

Wilderness and Rescue Medicine
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Abbreviations, Acronyms, and Mnemonics
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A: Problem List (part of SOAP)

A': Anticipated Problem (part of SOAP)

A and O Awake and oriented

AED Automated External Defibrillator

AGE Arterial Gas Embolus

APAP Acetaminophen

AVPU Awake
Verbal stimulus response
Painful stimulus response
Unresponsive

ALS Advanced Life Support

ASA Aspirin

ASR Acute Stress Reaction

BBP Blood-borne Pathogen

BLS	Basic Life Support
BSA	Body Surface Area
BSI	Body Substance Isolation
c	With
CC	Chief Complaint
CCR	Cardio Cerebral Resuscitation
C/MS	Level of Consciousness and Mental Status
CNS	Central Nervous System
CO	Carbon Monoxide
c/o	Complains of
CO2	Carbon Dioxide
CP	Command Post
CPR	Cardiopulmonary Resuscitation
CSM	Circulation, Sensation, and Movement
CVA	Cerebro-Vascular Accident

D50	50% Dextrose solution
EMR	Electronic Medical Record
EMS	Emergency Medical Services
EMT	Emergency Medical Technician
EMT-A	EMT Advanced
EMT-I	EMT Intermediate
EMT-P	EMT Paramedic
ETOH	Ethanol (Alcohol)
GI	Gastrointestinal
GU	GenitoUrinary
HACE	High Altitude Cerebral Edema
HAPE	High Altitude Pulmonary Edema
HFA	Hydrofluoroalkane MDI
Hx	History
IC	Incident Commander

ICP	Intracranial Pressure
ICS	Incident Command System
IM	Intramuscular
IN	Intranasal
IV	Intravenous
LZ	Landing Zone
mcg	microgram; 1/1000 of a milligram
MDI	Metered Dose Inhaler
mg	milligram; 1/1000 of a gram
mmol.L	millimoles per liter
MI	Myocardial Infarction (heart attack)
MOI	Mechanism of Injury
M/S	Mental Status
NaCl	Sodium Chloride
NIMS	National Incident Management System

NP	Nurse Practitioner
NPO	Nothing by Mouth. From the latin <i>nil per os</i> .
NSAIDs	Non-Steroidal Anti-inflammatory Drugs
N/V	Nausea and Vomiting
N/V/D	Nausea, Vomiting, and Diarrhea
O:	Objective (part of SOAP)
O2	Oxygen
OM	<i>otitis media</i> ; Ear Infection
P:	Plan (part of SOAP)
PA	Physician Assistant
PAS	Patient Assessment System
PCN	Penicillin
PEP	Post Exposure Prophylaxis
PFA	Pain-Free Activity
PFD	Personal Floatation Device

pls	Point Last Seen
po	<i>per os</i> ; By Mouth
PPV	Positive Pressure Ventilation
pr	per rectum
PROP	Position Reassurance Oxygen Positive Pressure Ventilation
prn	as needed
qd	each day
q4h	every 4 hours
RF	Red Flag
RICE	Rest Ice Compression Elevation
RN	Registered Nurse
Rx	Treatment or prescription

S: Subjective

SAMPLE Symptoms
Allergies
Medicines
Past history of medical problems
Last meal
Events leading up to injury

s without

sc subcutaneous; under the skin

sl sub lingual; under the tongue

SOB Shortness of Breath

SOAP Subjective - Information gained by questioning
Objective - Information gathered during examination of the patient
Assessment - List of problems discovered
Plan - What is to be done about each problem

STOPEATS Sugar
Temperature
Oxygen
Pressure
Electricity
Altitude
Toxins

	Salts
sx	Symptoms
s/sx	Signs and symptoms
TBI	Traumatic Brain Injury
TIP	Traction into Position
TM	Tympanic Membrane; Ear Drum.
tm	Trans Mucosal
VS	Vital Signs (with time recorded) BP - Blood Pressure R - Respiratory Rate T - Core Temperature C - Level of Consciousness (Mental Status if Awake) S - Skin P – Pulse
WAFA	Wilderness Advanced First Aid
WALS®	Wilderness Advanced Life Support
WARM	Wilderness and Rescue Medicine
WEMT	Wilderness Emergency Medical Technician

WFA Wilderness First Aid

WFR Wilderness First Responder

WMA Wilderness Medical Associates International