

Avviso pubblico per conferimento incarichi a tempo determinato
Nel profilo di Assistente Amministrativo – INTERPRETE cat. C
Bando prot. n. 16346 del 19/03/2021

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| 1 | <p>Asthma: Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults can have asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs. We don't know all the things that can cause asthma, but we do know that genetic, environmental, and occupational factors have been linked to developing asthma.</p> |
| 2 | <p>Common colds: Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in about 7-10 days. You can help reduce your risk of getting a cold: wash your hands often, avoid close contact with sick people, and don't touch your face with unwashed hands. Common colds are the main reason that children miss school and adults miss work. Each year in the United States, there are millions of cases of the common cold. Adults have an average of 2-3 colds per year, and children have even more.</p> |
| 3 | <p>Bronchitis: Bronchitis is an infection of the main airways of the lungs, causing them to become irritated and inflamed. The main airways branch off on either side of your windpipe (trachea). They lead to smaller and smaller airways inside your lungs called bronchioles. The walls of the main airways produce mucus to trap dust and other particles that could otherwise cause irritation.</p> |
| 4 | <p>Chickenpox: Chickenpox is a highly contagious disease caused by the initial infection with varicella zoster virus (VZV). The disease results in a characteristic skin rash that forms small, itchy blisters, which eventually scab over. It usually starts on the chest, back, and face. It then spreads to the rest of the body. Other symptoms may include fever, tiredness, and headaches. Symptoms usually last five to seven days. Complications may occasionally include pneumonia, inflammation of the brain, and bacterial skin infections.</p> |
| 5 | <p>Concussion: Concussion is a temporary injury to the brain caused by a bump, blow or jolt to the head. It usually only lasts up to a few days or weeks, although it sometimes needs emergency treatment and some people can have longer-lasting problems. Signs of a concussion usually appear within a few minutes or hours of a head injury. But occasionally they may not be obvious for a few days, so it's important to look out for any problems in the days following a head injury.</p> |

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| 6 | <p>Angina: Angina is chest pain or discomfort caused by insufficient blood flow and oxygen to the muscle of the heart. In most cases the lack of blood flow is due to a narrowing of the coronary arteries.</p> <p>Angina isn't a disease; it is a symptom of an underlying heart problem. Angina usually is a symptom of coronary heart disease (CHD), also called coronary artery disease.</p> <p>Angina usually occurs during exertion, severe emotional stress, or after a heavy meal. During these periods, the heart muscle demands more blood oxygen than the narrowed coronary arteries can deliver.</p> |
| 7 | <p>A&E: A&E departments offer access 24 hours a day, 365 days a year. A&E staff include paramedics, A&E nurses, diagnostic radiographers, A&E reception staff, porters, healthcare assistants and emergency medicine doctors. Medical staff are highly trained in all aspects of emergency medicine. If you arrive by ambulance, the ambulance crew will provide the relevant details to reception and hand you over to the clinical staff. If you're seriously ill, the staff will already know because the ambulance crew will have alerted them on the way in.</p> |
| 8 | <p>Ear infections: Ear infections are very common in children and are caused by a dysfunction of the Eustachian tubes, the tubes that connect the inner ears to the throat and serve as a drain for any fluid that may collect there. When fluid collects, it attracts bacteria and other germs, which may multiply and cause a symptomatic infection. Symptoms include fever, ear pain, tugging on the ear, or even drainage from the ear canal.</p> |
| 9 | <p>Pinkeye: Pinkeye is also called conjunctivitis. A virus is the most common cause of pinkeye, but a bacterial infection can cause it on occasion. Pinkeye is very contagious and can spread through schools and day cares quickly. Always talk with a health-care professional to determine whether additional therapy is needed, but most cases resolve within five days.</p> |
| 10 | <p>Chicken pox: The varicella virus causes chickenpox. Vaccination is routine now, and it is rare to see a regular case now. Before the vaccine, it was a very common cause of hospital admission. Though chickenpox infection is usually a benign (but uncomfortable) event in a child's life, there is a significant risk of severe complications, including bacterial skin infections, pneumonia, and others. That is the reason that vaccination is recommended and routine. It can go dormant and result in shingles in some people as they age (usually over 60 years of age).</p> |

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| 11 | <p>Measles: The rubeola virus causes measles, and it used to be an extremely common childhood infection prior to routine vaccination. Unfortunately, due to an increased rate of vaccination refusals by parents, we are starting to see sporadic outbreaks amongst those groups. Measles is an acute viral illness that can lead to serious complications, even death, and generally begins with nonspecific symptoms such as high fever, runny nose, and cough. Following these symptoms, patients develop a rash that spreads from the face to the feet.</p> |
| 12 | <p>Mumps: Mumps is a viral illness that typically starts with flu-like symptoms and then results in acute painful swelling of the salivary glands (parotitis). Prior to routine vaccination, this was a very common illness. Symptoms generally appear more than two weeks after exposure, and the illness lasts seven to 10 days. As with many of the childhood viral illnesses, though most infections are mild, there is a real risk for complications, including meningitis and death.</p> |
| 13 | <p>German Measles: Rubella, also known as German measles, causes mild illness in most individuals. This is not the case for unvaccinated pregnant women. The virus can cause serious and fatal birth defects in the fetus. Vaccination is routine and has resulted in a huge decrease in the spread. The virus begins as a fever and rash and, in most cases, resolves after two to three days.</p> |
| 14 | <p>Whooping Cough: Bordetella pertussis is the bacteria that cause whooping cough. It is highly contagious and is sometimes fatal in young children, especially babies. The infection is preventable with vaccination; however, it is often unrecognized in older children and adults. The infection usually begins with cold symptoms and then develops into a cough that is persistent and violent, making it hard to catch a breath. Whooping cough got its name due to the deep whooping inspiration many children and infants make after the cough stops</p> |
| 15 | <p>Scarlet Fever: A strep infection causes scarlet fever, which may appear after the throat infection. It is a common infection and starts with a fever and possibly sore throat, followed by a rash that begins on the chest and spreads to the rest of the body. Antibiotics are recommended to eradicate the bacteria and to prevent rheumatic fever and rheumatic heart disease.</p> |

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| 16 | <p>Seasonal Allergies: Seasonal allergies are the bane of many children and adults. Runny noses, sneezing, and puffy eyes are all common symptoms. Unfortunately, there is no cure for these; however, there are medications that can be taken to lessen the symptoms. Antihistamines are available as both prescription and nonprescription formulations and can be taken orally, used as nasal sprays, and even as eyedrops. The goal is to decrease the severity of the symptoms.</p> |
| 17 | <p>Low blood pressure: Low blood pressure, also called hypotension, is blood pressure low enough that the flow of blood to the organs of the body is inadequate and symptoms and/or signs of low blood flow develop. Low pressure alone, without symptoms or signs, usually is not unhealthy. The symptoms of low blood pressure include lightheadedness, dizziness, and fainting. These symptoms are most prominent when individuals go from the lying or sitting position to the standing position (orthostatic hypotension).</p> |
| 18 | <p>High blood pressure: High blood pressure (hypertension) is defined as high pressure (tension) in the arteries, which are the vessels that carry blood from the heart to the rest of the body. Blood pressure readings are given as two numbers: The systolic blood pressure (the top number) equals the pressure in the arteries as the heart contracts. The diastolic pressure is the pressure in the arteries as the heart relaxes.</p> |
| 19 | <p>Swimmer's ear: Swimmer's ear is an infection in the outer ear canal, which runs from your eardrum to the outside of your head. It's often brought on by water that remains in your ear after swimming, creating a moist environment that aids bacterial growth. Putting fingers, cotton swabs or other objects in your ears also can lead to swimmer's ear by damaging the thin layer of skin lining your ear canal. Swimmer's ear is also known as otitis externa. The most common cause of this infection is bacteria invading the skin inside your ear canal.</p> |
| 20 | <p>Bursitis: Bursitis is a painful condition that affects the small, fluid-filled sacs — called bursae (bur-SEE) — that cushion the bones, tendons and muscles near your joints. Bursitis occurs when bursae become inflamed. The most common locations for bursitis are in the shoulder, elbow and hip. But you can also have bursitis by your knee, heel and the base of your big toe. Bursitis often occurs near joints that perform frequent repetitive motion.</p> |

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| 21 | <p>Ear infection:</p> <p>An ear infection (sometimes called acute otitis media) is an infection of the middle ear, the air-filled space behind the eardrum that contains the tiny vibrating bones of the ear. Children are more likely than adults to get ear infections. Because ear infections often clear up on their own, treatment may begin with managing pain and monitoring the problem. Sometimes, antibiotics are used to clear the infection. Some people are prone to having multiple ear infections. This can cause hearing problems and other serious complications.</p> |
| 22 | <p>Food allergy:</p> <p>Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives or swollen airways. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis. Food allergy affects an estimated 6 to 8 percent of children under age 3 and up to 3 percent of adults. While there's no cure, some children outgrow their food allergy as they get older.</p> |
| 23 | <p>Gallstones:</p> <p>Gallstones are hardened deposits of digestive fluid that can form in your gallbladder. Your gallbladder is a small, pear-shaped organ on the right side of your abdomen, just beneath your liver. The gallbladder holds a digestive fluid called bile that's released into your small intestine. People who experience symptoms from their gallstones usually require gallbladder removal surgery. Gallstones that don't cause any signs and symptoms typically don't need treatment.</p> |
| 24 | <p>Heartburn:</p> <p>Heartburn is a burning pain in your chest, just behind your breastbone. The pain is often worse after eating, in the evening, or when lying down or bending over. Occasional heartburn is common and no cause for alarm. Most people can manage the discomfort of heartburn on their own with lifestyle changes and over-the-counter medications. Heartburn that is more frequent or interferes with your daily routine may be a symptom of a more serious condition that requires medical care.</p> |
| 25 | <p>Itchy skin:</p> <p>Itchy skin is an uncomfortable, irritating sensation that makes you want to scratch. Also known as pruritus, itchy skin is often caused by dry skin. It's common in older adults, as skin tends to become drier with age. Depending on the cause of your itchiness, your skin may appear normal, red, rough or bumpy. Repeated scratching can cause raised thick areas of skin that might bleed or become infected. Many people find relief with self-care measures such as moisturizing daily, using gentle cleansers and bathing with lukewarm water.</p> |

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| 26 | <p>Measles: Measles is a highly contagious illness caused by a virus that replicates in the nose and throat of an infected child or adult. Then, when someone with measles coughs, sneezes or talks, infected droplets spray into the air, where other people can inhale them. The infected droplets may also land on a surface, where they remain active and contagious for several hours. You can contract the virus by putting your fingers in your mouth or nose or rubbing your eyes after touching the infected surface.</p> |
| 27 | <p>Migraine: A migraine can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities. For some people, a warning symptom known as an aura occurs before or with the headache. An aura can include visual disturbances, such as flashes of light or blind spots, or other disturbances, such as tingling on one side of the face or in an arm or leg and difficulty speaking.</p> |
| 28 | <p>Mumps: Mumps is a viral infection that primarily affects saliva-producing (salivary) glands that are located near your ears. Mumps can cause swelling in one or both of these glands. Mumps was common in the United States until mumps vaccination became routine. Since then, the number of cases has dropped dramatically. However, mumps outbreaks still occur in the United States, and the number of cases has crept up in recent years.</p> |
| 29 | <p>Scarlet fever: Scarlet fever is a bacterial illness that develops in some people who have strep throat. Also known as scarlatina, scarlet fever features a bright red rash that covers most of the body. Scarlet fever is almost always accompanied by a sore throat and a high fever. Scarlet fever is most common in children 5 to 15 years of age. Although scarlet fever was once considered a serious childhood illness, antibiotic treatments have made it less threatening.</p> |
| 30 | <p>Shingles: Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso. Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. Shingles isn't a life-threatening condition, but it can be very painful. Vaccines can help reduce the risk of shingles.</p> |

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| 31 | <p>Smallpox: Smallpox is a contagious, disfiguring and often deadly disease that has affected humans for thousands of years. Naturally occurring smallpox was wiped out worldwide by 1980 — the result of an unprecedented global immunization campaign. Samples of smallpox virus have been kept for research purposes. And advances in synthetic biology have made it possible to create smallpox from published amino acid sequences. This has led to concerns that smallpox could someday be used as a biological warfare agent.</p> |
| 32 | <p>Sore throat: A sore throat is pain, scratchiness or irritation of the throat that often worsens when you swallow. The most common cause of a sore throat (pharyngitis) is a viral infection, such as a cold or the flu. A sore throat caused by a virus resolves on its own. Strep throat (streptococcal infection), a less common type of sore throat caused by bacteria, requires treatment with antibiotics to prevent complications. Other less common causes of sore throat might require more complex treatment.</p> |
| 33 | <p>Sprain: A sprain is a stretching or tearing of ligaments — the tough bands of fibrous tissue that connect two bones together in your joints. The most common location for a sprain is in your ankle. Initial treatment includes rest, ice, compression and elevation. Mild sprains can be successfully treated at home. The difference between a sprain and a strain is that a sprain injures the bands of tissue that connect two bones together, while a strain involves an injury to a muscle or to the band of tissue that attaches a muscle to a bone.</p> |
| 34 | <p>Sunburn: Sunburn is red, painful skin that feels hot to the touch. It usually appears within a few hours after too much exposure to ultraviolet (UV) light from sunshine or artificial sources, such as sunlamps. Home remedies can usually provide sunburn relief, but sunburn may take days to fade. Intense, repeated UV light exposure that results in sunburn increases the risk of other skin damage, such as dark spots, rough spots, and dry or wrinkled skin. It also raises the risk of skin cancers such as melanoma.</p> |
| 35 | <p>Tetanus: Tetanus is a serious disease caused by a bacterial toxin that affects your nervous system, leading to painful muscle contractions, particularly of your jaw and neck muscles. Tetanus can interfere with your ability to breathe and can threaten your life. Tetanus is commonly known as "lockjaw." Thanks to the tetanus vaccine, cases of tetanus are rare in the United States and other parts of the developed world. But the disease remains a threat to those who aren't up to date on their vaccinations. It's more common in developing countries.</p> |

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| 36 | <p>Tonsillitis: Tonsillitis is inflammation of the tonsils, two oval-shaped pads of tissue at the back of the throat — one tonsil on each side. Signs and symptoms of tonsillitis include swollen tonsils, sore throat, difficulty swallowing and tender lymph nodes on the sides of the neck. Most cases of tonsillitis are caused by infection with a common virus, but bacterial infections also may cause tonsillitis. Because appropriate treatment for tonsillitis depends on the cause, it's important to get a prompt and accurate diagnosis.</p> |
| 37 | <p>Whiplash: Whiplash is a neck injury due to forceful, rapid back-and-forth movement of the neck, like the cracking of a whip. Whiplash is commonly caused by rear-end car accidents. But whiplash can also result from sports accidents, physical abuse and other types of traumas, such as a fall. Whiplash may be called a neck sprain or strain, but these terms also include other types of neck injuries. Most people with whiplash get better within a few weeks by following a treatment plan that includes pain medication and exercise.</p> |
| 38 | <p>Dizziness can range from fleeting faintness to a severe balance disorder that makes normal functioning impossible. Among adults over age 65, up to 30 percent experience dizziness.</p> <p>Dizziness may feel like:</p> <ul style="list-style-type: none"> Lightheadedness, as though you might pass out Unsteadiness or a loss of balance A false sense that you or your surroundings are spinning or moving (vertigo) Floating, swimming or heavy-headedness <p>Dizziness is often temporary and goes away without treatment</p> |
| 39 | <p>Headache: Headache is pain in any region of the head. Headaches may occur on one or both sides of the head, be isolated to a certain location, radiate across the head from one point, or have a viselike quality. A headache may appear as a sharp pain, a throbbing sensation or a dull ache. Headaches can develop gradually or suddenly, and may last from less than an hour to several days.</p> |
| 40 | <p>Numbness: Numbness describes a loss of sensation or feeling in a part of your body. It's often accompanied by or combined with other changes in sensation, such as a pins-and-needles feeling or burning. Numbness can occur along a single nerve on one side of the body, or it may occur symmetrically, on both sides of the body. Numbness is often caused by damage, irritation or compression of nerves. A single nerve branch or several nerves may be affected, as with a slipped disk in the back or carpal tunnel syndrome in the wrist.</p> |

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| 41 | <p>Stuffy nose:</p> <p>Nasal congestion or "stuffy nose" occurs when nasal and adjacent tissues and blood vessels become swollen with excess fluid, causing a "stuffy" plugged feeling. Nasal congestion may or may not include a nasal discharge or "runny nose." Nasal congestion usually is just an annoyance for older children and adults. But nasal congestion can be serious for children whose sleep is disturbed by their nasal congestion, or for infants, who might have a hard time feeding as a result.</p> |
| 42 | <p>Runny nose:</p> <p>A runny nose is excess nasal drainage. It may be a thin clear fluid, thick mucus or something in between. The drainage may run out of your nose, down the back of your throat or both. The terms "rhinorrhea" and "rhinitis" are often used to refer to a runny nose. Rhinorrhea actually refers to a thin, mostly clear nasal discharge. Rhinitis refers to the inflammation of nasal tissues. Rhinitis often results in a runny nose.</p> <p>If you have a runny nose, you may or may not also have nasal congestion.</p> |
| 43 | <p>Tendinitis:</p> <p>Tendinitis is inflammation or irritation of a tendon — the thick fibrous cords that attach muscle to bone. The condition causes pain and tenderness just outside a joint. While tendinitis can occur in any of your tendons, it's most common around your shoulders, elbows, wrists, knees and heels. Most cases of tendinitis can be successfully treated with rest, physical therapy and medications to reduce pain. If tendinitis is severe and leads to the rupture of a tendon, you may need surgery.</p> |
| 44 | <p>Back Pain:</p> <p>Backache may be triggered by overuse, injury, lifting a heavy object, gardening or moving a bulky piece of furniture. Long hours sitting at a desk, poor posture, heavy housework, pregnancy or anything that puts a strain on the muscles that support your spine can lead to problems.</p> <p>It is often the result of an inactive lifestyle, so taking exercise and eating healthily will help prevent back pain. Back pain can also be due to the medical conditions osteoporosis and osteoarthritis.</p> |
| 45 | <p>Black eye</p> <p>A black eye is bruising and swelling around your eye, usually caused by a blow to the area, such as a punch or fall. It should get better within 2 to 3 weeks. There are things that can help ease a black eye. These include:</p> <ol style="list-style-type: none"> 1) gently hold an ice pack (or a bag of frozen peas wrapped in a clean cloth) to the area around your eye for about 10 to 20 minutes at a time, and repeat regularly during the first 1 to 2 days 2) take painkillers such as paracetamol(external link opens in a new window / tab) or ibuprofen(external link opens in a new window / tab) for any pain after the first 2 days |

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| 46 | <p>Emergency Department: The Emergency Department can be very busy at times and thus should be used by those patients seeking urgent medical attention only.</p> <p>Patients should ideally be referred by either the family doctor or health centre. This is to ensure that patients who can be treated at health centres do not need to wait at the Emergency Department until all urgent cases are dealt with.</p> <p>On arriving at the department's reception desk, patients are first registered on the A&E system and asked to wait for assessment (triage).</p> |
| 47 | <p>Erysipelas: Erysipelas is an acute infection typically with a skin rash, usually on any of the legs and toes, face, arms, and fingers. It is an infection of the upper dermis and superficial lymphatics, usually caused by beta-hemolytic group A Streptococcus bacteria on scratches or otherwise infected areas. Affected individuals typically develop symptoms including high fevers, shaking, chills, fatigue, headaches, vomiting, and general illness within 48 hours of the initial infection. The erythematous skin lesion enlarges rapidly and has a sharply demarcated, raised edge. It appears as a red, swollen, warm, and painful rash, similar in consistency to an orange peel.</p> |
| 48 | <p>Hemodialysis (1): Hemodialysis, also spelled haemodialysis, commonly called kidney dialysis or simply dialysis, is a process of purifying the blood of a person whose kidneys are not working normally. This type of dialysis achieves the extracorporeal removal of waste products such as creatinine and urea and free water from the blood when the kidneys are in a state of kidney failure. Hemodialysis is one of three renal replacement therapies (the other two being kidney transplant and peritoneal dialysis). An alternative method for extracorporeal separation of blood components such as plasma or cells is apheresis.</p> |
| 49 | <p>Hemodialysis (2): Routine hemodialysis is conducted in a dialysis outpatient facility, either a purpose built room in a hospital or a dedicated, stand-alone clinic. Less frequently hemodialysis is done at home. Dialysis treatments in a clinic are initiated and managed by specialized staff made up of nurses and technicians; dialysis treatments at home can be self-initiated and managed or done jointly with the assistance of a trained helper who is usually a family member.</p> |
| 50 | <p>Painkiller: There are three main types of painkiller: non-steroidal anti-inflammatory drugs, paracetamol and opioids. Each works in a different way. Most people only need to take painkillers for a few days or weeks at most, but some people need to take them for a long time. You can buy some painkillers from pharmacies. If you buy painkillers that contain weak opioids and you need to take them for more than three days you must discuss this with your pharmacist or doctor. Painkillers are medicines that are used to treat pain. There are a large number of painkillers available and they all come in various different brand names.</p> |

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| 51 | <p>Computerised tomography (CT) scan</p> <p>You'll have a computerised tomography (CT) scan to help determine the extent of your injury and assess your risk of developing complications of a severe head injury. The CT scan produces a detailed image of the brain. The healthcare professionals treating you will assess your condition using the Glasgow Coma Scale (GCS). The GCS is often used to assess the severity of damage to the brain. It scores you on:</p> <ul style="list-style-type: none"> • verbal responses (whether you can make any noise) • physical movements • how easily you can open your eyes. |
| 52 | <p>Paracetamol (1):</p> <p>Paracetamol, also known as acetaminophen, is a medication used to treat pain and fever. It is typically used for mild to moderate pain relief. Evidence is mixed for its use to relieve fever in children. It is often sold in combination with other medications, such as in many cold medications. Paracetamol is also used for severe pain, such as cancer pain and pain after surgery, in combination with opioid pain medication. It is typically used either by mouth or rectally, but is also available by injection into a vein. Effects last between two and four hours.</p> |
| 53 | <p>Paracetamol (2):</p> <p>Paracetamol is generally safe at recommended doses. The recommended maximum daily dose for an adult is three to four grams. Higher doses may lead to toxicity, including liver failure. Serious skin rashes may rarely occur. It appears to be safe during pregnancy and when breastfeeding. In those with liver disease, it may still be used, but in lower doses. It is classified as a mild analgesic. It does not have significant anti-inflammatory activity. Despite being widely used, Paracetamol's mechanism of action is not entirely clear.</p> |
| 54 | <p>Bruise:</p> <p>A bruise, also known as a contusion, is a type of hematoma of tissue, the most common cause being capillaries damaged by trauma, causing localized bleeding that extravasates into the surrounding interstitial tissues. Most bruises are not very deep under the skin so that the bleeding causes a visible discoloration. The bruise then remains visible until the blood is either absorbed by tissues or cleared by immune system action. Bruises, which do not blanch under pressure, can involve capillaries at the level of skin, subcutaneous tissue, muscle, or bone. Bruises are not to be confused with other similar-looking lesions.</p> |
| 55 | <p>Contusions:</p> <p>Most contusions of bones, muscles, skin, and cartilage will not need medical treatment. Instead, using the RICE method at home can help with pain and swelling, as well as speed up recovery:</p> <p>R: Rest the injured area. Avoid playing sports, exercising, or stretching unless a doctor has suggested otherwise.</p> <p>I: Ice can help with swelling and pain. Try applying an ice pack to the area for 20 minutes at a time, with a 20-minute break between each ice pack session.</p> <p>C: Compress the area to reduce swelling and pain.</p> <p>E: Elevate the area above the heart. This can help with swelling and pain.</p> |

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| 56 | <p>Sprains and strains (1):</p> <p>Sprains and strains occur when the body is put under physical stress. In these situations, muscles and joints are forced to perform movements for which they are not prepared or designed. An injury can occur from a single stressful incident, contact sports, or it may gradually arise after many repetitions of a motion. Usually, the mechanism of injury involves placing the muscle tendon unit or the ligament under excessive stretching, causing damage to the muscle, tendon, or ligament fibers.</p> |
| 57 | <p>Sprains and strains (2):</p> <p>A sprain is an overstretched, torn, or twisted ligament. A ligament is a tough band of fibrous tissue that connects bones to other bones or cartilage. Ligaments are usually located around joints. Commonly sprained areas include the wrists, ankles, thumbs, and knees.</p> <p>A strain is an overstretched, torn, or twisted tendon or muscle. A tendon is a tough cord of fibrous tissue that connects muscles to bones. Commonly strained areas include the legs, knees, feet, and back.</p> |
| 58 | <p>Jellyfish stings:</p> <p>Jellyfish stings are relatively common problems for people swimming, wading or diving in seawaters. The long tentacles trailing from the jellyfish body can inject you with venom from thousands of microscopic barbed stingers. Jellyfish stings vary greatly in severity. Most often they result in immediate pain and red, irritated marks on the skin. Some jellyfish stings may cause more whole-body (systemic) illness. And in rare cases jellyfish stings are life-threatening.</p> |
| 59 | <p>Laceration:</p> <p>A laceration is a cut or puncture wound that causes a tear or hole in the skin. If you fall and land on something sharp like a nail, you can end up with a laceration. Like abrasions, lacerations can be minor with little or no bleeding, or very deep requiring medical attention.</p> <p>Lacerations caused by rusty objects such as a nail, may also put you at risk for tetanus. Seek immediate medical attention if this happens.</p> |
| 60 | <p>Dislocated knee:</p> <p>A dislocated knee occurs infrequently, but it's a very serious injury and requires emergent medical attention. Knee dislocations usually occur following high-energy injuries such as car accidents, falls from significant heights, etc., but low energy injuries can occur and push the thighbone out of alignment with the shinbone causing a dislocated knee.</p> <p>Complications such as blood vessel and nerve damage are not uncommon following a dislocated knee and require immediate medical attention.</p> |

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| 61 | <p>Weever fish sting:</p> <p>The most common symptoms of a weever fish sting include severe pain, fever, swelling, nausea, vomiting, headache, low blood pressure, itching, fainting, tremors, seizures, abdominal cramps. Deaths are extremely rare.</p> <p>If a weever fish stings you, you'll notice that the pain reaches its peak roughly half an hour after the sting. Then, it will gradually decrease. However, in some cases, the uncomfortable sensation will remain for up to 24 hours.</p> |
| 62 | <p>Triage System</p> <p>What is Triage? Triage - French word meaning "to sort" or "to choose". It is a process of setting priorities for treatments for a patient or a group of A&E patients. The sorting of patients into priority categories is performed by an experienced registered nursing staff. They use systemic and scientific methods to assess patients' condition to interpret the clinical features and then exercise interventions in the early phase to prevent deterioration and death.</p> |
| 63 | <p>Interpreters:</p> <p>Interpreters can improve clinical outcomes by bridging the gap in access to quality of care between native and non-native speakers. Hospital interpreters provide interpretation services to hospital patients who have limited English proficiency so they can communicate with doctors, nurses, and other hospital staff. ... Interpreters sometimes work via telephone or using video remote interpreting technology. Interpreters facilitate communication between parties who speak two different languages.</p> |
| 64 | <p>Plaster casts:</p> <p>Plaster casts are made up of a bandage and a hard covering, usually plaster of Paris. They allow broken bones in the arm or leg to heal by holding them in place, and usually need to stay on for between 4 and 12 weeks. Taking good care of your cast will help ensure a better recovery. A health care provider such as an orthopedic surgeon, emergency room doctor, physician assistant, orthopedic technician, or nurse practitioner puts on the cast.</p> |
| 65 | <p>Rash:</p> <p>A rash is an area of irritated or swollen skin. Many rashes are itchy, red, painful, and irritated. Some rashes can also lead to blisters or patches of raw skin. Rashes are a symptom of many different medical problems. Other causes include irritating substances and allergies. Skin rashes can occur from a variety of factors, including infections, heat, allergens, immune system disorders and medications. One of the most common skin disorders that causes a rash is atopic dermatitis (ay-TOP-ik dur-muh-TI-tis), also known as eczema.</p> |