

Medical Reference Sheet

Medical Short Forms

̄ - with
△ - Change
∅ - zero
Ḥ - Refers to a number, 1 dot means 1, 2 dots means 2, etc.
+ - Some
++ - More/Many
+++ - A lot
↑ - increase
↓ - decrease
V - Systolic Blood Pressure
Λ - Diastolic Blood Pressure
ñ OR Ⓝ - Normal
Accels - accelerations
Atyp - atypical, sometime referred to as abnormal
ARM/AROM - Artificial Rupture of Membranes
AVSS - Afebrile Vital Signs Stable
B/t - between
BL - baseline
BP - Blood Pressure
C/S - Cesarean Section
CTG - Cardiotocography (Same as an EFM)
Cxns - contractions
D/t - due to
Decels - decelerations
EFM - External Fetal Monitor (Same as a CTG)
FECG - Fetal Electrocardiogram
FHR - Fetal Heart Rate
FM - Fetal movement
Frequency

- BID - twice a day
- TID - 3 times a day
- QID - 4 times a day

H/A - Headache, sometimes stands for other things
IA - Intermittent Auscultation
IM - Intramuscular injection
IOL - Induction of Labour
LOC - Level of consciousness
Mod - Moderate
MRP - Most Responsible Person, usually your primary care giver
M/S - Mental Status
MW OR RM - Midwife
Nil - None
NST - Non Stress Test
OR - Operating Room
PCC - Patient Centred Care
PIH - Preeclampsia or Pregnancy Induced Hypertension
Maternal Positions:

- RL - Right Lateral
- LL - Left Lateral
- SU - Supine
- LI - Lithotomy
- SF - Semi-Fowler's

PP - Postpartum
Pt - patient
Pu - pick up
Pv - Per Vaginal
RN - Registered Nurse
Rt - right
SHe - site
SROM - Spontaneous Rupture of Membranes
T/O - Trial of
TOCO - tocodynamometer
USS - Ultrasound scan
VE - Vaginal Exam
VSS - Vital Signs Stable

* Not all of the short forms found here are standard or appropriate *

Medical Reference Sheet

Medical Terms and Definitions

- **Ambulating** - Moving around
- **Analgesia** - Pain medication
- **Auscultate** - examine a patient by listening to sounds from (the heart, lungs, or other organs), typically using a stethoscope.
- **Baby Pause** - When 2 nurses look at the EFM/CTG tracing together
- **Coupling** - When the next contraction starts before the first contraction has ended
- **Tripling** - When three contractions overlap
- **Dystocia** - abnormal, slow or difficult
- **Essential Hypertension** - Pre-existing hypertension as opposed to gestational hypertension
- **Gravida** - Refers to the number of pregnancies you've had
- **Morbidity** - Refers to medical problems caused by a treatment
- **Palpate** - examine a part of the body by touch - mild, mod, strong
- **Parity** - Refers to the number of times a person has given birth:
- **Nulliparous** - A person who has not given birth before
- **Multiparous or Parous** - A person who has given birth before
- **Partogram or Partograph** - is a composite graphical record of key data (maternal and fetal) during labour entered against time on a single sheet of paper. Relevant measurements might include statistics such as cervical dilation, fetal heart rate, duration of labour and vital signs.
- **Resting tone** - refers to the tone of the uterus between contractions
- **Tachycardia** - increase in baseline fetal heart rate (FHR) above 160bpm. Mild fetal tachycardia is described as 161-180bpm and severe tachycardia is defined as greater than 180bpm for at least three minutes
- **Tocodynamometer** - a device for monitoring and recording uterine contractions before and during labour.
- **Upping** - increasing
- **Uterine Tachysystole** - Excessively frequent uterine contractions
- Tachysystole - More than 5 contractions in 10 minutes over a 30 minute window
- Hypertonus - A contraction lasting longer than 2 minutes
- Hyperstimulation - When either condition leads to a non-reassuring fetal heart rate pattern
- **Variability** - The FHR is under constant variation from the baseline. This variability reflects a healthy nervous system, chemoreceptors, baroreceptors and cardiac responsiveness.
- **Ventrogluteal** injection site - is an area on the most prominent part of the hip that's considered the preferred site for intramuscular injections.

Time Quick Reference Chart

AM

24HR	0:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00
12HR	Midnight	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am

PM

24HR	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00
12HR	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm