

Introduction to Anatomy:

Describe to a partner or your PAL facilitator what the word anatomy means to you.

Look at the Bio 22 exam schedule. Then, choose 3-4 study strategies from below while setting *realistic* goals for when each will be complete before the first exam.

- Creating hand-written or hand-drawn flashcards.
- Rephrasing lecture notes in my own words.
- Follow-up lectures notes by reading the textbook.
- Completing the assigned coloring book pages.
- Reviewing written notes.
- Reviewing review questions for specific lectures.
- Reviewing quizzes.
- Visiting office hours.
- Attending a study group.
- Teaching someone a topic from each lecture.

Remember:

- Define the terms "prone" and "supine." Use each in an example sentence of when these terms might be used.
- List three examples of directional terms used in anatomy.

Understand:

- Explain the difference between the terms "superior" and "inferior" with examples.
- Describe why it is important for medical professionals to use precise regional terms in anatomy.

Apply:

- With your partner or PAL facilitator, identify whether a specified body part is proximal or distal. For example, point to your kneecap and your shin.
- Imagine a surgical procedure and explain how directional terms might be crucial for communication between medical professionals.

Analyze:

- Compare and contrast the terms "lateral" and "medial" in the context of body anatomy.
- Analyze the importance of body planes in interpreting medical imaging scans.

Create:

- Develop a short scenario where understanding directional terms is vital for a medical diagnosis.
- Create a diagram illustrating the sagittal, frontal, and transverse planes of the body.

Evaluate:

- Assess the significance of using regional terms to avoid confusion in medical documentation.
- Evaluate the impact of accurate anatomical language in the communication between healthcare professionals.

Case Study Question: A motorcycle accident patient presents with a complex injury involving both the lacerations and debris imbedded in the upper arm and a broken bone in the forearm. Discuss how accurate usage of directional terms (e.g., proximal, distal, deep, superficial) and regional terms (e.g., brachium, antebrachium) would be crucial for understanding and communicating about the specific location and nature of the injury. How might mastering these anatomical terms aid in the diagnosis and treatment of the patient?