall appearance and shape of a person's body.  
**budowa ciała**

**bone** [N-COUNT-U4] A **bone** is one of the hard white parts inside a person's body that gives the body shape. **kość**

**bronchial tube** [N-COUNT-U7] The **bronchial tubes** carry air from the windpipe to the lungs. **oskrzele**

**burning** [ADJ-U11] If something is **burning**, it feels as if it were caused by heat or a fire. **palący**

**call button** [N-COUNT-U3] A **call button** is a button in a hospital room that a patient presses to summon a nurse.  
**przycisk przywołania**

**capillary** [N-COUNT-U6] A **capillary** is a small tube in the body that lets blood and tissue exchange oxygen and nutrients. **naczynie włosowate, kapilara**

**carbon dioxide** [N-UNCOUNT-U7] **Carbon dioxide** is the gas created when people breathe. It is what people breathe out. **dzwutlenek węgla**

**cardiologist** [N-COUNT-U1] A **cardiologist** is a doctor who specializes in treating heart conditions. **kardiolog**

**cardiology** [N-UNCOUNT-U2] **Cardiology** is the medical discipline that deals with the heart. **kardiologia**

**certified** [ADJ-U13] When someone is **certified** they have documentation that they have finished training for something.  
**certyfikowany**

**clot** [N-COUNT-U5] A **clot** is a collection of platelets in blood that come together to stop a wound from continuing to bleed. Clots are essential to surviving when one's skin is broken and one is bleeding. **skrzep**

**colon** [N-COUNT-U8] The **colon** is the last part of the large intestine. **okrężnica**

**colonoscopy** [N-COUNT-U8] A **colonoscopy** is a procedure wherein a doctor uses a small camera to perform an inspection of the colon and large intestine. **kolonoskopia**

**compatible** [ADJ-U5] If something is **compatible**, it is capable of working or existing with something else. **zgodny, kompatybilny**

**consent** [N-UNCOUNT-U9] **Consent** is verbal or written permission for something to happen. **zgoda**

**constant** [ADJ-U11] If something is **constant**, it does not stop, change or vary. **stały**

**cough** [N-COUNT-U10] A **cough** is forcing air out of the lungs and making a loud sound to clear the throat of blockage.  
**kaszel**

**counseling** [N-UNCOUNT-U15] **Counseling** is professional guidance using psychological methods. **doradztwo**

**cramping** [N-UNCOUNT-U8] **Cramping** is a piercing pain that occurs in the area of the stomach. **skurcze**

**degree** [N-COUNT-U13] A **degree** is a document showing that someone has completed study at a college. **stopień (np. uniwersytecki)**

**demand** [N-UNCOUNT-U14] **Demand** is a desire or need for something. **zapotrzebowanie**

**demographic** [ADJ-U9] **Demographic** data is personal information such as age, sex, and nationality. **demograficzny**

**dermatology** [N-UNCOUNT-U2] **Dermatology** is the medical discipline that deals with the health of the skin.  
**dermatologia**

**diagnose** [V-T-U15] To **diagnose** something is to identify the illness or disease affecting a person. **zdiagnozować, postawić diagnozę**

**diarrhea** [N-UNCOUNT-U8] **Diarrhea** is the condition of having loose or liquid bowel movements. Such bowel movements must occur at least three times in a day in order for the condition to be considered diarrhea. **rozwolnienie, biegunka**

**distress** [N-UNCOUNT-U11] **Distress** is a state of sorrow, misery, or suffering. **ból, cierpienie**

**dose** [N-COUNT-U12] A **dose** is a specific amount of a medicine. **dawka**

**electronic health record** [N-COUNT-U13] An **electronic health record** is a collection of health information about patients that is stored on a computer. **komputerowy zapis historii stanu zdrowia**

**elevate** [V-T-U4] To **elevate** something is to move it to a higher level. **podwyższyć**

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- emergency** [N-COUNT-U2] An **emergency** is a situation in which someone's life is in danger. Emergencies require immediate attention from trained medical personnel. **nagły wypadek**
- emphysema** [N-COUNT-U7] **Emphysema** is a disease that destroys alveoli and limits their function, causing breathing and heart problems. **rozedma (płuc)**
- epithelial cell** [N-COUNT-U7] **Epithelial cells** make up the tissue that line the lungs. **komórka nabłonkowa**
- esophagus** [N-COUNT-U8] The **esophagus** is the muscular tube that allows food to pass from the mouth to the stomach. **przłyk**
- excruciating** [ADJ-U11] If something is **excruciating**, it is extremely painful. **nieznośny, potworny**
- external** [ADJ-U4] When something is **external** it is located on the outside of the body. **zewnętrzny**
- extremities** [N-COUNT-U4] The **extremities** are the body parts that are furthest from the center of the body, like hands and feet. **kończyny**
- factor** [N-COUNT-U14] A **factor** is an element contributing to a particular situation. **czynnik**
- fatigue** [N-UNCOUNT-U10] **Fatigue** is a feeling of great tiredness. **zmęczenie**
- fever** [N-COUNT-U10] **Fever** is a condition when the body temperature is extremely high, usually a result of illness. **gorączka**
- gauze** [N-UNCOUNT-U3] **Gauze** is a thin cloth used to cover injuries. **gaza**
- general practitioner** [N-COUNT-U1] A **general practitioner** is a doctor with no specialization who provides primary health care. **internista; lekarz pierwszego kontaktu, lekarz ogólny**
- gown** [N-COUNT-U3] A **gown** is a special hospital garment that a patient wears. **szlafrok, koszula szpitalna**
- hand** [N-COUNT-U10] The **hand** is the part at the end of the arm that grabs and holds things. **ręka**
- head** [N-COUNT-U4] The **head** is the part on top of the body that holds the brain, eyes, ears, nose, and mouth. **głowa**
- headache** [N-COUNT-U10] A **headache** is a pain in the head. **ból głowy**
- heart** [N-COUNT-U6] The **heart** is a major organ that pumps blood to the rest of the body. **serce**
- hospital-based diploma program** [N-COUNT-U14] A **hospital-based diploma program** is a nursing program that takes place in a hospital and combines classroom instruction with hands-on work with patients. **pielęgniarski kurs dyplomowy z praktyką/odbywający się w szpitalu**
- immunization** [N-COUNT-U15] An **immunization** is an administration of a medical substance to help protect a person against a disease. **uodpornienie**
- impact** [N-COUNT-U11] An **impact** is an influence or effect something or someone has on an object, person, or situation. **wpływ**
- injection** [N-COUNT-U13] An **injection** is the insertion of medicine into the body through a needle. **zastrzyk**
- inspection** [N-COUNT-U9] An **inspection** is a visual examination of a part of the body. **ogłędziny**
- intensity** [N-UNCOUNT-U11] **Intensity** is the degree or extent of something. **intensywność**
- intermittent** [ADJ-U11] If something is **intermittent**, it stops and starts over and over again. **powtarzający się, powracający**
- internal** [ADJ-U4] When something is **internal** it is inside the body. **wewnętrzny**
- lab technician** [N-COUNT-U1] A **lab technician** is someone who analyzes samples in a medical laboratory. **technik laboratoryjny**
- large intestine** [N-COUNT-U8] The **large intestine** is the last part of the digestive system. It absorbs water from the indigestible food matter that has passed through the esophagus, stomach, and small intestine before that matter is released from the body. **jelito grube**
- latex gloves** [N-COUNT-U3] **Latex gloves** are gloves made of latex that doctors often wear. **rękawiczki lateksowe**

**laxative** [N-COUNT-U12] A **laxative** is a drug that helps ease bowel movements. **środek przeczsyczający**

**leg** [N-COUNT-U4] The **leg** is the bottom part of the body that is used for walking and standing. **noga**

**license** [N-COUNT-U13] A **license** is a document stating that a person is capable of doing something and has official permission to do so. **licencja, pozwolenie (np. na wykonywanie zawodu)**

**licensed** [ADJ-U14] If someone is **licensed**, they hold a license that permits them to practice something. In the case of nursing, a nurse must be licensed by the state board of nursing in order to practice nursing. **licencjonowany**

**licensure exam** (NCLEX-RN) [N-COUNT-U14] A **licensure exam** is a test administered by a state board of nursing to make sure that new nurses have the required skills to practice nursing. The licensure exam must be passed in order to become a licensed nurse. **(pielęgniarski) egzamin dyplomowy**

**lung** [N-COUNT-U7] A **lung** is one of a pair of organs in the chest that people use to breathe. **płuco**

**lung cancer** [N-COUNT-U7] **Lung cancer** is a disease where cells grow uncontrollably in the lungs. **rak płuc**

**mild** [ADJ-U10] When something is **mild** it is slight and not extreme. **łagodny**

**moderate** [ADJ-U10] When something is **moderate** it is not as strong as possible. **umiarkowany**

**Nurse Practice Act** [N-COUNT-U14] A **Nurse Practice Act** is an act passed by the legislature of a state that defines which tasks a nurse may or may not perform while they are practicing nursing. **ustawa o zawodzie pielęgniarki (określająca uprawnienia i obowiązki pielęgniarek)**

**nurse practitioner** [N-COUNT-U15] A **nurse practitioner** (NP) is a nurse with advanced training that can diagnose and treat certain problems. **dyplomowana pielęgniarka/dyplomowany pielęgniarka**

**objective data** [N-UNCOUNT-U9] **Objective data** is health information that an observer can see and test. **dane obiektywne**

**obstetrician** [N-COUNT-U1] An **obstetrician** is a doctor trained in caring for pregnant women. **położnik**

**obstetrics** [N-UNCOUNT-U2] **Obstetrics** is the medical discipline that deals with the care of women and children during pregnancy and childbirth. **położnictwo**

**orthopedics** [N-UNCOUNT-U2] **Orthopedics** is the medical discipline that deals with the treatment of bones, muscles, ligaments, and tendons. **ortopedia**

**oxygen** [N-UNCOUNT-U7] **Oxygen** is a gas in the air that people need to live. **tlen**

**oxygen tank** [N-COUNT-U3] An **oxygen tank** is a container that holds pure oxygen. **butla tlenowa, pojemnik z tlenem**

**painkiller** [N-COUNT-U12] A **painkiller** is a drug that reduces physical pain. **środek przeciwbólowy**

**palpation** [N-UNCOUNT-U9] **Palpation** is the process of examining parts of the body by touch. **badanie palpacyjne, palpacja**

**pathology** [N-UNCOUNT-U2] **Pathology** is the medical discipline that deals with the study and diagnosis of diseases. It often involves the inspection of organs, tissues, and bodily fluids. **patologia**

**patient flow** [N-UNCOUNT-U13] **Patient flow** is the process of admitting, treating and discharging patients. **przepływ pacjentów**

**pediatrician** [N-COUNT-U1] A **pediatrician** is a doctor who treats children. **pediatra**

**pediatrics** [N-UNCOUNT-U2] **Pediatrics** is the medical discipline that deals with the care of children. **pediatria**

**percussion** [N-UNCOUNT-U9] **Percussion** is the process of examining the body by tapping various parts. **ostukiwanie**

**pharmacist** [N-COUNT-U1] A **pharmacist** is a person who prepares drugs and medicine. **farmaceuta**

**pharmacy** [N-COUNT-U2] A **pharmacy** is a location staffed by pharmacists that distributes pharmaceutical drugs.  **apteka**

**physical exam** [N-COUNT-U15] A **physical exam** is a process in which a doctor examines a person's body to check for illness. **badanie lekarskie**

**physical therapy** [N-UNCOUNT-U15] **Physical therapy** is treatment for injury or pain that helps restore or enhance movement. **fizjoterapia**

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**plasma** [N-UNCOUNT-U5] **Plasma** is the part of blood in which blood cells are suspended. It is the part of blood that makes it a liquid. **osocze**

**platelet** [N-COUNT-U5] A **platelet** is an irregularly-shaped cell that circulates in one's blood and causes clots to form when one is injured and bleeding. **płytki krwi, trombocyt**

**point of entry** [N-COUNT-U15] A **point of entry** is something that provides access to a particular area. **dojście, punkt wejścia**

**prescribe** [V-T-U15] To **prescribe** something is to specify the medical treatment a person should receive. **przepisywać (np. lekarstwo)**

**pulmonary** [ADJ-U6] A **pulmonary** tube is one that relates to the lungs. **płucny**

**pulse** [N-COUNT-U4] **Pulse** is the movement of blood through the body. **puls**

**radiologist** [N-COUNT-U1] A **radiologist** is a doctor who specializes in using imaging technology like X-rays and MRIs. **radiolog**

**radiology** [N-UNCOUNT-U2] **Radiology** is the medical discipline that deals with the use of technology such as x-rays, MRIs, and CAT scans to identify and diagnose disease. **radiologia**

**receptionist** [N-COUNT-U1] A **receptionist** welcomes visitors and answers phones. **recepjonistka, recepcjonista**

**red blood cell** [N-COUNT-U5] A **red blood cell** is a cell within one's blood that carries oxygen throughout the body. It is also where antigens can be found, which determine which type of blood a person has. **czerwona krwinka**

**registered nurse** [N-COUNT-U14] A **registered nurse** is a person who has received a degree or diploma in nursing and has passed the required licensure exam. Registered nurses usually practice nursing in hospitals and doctors' offices and spend much of their time caring for patients. **pielęgniarka dyplomowana/pielęgniarka dyplomowany**

**respiratory system** [N-COUNT-U7] The **respiratory system** is the set of organs that allow you to breathe in oxygen and exhale carbon dioxide. **układ oddechowy**

**re-order** [V-T-U13] To **re-order** something is to order something that has been ordered previously in order to ensure that supplies do not run out. **ponowić zamówienie**

**sedative** [N-COUNT-U12] A **sedative** is a drug that puts a person to sleep or calms the person down. **środek uspokajający**

**severe** [ADJ-U10] When something is **severe** it is extremely strong. **silny, poważny**

**sharp** [ADJ-U11] If something is **sharp**, it is felt acutely and intensely. **ostry**

**sharps container** [N-COUNT-U3] A **sharps container** is a special container that stores sharp hospital objects. **pojemnik na narzędzia chirurgiczne/medyczne**

**shooting** [ADJ-U11] If something is **shooting**, it feels as though it is flashing through one's body. **rozdzierający, przeszywający**

**shortage** [N-UNCOUNT-U14] A **shortage** is a deficiency of something that is needed. **niedobór**

**small intestine** [N-COUNT-U8] The **small intestine** is the part of the digestive system where the majority of digestion and absorption of food into the bloodstream takes place. Food enters the small intestine directly after passing through the stomach. **jelito cienkie**

**sore throat** [N-COUNT-U10] A **sore throat** is a condition in which someone feels pain in the throat caused by inflammation. **ból gardła**

**spinal** [ADJ-U4] If something is **spinal**, it relates to the bones in your back that support the body. **kręgowy**

**state board of nursing** [N-COUNT-U14] A **state board of nursing** is a board that decides the rules regulating the licensure of nurses and the practice of nursing in a given state. **stanowa izba pielęgniarska**

**stimulant** [N-COUNT-U12] A **stimulant** is a drug that makes someone become more active or alert. **środek pobudzający**

**stomach** [N-COUNT-U8] The **stomach** is a muscular, hollow organ that is also the main part of the digestive system. It contains strong acids that are used to digest food. **żołądek**

**stuffy** [ADJ-U10] When a nose is **stuffy** it is blocked up, causing breathing difficulty. **zatkany**

**subjective data** [N-UNCOUNT-U9] **Subjective data** is health information that only the patient is aware of. This includes things such as pain or itching. **dane subiektywne**

**suppository** [N-COUNT-U12] A **suppository** is a pill that is inserted into a person's rectum. It is used to administer medicine. **czopek**

**surgeon** [N-COUNT-U1] A **surgeon** is a doctor who cuts open patients and performs medical operations. **chirurg**

**surgery** [N-UNCOUNT-U2] **Surgery** is the medical discipline that deals with the use of instruments to operate on patients. Surgery is used to diagnose and treat disease and injury. **chirurgia**

**syringe** [N-COUNT-U3] A **syringe** is a container shaped like a tube that is used to draw liquid out of or into something. **strzykawka**

**throbbing** [ADJ-U11] If something is **throbbing**, it feels as if it is pulsating. **pulsujący**

**Type A** [ADJ-U5] If blood is **Type A**, it has only the A antigen on its red blood cells. It also has the A antibody in its plasma. **grupa krwi A**

**Type AB** [ADJ-U5] If blood is **Type AB**, it has both the A and B antigens on its red blood cells. It has neither the A nor B antibodies in its plasma, though. **grupa krwi AB**

**Type B** [ADJ-U5] If blood is **Type B**, it has only the B antigen on its red blood cells. It also has the B antibody in its plasma. **grupa krwi B**

**Type O** [ADJ-U5] If blood is **Type O**, it has neither A nor B antigens on its red blood cells. It does have both the A and B antibodies in its plasma, though. **grupa krwi 0**

**ulcer** [N-COUNT-U8] An **ulcer** is an unusually acidic area of the digestive system that is very painful. Most ulcers occur in the stomach or the small intestine. **wrzód**

**unbearable** [ADJ-U11] If something is **unbearable**, it is intolerable or unendurable. It is too much for a person to take. **nie do zniesienia/wytrzymania**

**universal donor** [N-COUNT-U5] A **universal donor** is someone whose blood is capable of being given to any other person in the world, no matter what their blood type is. Specifically, a person with Type O blood is a universal donor. **dawca uniwersalny**

**vaccine** [N-COUNT-U13] A **vaccine** is a substance given to a person to help them become immune to a disease. **szczepionka**

**valve** [N-COUNT-U6] A **valve** is a structure in the heart that opens and closes. It keeps blood from traveling backwards. **zastawka**

**vein** [N-COUNT-U6] A **vein** is a tube in the body that carries blood back to the heart. **żyła**

**vena cava** [N-COUNT-U6] The **vena cava** is one of the two major veins that carries blood back to the heart.  **żyła główna**

**ventricle** [N-COUNT-U6] A **ventricle** is one of the two lower chambers of the heart. It holds blood that is going to be sent out to the body. **komora serca**

**wheelchair** [N-COUNT-U3] A **wheelchair** is a chair with wheels that people who cannot walk use to move around. **wózek inwalidzki**

**wrist** [N-COUNT-U4] The **wrist** is the body part that connects the hand and the arm. **nadgarstek**