

Glossary

abdomen [N-COUNT-U5] The **abdomen** is the part of the body that contains the digestive organs and is between the groin and the waist. **jama brzuszna, brzuch**

ac [ADV-U14] If a medication is given **ac**, it is given before meals. **przed posiłkiem**

administer [V-T-U13] To **administer** medicine is to give it to a patient. **podawać, aplikować**

alveoli [N-COUNT-U7] **Alveoli** are small sacs in the lungs at the endpoints of the respiratory system where oxygen enters and carbon dioxide leaves the bloodstream. **pęcherzyki płucne**

anesthesiologist [N-COUNT-U2] An **anesthesiologist** is a doctor who ensures that patients are unconscious or do not feel pain during surgery. **anestezjolog**

ankle [N-COUNT-U4] An **ankle** is the joint between the foot and the lower leg. **kostka, staw skokowy**

antibiotic [ADJ-U15] If something is **antibiotic**, it is used to kill or slow the growth of bacterial micro-organisms in the body. **antybiotyczny**

antimicrobial [ADJ-U15] If something is **antimicrobial**, it kills or prevents the growth of micro-organisms such as bacteria and fungus. **przeciwbakteryjny, przeciwgrzybiczy**

aorta [N-COUNT-U8] The **aorta** is the largest artery in the body. It connects directly to the heart. **aorta, tętnica główna**

appendicitis [N-UNCOUNT-U9] **Appendicitis** is a condition where the appendix, a small organ which is part of the digestive system, becomes irritated and inflamed. **zapalenie wyrostka robaczkowego**

arm [N-COUNT-U4] An **arm** is the long extension from the upper body between the shoulder and wrist. **ramię**

artery [N-COUNT-U8] An **artery** is a blood vessel that carries blood away from the heart. **tętnica**

assess [V-T-U10] To **assess** something is to evaluate it or determine the value of it. **oceniać, szacować**

asthma [N-UNCOUNT-U7] **Asthma** is a chronic inflammatory lung disease that causes wheezing, coughing, and shortness of breath. Some symptoms of asthma can be treated by inhaling medicine. **astma**

atrium [N-COUNT-U8] An **atrium** is one of the two upper chambers of the heart, which receive blood from veins. **przedsionek serca**

back [N-COUNT-U5] The **back** is the part of the human body on the other side of the body to the torso between the pelvis and the neck. **plecy**

bacteria [N-UNCOUNT-U15] **Bacteria** is any of a great number of single-celled micro-organisms that inhabit all areas of the earth including human bodies. Many types of bacteria are responsible for human ailments and diseases. **bakterie**

bandage [N-COUNT-U10] A **bandage** is a strip of material used to protect an injury. **bandaż**

bedpan [N-COUNT-U3] A **bedpan** is a pot used for relieving oneself when a person is not able to go to a bathroom. **basen (dla chorego)**

BID [ADV-U14] If a medication is given **BID**, it is given twice per day. **dwa razy dziennie**

biohazard [N-COUNT-U15] A **biohazard** is a biological substance that is potentially harmful to humans. Biohazards can include bacteria, viruses, and biologically derived toxins. **substancja pochodzenia naturalnego, niebezpieczna dla człowieka i środowiska**

biohazard waste container [N-COUNT-U3] A **biohazard waste container** is a box for the storage and disposal of dangerous medical waste. **pojemnik na odpady medyczne**

BP [N-UNCOUNT-U11] **BP (Blood Pressure)** is the force exerted by circulating blood on the walls of blood vessels. It is a vital sign that medical professionals use to determine whether body systems are operating as they should. **ciśnienie tętnicze krwi**

breathe [V-I-U7] To **breathe** is to pass air into and out of the lungs for the purpose of absorbing oxygen into the bloodstream. **oddychać**

bronchial tube [N-COUNT-U7] A **bronchial tube** is the main passage within the lung through which air passes from the trachea to the alveoli. **oskrzela**

burn [N-COUNT-U10] A **burn** is a physical injury that can be caused by extreme heat, cold, electricity, or dangerous chemicals. [oparzenie](#)

c/o [PHRASE-U11] If a patient **c/o (complains of)** something, he or she describes symptoms that are painful or uncomfortable. „[skarży się na](#)”

capillary [N-COUNT-U8] A **capillary** is the smallest kind of blood vessel in the body, where the exchange of oxygen, water, and nutrients takes place. [kapilara, naczynie włosowate](#)

cardiologist [N-COUNT-U2] A **cardiologist** is a doctor who takes care of patients with heart problems. [kardiolog](#)

cardiology [N-UNCOUNT-U1] **Cardiology** is the hospital department that specializes in the treatment of the heart and heart diseases. [kardiologia](#)

cheek [N-COUNT-U6] A **cheek** is the fleshy part of either side of the face below the eye. [policzek](#)

chest [N-COUNT-U5] The **chest** is the part of the human body enclosed by the sternum and ribs that lies above the abdomen and below the neck. [klatka piersiowa](#)

circulatory system [N-COUNT-U8] The **circulatory system** is the system responsible for carrying blood and oxygen throughout the body. [układ krążenia](#)

colon [N-COUNT-U9] The **colon** is another name for the large intestine, but is also known as the part of the digestive system which compacts unused food into feces and stores it until it is ready to exit the body. [okrężnica](#)

colonoscopy [N-COUNT-U9] A **colonoscopy** is a medical procedure which examines the inside of the colon. [kolonoskopia](#)

contagious [ADJ-U15] If a disease is **contagious**, it can spread easily from one person to another. [zakaźna](#)

CPR [N-UNCOUNT-U10] **CPR**, or cardiopulmonary resuscitation, is a first aid procedure involving chest compression and artificial breathing, used when the heart has stopped beating. [resuscytacja krążeniowo-oddechowa](#)

cubic centimeter (cc) [N-COUNT-U12] A **cubic centimeter (cc)** is a unit of volume equal to a cube whose sides are equal to one centimeter. [centymetr sześcienny](#)

dermatology [N-UNCOUNT-U1] **Dermatology** is the hospital department that specializes in the treatment of the skin and skin diseases. [dermatologia](#)

digestive system [N-COUNT-U9] The **digestive system** is a system of organs through which food passes, and which processes food, nutrients, and waste. [system trawienny](#)

disinfectant [N-COUNT-U15] A **disinfectant** is something used to clean surfaces by killing bacteria and other microorganisms. [środek dezynfekujący](#)

dosage [N-COUNT-U13] A **dosage** is the correct amount of medicine to give to a person at one time. [dawka, dawkowanie](#)

drop (gtt) [N-COUNT-U12] A **drop (gtt)** is a unit of liquid volume equal to the amount of liquid which comes from a dropper, or about 1/12th of a milliliter. [kropla](#)

Dx [N-COUNT-U11] A **Dx (Diagnosis)** is the positive identification of a patient's disease or ailment. [diagnoza](#)

ears [N-COUNT-U6] The **ears** are the organs on either side of the head that detect sound. [uszy](#)

elbow [N-COUNT-U4] An **elbow** is the joint between the upper and lower arm. [łokieć](#)

emergency [N-COUNT-U1] The **emergency** department is the hospital department where people with very serious or life-threatening injuries are treated. [Szpitalny Oddział Ratunkowy \(SOR\)](#)

emphysema [N-UNCOUNT-U7] **Emphysema** is a progressive respiratory disease that causes shortness of breath and involves damage to lung tissues. [rozedma płuc, emfizema](#)

esophagus [N-COUNT-U9] The **esophagus** is a muscular tube connecting the mouth at the pharynx to the cardiac end of the stomach. [przelyk](#)

exhale [V-I-T-U7] To **exhale** is to breathe out or expel air from the lungs. [wydychać, robić wydech](#)

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- eyebrows** [N-COUNT-U6] The **eyebrows** are strips of hair that grow above the eyes. **brwi**
- eyes** [N-COUNT-U6] The **eyes** are the pair of spherical organs in the head that detect light and provide vision. **oczy**
- face** [N-COUNT-U6] The **face** is the front portion of the head from the chin to the forehead. **twarz**
- facemask** [N-COUNT-U15] A **facemask** is a covering of cloth or other material over the face, worn to prevent the transmission of microorganisms by way of the nose and mouth. **maseczka chirurgiczna/ochronna**
- finger** [N-COUNT-U4] A **finger** is one of the extensions from the hand. **palec u ręki**
- first aid** [N-UNCOUNT-U10] **First aid** is basic medical care given to an injury victim when other help is not available or necessary. **pierwsza pomoc**
- foot** [N-COUNT-U4] A **foot** is the perpendicular extension at the end of the leg. **stopa**
- forehead** [N-COUNT-U6] The **forehead** is the portion of the face between the hairline and eyebrows. **czole**
- gauze** [N-UNCOUNT-U3] **Gauze** is a cotton fabric used to cover wounds or surgical incisions. **gaza**
- general practitioner** [N-COUNT-U2] A **general practitioner** is a doctor who provides many kinds of care to adults and children. **internista, lekarz ogólny, lekarz pierwszego kontaktu**
- gown** [N-COUNT-U3] A **gown** is a long robe worn by a hospital patient. **szlafrok, koszula szpitalna**
- gram (g)** [N-COUNT-U12] A **gram (g)** is a unit of mass which is equal to one-thousandth of a kilogram. **gram**
- gtt** [N-COUNT-U12] **Gtts** are drops of liquid administered to the eye. **krople do oczu**
- groin** [N-COUNT-U5] The **groin** is the place in the human body where the inner thigh and the lower abdomen meet. **pachwina, krocze**
- hand** [N-COUNT-U4] A **hand** is the part of the arm below the wrist, to which fingers are attached. **ręka**
- head** [N-COUNT-U6] The **head** is the upper part of the human body that contains the brain and the face. **głowa**
- heart** [N-COUNT-U8] The **heart** is the organ which pumps blood throughout the body. **serce**
- hip** [N-COUNT-U4] A **hip** is the part of the upper leg that projects slightly outward. **biodro**
- HR** [N-UNCOUNT-U11] **HR (Heart Rate)** is the frequency with which a person's heart beats in a given amount of time. It is usually expressed in beats per minute. **tempo**
- HTN** [N-UNCOUNT-U11] **HTN (hypertension)** is having blood pressure that is higher than normal. **nadciśnienie tętnicze**
- I.V.** [N-COUNT-U13] An **I.V.**, or **intravenous** injection, is a method of administering medicine into a vein using a syringe, often over a long period of time. **zastrzyk dożylny, kroplówka**
- infection** [N-COUNT-U15] An **infection** is the abnormal manifestation of parasitic microorganisms within an area of the body. **infekcja**
- inhale** [V-T-U7] To **inhale** is to breathe in or take air into the lungs. **wdychać**
- intramuscular injection (IM)** [N-COUNT-U13] An **intramuscular injection** is a medicine that is injected into a muscle with a syringe. **zastrzyk domięśniowy**
- jaw** [N-COUNT-U6] The **jaw** is either the upper or lower bony structure that holds the teeth and forms the framework of the mouth. **szczęka**
- knee** [N-COUNT-U4] A **knee** is the joint between the upper and lower leg. **kolano**
- lab technician** [N-COUNT-U2] A **lab technician** is a medical professional who works with samples in a laboratory. **technik laboratoryjny**
- laceration** [N-COUNT-U10] A **laceration** is an open injury caused by a hard impact to soft body tissue. **rozdarcie, rana szarpana**
- large intestine** [N-COUNT-U9] The **large intestine** is the organ connected at the end of the small intestine and anus. The large intestine absorbs nutrients and vitamins not absorbed by the small intestine. It then compacts unused food into waste, or faeces. **jelito grube**

latex gloves [N-COUNT-U3] **Latex gloves** are disposable gloves used during a medical exam or procedure.
rękawiczki lateksowe

leg [N-COUNT-U4] A **leg** is the long extension from the lower body between the hip and foot. **noga**

lips [N-COUNT-U6] The **lips** are the two muscular folds that surround the mouth. **wargi**

lung [N-COUNT-U7] A **lung** is an organ located in the chest of the human body that introduces oxygen to the bloodstream. **płuco**

microgram (mcg) [N-COUNT-U12] A **microgram (mcg)** is a unit of mass equal to one millionth of a gram.
mikrogram

milliequivalent (mEq) [N-COUNT-U12] A **milliequivalent (mEq)** is 1/1000th the weight of the minor component of a chemical solution dissolved in the major component. **miliekwialent**

milligram (mg) [N-COUNT-U12] A **milligram (mg)** is a unit of mass equal to one thousandth of a gram. **miligram**

milliliter (ml) [N-COUNT-U12] A **milliliter (ml)** is a unit of liquid volume equal to one thousandth of a liter and equal to one cubic centimeter. **mililitr**

neck [N-COUNT-U5] The **neck** is the part of the body that joins the head to the torso. **sztyfa**

nose [N-COUNT-U6] The **nose** is an organ that projects from the face that detects smell. **nos**

nurse [N-COUNT-U2] A **nurse** is a medical professional who helps a doctor and cares for patients.
pielęgniarka/pielęgniarz

o/e [ADV-U11] If something is found **o/e (on examination)**, it was discovered during an exam. **podczas badania**

obstetrician [N-COUNT-U2] An **obstetrician** is a doctor who cares for pregnant women and their unborn children. **położnik**

obstetrics [N-UNCOUNT-U1] **Obstetrics** is the hospital department that treats women and unborn children during pregnancy. **położnictwo**

orthopedics [N-UNCOUNT-U1] **Orthopedics** is the hospital department that specializes in the treatment of bones and muscles. **ortopedia**

ounce (oz) [N-COUNT-U12] An **ounce (oz)** is a unit of weight equal to 1/16th of a pound. **uncja (28 gramów)**

oxygen [N-UNCOUNT-U7] **Oxygen** is a naturally occurring element necessary for the functioning of the human body and absorbed into the blood stream by the respiratory system. **tlen**

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

P.O. (by mouth) [ADV-U13] If medicine is given **P.O.**, it is taken orally, or through the mouth. **doustnie**

P.R. (per rectum) [ADV-U13] If a medicine is given **P.R.**, it is taken through the rectum. **doodbytniczo**

pathology [N-UNCOUNT-U1] **Pathology** is the hospital department that tests samples taken from patients for diseases. **patologia, oddział patologii**

pc [ADV-U14] If a medication is given **pc**, it is given after meals. **po posiłku**

pediatrician [N-COUNT-U2] A **pediatrician** is a doctor that takes care of children. **pediatra**

pediatrics [N-UNCOUNT-U1] **Pediatrics** is the hospital department that specializes in the treatment of children. **pediatria**

pharmacist [N-COUNT-U2] A **pharmacist** is a doctor who fills prescriptions and gives medicine. **farmaceuta**

pharmacy [N-COUNT-U1] A **pharmacy** is a business or hospital department that provides medicine to people. **apteka**

pressure [N-UNCOUNT-U10] **Pressure** is an amount of force applied to a certain area divided by the size of the area. **ucisk**

pressure mattress [N-COUNT-U3] A **pressure mattress** is a special mattress designed to improve blood flow and comfort. **materac przeciwdleżynowy**

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PRN [ADV-U14] If a medication is given **PRN**, it is given as needed. **w razie potrzeby**

pulmonary [ADJ-U8] If something is **pulmonary**, it has to do with the lungs, such as the pulmonary artery. **płucny**

pulse [N-COUNT-U10] A **pulse** is an impulse caused by a heartbeat, that can be felt when an artery is pressed. **puls**

qh [ADV-U14] If a medication is given **qh**, it is given every hour. **co godzinę**

qhs [ADV-U14] If a medication is given **qhs**, it is given at bedtime. **przed pójściem spać**

QID [ADV-U14] If a medication is given **QID**, it is given four times per day. **cztery razy dziennie**

QOD [ADV-U14] If a medication is given **QOD**, it is given every other day. **co drugi dzień**

quarantine [V-T-U15] To **quarantine** a person is to isolate him or her from contact with others in order to prevent the transmission of contagious diseases. **poddawać kwarantannie**

radiologist [N-COUNT-U2] A **radiologist** is a doctor who takes X-rays and examines them. **radiolog**

radiology [N-UNCOUNT-U1] **Radiology** is the hospital department that takes X-rays of people and examines them. **radiologia**

rescue breathing [N-UNCOUNT-U10] **Rescue breathing** is a first aid procedure involving providing air for someone who has stopped breathing, but still has a heartbeat. **oddech ratowniczy, sztuczne oddychanie usta-usta**

respiratory system [N-COUNT-U7] The **respiratory system** is the human body's means of receiving oxygen through breathing. It includes the nose, mouth, and lungs. **układ oddechowy**

rib cage [N-COUNT-U5] The **rib cage** is a structure of bones in the torso that frames the chest. **klatka piersiowa**

route of administration [N-COUNT-U13] A **route of administration** is the path by which a medicine is taken into the body. **sposób podawania (lekarsztwa)**

Rx [N-UNCOUNT-U11] **Rx** (treatment) is the specific drug or course of action prescribed to treat a patient's medical condition. **sposób leczenia**

sharps container [N-COUNT-U3] A **sharps container** is a box for the storing of used needles and other sharp medical instruments before disposal. **pojemnik na narzędzia chirurgiczne/medyczne**

shock [N-UNCOUNT-U10] **Shock** is a medical emergency in which the circulatory system cannot provide oxygen to the body. **wstrząs, szok**

shoulder [N-COUNT-U4] A **shoulder** is the joint between the arm and the upper body. **bark**

shoulder blade [N-COUNT-U5] A **shoulder blade** is one of the two upper back bones that lie outside the ribs and connect the back to the upper arm. **łopatka**

small [N-COUNT-U5] The **small** of the back is the lower portion of the back just above the hips. **krzyż (część pleców)**

small intestine [N-COUNT-U9] The **small intestine** is part of the digestive system through which food passes from the stomach and through which nutrients are absorbed into the blood. **jelito cienkie**

SOB [N-UNCOUNT-U11] **SOB (Short of Breath)** is a condition in which a patient finds it more difficult to breath than usual. **krótki oddech, problemy z oddychaniem**

stat [ADV-U14] If a medication is given **stat**, it is given immediately. **natychmiast**

stomach [N-COUNT-U9] The **stomach** is a pouch-like organ between the esophagus and small intestine. This produces acid and enzymes to break down food which enters the body. **żołądek**

subcutaneous (SQ) [ADJ-U13] If a medicine is **subcutaneous**, it is injected into the fatty layer under the skin with a syringe. **podskórny**

sublingually (SL) [ADJ-13] If a medicine is taken **sublingually**, it is given beneath the tongue. **podjęzykowo**

surgeon [N-COUNT-U2] A **surgeon** is a doctor who performs operations on people. **chirurg**

surgery [N-UNCOUNT-U1] **Surgery** is the hospital department where doctors perform operations on people. **chirurgia, oddział chirurgii**

syringe [N-COUNT-U3] A **syringe** is a device consisting of a needle, chamber, and piston, used for injecting liquids into the body. **strzykawka**

T [N-UNCOUNT-U11] **T (temperature)** is a quantitative measurement of heat within the body. It can be used, in part, to gauge whether the body is operating normally. **temperatura**

tablespoonful (Tbsp) [N-COUNT-U12] A **tablespoonful (Tbsp)** is a measure of volume equal to the amount a standard tablespoon can hold or about three teaspoons. **łyżka stołowa (jako miara pojemności)**

teaspoonful (tsp) [N-COUNT-U12] A **teaspoonful (tsp)** is a measure of volume equal to the amount a standard teaspoon can hold, or almost five milliliters. **łyżeczka do harbaty (jako miara pojemności)**

TID [ADV-U14] If a medication is given **TID**, it is given three times per day. **trzy razy dziennie**

toe [N-COUNT-U4] A **toe** is one of the small extensions at the end of the foot. **palec u nogi**

topical [ADJ-U13] If a medicine is **topical**, it is applied to a certain part of the surface of the body. **miejscowy**

torso [N-COUNT-U5] The **torso** is the upper portion of the human body that extends from the neck to the pelvis. **tułów**

transmit [V-T-U15] To **transmit** something is to transfer it from one place to another, such as transmitting a virus or other biohazard from one body to another. **przenosić, przekazywać**

ulcer [N-COUNT-U9] An **ulcer** is a sore or abscess which forms in the stomach when the stomach's mucus lining is too thin to keep the stomach's acid from damaging the stomach. **wrzód**

valve [N-COUNT-U8] A **valve** is a flap in a bodily system that allows passage of material in one direction but prevents passage in the other direction. **zastawka**

vein [N-COUNT-U8] A **vein** is a blood vessel that carries blood towards the heart. **żyła**

vena cava [N-COUNT-U8] The **vena cava** is one of the two largest veins in the body. It connects directly to the heart. **żyła główna**

virus [N-COUNT-U15] A **virus** is a small infectious entity only capable of replicating within the cells of living organisms. **wirus**

waist [N-COUNT-U5] The **waist** is the part of the human torso between the groin and the rib cage. **talia, pas**

wheelchair [N-COUNT-U3] A **wheelchair** is a mobile chair with wheels used for moving a sick or disabled person. **wózek inwalidzki**

WNL [ADJ-U11] If a function is **WNL (Within Normal Limits)**, it is operating in a normal range. **w normie**

wound [N-COUNT-U10] A **wound** is an injury, such as a cut or burn, usually to the external body. **rana**

wrist [N-COUNT-U4] A **wrist** is the part of the forearm that attaches to the hand. **nadgarstek**

XR [N-COUNT-U11] An **XR (X-ray)** is a visual image of all or part of the body acquired with special equipment using electromagnetic radiation to see bones and other internal aspects of the body. **prześwietlenie, zdjęcie rentgenowskie**