
Advanced Certificate in Sports Injury Prevention and Management

Emergency First Aid and CPR.

****ACE bandage:**** A type of elastic bandage used to compress and support injured body parts, such as wrists, ankles, and knees. It helps reduce swelling and provides stability to the joint.

****Airway:**** The passage through which air flows from the nose and mouth to the lungs. Maintaining an open airway is crucial in first aid and CPR to ensure proper breathing and oxygenation.

****Anaphylaxis:**** A severe, life-threatening allergic reaction that can cause rapid swelling of the airway, difficulty breathing, and a drop in blood pressure. It requires immediate administration of epinephrine and medical attention.

****Automated External Defibrillator (AED):**** A portable device that analyzes heart rhythms and delivers an electrical shock to restore a normal heartbeat in victims of sudden cardiac arrest.

****Bleeding:**** The flow of blood from a broken blood vessel, often caused by injury or trauma. There are different types of bleeding, including arterial, venous, and capillary, each requiring specific first aid interventions.

****Capillary bleeding:**** The slowest type of bleeding, which occurs when small blood vessels are damaged. It is often characterized by oozing and can usually be controlled with direct pressure.

****Cardiac arrest:**** The sudden, abrupt loss of heart function, breathing, and consciousness. It is usually caused by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia).

****Choking:**** A medical emergency that occurs when a foreign object blocks the airway, preventing air from flowing to the lungs. Choking can be partial or complete and requires immediate first aid intervention.

****Compression-only CPR:**** A type of CPR that involves only chest compressions, without rescue breaths. It is recommended for untrained bystanders or those who are unable or unwilling to perform rescue breaths.

****Conscious choking:**** A condition in which a partial obstruction of the airway causes difficulty breathing but the person can still talk, cough, or breathe.

****CPR (Cardiopulmonary Resuscitation):**** A lifesaving procedure that involves chest compressions and rescue breaths to restore blood circulation and oxygenation in victims of cardiac arrest or respiratory failure.

****Crush injury:**** An injury that occurs when a body part is subjected to intense pressure or compression, often causing damage to bones, muscles, nerves, and blood vessels.

****Defibrillation:**** The process of delivering an electrical shock to the heart to restore a normal heartbeat in victims of cardiac arrest or arrhythmia.

****Diabetic emergency:**** A medical emergency that occurs when a person with diabetes experiences low or high blood sugar levels, leading to symptoms such as confusion, seizures, or coma.

****Direct pressure:**** A first aid technique that involves applying pressure directly to a wound to stop bleeding. It is often used to control capillary and venous bleeding.

****Epinephrine:**** A hormone and medication used to treat anaphylaxis and other severe allergic reactions. It works by narrowing blood vessels and opening airways, reducing swelling and improving breathing.

****Fainting:**** A temporary loss of consciousness caused by a decrease in blood flow to the brain. It is often preceded by dizziness, sweating, and rapid heartbeat.

****First aid:**** The immediate care given to a person who has been injured or become ill, before medical treatment can be obtained. It includes recognizing and assessing injuries, providing basic life support, and preventing further harm.

****Foreign body airway obstruction:**** A condition in which a foreign object blocks the airway, preventing air from flowing to the lungs.

****Heimlich maneuver:**** A first aid technique used to dislodge a foreign object from the airway of a choking victim. It involves abdominal thrusts that compress the diaphragm and force air out of the lungs, dislodging the obstruction.

****Hemorrhage:**** Profuse bleeding from a ruptured blood vessel, often caused by injury or trauma.

****Hyperventilation:**** Rapid, deep breathing that can lead to dizziness, fainting, and muscle spasms. It can be caused by anxiety, pain, or respiratory conditions.

****Hypoglycemia:**** A condition in which the blood sugar level drops below normal, causing symptoms such as weakness, sweating, and confusion. It is common in people with diabetes and requires immediate treatment with sugar or glucose.

****Hypovolemic shock:**** A life-threatening condition that occurs when the body loses large amounts of blood or fluids, leading to a decrease in blood pressure and oxygen supply to vital organs.

****Inhalant injury:**** An injury caused by the inhalation of toxic substances, such as smoke, chemicals, or fumes. It can cause respiratory distress, chemical burns, and other complications.

****Life-threatening bleeding:**** Bleeding that is severe, rapid, or hard to control, and can lead to shock or death if not treated promptly.

****Obstructed airway:**** A condition in which a foreign object or tissue blocks the airway, preventing air from flowing to the lungs.

****Opioid overdose:**** A medical emergency that occurs when a person takes too much of an opioid medication or street drug, leading to respiratory depression, unconsciousness, and potentially death.

****Partial airway obstruction:**** A condition in which a partial obstruction of the airway causes difficulty breathing but the person can still talk, cough, or breathe.

****Pneumothorax:**** A condition in which air accumulates in the pleural space, between the lungs and the chest wall, causing the lung to collapse. It can be caused by trauma, lung disease, or medical procedures.

****Rescue breaths:**** Mouth-to-mouth or mouth-to-nose breaths given to a person who is not breathing or whose breathing is inadequate, to provide oxygen and restore normal breathing.

****Respiratory arrest:**** The cessation of breathing, often preceding cardiac arrest.

****Seizure:**** An uncontrolled, sudden electrical disturbance in the brain that can cause convulsions, loss of consciousness, and other symptoms.

****Shock:**** A life-threatening condition that occurs when the body loses large amounts of blood or fluids, leading to a decrease in blood pressure and oxygen supply to vital organs.

****Spinal injury:**** An injury to the spine or spinal cord, often caused by trauma, that can lead to paralysis, loss of sensation, and other complications.

****Sprain:**** A stretching or tearing of ligaments, the bands of tissue that connect bones to each other, often caused by sudden twisting or forceful movement.

****Strain:**** A stretching or tearing of muscles or tendons, the fibrous tissues that connect muscles to bones, often caused by overuse, fatigue, or sudden movement.

****Stroke:**** A sudden interruption of blood flow to the brain, often caused by a clot or bleed in a blood vessel, leading to paralysis, speech difficulties, and other symptoms.

****Sudden cardiac arrest:**** The sudden, abrupt loss of heart function, breathing, and consciousness, often caused by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia).

****Unconsciousness:**** A state of decreased awareness or responsiveness, often caused by injury, illness, or lack of oxygen to the brain.

****Venous bleeding:**** The slowest type of bleeding, which occurs when veins are damaged. It is often characterized by a steady flow of dark red blood and can usually be controlled with direct pressure.

****Wound:**** A break or tear in the skin or other body tissue, often caused by injury or trauma. Wounds can be classified as open or closed, and as clean or contaminated, depending on their severity and location.