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Vocabulary Builder Reference from...

Darria Long: An ER doctor on triaging your "crazy busy" life | TED Talk

https://www.ted.com/talks/darria_long_an_er_doctor_on_triaging_your_crazy_busy_life

Advanced Words Only

IMPORTANT

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Session 1: Word List

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

deteriorate

v. to become worse in quality; to decline or degenerate
synonym: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition

The patient's health **deteriorated** rapidly after being diagnosed with the disease.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym: unyielding, tireless, unremitting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

triage

n. the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled

synonym: sorting, prioritizing, categorizing

(1) **triage** system, (2) **triage** nurse

In the aftermath of the hurricane, the military set up a **triage** center to assist with medical emergencies.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

liberate

v. to set free; to release or rescue from captivity or oppression

synonym: emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential

The prisoners were **liberated** after the war ended.

craving

n. a strong desire of wanting something

synonym: desire, appetite, longing

(1) **craving** for revenge, (2) curb our **cravings**
I have a **craving** for nicotine.

willpower

n. the control exerted to do something or restrain impulses
synonym: determination, resolve, self-discipline

(1) demonstrate **willpower**, (2) lack of **willpower**

With strong **willpower** and determination, he could quit smoking for good.

derail

v. to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally

synonym: crash, wreck, thwart

(1) **derail** the recovery, (2) **derail** an argument

The train **derailed** because a cow was standing on the tracks.

monologue

n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

synonym: soliloquy, speech, address

(1) inner **monologue**, (2) deliver a **monologue**

The actor's **monologue** was so powerful that the audience was moved to tears.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym: disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

widen

v. to become or make something broader, wider, more extensive

synonym: broaden, enlarge, extend

(1) **widen** in excitement, (2) **widen** a narrowed heart valve
He **widened** his investigation into a medical clinic.

drown

v. to die or cause to die by being unable to breathe underwater

synonym: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work
Floods have the potential to **drown** any subsurface animals easily.

beep

v. to make a short, high-pitched sound, typically as a signal or warning

synonym: bleep, honk, buzz

(1) **beep** out a warning, (2) **beep** the horn

The timer **beeped**, reminding me that the cake was ready to come out of the oven.

hover

v. to stay in one place in the air

synonym: hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

Session 2: Spelling

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| 1. tr___e nurse | <i>n.</i> the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled |
| 2. st_____ze prices | <i>v.</i> to become or cause to become steady or unlikely to give way |
| 3. di_____t a well-ordered condition | <i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |
| 4. co_____e the listener | <i>v.</i> to mistake one thing for another; to make somebody hard to understand |
| 5. de___l an argument | <i>v.</i> to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally |
| 6. di_____ct attention from the real issue | <i>v.</i> to draw someone's attention away from what they are trying to do |
| 7. ho__r between life and death | <i>v.</i> to stay in one place in the air |
| 8. rel_____ss attack | <i>adj.</i> persistent and determined; continuing despite difficulties or setbacks |
| 9. wi__n in excitement | <i>v.</i> to become or make something broader, wider, more extensive |
| 10. curb our cr_____gs | <i>n.</i> a strong desire of wanting something |
| 11. pre_____al region | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |

ANSWERS: 1. triage, 2. stabilize, 3. disrupt, 4. confuse, 5. derail, 6. distract, 7. hover, 8. relentless, 9. widen, 10. craving, 11. prefrontal

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|-------------------------------------|------|---|
| 12. wi__n a narrowed heart valve | v. | to become or make something broader, wider, more extensive |
| 13. di____t sleep | v. | to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |
| 14. pri____ze people over cars | v. | to assign a higher level of importance to something compared to other things |
| 15. deliver a mo____ue | n. | a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory |
| 16. di____ct public opinion | v. | to draw someone's attention away from what they are trying to do |
| 17. dr__n in a bath | v. | to die or cause to die by being unable to breathe underwater |
| 18. avoid climate cat____he | n. | a sudden event that causes extreme ruin and misfortune |
| 19. b__p the horn | v. | to make a short, high-pitched sound, typically as a signal or warning |
| 20. face rel____ss pressure | adj. | persistent and determined; continuing despite difficulties or setbacks |
| 21. det____te at a slow pace | v. | to become worse in quality; to decline or degenerate |
| 22. li____te potential | v. | to set free; to release or rescue from captivity or oppression |
| 23. li____te people from oppression | v. | to set free; to release or rescue from captivity or oppression |

ANSWERS: 12. widen, 13. disrupt, 14. prioritize, 15. monologue, 16. distract, 17. drown, 18. catastrophe, 19. beep, 20. relentless, 21. deteriorate, 22. liberate, 23. liberate

24. b__p out a warning *v.* to make a short, high-pitched sound, typically as a signal or warning
25. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
26. de___l the recovery *v.* to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally
27. inner mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory
28. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
29. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
30. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
31. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things
32. det_____te condition *v.* to become worse in quality; to decline or degenerate
33. cr_____g for revenge *n.* a strong desire of wanting something
34. lack of wi_____er *n.* the control exerted to do something or restrain impulses
35. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
36. ho__r around the table *v.* to stay in one place in the air

ANSWERS: 24. beep, 25. prefrontal, 26. derail, 27. monologue, 28. catastrophe, 29. drown, 30. stabilize, 31. prioritize, 32. deteriorate, 33. craving, 34. willpower, 35. confuse, 36. hover

37. demonstrate wi_____er

n. the control exerted to do something or restrain impulses

38. tr___e system

n. the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled

ANSWERS: 37. willpower, 38. triage

Session 3: Fill in the Blanks

1. The raising of interest rates _____ the inflation rate.
v. to become or cause to become steady or unlikely to give way
2. With strong _____ and determination, he could quit smoking for good.
n. the control exerted to do something or restrain impulses
3. The timer _____ reminding me that the cake was ready to come out of the oven.
v. to make a short, high-pitched sound, typically as a signal or warning
4. He _____ his investigation into a medical clinic.
v. to become or make something broader, wider, more extensive
5. Floods have the potential to _____ any subsurface animals easily.
v. to die or cause to die by being unable to breathe underwater
6. I have a _____ for nicotine.
n. a strong desire of wanting something
7. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
8. The actor's _____ was so powerful that the audience was moved to tears.
n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

ANSWERS: 1. stabilizes, 2. willpower, 3. beeped, 4. widened, 5. drown, 6. craving, 7. confused, 8. monologue

9. Two birds were _____ overhead.
v. to stay in one place in the air
10. In the aftermath of the hurricane, the military set up a _____ center to assist with medical emergencies.
n. the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
11. The athlete's _____ training paid off in the end.
adj. persistent and determined; continuing despite difficulties or setbacks
12. The train _____ because a cow was standing on the tracks.
v. to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally
13. I'm so sorry to _____ you when you're pretty busy.
v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
14. The patient's health _____ rapidly after being diagnosed with the disease.
v. to become worse in quality; to decline or degenerate
15. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
16. The organization _____ the needs of the community in its decision-making.
v. to assign a higher level of importance to something compared to other things

ANSWERS: 9. hovering, 10. triage, 11. relentless, 12. derailed, 13. disrupt, 14. deteriorated, 15. distract, 16. prioritized

17. Research shows that damage to the _____ cortex leads to increased aggression.

adj. in or about the foremost part of the frontal lobe of the brain

18. The prisoners were _____ after the war ended.

v. to set free; to release or rescue from captivity or oppression

19. The lack of funds has resulted in a _____ for our university system.

n. a sudden event that causes extreme ruin and misfortune

ANSWERS: 17. prefrontal, 18. liberated, 19. catastrophe