Postgraduate Certificate in Military Trauma Care

Hemorrhage Control and Resuscitation

Hemorrhage Control and Resuscitation Glossary

1. Hemorrhage Control
Hemorrhage control refers to the process of stopping or controlling bleeding in a patient who has sustained traumatic injuries. This is a critical component of trauma care, as uncontrolled bleeding can lead to shock, organ failure, and death.

Related Terms: Bleeding, Hemostasis, Tourniquet, Pressure Dressing

2. Resuscitation
Resuscitation is the process of reviving a patient who is in a state of shock or cardiac arrest. In the context of military trauma care, resuscitation often involves the administration of fluids, blood products, and medications to stabilize the patient's condition.

Related Terms: Shock, Cardiopulmonary Resuscitation (CPR), Advanced Trauma Life Support (ATLS)

3. Tourniquet
A tourniquet is a device used to apply pressure to a limb in order to control severe bleeding. Tourniquets are often used in military trauma care to quickly stop arterial bleeding in the arms or legs.

Related Terms: Hemostatic Dressing, Pressure Dressing, Hemorrhage Control

4. Hemostasis
Hemostasis refers to the body's natural process of stopping bleeding. It involves the constriction of blood vessels, formation of blood clots, and repair of damaged tissue to prevent further blood loss.

Related Terms: Coagulation, Platelets, Fibrin

5. Pressure Dressing
A pressure dressing is a bandage that applies direct pressure to a wound to control bleeding. Pressure dressings are commonly used in military trauma care to manage hemorrhage before more advanced interventions can be performed.

Related Terms: Tourniquet, Hemostasis, Hemorrhage Control

6. Shock
Shock is a life-threatening condition characterized by inadequate blood flow to vital organs. In the context

of trauma care, shock can be caused by severe bleeding, fluid loss, or other traumatic injuries.

Related Terms: Hypovolemic Shock, Septic Shock, Neurogenic Shock

7. Cardiopulmonary Resuscitation (CPR)
Cardiopulmonary resuscitation (CPR) is a life-saving technique used to restore blood circulation and breathing in a patient who is in cardiac arrest. CPR involves chest compressions, rescue breathing, and defibrillation in some cases.

Related Terms: Resuscitation, Advanced Cardiac Life Support (ACLS), Basic Life Support (BLS)

8. Advanced Trauma Life Support (ATLS)
Advanced Trauma Life Support (ATLS) is a training program developed by the American College of Surgeons to provide healthcare providers with the knowledge and skills needed to manage traumatic injuries. ATLS emphasizes a systematic approach to trauma care, including assessment, resuscitation, and surgical intervention.

Related Terms: Trauma, Trauma Team, Trauma Bay

9. Bleeding
Bleeding is the escape of blood from a damaged blood vessel. In the context of military trauma care, bleeding can be classified as arterial, venous, or capillary, with arterial bleeding being the most life-threatening.

Related Terms: Hemorrhage, Hemostasis, Coagulation

10. Coagulation
Coagulation is the process by which blood forms clots to stop bleeding. Coagulation involves a series of biochemical reactions that culminate in the formation of a stable blood clot at the site of injury.

Related Terms: Hemostasis, Platelets, Fibrin

11. Platelets
Platelets are small cell fragments in the blood that play a crucial role in hemostasis and blood clotting. Platelets adhere to the site of injury and release chemical signals to promote clot formation.

Related Terms: Hemostasis, Coagulation, Fibrin

12. Fibrin
Fibrin is a protein that forms the structural basis of blood clots. Fibrin strands weave together to create a mesh-like network that traps blood cells and platelets, forming a stable clot.

Related Terms: Coagulation, Hemostasis, Platelets

13. Hypovolemic Shock
Hypovolemic shock is a type of shock caused by severe blood loss, leading to a decrease in circulating blood volume. Hypovolemic shock can result from trauma, hemorrhage, or other conditions that cause rapid fluid loss.

Related Terms: Shock, Resuscitation, Fluid Resuscitation

14. Septic Shock
Septic shock is a life-threatening condition caused by a systemic infection that leads to widespread inflammation and organ dysfunction. Septic shock can result from untreated infections, such as pneumonia or urinary tract infections.

Related Terms: Shock, Sepsis, Infection

15. Neurogenic Shock
Neurogenic shock is a type of shock caused by damage to the spinal cord, leading to a loss of sympathetic tone and vasodilation. Neurogenic shock can result from traumatic injuries, spinal cord injuries, or certain medical conditions.

Related Terms: Shock, Spinal Cord Injury, Vasodilation

16. Advanced Cardiac Life Support (ACLS)
Advanced Cardiac Life Support (ACLS) is a set of clinical interventions and algorithms used to manage cardiac arrest, stroke, and other life-threatening emergencies. ACLS includes advanced airway management, medication administration, and defibrillation.

Related Terms: Cardiopulmonary Resuscitation (CPR), Resuscitation, Basic Life Support (BLS)

17. Basic Life Support (BLS)
Basic Life Support (BLS) is a level of medical care that focuses on maintaining the airway, breathing, and circulation in a patient experiencing cardiac arrest or respiratory failure. BLS techniques include chest compressions, rescue breathing, and automated external defibrillation.

Related Terms: Cardiopulmonary Resuscitation (CPR), Advanced Cardiac Life Support (ACLS), Resuscitation

18. Trauma
Trauma refers to physical injuries caused by external forces, such as accidents, falls, or violence. Trauma can range from minor cuts and bruises to life-threatening injuries that require immediate medical attention.

Related Terms: Trauma Care, Trauma Team, Trauma Bay

19. Trauma Team

A trauma team is a group of healthcare providers with specialized training in trauma care who work together to assess, resuscitate, and treat patients with traumatic injuries. Trauma teams often include physicians, nurses, paramedics, and other healthcare professionals.

Related Terms: Trauma, Trauma Care, Trauma Bay

20. Trauma Bay
A trauma bay is a designated area in a hospital emergency department where trauma patients are assessed, resuscitated, and treated. Trauma bays are equipped with specialized equipment and supplies to manage critical injuries.

Related Terms: Trauma, Trauma Team, Emergency Department

21. Fluid Resuscitation
Fluid resuscitation is the administration of intravenous fluids to restore circulating blood volume in a patient who is in shock or experiencing hypovolemia. Fluid resuscitation is a key component of trauma care to maintain organ perfusion and prevent organ failure.

Related Terms: Resuscitation, Shock, Hypovolemic Shock

22. Sepsis
Sepsis is a life-threatening condition caused by the body's response to an infection, leading to widespread inflammation and organ dysfunction. Sepsis can progress to septic shock if not treated promptly with antibiotics and supportive care.

Related Terms: Infection, Septic Shock, Systemic Inflammatory Response Syndrome (SIRS)

23. Infection
Infection is the invasion of the body by harmful microorganisms, such as bacteria, viruses, or fungi. In the context of trauma care, infections can complicate wound healing, increase the risk of sepsis, and prolong recovery.

Related Terms: Sepsis, Antibiotics, Inflammation

24. Spinal Cord Injury
A spinal cord injury is damage to the spinal cord that results in loss of sensation, movement, or function below the level of injury. Spinal cord injuries can be caused by trauma, such as falls, car accidents, or sports injuries.

Related Terms: Neurogenic Shock, Paralysis, Rehabilitation

25. Vasodilation

Vasodilation is the widening of blood vessels, leading to increased blood flow and decreased blood pressure. Vasodilation can occur in response to trauma, infection, or certain medications, causing hypotension and shock.

Related Terms: Shock, Neurogenic Shock, Hypotension

26. Antibiotics
Antibiotics are medications used to treat bacterial infections by killing or inhibiting the growth of bacteria. In the context of trauma care, antibiotics are often administered prophylactically to prevent infections in patients with open wounds or severe injuries.

Related Terms: Infection, Sepsis, Antimicrobial Resistance

27. Systemic Inflammatory Response Syndrome (SIRS)
Systemic Inflammatory Response Syndrome (SIRS) is a clinical condition characterized by a systemic inflammatory response to infection, trauma, or other insults. SIRS can lead to organ dysfunction, sepsis, and septic shock if not managed promptly.

Related Terms: Sepsis, Infection, Shock

28. Paralysis
Paralysis is the loss of muscle function and sensation in a part of the body due to damage to the spinal cord or nerves. Paralysis can result from traumatic injuries, stroke, spinal cord compression, or other conditions that affect the nervous system.

Related Terms: Spinal Cord Injury, Neurological Deficit, Rehabilitation

29. Rehabilitation
Rehabilitation is a multidisciplinary approach to restoring function, mobility, and independence in patients with disabilities or injuries. In the context of trauma care, rehabilitation programs aim to help patients recover from traumatic injuries and regain quality of life.

Related Terms: Physical Therapy, Occupational Therapy, Trauma Care

30. Hypotension
Hypotension is abnormally low blood pressure, which can result in inadequate perfusion of vital organs and tissues. Hypotension can be caused by hemorrhage, dehydration, sepsis, or other medical conditions.

Related Terms: Shock, Vasodilation, Fluid Resuscitation

31. Antimicrobial Resistance
Antimicrobial resistance is the ability of bacteria, viruses, and other pathogens to resist the effects of

antibiotics and other antimicrobial drugs. Antimicrobial resistance is a growing concern in healthcare, as it can lead to treatment failure and increased mortality rates.

Related Terms: Antibiotics, Infection, Multidrug-Resistant Organisms

32. Neurological Deficit
A neurological deficit is any impairment in the function of the nervous system, including sensory, motor, or cognitive function. Neurological deficits can result from traumatic brain injuries, strokes, spinal cord injuries, or neurodegenerative diseases.

Related Terms: Paralysis, Neurological Examination, Rehabilitation

33. Physical Therapy
Physical therapy is a branch of healthcare that focuses on restoring movement, function, and strength in patients with musculoskeletal injuries, neurological disorders, or other conditions. Physical therapists use exercises, manual techniques, and modalities to help patients regain mobility and independence.

Related Terms: Rehabilitation, Occupational Therapy, Exercise Therapy

34. Occupational Therapy
Occupational therapy is a healthcare profession that helps people with physical, cognitive, or developmental disabilities regain independence in daily activities. Occupational therapists use adaptive techniques, assistive devices, and environmental modifications to promote functional independence and quality of life.

Related Terms: Rehabilitation, Physical Therapy, Activities of Daily Living

35. Exercise Therapy
Exercise therapy is a form of physical therapy that uses targeted exercises to improve strength, flexibility, and endurance in patients with musculoskeletal injuries or chronic conditions. Exercise therapy can help patients recover from injuries, prevent complications, and improve overall health and well-being.

Related Terms: Physical Therapy, Rehabilitation, Strength Training

36. Activities of Daily Living
Activities of daily living (ADLs) are basic self-care tasks, such as bathing, dressing, eating, and toileting, that individuals perform on a daily basis. In the context of rehabilitation, occupational therapists assess patients' ability to perform ADLs and provide interventions to improve independence and quality of life.

Related Terms: Occupational Therapy, Rehabilitation, Functional Independence

37. Strength Training
Strength training is a type of exercise that focuses on building muscle strength, endurance, and power

through resistance training. Strength training can help improve physical performance, prevent injuries, and enhance overall health and fitness.

Related Terms: Exercise Therapy, Physical Therapy, Resistance Training

38. Resistance Training
Resistance training is a form of exercise that uses resistance, such as weights, bands, or body weight, to build muscle strength and endurance. Resistance training can improve muscle tone, bone density, and metabolism, making it an important component of rehabilitation and fitness programs.

Related Terms: Strength Training, Exercise Therapy, Musculoskeletal Fitness

39. Musculoskeletal Fitness
Musculoskeletal fitness refers to the strength, endurance, and flexibility of the muscles, bones, and joints in the body. Musculoskeletal fitness is essential for performing daily activities, preventing injuries, and maintaining overall health and mobility.

Related Terms: Exercise Therapy, Strength Training, Flexibility

40. Flexibility
Flexibility is the ability of the muscles and joints to move through a full range of motion without pain or restriction. Flexibility exercises, such as stretching and yoga, can improve joint mobility, prevent injuries, and enhance athletic performance.

Related Terms: Musculoskeletal Fitness, Range of Motion, Stretching

41. Range of Motion
Range of motion (ROM) is the extent to which a joint can move in various directions, such as flexion, extension, abduction, and rotation. Maintaining optimal range of motion is important for performing daily activities, preventing stiffness, and reducing the risk of musculoskeletal injuries.

Related Terms: Flexibility, Musculoskeletal Fitness, Joint Mobility

42. Joint Mobility
Joint mobility refers to the ability of a joint to move freely and smoothly through its full range of motion. Joint mobility is important for maintaining flexibility, preventing pain, and supporting proper biomechanics during physical activities.

Related Terms: Range of Motion, Flexibility, Musculoskeletal Fitness

43. Traumatic Brain Injury (TBI)
Traumatic brain injury (TBI) is a type of brain injury caused by external forces, such as a blow to the head,

whiplash, or penetrating trauma. TBIs can range from mild concussions to severe brain damage, leading to cognitive, emotional, and physical impairments.

Related Terms: Head Injury, Concussion, Neurological Deficit

44. Head Injury
A head injury is any trauma to the head that results in damage to the scalp, skull, or brain. Head injuries can range from minor cuts and bruises to life-threatening traumatic brain injuries, requiring immediate medical evaluation and treatment.

Related Terms: Traumatic Brain Injury (TBI), Concussion, Skull Fracture

45. Concussion
A concussion is a mild traumatic brain injury caused by a bump, blow, or jolt to the head. Concussions can result in temporary loss of consciousness, confusion, headache, and other symptoms that resolve with rest and medical monitoring.

Related Terms: Traumatic Brain Injury (TBI), Head Injury, Post-Concussion Syndrome

46. Skull Fracture
A skull fracture is a break or crack in the bones of the skull due to trauma. Skull fractures can be classified as linear, depressed, or compound, depending on the severity and location of the injury.

Related Terms: Head Injury, Traumatic Brain Injury (TBI), Intracranial Hemorrhage

47. Post-Concussion Syndrome
Post-concussion syndrome is a cluster of symptoms that persist after a concussion, such as headaches, dizziness, fatigue, and cognitive difficulties. Post-concussion syndrome can last for weeks to months and may require medical treatment and rehabilitation.

Related Terms: Concussion, Traumatic Brain Injury (TBI), Neurocognitive Rehabilitation

48. Intracranial Hemorrhage
Intracranial hemorrhage is bleeding inside the skull, which can lead to increased intracranial pressure, brain damage, and neurological deficits. Intracranial hemorrhage can result from trauma, stroke, aneurysm rupture, or other conditions requiring urgent medical intervention.

Related Terms: Traumatic Brain Injury (TBI), Skull Fracture, Cerebral Contusion

49. Neurocognitive Rehabilitation
Neurocognitive rehabilitation is a specialized therapy program designed to improve cognitive function, memory, attention, and executive skills in patients with brain injuries or neurological disorders.

Neurocognitive rehabilitation aims to enhance brain plasticity, promote recovery, and optimize functional outcomes.

Related Terms: Traumatic Brain Injury (TBI), Cognitive Rehabilitation, Occupational Therapy

50. Cerebral Contusion
A cerebral contusion is a bruise or bleeding in the brain tissue caused by trauma, such as a blow to the head or acceleration-deceleration injury. Cerebral contusions can result in neurological deficits, seizures, and increased risk of complications, requiring close monitoring and medical management.

Related Terms: Traumatic Brain Injury (TBI), Intracranial Hemorrhage, Brain Injury

51. Cognitive Rehabilitation
Cognitive rehabilitation is a therapeutic approach that focuses on improving cognitive skills, such as memory, attention, problem-solving, and executive function, in patients with brain injuries or cognitive impairments. Cognitive rehabilitation strategies include cognitive exercises, compensatory techniques, and environmental modifications to support cognitive recovery.

Related Terms: Neurocognitive Rehabilitation, Traumatic Brain Injury (TBI