

Instructional Terminology

Nursing Services
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*Indicates Terminology from D & S Diversified Technologies LLP

A

Abandonment* - Leave somebody or something behind for others to look after especially somebody or something meant to be a personal responsibility

Abdominal thrust* - Method of attempting to remove an object from the airway of someone who is choking

Abduction pillow/wedge* - A wedge made of foam used to help to immobilize a patient's legs after hip surgery

Abduction* - Moving a body part away from the midline of the body

Abnormality - Malformation or deformity

Absorption* - The digestive process in which digestive juices and enzymes break down food into materials the body can use

Abuse* - Intentional mistreatment causing harm

Accident* - An unplanned and unfortunate event that results in damage injury or upset of some kind

Accountability - State of being liable or answerable responsible for action

Accreditation - A process in which certification of competency authority or credibility is presented

Active Motion - Moving using physical effort and action

Activities* - Something that somebody takes part in or does

Acute* - A disease that is brief severe and quickly comes to a crisis

Adaptive Devices* - Special equipment that helps a person who is ill or disabled perform ADLs; also called assistive devices

Adduction* - Moving a body part toward the midline of the body

ADL (Activities of Daily Living)* - Personal daily care tasks including bathing, dressing, mouth care, hair care, toileting, and eating and drinking

Admission* - The initial entry of a resident into a facility or a unit

Admitting resident* - The evaluation of a person that is coming to live at a long term care facility

Advanced Directives - A living will allows you to document your wishes concerning medical treatments at the end of life

AED (Automatic External Defibrillator) - Used to electrically stimulate the heart in hopes of returning to a regular rhythm

Afebrile* - Having no fever

Affected side* - The side that is involved by disease or injury

Aging Process* - The progression of getting older

AIDS (Auto Immune Deficiency Syndrome)* - a disease of the immune system caused by infection with the retrovirus HIV

Airborne - Carried by floating particles

Alarms* - A device for giving a warning of danger

Alternating Pressure Mattress* - Special bed for residents who are at risk for pressure sores or who have pressure sores

Alternative feeding methods - Different ways to deliver nourishment to a patient who is unable to eat orally may include enteric feedings (nasogastric tubes gastrostomy tubes) or total parental nutrition (TPN)

Alzheimer's* - A progressive degenerative and irreversible disease that is a form of dementia; there is no cure

Ambu bag - Bag valve mask manual resuscitator or self-inflating bag hand held device used to provide positive pressure ventilation to someone not breathing

Ambulation* - The act of walking

Amputations - To surgically remove part of a limb or digit of the body

Amputee* - A person who has had one or more limbs surgically removed

Anaphylaxis - Allergic reaction to a foreign substance

Anger* - A strong feeling of grievance and displeasure

Angina* - Condition in which lack of blood to the heart causes severe chest pains

Anterior* - Situated at or near the front of the body or of a body part

Antibacterial* - Anything that destroys bacteria or suppresses their growth and their ability to reproduce

Antibiotics* - A naturally produced substance that kills or inactivates bacteria

Anti-Embollic Stocking* - Special stockings used to help prevent swelling and blood clots and to aid circulation; also called elastic stockings or TED hose

Antisepsis - Prevention of infection by inhibiting or arresting the growth and multiplication of germs

Anxiety* - Uneasiness or fear often about a situation or condition

Aphasia* - Partial or total inability to produce and understand speech as a result of brain damage caused by injury or disease

Apical* - Pulse heard by listening directly over the apex of the heart with a stethoscope

Apnea* - A temporary suspension or absence of breathing

Appropriate response* - Reply to a question or statement that is suitable for the occasion or circumstances

Arrhythmia - Any disturbance in the rhythm of the heartbeat

Arteries* - Vessels that carries blood away from the heart

Arteriosclerosis - Degenerative change in the arteries characterized by thickening of vessel walls and accumulation of calcium with consequent loss of elasticity and lessened blood flow

Arthritis* - A medical condition affecting a joint causing pain swelling and stiffness

Asepsis - Absence of microorganisms (germs)

Aseptic* - Free of disease causing microorganism

Asphyxia - A lack of oxygen or excess of carbon dioxide in the body that results in unconsciousness and often death usually caused by interruption of breathing or inadequate oxygen supply

Aspiration* - The inhalation of food or drink into the lungs; can cause pneumonia or death

Assault – An unsuccessful attempt or threat to commit bodily harm

Assisted living - Housing for elderly or disabled in which housekeeping meals medical care and other assistance is available as needed

Assistive device* - Special equipment that helps a person who is ill or disabled perform ADLs; also called adaptive devices

Asthma - Chronic episodic lung disease that inflames and narrows the airways

Atrophy* - The wasting away decreasing in size and weakening of muscles from lack of use

Auto Immune Deficiency Syndrome - A disease of the immune system caused by infection with the retrovirus HIV

Autoclave* - Machine creating steam or a type of gas that kills all microorganisms

Axillary temperature* - Measuring temperature using underarm or the armpit

AZ State Board of Nursing – Regulatory state agency that certifies monitors and disciplines CNA LPN RN and advance practice nurses

B

Back strain* - When a muscle becomes overstretched and tears on the posterior area of the trunk of a person

Bacteria* - A single celled microorganism without distinct nuclei or organized cell structures

Bargaining* - To negotiate the terms of an agreement with somebody for something in return

Basic needs* - The fundamental essentials of life

Bath Water Temperature* - Should not be over 105 degrees Fahrenheit

Bathing* - Using water and soap to keep the body clean

Battery - An assault that is actually carried out where a person is injured

Bed Cradle* - Apparatus used to keep bed covers from pushing down on the feet

Bed Height* - The level the bed should be at for comfort

Bed Making* - The process of changing the sheets/linens and making sure corners are mitered and sheets are wrinkle free

Bed position* - A way to keep resident comfortable whether sitting or lying down

Bed rest* - Order by the doctor to ensure patient stays in bed

Behavior* - The way in which one acts or conducts oneself especially toward others

Beliefs* - An acceptance that a statement is true or that something exists something one accepts as true or real

Benign/ Benign tumor - A mass of cells that lacks the ability to invade neighboring tissue or metastasize

Binder - A broad bandage applied for support particularly of the abdomen or chest

Biohazard* - Something that may cause harm to people or the environment especially a poisonous chemical or an infectious disease

Biological Therapy - Treatment to stimulate or restore the ability of the immune system to fight infection and disease

Bladder training* - Re-establishing a routine of normal bladder function

Bladder - A membranous sac that serves as receptacle of a liquid or contains gas

Bleeding* - To lose blood from the body through a wound or because of illness

Blindness* - The inability to see your surroundings

Blood borne pathogen - Disease causing germs that live in the human blood

Blood pressure* - Pressure exerted by the blood against the walls of the blood vessels

Bodily fluids* - Tears saliva sputum urine feces semen vaginal secretions and pus or other wound drainage

Body alignment - Body positioning that promotes proper body functioning; posture

Body language - All of the conscious or unconscious messages your body sends as you communicate such as facial expressions shrugging your shoulders and wringing your hands

Body mechanics* - The way the parts of the body work together when you move

Bowel program* - A way to re-establish ability to control bowel movements through training with consistency and routines

Brachial- relating to the arm

Bradypnea – Slow breathing – less than 12 breaths per minute

Breathing* - The process of taking air into the lungs and pushing it out again

Broken equipment* - Medical apparatus that has been damaged

Bruises - To injure by striking or pressing without breaking the skin causing discoloration

Burn Out* - Psychological exhaustion and diminished efficiency resulting from overwork or prolonged exposure to stress

Burns* - Exposure to fire heat extreme cold or chemicals that cause damage to skin and underlying tissues

C

CAB - Compression airway and breathing- acronym used to remember order of priority during cardiopulmonary resuscitation

Call lights* - Signal light that allows residents to call for help when needed

Cancer* - A general term used to describe a disease in which abnormal cells grow in an uncontrolled way

Cane - A stick used to assist one in walking

Cannula - A small tube used to deliver oxygen drain fluid or introduce medication

Cardiac Arrest* - Medical term for the stopping of the heart

Cardiopulmonary resuscitation* - Refers to medical procedures used when a person's heart or lungs have stopped

Cardiovascular system* - Continuous circulation body system that includes the heart and the vascular structures (blood vessels such as arteries capillaries and veins)

Care impaired * - Loss of function or ability; can be a partial or complete loss and requires help to care for self

Care plan* - A written plan for each resident created by the nurse; outlines the steps taken by the staff to help the resident reach his or her goals

Care planning* - Process of making a care plan

Carotid - Two main arteries one on each side of the neck which supplies blood to the head

Cast* - A stiff plaster of Paris or fiberglass casing that holds a broken bone in place while it is healing

Cataracts* - A condition in which the lens of the eye becomes cloudy causing vision loss

Catheter Care* - Routine cleaning and inspection of the tubing used to drain fluid

Catheter/ Catheterized* - Tube inserted through the skin or into a body opening; used to add or drain fluid

Causing harm to - Injure; damage; hurt:

Cc's in an ounce* - 30 (thirty)

Celiac disease - A digestive and autoimmune disorder that can damage the lining of the small intestine

Center for Disease Control (CDC) - A federal agency (headquarters in Georgia) whose main goal is to protect public health and safety through the control and prevention of disease injury and disability

Centers for Medical Services – Also known as Centers for Medicare and Medicaid Services: a federal agency within the United States Department of Health and Human Services (DHHS) that administers the Medicare program and works in partnership with state governments to administer Medicaid

Central nervous system* - Part of the nervous system made up of the brain and spinal cord

Cerebral - Relating to the brain

Cerebral Vascular accident* (CVA) - A condition caused when blood supply to the brain is cut off suddenly by a clot or a ruptured blood vessel; also called a stroke

Charge nurse* - A nurse responsible for a team of healthcare workers

Chemical disinfection* - Cleaning using a compound or substance that has been purified or prepared especially artificially

Chemical Spill – Uncontrolled release of a hazardous material either as a solid liquid or a gas

Chemotherapy* - The use of chemical agents to treat diseases infections or other disorders especially cancer

Child Abuse - The physical sexual or emotional maltreatment or neglect of someone before their 18th birthday

Chlamydia - A sexually transmitted infection that may not present any noticeable symptoms

Choking* - Have severe difficulty in breathing because of a constricted or obstructed throat or a lack of air

Chronic* - A disease or injury that is persistent and habitual

Circulation* - The continuous movement of blood through all parts of the body

Clarification* - Make something clearer by explaining in greater detail or in another way

Clean - Free from dirt; unsoiled; unstained:

Clean catch - A method of collecting a urine sample so it is not contaminated by anything outside the patient's body

Cleaning spills* - To wipe up a liquid that has accidentally or purposely leaked from a container

Cleaning* - To wash wipe or clean an object

Clear liquid diet* - Consuming only liquid that can you can see through examples: water tea Jell - O broth juice

Clergy* - The body of people ordained for religious service

Client - A person cared for by a home health agency or provider

Cognitively impaired* - Reduced ability to perform mental task such as focus memory self-awareness and judgment

Crohn's disease - A type of inflammatory bowel disease (IBD) causing inflammation of the lining of your digestive tract which can lead to abdominal pain severe diarrhea and even malnutrition

Cold application* - Using ice bag or cool cloth on injured body part Used to stop bleeding prevent swelling and reduce pain

Colon cancer - Uncontrolled growth of abnormal cells of the large intestine (colon) the lower part of your digestive system

Colostomy* - Surgically created opening into the large intestine to allow feces to be expelled

Combative resident* - Person living in long term care facility who acts out in a violent or hostile manner

Comfort care* - (Palliative Care) Treatment given to people who have serious life-threatening diseases; goals are to control symptoms reduce suffering prevent side effects and complications and maintain quality of life

Communication* - Exchange of information between people may be verbal or non – verbal

Compliance - The action of doing what you have been asked or ordered to do

Compression - Flatten by pressure; squeeze; press

Confidential/Confidentiality* - Personal or private data information or knowledge that is not shared with others

Confused resident* - Someone living in a long term care facility who is unable to think clearly and logically

Congestive - To fill to excess; overcrowd

Congestive heart failure* - A condition in which the heart muscle is damaged and does not pump effectively; blood back up into the heart instead of circulating; can occur on one or both sides of the heart

Consent - Agreement or permission to do or allow something

Constipation* - The difficult and often painful elimination of a hard dry stool

Constrict* - Make something narrower

Contact isolation* - Protection when infection may be spread by touching contaminated items such as linen equipment or supplies

Contamination* - Soiled unclean; having disease - causing organisms or infectious material on it

Contracture* - The permanent and often painful shortening of a muscle usually due to a lack of activity

Contusion – (Bruise hematoma) -caused when blood vessels are damaged or broken as the result of a blow to the skin

Converting measures* - To change from one unit of measurement to another

COPD* - Chronic Obstructive Pulmonary Disease makes it hard for you to breathe The two main types are chronic bronchitis and emphysema Usually from smoking

Coping Mechanisms - An adaptation to environmental stress that is based on conscious or unconscious choice and that enhances control over behavior or gives psychological comfort

Coronary Artery Disease (CAD) - The narrowing or blockage of the coronary arteries usually caused by atherosclerosis

Joint Council on Account Accreditation of Healthcare Organizations (JCAHO) - A United States-based nonprofit organization that accredits more than 20000 health care organizations and programs in the United States

CPM (Continuous passive range-of-motion machine) - Used after total knee replacement to promote flexibility

CPR*- Cardiopulmonary resuscitation

Cross Contamination - The transfer of harmful bacteria from one person object or place to another

Crutches – A mobility aid that transfer's weight from the legs to the upper body It is often used for people who cannot use their legs to support their weight

Cultural* - The variety of people living and working together in the world

CVA* - Cerebral Vascular Accident A condition caused when blood supply to the brain is cut off suddenly by a clot or a ruptured blood vessel; also called a stroke

Cyanosis*/Cyanotic* - Blue or pale skin and/or mucous membranes due to decreased oxygen in the blood

D

Dangling *- Sitting up on the edge of the bed with the feet hanging down loosely

Dead on Arrival (DOA) - Found with no life signs- upon arrival of EMS at the scene or at the hospital

Death and dying* - Not living or actively entering the end stage of life

Decubitus ulcer* - A serious wound resulting from skin breakdown also known as pressure sore or bed sore

Deeper tissue* - Area below the dermis including muscle

Defamation - The communication of a false statement that harms the reputation of an individual or other entity

Defense mechanism* - Unconscious behaviors used to release tension and/or help a person cope with stress

Dehydration* - A condition that occurs when a person does not have enough fluid in the body

Delusions* - A belief in something that is not true or is out of touch with reality

Dementia* - A serious progressive loss of mental abilities such as thinking remembering reasoning and communicating

Denial* - Refusal to recognize or acknowledge

Denture care* - Cleaning and storage of artificial teeth

Dentures* - Artificial teeth

Dependability* - Able to be trusted or to be reliable

Depression* - An illness that causes social withdrawal lack of energy and loss of interest in activities as well as other symptoms

Developmental process - Process by which organisms grow and develop

Diabetes Mellitus* - A condition in which the pancreas does not produce insulin or does not produce enough insulin; causes problems with circulation and can damage vital organs

Dialysis* - A process that cleanses the body of wastes that the kidneys cannot remove due to kidney failure

Diarrhea* - Frequent elimination of liquid or semi - liquid feces

Diastolic* - Phase when the heart muscle relaxes

Dietary - Evidence-based nutritional needs the department in the hospital or facility that plans and prepares meals

Dietitian* - An expert on diet and nutrition

Digestion* - The process of breaking down food so it can be absorbed into the cells

Direct Contact - An individual known to have been sufficiently near an infected person to have been exposed to the transfer of disease

Disaster plan - Systematic procedure that clearly details what needs to be done when an adverse event occurs

Discharge coordinator - A person that assists in planning for the discharge of a patient to home or rehabilitation facility and acquires the medical equipment care and supplies needed to continue recovery

Discharging resident* - Procedure for releasing a person living in a long term care facility to go home or to another facility

Discrimination - Action that denies social participation or human rights to categories of people based on prejudice

Disease* - Abnormal condition illness

Disinfection* - A measure used to decrease the spread of pathogens and disease by destroying as many pathogens as possible and slowing growth and activity of those that cannot be destroyed

Disoriented* - Confusion about person place or time; may be permanent or temporary

Disrespectful treatment* - Having or exhibiting rude and discourteous behavior toward someone

Distilled Water - Water that has many of its impurities removed through boiling the water and then condensing the steam into a clean container

Diverticulitis - Occurs when one or more diverticula in your digestive tract become inflamed or infected

Dizziness* - To feel lightheaded faint and shaky

DNR (Do Not Resuscitate)* - An order that tells medical professionals not to perform lifesaving resuscitation

Documentation* - Process of providing written details or information

Dorsal Recumbent position - Position of patient on the back with lower limbs flexed and rotated outward; used in vaginal examination

Dorsiflexion*- Flexion or bending in a dorsal direction as of the hand or foot

Double bagging – Process used whenever contagious material (including blood and body fluids) is to be transported Inner bag is tied and placed into an outer bag which is also secured before disposal

Draw/lift sheet * - Light blanket or sheet used to move patient/resident up in bed

Dressing* - Putting clothes on a resident

Droplets* - A very small drop of liquid expelled by talking singing sneezing laughing or coughing Can travel up to three feet after be spewed from a person's mouth or nose

Drowsy* Almost asleep or very lightly asleep

Dying * - The process in which the person is actively entering the end stage of life

Dysphagia* - Difficulty in swallowing

Dyspnea* - Difficulty breathing/labored breathing

E

Edema* - Swelling in body tissues caused by excess fluid

Elastic stockings* - Special stockings used to help prevent swelling and blood clots and to aid circulation; also called anti - embolic stockings or TED hose

Elastic*- An object or material able to resume its normal shape spontaneously after contraction dilatation or distortion

Elderly Abuse - any knowing intentional or negligent act by a caregiver or any other person that causes harm or a serious risk of injury either physical emotional or financial to an older adult

Elevate head* - Raise or lift head to a comfortable position

Elevate/elevations - Raise or lift (something) up to a higher position

Elimination* - The physical process of releasing or emptying the body of waste products

Emesis basin* - A kidney bean shaped container in which a patient vomits

Emesis*- Vomitus

Emotional needs* - Includes love comfort and support from peers

Emotional stress* - Dealing with a situation that can make one's emotions uneasy

Emotional support* - Providing help for someone in a rough situation by listening and providing comfort or advice

Emphysema* - A chronic incurable lung disease in which the alveoli in the lungs become filled with trapped air; usually results from smoking and chronic bronchitis

Endocrine System - Collection of glands of an organism that secrete hormones directly into the circulatory system to be carried toward a target organ

Endometriosis - A gynecological condition in which cells from the lining of the uterus (endometrium) appear and flourish outside the uterine cavity most commonly on the membrane which lines the abdominal cavity the peritoneum

Epilepsy - A central nervous system disorder in which the nerve cell activity in your brain is disturbed causing a seizure (experience abnormal behavior symptoms and sensations including loss of consciousness)

Equal Opportunity Employer – An employer that does not discriminate based upon that employees (or applicant's) race color religion sex or national origin

Ergonomics - The scientific discipline concerned with the understanding of interactions among humans and other elements of a system and the profession that applies theory principles data and methods to design in order to optimize human well-being and overall system performance

Essential Behavior* - The actions we take as well as the practices we engage in that connect most powerfully with others and make the greatest positive difference in the results we get in life

Ethics* - The knowledge of what is right and wrong; standards of conduct

Evacuation* - Discharge as of waste matter through the excretory passages especially the bowels

Evacuation - The urgent removal of people from an area or building due to a serious threat or emergency situation

Exposure incidents - Exposure to fire heat extreme cold or chemicals that cause damage to skin and underlying tissues

Extension * - The stretching out of a limb after it has been bent

Extremity* - The distal or terminal portion of elongated or pointed structures (limbs)

Eye glasses* - A tool which helps improve those with bad vision

F

Fainting/syncope - Transient loss of consciousness and postural tone

Falls* - Unintended descent – patient accidents in which the patient descends to the floor unintentionally

False Imprisonment - The illegal confinement of one individual against his or her will by another individual without justification or consent

Fatigue - A subjective feeling of tiredness

Fecal impaction* - A mass of dry hard stool that remains packed in the rectum and cannot be expelled

Feces* - Solid body waste excreted through the anus from the large intestine; also called stool

Feeding* - To give food to somebody

Fiber - The indigestible portion of food derived from plants and waste of animals also known as roughage

Financial Abuse - the improper usage or treatment of an entity often to unfairly or improperly gain monetary benefit

Fire* - Light heat and flames caused by something that is burning

First Aid*- Is the provision of initial care for an illness or injury

Flatus* - Air in the intestine that is passed through the rectum; also called gas or flatulence

Flexed*/Flexion* - To bend a body part

Floating heel/Heel protector- Putting a pillow under the calf or sheepskin around the foot to prevent pressure ulcers on the heels

Flora - The microorganisms (as bacteria or fungi) living in or on the body

Fluid Balance - The concept of human homeostasis that the amount of fluid lost from the body is equal to the amount of fluid taken in

Fluid intake* - The fluid a person consumes or is given intravenously

Foley catheter* - A tube used for draining urine from the bladder

Foot board*- Padded piece of wood or pillow like devices placed against the resident's feet to keep them aligned and prevent foot drop

Foot care* - Attention and daily cleaning of the feet to prevent infections and complications

Foot drop* - Weakness of muscles in feet and ankles that interferes with ability to flex ankles and walk properly

Fowler's position* - Position used to promote oxygenation via maximum chest expansion- implemented during events of respiratory distress

- Low Fowler's- head of bed elevated 15 to 30 degrees
- Semi-Fowler's head of bed elevated 30 to 45 degrees
- Fowler's- head of bed elevated 45 to 60 degrees
- High Fowler's – head of bed elevated 80 to 90 degrees

Fractures* - A broken bone

Fraud* - Deceit or trickery for profit

Frayed cord* - Damage to electrical cable with exposed wires which is a safety hazard and must be reported immediately

Friction - The force resisting the relative motion of solid surfaces fluid layers and material elements sliding against each other often resulting in skin breakdown or injury

Fungus - Any member of a large group of eukaryotic organisms that includes microorganisms such as yeasts and molds

G

Gait Belt* - A belt made of canvas or other heavy material used to help residents walk; also called a transfer belt

Gall bladder – Small hollow organ that sits just beneath the right lobe of the liver where bile is stored before it is released into the small intestine

Gangrene - A potentially life-threatening condition that arises when body tissue dies (necrosis)

Gastroesophageal reflux disease - (GERD) is a condition in which the stomach contents leak backwards from the stomach into the esophagus

Gastrostomy tube* - A tube inserted through the abdomen that delivers nutrition directly to the stomach

Gender - The range of characteristics pertaining to and differentiating between masculinity and femininity

Geriatrics* - Medical specialty dealing with care of the older adult

Germ transmission* - Microorganisms spread in different ways including contact droplet and airborne

Gerontology* - Medical specialty dealing with care of the older adult

Gestational – The period of time between conception and birth

Glaucoma - Increased fluid pressure in the eye associated optic neuropathy

Gloves* - Covering for the hand to prevent transmission of germs and disease

Gonorrhea - Sexually transmitted infection caused by the bacterium *Neisseria gonorrhoeae*

Good Samaritan Law - Legal protection for people who give reasonable assistance to those who are injured ill in peril or otherwise incapacitated

Gravity Drain - A drainage tube that allows fluid to drain by gravitational forces rather than suction

Grief - A multifaceted response to loss

Grieving process* - Varying emotional responses to grief or loss

H

Hair care* - Grooming residents hair according to their preference

Hallucination* - Seeing or hearing things that are not really there

Hand Sanitizer- A supplement or alternative to hand washing with soap and water usually ethanol based

Hand tremors* - Shaking hands; makes it difficult to eat and perform ADLs symptom of diseases such as Parkinson's

Hand washing* - Hand hygiene with either plain or antiseptic soap and water

Harassment - Behavior intended to disturb or upset another person

Hazardous substance* - Substance that is dangerous to health and safety; must be handled with care

Health - care team* - Consists of many members with different training and experience to provide care for each resident/patient

Hearing aid* - A battery - operated device that amplifies sound

Hearing impaired*/ Hearing loss* - The process of losing the ability to hear

Heart muscle* - Involuntary muscle found only in the heart and is also called cardiac muscles

Heat application* - Applying heat to a certain area or body part for comfort or to promote vasodilation

Height* - Distance between the lowest and highest point of a person's body

Heimlich maneuver* - Method of attempting to remove an object from the airway of someone who is choking by pressing

Helping residents* - Assisting people living in long term care facility with their needs

Hemiplegia* - Total or partial inability to move one side of the body

Hemorrhage - Bleeding or the abnormal flow of blood

Hepatitis B* - A diseases associated with inflammation of the liver caused by a virus

Hernias - Protrusion of an organ or the fascia of an organ through the wall of the cavity that normally contains it

Herpes Simplex Virus – Contagious disease that form watery blisters in the skin or mucous membranes of the mouth lips or genitals

HIPAA* - Health Insurance Portability and Accountability Act; law to protect privacy of health information

HIV* - A virus that attacks the body's immune system and gradually disables it; eventually causes AIDS

HOB (Head of Bed) - the positioning or elevation of the head and upper body portion of a hospital bed

Holistic care* - Involving the whole person this includes physical social emotional and spiritual needs

Home health aide – Help people who are disabled chronically ill or cognitively impaired in the home setting

Homecare* - Providing nursing services personal care and other services to clients in their home

Homeostasis – The body's ability to maintain a constant internal environment in response to environmental changes

Hormonal Therapy – Using medications containing hormones to replace the one the body no longer makes after menopause It may also be used to reduce the risk of certain cancers

Hospice* / Hospice Care* - Facility or status for the terminally ill with less than 6 months to live

Hot compresses – Used to relieve pain from muscle fatigue old injuries rheumatic pain menstrual cramps boils and toothache

HPV – human papillomavirus - Most commonly sexually transmitted virus in the United States

Hydration* - The act or process of taking fluid into the body

Hygiene – Conditions or practices conducive to maintaining health and preventing disease especially through cleanliness

Hyperglycemia* - A life threatening complication of diabetes that can result from undiagnosed diabetes not enough insulin eating too much not getting enough exercise and stress; also known as diabetic ketoacidosis

Hypertension* - A condition in which the blood pressure is elevated

Hyperventilation* - Excessively rapid and deep breathing

Hypoglycemia* - A life threatening complication of diabetes that can result from too much insulin or too little food; also known as insulin reaction and insulin shock

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I & O* - Intake and Output

Ileostomy* - Surgically created opening into the end of the small intestine the ileum to allow feces to be expelled; causes stool to be liquid

Immobility* - Loss of function or movement

Immune* - Resistance to infection by a specific pathogen

Impairment – Permanent or temporary loss or abnormality of physiological psychological or anatomical structure or function

Implied Consent - Consent which is not expressly granted by a person but rather inferred from a person's actions and the facts and circumstances of a particular situation

In-house transfer* - Moving residents from one room to another with - in a facility

In-service programs* - Classes given to care providers to maintain their skills and knowledge level

Incident report - Form that is filled out in order to record details of an unusual event

Incontinence*/ Incontinent - The inability to control the bladder or bowels which leads to an involuntary loss of urine or feces

Indirect Contact - Achieved through some intervening medium as prolongation of a communicable disease through the air or by means of fomites

Indwelling catheter* - A tube that stays in the bladder for a period of time used to drain urine into a collection bag

Infection control* - Set of methods used to prevent spreading diseases

Infection*/Infectious - The state resulting from pathogens invading and growing within the human body

Informed Consent - Person giving permission must have adequate reasoning facilities and know all relevant facts before conducting a procedure

Initial observations* - First impressions and assessments of a resident or patient

Input and output* - Measuring all fluid that is taken in by the resident and everything that is excreted by the resident

Insomnia* - The inability to fall asleep or remain asleep

Insulin* - Produced naturally by the pancreas to process sugar in the body For diabetics who do not produce insulin must take daily injections of insulin

Intake * - The fluid person consumes orally or parentally

Integrity – The quality of being honest and having strong moral principles

Integumentary system* - Skin nails hair oil/sweat glands subcutaneous tissue and nerve endings

Intentional mistreatment – Deliberately causing harm to another person

Interactive – Mutually or reciprocally active

Interpersonal skills* - Getting along with others including verbal and nonverbal communication competence

Invasion of Privacy - The intrusion in the personal life of another without just cause

Isolation precautions* - Good hand washing and wearing of personal protective equipment

Isolation* - Complete separation from others

IV/IV care* - Attention to intravenous fluid tubing and skin insertion sites to protect from infiltration and injury

J

Job application* - Form of general information taken when trying to secure a job

Job description * - Outline of what will be expected in a particular employment

K

K - Pad- Aquamatic K-Pad - Plastic pad with fluid filled coils and a control unit that maintains a constant temperature of the fluid Used to provide dry warm applications

Kardex - Trademark for a card-filing system that allows quick reference to the particular needs of each patient for certain aspects of nursing care Included on the card may be a schedule of medications level of activity allowed ability to perform basic self-care diet any special problems a schedule of treatments and procedures and a care plan The Kardex is updated as necessary and is usually kept at the nurses' station

Kidney failure* - Inability of the kidneys to excrete waste and maintain its initial functions

Kinks - Bends in tubing that impede the flow of fluid

L

Laceration - A deep cut or tear in skin or flesh

Laxatives* - Food or drug that stimulates evacuation of the bowels

Libel/Liability – A published false statement that is damaging to a person's reputation; a written defamation

Lice -Parasitic insects that can be found on people's heads and bodies including the pubic area

Life span – The length of time a person can be expected to live

Life support* - Keeping someone alive using machines and medications

Linen* - A thread or durable fabric made from spun fibers of flax; term used for sheets and blankets used to make a bed

Listening* - Hearing what others have to say

Lithotomy - Position in which the patient is on their back with the hips and knees flexed and the thighs apart The position is often used for vaginal examinations and childbirth Also known as dorsal lithotomy position

Living will* - Document that states what care someone wants if they can't make decisions on their own

Log roll* - Moving a person as a unit without disturbing the alignment of the body

Long-term – Occurring over or involving a relatively long period of time

Loose teeth* - Small calcified whitish structures found in the jaws that are not attached adequately

Low sodium diet* - A diet consisting of foods with no sodium or low sodium

LPN -Licensed practical nurse- also known as LVN (licensed vocational nurse)

M

Macular degeneration - A chronic eye disease that causes vision loss in the center of your field of vision

Making occupied bed* - Removing soiled linens and replacing with clean linens while the patient is in the bed

Male perinea care* - Cleaning of the male genital area

Malignant - Tending to be severe and become progressively worse

Malpractice - Failure of a professional person as a physician or medical provider to render proper services through reprehensible ignorance or negligence

Mandatory Reporting - Laws requiring certain people to report concerns of abuse or neglect

Mask - Facial protection from germs used in health care facility

Maslow* - Model developed to show how physical and psychological needs are arranged in order of importance

Mastectomy - Surgical removal of the breast

Masturbation* - To touch or rub sexual organs in order to give oneself or another person sexual pleasure

Material safety data sheets* - Sheets that provide information on the safe use hazards and emergency steps to take when using chemicals

Measuring height* - To determine distance between the lowest and highest point of a person's body

Measuring temperature* - To determine the degree of internal heat of a person's body

Meatus - Natural body opening or canal

Mechanical lift* - Special equipment used to move or weigh a person

Mechanical soft diet* - Diet that restricts or eliminates food that are hard to chew and swallow

Medicaid (AHCCCS) - A US government program financed by federal state and local funds of hospitalization and medical insurance for persons of all ages within certain income level **Arizona Health Care Cost Containment System**

Medical asepsis* - Process of removing pathogens; also called clean technique

Medical record * - Documentation of care given a resident or patient in a health care facility

Medicare - Insurance for those 65 or older or with disabilities

Medications* - Prescribed or over the counter drugs taken to relieve pain and suffering

Memory loss* - When a person losses their memory functions

Mental health* - Refers to the normal function of emotional and intellectual abilities

Mentally impaired* - Conditions where the brain functions do not meet standards

Metastasis - The spread of a cancer from one organ to another

MI - Myocardial infarction commonly called a heart attack

Microorganisms* - A tiny living thing not visible to the eye without a microscope; also called a microbe

Military time* - Unit to tell time used by the military and health care personal

Mobility - The ability to move physically

Morals - Concerning or relating to what is right and wrong

Mouth care* - Attention and daily cleaning of the mouth and teeth to prevent infections and complications

Moving* - Causing or producing motion

MRSA - Methicillin-resistant Staphylococcus aureus infection caused by a strain of staph bacteria resistant to antibiotics

Mucous membrane* - The membranes that line body cavities that open to the outside of the body such as the linings of the mouth nose eyes rectum and genitals

Muscle atrophy - A decrease in the mass of the muscle

Muscle spasms* - Sudden twitching or tensing of the muscles

Musculoskeletal* - Composed of muscles bones joints tendons and ligaments Gives the body shape and structure and allows body to move and support itself

N

Nail care* - Attention and daily cleaning of the fingernails to prevent infections and complications

Nasal - Refers to the Nose

Nasal cannula* - Two prongs placed in nostrils under the nostrils and plastic tubing attached loops around the ears as a source of oxygen delivery

Nausea - Uneasiness of the stomach that often comes before vomiting

Needles* - Slender pointed steel instrument to pierce tissue

Neglect* - Failing to give the proper or required care and attention to somebody

Negligence* - Failure to behave with the level of care that someone of ordinary prudence would have exercised under the same circumstances

Neuropathy - Damage to the peripheral nervous system

New resident* - Someone who is just coming to a long-term care facility to live

Non-contagious disease* - A disease not capable of being spread from one person to another

Noninvasive - Done without cutting the body or putting something into the body

Nonverbal communication* - Communication without words such as gestures and facial expression

Nosocomial* - An infection acquired in a hospital

NPO* - Nothing by mouth

Nurse practitioner - An advanced practice registered nurse (APRN) who has completed advanced coursework and clinical education beyond that required of the generalist registered nurse (RN) role

Nurse's station* - An area in a clinic unit or ward in a healthcare facility that serves as the administrative center for the nursing care for a particular group of patients

Nursing assistant's role* - An important member of the care team who performs assigned nursing tasks and gives personal care

Nutrition* - The taking in and using of food by the body to maintain health

O

Objective data - Observable or measurable symptoms

Objective* - Factual information collected using the senses of sight hearing smell and touch; also called signs

OBRA* - **Omnibus Budget Reconciliation Act** law originally passed in 1987; includes minimum standards for nursing assistant training staffing requirements resident assessment instructions and information on rights for residents

Occlusion - Complete obstruction of the passage

Occupied bed* - A bed with the resident in it

Ombudsman* - Person assigned by law as the legal advocate for residents

Open-ended questions* - Questions asked in a way that solicit additional information from the person

Opportunistic - A microorganism (or an infection caused by it) that rarely affects patients except in unusual circumstances typically when the immune system is depressed

Optimal - Best most favorable

Oral care* - The practice of keeping the mouth clean by brushing flossing and rinsing

Oral hygiene* - Cleaning of the mouth including teeth tongue and gums

Oral temperature* - Taking a temperature in the mouth under the tongue

Orientation* - Process of becoming adjusted or aligned to surroundings or circumstances

Oriented* - State of orientation adjusted or aligned to surroundings or circumstances

Orthopedic - The branch of medicine concerned with conditions involving the musculoskeletal system

Orthopneic* - Shortness of breath when lying down that is relieved by sitting up

OSHA - Occupational Safety and Health Administration - Federal agency charged with the enforcement of safety and health legislation in the workplace

Osteoarthritis* - A type of arthritis that usually affect weight-bearing joints especially the hips and knees; also called degenerative joint disease

Osteoporosis* - A condition in which the bones become brittle and weak; may be due to age lack of hormones not enough calcium in bones or lack of exercise

Ostomy – Surgery to create an opening (stoma) from an area inside the body to the outside

Ostomy bag* - Bag to cover the surgical creation of an opening from an area inside the body to the outside

Output* - Fluid that is eliminated each day through urine feces perspiration and vomitus; also may include suction material and wound drainage

Overbed scale - A hydraulic lift that contains a scale that is designed for patients unable to get out of bed or stand on a regular scale

Overbed table* - Narrow rectangular table designed for patients use

Oximeter – A machine that measures the amount of oxygen saturation in the blood

Oxygen therapy/ Oxygen use*- The administration of oxygen as a medical intervention

Oxygen * - Colorless odorless gas that makes up 21% of the air we breathe

P

Pain* - Physical suffering/discomfort caused by illness/injury

Palliative care* - Care given to people who have serious terminal diseases; goals are to control symptoms reduce suffering prevent side effects and complications and maintain quality of life; designed to comfort not cure

Paralysis* - The loss of the ability to move and sometimes to feel

Paranoia* - Suspicion and mistrust of people or their actions without evidence or justification

Parkinson's disease* - Progressive disease that causes a portion of the brain to degenerate; causes rigid muscles shuffling gait pill - rolling mask like face and tremors

Partial assistance* - Does not need full help with a task

Particle Mask (N - 95) - A facemask is meant to help block large-particle droplets. An N95 respirator is a respiratory protective device designed to filter out particles down to 3 microns 95 percent of the time

Passive motion - Movement caused by an external force rather than by voluntary muscular effort

Passive* - Not participating readily or not reacting visibly

Pathogens* - Microorganisms that cause disease

Patient - Any recipient of health care services

Perineal care* - Care of the genitals and anal area

Perineal - Surface region in both males and females between the pubic symphysis and the coccyx

Peristalsis* - Muscular contractions that push food through the gastrointestinal tract

Personal care* - Basic grooming and bathing provided for patients

Personal items* - Items that belong to the patient or resident

Personal stress* - A mentally or emotionally disruptive or upsetting condition due to internal or external factors

Pet therapy* - The practice of bringing pets into a facility or home to provide stimulation and companionship

Petit mal seizure* - An abrupt loss or impairment of consciousness that is exhibited by subtle signs

Phantom pain* - Pain in a limb (or extremity) that has been amputated

Physical Abuse - Physical force or violence that results in bodily injury pain or impairment It includes assault battery and inappropriate restraint

Physical needs* - Food water protection sleep safety

Physician - A professional who practices medicine which is concerned with promoting maintaining or restoring human health through the study diagnosis and treatment of illness/disease

Physician's assistant - Practices medicine under the direction of a physician; typically obtain medical histories perform examinations and procedures order treatments diagnose diseases

Physician's authority* - Doctor's permission

Pivot - The action of turning around a point

Plaque* - A sticky deposit on teeth in which bacteria proliferate

Pneumonia - An inflammatory condition of the lung affecting primarily the alveoli It is usually caused by infection with viruses or bacteria

Poisonings – Any substance that when swallowed inhaled injected or absorbed into skin is harmful to the body

Policy and Procedure book* - A document containing guidelines rules and/or regulations that personnel are expected and required to understand and abide by within a facility

Positioning* - Physically moving patients so they will be comfortable prevent pressure points and maintain adequate circulation

Post – op - After surgery

Post-operative pneumonia* - Pneumonia developed after surgery due to lack of deep breathing and activities

Post mortem care* - Care of the body after death

PPE* - Personal Protective Equipment a barrier between a person and disease; includes gloves gowns masks goggles and face shields

Precaution - An action taken in advance to protect against possible danger failure or injury

Pressure ulcers * - A serious wound resulting from skin breakdown; also known as decubitus ulcer or bed sore

Preventing injury* - To follow safety guidelines to stop damage

Privacy * - To be free of intrusion or disturbance

PRN – As needed

Progressive* - Continuously increasing in extent or severity

Prone/Pronation* - Lying on the abdomen

Prosthesis* - A substitute for missing or defective body part

Protective equipment - Physical restraint or postural support used to prevent injury

Protocol - A system of rules that explain the correct conduct and procedures to be followed in formal situations

Psychological Abuse - Also referred to as emotional abuse or mental abuse is a form of abuse characterized by a person subjecting or exposing another to systematic perpetration of malicious and explicit nonphysical acts

Psychological needs* - Needs which involve social interaction emotions intellect and spirituality

Pulse* - Throbbing of arteries caused by contraction of the heart

Pureed diet* - To chop blend or grind food into a thick paste of baby food consistency

Q

Quadrant* - Imaginary division of abdomen into four parts used to describe bowel sounds or other diagnostic assessments described at right upper left upper right lower and left lower

Quadriplegia* - Loss of function of legs trunk and arms

Quality of life* - The standard of life an individual enjoys includes income health satisfaction of relationships with others and dignifying work; State of being health happy or prosperous

Quid Pro Quo - Legal term meaning give one take one

R

Radial* - Inside of the wrist proximal to the thumb where the radial artery runs just beneath the skin Most common area to take a pulse

Radiation - Use of electromagnetic waves to treat different kinds of cancer

Ramps* - A sloping or incline surface connect two levels; used when someone can't use stairs

Range of motion* - Exercises that put a joint through its full arc of motion

Rash - A change of the skin which affects its color appearance or texture

Reality orientation* - Type of therapy that uses calendars clocks signs and lists to help people with Alzheimer's disease remember who and where they are

Rectal* - Pertaining to the rectum

Reflux disease – See: Gastro esophageal reflux disease

Refusal* - Complete denial to do something

Regulation(s)*- Rule or law designed to control or govern conduct

Rehabilitation* - Care that is managed by professionals to restore a person to the highest possible level of functioning after an illness or injury - helping the patient regain state of health

Religious service* - Spiritual ritual to peoples set of beliefs

Reminiscing* - Type of therapy that encourages people with Alzheimer's disease to remember and talk about the past

Reporting abuse*- Healthcare providers are mandated to notify authorities if they suspect mistreatment of vulnerable populations

Reporting* - Describing in detail an event or situation

Reposition* - To move a resident/patient for comfort

Reservoir- A natural or artificial place where something i.e.: water is collected and stored for use

Resident belongings* - Items that have value to someone living in long term care facility

Resident centered care * - Care planned with the needs and comfort in mind

Resident identification* - Validating the resident is in fact the resident

Resident independence* - Resident that is available to care for themselves

Resident - An occupant of a long-term care facility

Resident rights* - The expectations that people living in long term care facilities are entitled to

Resident trust* - Confidence that people living in long term care facilities have in their caregivers

Resident unit* - The area that people living in long term care facilities reside

Resident's bill of rights* - List of expectations that people living in long term care facilities are entitled to

Resident's chart* - Documentation of the care given a person living in long term care facility

Resident's environment* - The area that people living in long term care facilities reside

Resident's families* - The relatives or significant others of those living in long term care facilities

Resident's rights* - The expectations that people living in long term care facilities are entitled to

Residents - Someone living in long term care facility

Respectful treatment* - Treating patient with same amount of care that you would like to be treated with

Respirations* - The process of inhaling air into the lungs (inspiration) and exhaling air out of the lungs (expiration)

Respiratory symptoms* - Symptoms of infection of the respiratory system

Respiratory system* - Composed of nose nasal cavity pharynx larynx and lungs

Responding to resident behavior* - Answer call lights immediately Be patient courteous and supportive

Responsibilities* - Duties and obligations

Restorative care* - Care used after rehabilitation to maintain a person's function and increase independence

Restraint* - A physical or chemical way to restrict voluntary movement or behavior

Resuscitation* - To revive someone who has stopped breathing or their heart has stopped beating

Reverse or negative pressure - An isolation technique used in hospitals and medical centers to prevent cross-contaminations from room to room

Rickettsia - An unusual type of bacteria that causes several diseases including Rocky Mountain spotted fever and epidemic typhus

Rights* - Expectations that people are entitled to

Risk factor* - Something which increased susceptibility

RN- Registered nurse

Root Word - Part from which medical terminology grows usually through the addition of prefixes and suffixes

Rotation - A variation or interchange

S

Safety and security need* - Second level in Maslow's Hierarchy of Needs
Includes shelter clothing protection from harm and stability

Safety* - To secure in your environment

Sanitizer* - Substance for killing germs

Saturated - Soaked impregnated or imbued thoroughly

Scabies * - A contagious skin infection caused by mites burrowing into the skin that results in pimple like irritations rashes intense itching and sores

Scale* - A balance or device for weighing

Seclusion* - The state of being private and away from other people

Security* - Free from danger or risk

Seizure* - Involuntary often violent contractions of muscles that occur from an episode of abnormal electrical activity in the brain

Self - esteem* - A realistic respect of oneself; achievement and belief in one's own worth and value

Semi fowlers* - Head and shoulders raised 30 to 45 degrees with pillow under knees for support

Sensory system* - Body system of sense organs includes eyes ears nose mouth and skin

Sexual Abuse - Also referred to as molestation is forcing undesired sexual behavior by one person upon another

Sexual Harassment - Bullying or coercion of a sexual nature or the unwelcome or inappropriate promise of rewards in exchange for sexual favors

Sexual needs* - Sexual beliefs and desires that should be met to achieve holistic care

Sharps container* - Containers that hold sharp objects such as needles and scalpels

Shaving* - Removal of growth of hair with a razor

Shearing of skin* - Rubbing resulting from the skin moving one way and the bone underneath it remaining fixed or moving in the opposite direction

Shingles - A painful viral infection caused by the chickenpox (varicella zoster) virus characterized by a rash cluster of fluid filled blisters

Shock - A life-threatening condition that occurs when the body is not getting enough blood flow

Shortness of Breath (SOB) - Known medically as dyspnea; air hunger is the subjective symptom of breathlessness

Side rails* - Used to protect resident from falling while bed is raised

Sim's - Position in which the patient lies on one side with the under arm behind the back and the upper thigh flexed used to facilitate enemas

Sitz bath* - A warm soak of the perineal area to cleanse wounds and reduce inflammation and pain

Skin integrity* - Healthy skin

Skin observation*- Using the senses of sight touch hearing and smell to inspect the resident's skin for color temperature moisture discoloration swelling wounds/ulcers or any other abnormalities

Skin Tears - Traumatic wounds that result from a separation of the two layers of human skin

Skin*- Soft covering of the body it is the largest organ of the body and protects the body from microbes and the elements helps regulate body temperature and permits the sensation of touch heat and cold

Slander* - A malicious false and defamatory statement or report

Slide Board - To assist in transfer of patients who either are heavy unstable or unable to lean forward

Smoking* - To draw into the mouth and puff out the smoke of tobacco
Social Abuse preventing a person from having contact with relative's friend's service providers and other people or restricting the person's activities thereby isolating them from others

Social needs* - The need to feel accepted by others

Sodium - A chemical element with the symbol Na It is one of the body's electrolytes which affects the amount of fluid in the blood and around cells Too much or too little sodium in the body causes cells to malfunction and extremes can be fatal Sodium plays a key role in normal nerve and muscle function

Soiled linen* - Bed clothing that has been contaminated or is unclean

Soiled - Unclean dirty or filthy especially on the surface

Specimen* - A sample such as of tissue blood urine stool or sputum used for analysis and diagnosis

Spills* - To cause/allow to run or fall from container especially accidentally or wastefully

Spiritual needs* - Religion or religious beliefs and desires that should be met to achieve holistic care

Spore - A unit of asexual reproduction that may be adapted for dispersal and for survival

Sputum test*- Collecting thick mucus from the lungs by asking the patient to cough usually done first thing in the morning Sample is cultured to check for bacteria or fungi

Sputum* - Mucus coughed up from the lungs

Standard precautions* - A method of infection control in which all blood body fluids non - intact skin (like abrasions pimples or open sores) and mucous membranes (lining of the mouth nose eyes rectum or genitals) are treated as if they were infected with a disease

State Board of Nursing Practice Act- Laws and Regulations for the Board of Nursing the Practice Act regulates the practice of Nursing

State of orientation - Adjusted or aligned to surroundings or circumstances

Stealing* - To take without permission or right

Sterile - free from bacteria or other living microorganisms; aseptic

Sterilization* - The process of killing all microorganisms including spores

Stethoscope*- An instrument that amplifies sounds made by the body

Stoma - A surgically created opening in the body that replaces a normal opening

Stool - Feces waste product of the human digestive system

Stress* - A mentally or emotionally disruptive or upsetting condition that occurs due to changes in the environment

Stressor - A stimulus that makes you worried or anxious

Stretcher/gurney - Small bed frame on extended legs with wheels used for transporting patients

Stroke* - A condition caused when blood supply to the brain is cut off suddenly by a clot or a ruptured blood vessel; also called a cerebral vascular accident

Strong side* - The part of a person's body which is ambulatory and unaffected by injury or illness

Sub - acute care* - Treatment given to those who need a higher level of care and observation than some long term care facilities can provide

Subjective* /Subjective Data*- Information collected from residents their family members and friends; information may or may not be true but what the person reported; also called symptoms

Suffix- One or more letters or sounds added at the end of a word to modify the word's meaning

Sump Drain - A drain consisting of an outer tube vented to the outside with a smaller tube within it that is attached to a suction used in the peritoneal cavity to remove exudates

Sun downing* - A condition in which a person gets restless and agitated in the late afternoon evening or night

Supine* - Position with person lying flat on his or her back

Supplemental feedings * - Supplying nutrients that are lacking in resident's diet

Suprapubic*- Situated occurring or performed from above the pubis

Surgical Asepsis - Freedom from infection or infectious material before entering an open surgical wound or contaminate a sterile field during surgery

Survey*- A general view examination or description of someone or something

Swelling* - An abnormal enlargement of a part of the body typically as result of an accumulation of fluid

Syphilis - A sexually transmitted infection caused by the spirochete bacterium

System - A group of organs that work together to perform a certain task

Systolic* - Phase where the heart is at work contracting and pushing blood out of the left ventricle

T

Tachycardia* - A fast heartbeat over 100 beats per minute

Tachypnea – A fast respiratory rate over 20 respirations per minute

TB- Tuberculosis - MTB or TB (short for tubercle bacillus) an infectious disease caused by Mycobacterium **tuberculosis** bacteria that mainly affects your lungs

TED hose* - Special stockings used to help prevent swelling and blood clots and to aid circulation; also called elastic stockings or anti - embolic stockings

Telephone etiquette* - A set of rules that apply when people make calls to others or when receiving a phone call

Temperature* - The degree of internal heat of a person's body

Tendons* - A flexible but inelastic cord of strong fibrous collagen tissue attaching a muscle to a bone

Terminal illness* - An infection or disease which is ultimately fatal or incurable

Therapeutic - Producing good effects on your body or mind Relating to the treatment of illness attempted remediation of a health problem usually following a diagnosis

Therapist - Person trained in methods of treating illnesses especially without the use of drugs or surgery: a person who helps people deal with mental emotional or physical remediation of a health problem

Thermo - Combining form meaning "heat"

Thermometers* - A device used for measuring the degree of heat or cold; digital electronic oral rectal axillary tympanic

Thick fluids*/Thickened liquids - Changing the consistency of fluids to more viscous for people who have difficulty swallowing

Threatening resident* - Someone living in a long term care facility who is capable of harming self or others verbally or physically

TIA- transient ischemic attack - Ministrokes occurs when there is partial blockage of a blood vessel in the brain- lasts only 10 to 15 minutes with stroke like symptoms that do not cause permanent deficits

Tips* - Money given to someone as a way of rewarding them for their services

Toenails* - Nail of the toes

Toileting schedule* - A set of routine times to take resident to the bathroom

Trachea* - An air passage that goes from the throat (pharynx) to the bronchi; also called the windpipe

Transfers* - An order that moves a resident from one unit to another within the same facility

Transmission - The passing of a communicable disease from an infected host individual or group to an individual or group

Transport bag* - Bag used to carry supplies and belonging when transporting a patient from one place to another

Transport- To carry or move (someone or something) from one place to another

Transporting * - The act of moving a resident from one place to another

Transporting food* - To carry food from one place to another

Transporting linens* - The act of moving bedding such as sheets pillowcases blankets etc.

Trapeze bar - A triangular metal apparatus above a bed used to help the patient move and support weight during transfer or position change

Trendelenberg - Body is laid flat on the back (supine position) with the feet higher than the head by 15-30 degrees

Tub bath* - Bath that is taken place in a tub for hygiene for a whirlpool for restorative therapy

Tube feeding* - Used when a person is unable to consume food orally due to disease or injury

Tubing* - A hollow cylindrical body used especially for conveying or containing liquids or gases

Twice daily* - BID order is scheduled for twice in a 24hr period

Tympanic* - Pertaining to the eardrum

U

Ulcer – An open sore on an external or internal surface of the body caused by a break in the skin or mucous membrane the fails to heal

Unaffected* - Uninvolved area due to illness or injury

Unconscious* - Without awareness sensation or cognition

Unethical behavior* - An action that is lacking moral principles; does not adhere to proper rules of conduct or is not in accord with the standards of a profession:

Unsteady* - Liable to fall; shaky

Urethral* - A muscular duct or tube carrying urine from the bladder to the meatus

Urinary catheter bag* - Collection for urine draining through a plastic tube (catheter) that is in the bladder

Urinary elimination* - Excretion of urine by the kidneys ureters bladder and urethra to remove wastes from the blood and maintain homeostasis in the body

Urinary System - Also known as the renal system consists of two kidneys two ureters the bladder and the urethra

Urinary system */Urinary tract* - Organs that produce store and eliminate urine from the body

Urination* - The process of emptying the bladder of urine also called micturition or voiding

Urine* - Sterile liquid by - product of the body secreted by the kidneys through urination

UTI* - Urinary tract infection a disorder that causes inflammation of the bladder; also called cystitis

V

Validation Therapy* - Type of therapy where caregiver follows resident's lead and responds to resident's feelings

Values - Preference concerning appropriate courses of action or outcomes a person's sense of right and wrong influencing attitudes and behavior

Varicose veins* - Damaged or incompetent valves in a vein allowing blood to flow backward and collect making the vein enlarged

Vascular System - Body's network of blood vessels

Vector- a carrier especially the animal (usually an arthropod) that transfers an infective agent from one host to another

Violent behavior* - Actions that include attacking hitting or threatening someone

Virus - A small infectious agent that replicates only inside the living cells of other organisms

Vision change* - Difference in sight

Vital Signs Protocol –A guide for completing temperature pulse respiration and blood pressure

Vital signs* - Measurements that monitor the function of the vital organs of the body - includes blood pressure pulse respirations temperature and pain

Vomitus* - Expelled food or chime through the mouth

Vulnerable- capable of or susceptible to being wounded or hurt inability to withstand the effects of a hostile environment

W

Wandering resident* - Person living in long term care facility who walks around the facility without any known goal or purpose

Water faucets* - A contraption used to draw and deliver water from the main pipeline

Water temperature* - Shouldn't be over 105 degrees F

Waterborne - Spread or carried by water

Weak side* - Involved or affected area due to illness or injury

Weakness - The state or condition of lacking strength

Weighing* - To determine how heavy someone or something is

Weight * - A body's relative mass

Well balanced meal* - One which contains a healthy variety of foods

Wheelchair - A chair with wheels used by people for whom walking is difficult or impossible due to illness injury or disability

Wheelchair safety* - Preventing injury when using a wheelchair

White blood cells* - Cells in the blood that engulf and digest bacteria

Withdrawn resident* - Someone who lives in a long-term care facility who is quiet and keeps to themselves; uninvolved in facility activities

Workers' rights - A group of legal entitlements having to do with labor relations between workers and their employers including rights to safe healthy and fair employment

Workman's Compensation - A form of insurance providing wage replacement and medical benefits to employees injured in the course of employment

Workplace violence* - The abuse of staff by other staff members, residents, or visitors; includes both physical and verbal abuse