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Annotation: *Restorative understudies got to learn a wide run of restorative wording and lexicon to viably communicate with patients and other healthcare experts. A few key ranges of lexicon that restorative understudies ought to center on incorporate life structures, physiology, pharmacology, pathology, and therapeutic strategies. It's moreover vital for restorative understudies to get it and utilize restorative shortened forms and acronyms commonly utilized in healthcare settings.*

Key words: *Flashcards, Mnemonics Interactive learning tools, prefix ,suffix medical terminology, anatomy, physiology, pharmacology, pathology, and medical procedures;*

Medical students need to learn a wide range of medical terminology and vocabulary to effectively communicate with patients and other healthcare professionals. Some key areas of vocabulary that medical students should focus on include anatomy, physiology, pharmacology, pathology, and medical procedures. It's also important for medical students to understand and use medical abbreviations and acronyms commonly used in healthcare settings. Additionally, learning the terminology related to different medical specialties, such as cardiology, neurology, and pediatrics, is essential for medical students. There are many resources available, including textbooks, flashcards, and online platforms, that can help students learn and reinforce medical vocabulary.

Medical students usually study a decade to become a good doctor. They face many hardships along the way . The terminology is one of them . Researches show that learning terminology is very challenging for medical students. There are many tricks to learn terminology. In this article you can find a few of them . Based on Google and YouTube these are significantly useful.

There are several effective methods that medical students can use to learn medical vocabulary:

1. Flashcards: Create flashcards with the medical term on one side and its definition on the other. Review them regularly to reinforce your memory.

2. Mnemonics: Create mnemonic devices or memory aids to help you remember complex medical terms and their meanings.

3. Practice using the terms in context: Use the medical terminology in sentences or scenarios to help solidify your understanding and usage.

4. Online resources: There are many websites and apps specifically designed for learning medical terminology, such as Quizlet, Anki, and others.

5. Study groups: Join or form study groups with classmates to quiz each other and discuss medical terminology.



6. Read medical literature: Reading medical textbooks, journals, and other literature can expose you to a wide range of medical vocabulary in context.

7. Interactive learning tools: Many educational platforms offer interactive exercises and games to help reinforce medical vocabulary.

8. Clinical experience: Applying medical terminology in a clinical setting can help solidify your understanding and usage of the terms.

By combining these methods, medical students can effectively learn and retain the extensive vocabulary required in the medical field.

Our first method is Card . Many residents and interns use cards to learn terminology and it is very easy for learning. We all know that terminology of diseases are very easy when we learn them with their descriptions . Using cards very easy , now we demonstrate how to use this method.

First of all cards should be in different colors. Because the color can trigger the brain and it shorten the range of the terms. For example : If you use yellow for abdominal problems , when you see yellow cards you understand it is about only abdominal diseases . And of course the terms and its description have to be written on the card. By description, we mean explanation of problem and its symptoms and causes .

For example:

Gastritis is when your stomach lining gets red and swollen (inflamed)

Symptoms.

Causes

1) Stomach upset or pain.

1) Drinking to much alcohol

2) Belching and hiccups

3) Abdominal bleeding

3) certain medicines

4) Nausea and vomiting.

4) Some diseases

5) Loss of appetite and other health

6) Feeling of fullness

This method is quite effective if you study enough.

Our second method is breaking of words. It can be surprising that how can we break words. It is quite simple the terms made by combination of prefix , suffix and root the prefix is beginning of the word and it can describe number/amount size location and color.

The root is middle of the terms and it can describe relating part of the body the suffix is ending of terms and it can describe pertaining to the process or procedure, amount and a location

Let's see it in process :

The Cardio . Many people understand when they hear cardio .

Cardiovascular -> we all know cardio is related to the heart and the vascular is the blood vessel

Cardiogenic -> -genic means caused or produced by

Cardiologist-> -ologist means specialist

cardiologist is the doctor who specialize for treating the heart

Pericardiocentesis -> -contests means puncture or aspiration of . this term means removal of fluid build up in the pericardium. Pericardium is a fibrous sac that encloses the heart and great vessel we give some prefixes and suffixes below :

Suffixes:



- ostomy -> Create new opening
- otomy -> Make an incision/Cut into
- ectomy -> Excision/Removal of
- oscopy -> Examination/Viewing of
- centesis -> Puncture/Aspiration of
- plasty -> Repair/Restore/Replace
- otripsy -> Crush
- desis -> Bind/Fuse together
- scope -> Instrument for viewing
- opsy -> Examination/Inspection

Prefixes:

- Macro -> Large; visible to the naked eye
- Micro -> Small; not visible to the naked eye
- Hyper -> High; above normal; elevated
- Hypo -> Low; below normal; decreased
- Eu-/Normo -> Normal
- Pan-/Omni -> All
- A-/An -> Absent; lacking
- Megalo -> Large; larger than average
- Epi-/Peri-/Circum = Around
- Endo-/Intra = Inside; inner; interior
- Exo-/Extra = Outside; outer; exterior
- Inter = Between
- Trans = Across
- Dia-/Per = Through; complete
- Medi(o/a) = Middle
- Para = Nearby
- Juxta = Next to; beside; adjacent

this method gives you the general information about the term .

No matter what kind of method do you use if you don't break a sweat during the study , they are all useless

So these methods are very effective and kind of fun . However they have a few downsides. The first one is the time . Students don't have much time to do these methods properly. The second one is boredom. Students have to repeat and repeat to learn some terms . This can bore you and decrease your motivation.

The using cards is very effective if its quantity is below 100 . There are a myriad number of terms and students cannot write all. Learning by dividing terms is good but students cannot know the meaning of terms . What is the point if students know the term without its meaning . To sum up everything that has been stated so far medical students have to learn every term . So it doesn't matter what kind of methods they use If they know the. term in the ends . If you study hard enough you can learn anything even with the worst method.

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