

## GLOSSARY

**Abbreviation** - a shortened version of a word

**ABC's** - airway, breathing, circulation

**Abduction** – movement away from midline or center

**Abrasion** - a scrape on the skin or mucous membrane

**Abuse** - physical, emotional or mental injury inflicted on another individual

**Acceptance** - coming to terms with a situation

**Activities of daily living (ADL's)** - basic personal self care activities usually performed by the individual (hygiene, bathing, toileting, etc).

**Active-assistive range of motion** - minimal assistance for a resident actively exercising and moving each joint to the maximum

**Active range of motion** - exercising and moving each joint to it's maximum by the resident

**Acute** – severe

**ADA** - American Diabetes Association

**Adaptive** - a modification in a device to adjust for a resident's change in function or ability Adduction – movement toward midline or center

**ADL Document Sheet** - (activities of daily living) - a form to record the activities completed during a normal day in a person's life; filled out by the CNA

**Admission** - the process of entering a facility

**Advance Directive** - a signed document indicating that the person's wishes regarding care during dying I

## GLOSSARY

**Afebrile** - absence of fever or elevated temperature

**Agitation** - restlessness and disturb behaviors resulting from anxiety

**Aiding & Abetting** - not reporting dishonest acts that are observed Airway - a natural passageway for moving air in and out of the body

**Air bed** - a special bed that uses air flotation to protect or support a resident who is at risk for developing a pressure sore (e.g. Clinitron, KinAir, etc.)

**Align** - to position the body in a straight line with spine straight

**Allergy** - an abnormal reaction to a substance that normally does not cause such a response

**Alveoli** – tiny air sacs that make up most of the lungs

**Alzheimer's** - a chronic disease of the brain which leads to confusion, loss of memory and other behavioral changes

**Alternating pressure mattress** - a special mattress that rotates areas of inflation to limit constant pressure on a bony area of the body to prevent skin breakdown

**Ambulate/ambulation** - to walk.

**Amino Acids** - basic component of proteins Amputation – removal of a limb

**Anatomic position** – standing erect

**Anatomy** – structure study of the body

**Anemia** – deficient quantity of red blood cells

## GLOSSARY

**Aneroid manometer** - dial type blood pressure equipment.

**Anorexia** - lack or loss of appetite for food

**Anti-embolic stockings** - elastic stocking worn to prevent blood clots (example T.E.D. hose) Anglr - feelings of great displeasure or hostility

**Angina** - a condition causing severe pain in the chest

**Anterior** - the front part of something

**Aphasia** - loss of or impaired ability to communicate through speech, writing or signs; frequently follows a stroke

**Apical pulse** - heart rate taken by placing a stethoscope over the area of heart Apnea, - temporary absence of breathing

**Arrhythmia** - an irregular heart beat

**Arteries** - blood vessels that carry blood away from the heart to all parts of the body

**Arthritis** – joint inflammation

**Artificial hydration/nutrition** – adding fluids and nutrients to the body

**Asepsis** - free from infection

**Aspirate/aspiration** - to draw fluid a foreign substance into lungs during inspiration

**Assault** - attempt or threat to do violence to another

**Assessment** - to observe and interpret findings

## GLOSSARY

**Assisted living** – some care provided to an individual living alone

**Atherosclerosis** – fatty substance in the arteries

**Athlete's foot** - fungal infection of the foot, especially between the toes Atrophy - wasting of muscle tissue

**Axilla** - under the arm, the "armpit"

**Bacteria**- a form of simple microorganism, commonly called a "germ"

**Bandage** - clean or sterile piece of material used to cover non-intact skin Bargaining - when an individual seeks to make a deal that will delay death

**Barriers** - items which prevent transmission of microorganisms from the worker to the resident or from the resident to the worker

**Base of support** - a stance with feet separated about 12 inches apart to provide a firm steady position while using body mechanics

**Battery** - an unlawful attack upon or touching of another person

**Bed cradle** - a device placed at the end of the bed which keeps the sheets

**Bell** - bell shaped part of the stethoscope, which is placed on the resident's body Benign prostatic, – enlargement of prostate gland

**Bile** – substance produced by the liver preparing fats for digestion

**Binder** - elastic material used to keep something in place

## GLOSSARY

**Biohazardous symbol** - contaminated item containers are identified with this symbol; the background is red or orange and the symbol is black

**Bioterrorism** - use of biological agent, such as pathogenic organisms, for terrorist purposes Bland diet - a special, soothing diet that avoids irritating foods

**Blood** - fluid that circulates through the heart and blood vessels to carry nourishment and oxygen to tissues and take away body wastes and carbon dioxide

**Body Language** - the postures, gestures and facial expressions used intentionally or unintentionally in communication

**Body mechanics** - the way of using your body to lift or move people or objects so that you do not injure yourself

**Bony prominence** - area of the body where the bone is near the surface of the skin and can easily develop skin breakdown +Bounding - strong, hard pulse

**Bowel movement** - defecation of feces

**Brachial pulse** - heart rate felt on the inner aspect at the bend of the elbow

**Bradycardia** - a slow heartbeat usually with a pulse rate below 60 beats per minute

**Bradypnea** - Slow breathing; respirations are fewer than 10 per minute

**Breathing** - the act of moving air in and out of the lungs

**Bronchi** – tubal structures connecting the trachea to the lungs

**Bursitis** – sacs of fluid around joints become inflamed

**Cachexia** – a state of malnutrition

## GLOSSARY

**Capillaries** - the smallest blood vessel which is smaller than a hair in size

**Carbohydrate** - energy foods used by the body to produce heat and energy for work (4 calories per gram) Carbon dioxide – gas that is a waste product

**Cardiac arrest** - when the heart stops beating

**Cardiovascular system** - the body system which includes the heart, the blood vessels and the blood Carotid nuke - the pulse felt at a person's throat at the carotid artery

**Cataract** – clouding of the lens of the eye

**Catastrophic reaction** – unpredictable violent behavior of a person with dementia

**Catheter** - a tube used to put in or take out fluids

**Cells** – basic unit of living substances

**Cellulose/fiber** - roughage which helps with elimination

**Celsius** - metric scale for measuring temperature

**Centers for Disease Control and Prevention (CDC)** - an agency of the federal government that researches and makes recommendations to prevent disease and control the spread of infection

**Centimeter** - a metric measure of length which equals one-hundredth of a meter

**Cerebral Palsy** - a chronic condition resulting from lack of oxygen during birth which affects motor control and speech

**Chain of infection** - process of events involved in the transmission and development of an infectious diseases

## GLOSSARY

**Chevne-Stokes** - an irregular pattern of breathing with periods of apnea CHF - Congestive heart failure

**Choice** - freedom to make personal selections such as activities, attire, etc.

**Chronic** – long duration

**Circulation** - refers to the movement of blood around the body

**Citation** - a civil sanction with monetary fines against long-term care facilities in violation of the laws and regulations of California relating to patient care

**Clean catch** - an aseptic method of urine collection

**Clear liquid diet** - made up primary of water and carbohydrates for energy

**Clothes protector** - a towel or bib used to protect the resident's clothing from becoming soiled Code situation - a life-threatening situation requiring special action, for example, a code blue Coercion, - forcing a person to do something against his/her will

**Colon** – large intestine

**Colostomy** - a surgical opening made into the large intestine to allow passage of stool Communication the exchange of ideas and messages by means of speech, gestures, or writing Communicable, capable of being transferred from one person to another

**Condom catheter** – latex sheath that fits over the penis for urinary drainage

## GLOSSARY

**Confidentiality** - maintaining resident's personal and medical information privately sharing information only when necessary with the health care team for the resident's benefit

**Conflict** - problems or differences between two or more people

**Confusion** - disorientation to person, place or time (usually temporary)

**Congestive heart failure** – inadequate output for physiological needs

**Connective tissue** – tissue that holds other tissue supporting body organs

**Constipation** - inability or severe difficulty passing stool that is dry and hard

**Contamination** - unclean; soiled with pathogens

**Contractures** - permanent shortening of a muscle causing very limited movement of a joint

**COPD** - chronic obstructive pulmonary disease

**CSM**- circulation, sensation and movement

**Cubic centimeter (cc)** - a metric measurement of fluid volume

**C.V.A.** - cerebral vascular accident also known as a stroke or "brain attack"

**Cyanosis** - bluish discoloration of skin, lips, and nails due to lack of oxygen

**Cystitis**- inflammation of the urinary bladder

**Dangle**- to sit at edge of bed with legs hanging over the side

**Debilitating** – to impair the strength of a body



## GLOSSARY

**Debride** – to cleanse contaminated tissue

**Decubiti/decubitus ulcer** - a bedsore

**Defamation of character** - something harmful to the good name or reputation of another person Defecate/defecation the act of having a bowel movement

**Defense mechanisms** a protective reaction used involuntarily to avoid humiliation, shame or anxiety

**Dehydration** - decrease in the amount of fluid in tissues

**Delusions** - false or misinformed beliefs (NOT a hallucination which involves the senses) Dementia, - a permanent decline in memory and other thought processes

**Denial** - refusal to accept or believe something

**Depression** - morbid sadness or melancholy

**Dermis** - the skin

**Developmentally disabled** - a condition in which the brain does not develop normally resulting in decreased functioning and intellectual processes; also known as "mentally challenged"

**Diabetes mellitus** – disorder of carbohydrate metabolism

**Dialysis** – means of cleansing waste or toxic materials from the body Diaphoresis - profuse sweating

**Diaphragm** - 1) the muscle which separates the lungs from the abdominal cavity; 2) the round, flat part of the stethoscope which is placed on the patient's body

## GLOSSARY

**Diarrhea** - abnormal excessive frequency of loose or liquid stools

**Diastolic blood pressure** - blood pressure when the heart muscle is relaxed. Normal readings are 60 to 85 Hg. When taking person's blood pressure, the diastolic blood pressure is recorded as the bottom number

**Digestion** - process of converting food so it can be used by the body as nourishment

**Disability** - a physical condition or handicap which prevents a resident from participating in certain activities

**Disaster plan** - a set of guidelines and safety procedures prepared by facility that says what you should do in case of an unexpected sudden event

**Discharge** - 1) body fluid; 2) the process of leaving a facility

**Disease** – definite characteristics of an illness

**Disinfection** - a process that kills pathogens

**Disorientation** - loss of an ability to recognize time, place or people

**Disposable** - made to be used once and then thrown away

**Distal** – farthest away from a central point

**Diuresis** - increased excretion of urine; may be caused on purpose by certain medications

**Diverticulitis** – inflammation in the lining and wall of the colon

**DNR** - Do Not Resuscitate; an order written by a physician

**Dorsal Recumbent** - a position of the body in which the resident is flat on their back with knees slightly flexed and separated, with feet flat on the bed

## GLOSSARY

**Douche** – irrigation of the vaginal canal

**Drawsheet** - piece of linen used to position the resident and/or keep the bottom sheet clean

**Durable Power of Attorney** - document giving a person the responsibility to make health care decisions

**Dyslexia** - difficulty in reading causing the individual to transposing letters

**Dysphagia** - difficulty swallowing food and liquids

**Dyspnea** - difficult, labored breathing

**Dysuria** – painful voiding

**E. coli** - bacteria commonly found in the intestinal tract where it is normally non-pathogenic. Outside of the intestinal tract it can cause urinary tract infections or infections in pressure sores.

**Edema** - swelling of body tissues with water

**Egg-crate mattress** - a special foam mattress which looks like an-egg-crate; used to decrease pressure over bony prominences

**Elastic bandage** - a type of material which is worn tight on the skin to restrict movement

**Electric bed** - a bed which uses motors to change bed position

**Elimination** - excretion of body wastes occurring through the skin, kidneys or intestines

**Embolism** - obstruction of a blood vessel by a blood clot or foreign substance

**Emergency** - an unexpected serious occurrence that requires immediate attention

**Emergency codes** - a facility specified word, or phrase or abbreviation that indicates a particular serious occurrence (i.e. code red = fire)

## GLOSSARY

**Emesis** - vomitus

**Empathy** - understanding how someone else feels

**Enema** – injection of water into the rectum to eliminate feces

**Enteral feeding** - a special type of liquid formula feeding that is given through a tube placed into the intestines Epidermis - the outer layer of skin

**Epilepsy** - a condition that periodically leads to convulsions (fits) and distributed consciousness Epithelial tissue – structure formed from epithelial cells

**Escape routes** – a predetermined path that is to be followed in order to exit a facility safely in case of emergency

**Essential nutrients** - those vitamins, minerals, and foods that are required daily in certain amounts to maintain good nutrition and health

**Ethics** - principles of right or good behavior or standards

**Evacuation** - 1) to have a bowel movement; 2) to move people to a safe place during an emergency or disaster Eversion - a turn or rolling backward or inside out

**Exchange list** - a grouping of interchangeable foods to assist people on special diets

**Excoriation**- irritation or abrasion of the skin due to chemicals, burns, or a tear/break in the skin

**Excretions**- process of eliminating substances by body organs

**Expectorate** - to cough, bringing sputum out of the lungs and ejected from the mouth, often incorrectly referred to as "spit"

## **GLOSSARY**

**Expiration** - 1) exhalation; 2) a point in time when an item (for example food, medication, etc); 3) death of a resident

**Exposure incident** - a specific eye, mouth, other mucous membrane, non-intact skin, intravenous contact with blood or other potentially infectious material

**Extension** - movement by which two ends of any jointed part are-drawn away from each other

**False imprisonment** - detaining a resident without a reason and against their will

**Family** - a group of people related by blood or marriage

**Fan-folded** - a method of folding a sheet

**Fat** - a nutrient that stores energy and has a high caloric value (9 calories per gram) Fahrenheit - scale for measuring temperature

**Febrile** - feverish; having a fever

**Fecal/feces** - stool

**Fecal impaction** - stool retention in the rectum

**Financial abuse** - improper use of another person's money

**Fire plan** - a set of guidelines and safety procedures prepared by each facility that says what should be done in case of a fire, i.e. Remove resident from danger, close doors to residents' rooms, etc.

**Flatulence** - excessive gas in the stomach and intestine

**Flatus** - gas in the stomach expelled by any opening

**Fleece pad** - a soft, fluffy cushion used to decrease irritation of the skin due to pressure or contact

## **GLOSSARY**

**Flexion** – decreasing the angle between two bones

**Flora** - the normal population of usually non-harmful microorganisms found in a particular area of the body (e.g.

**Flotation pad** - a gel or air filled cushion to prevent excess pressure on the skin and breakdown

**Fluid** - 1) a nonsolid liquid, 1) liquid intake

**Foley catheter** – catheter placed in the urinary bladder to remove urine

**Foot board**- a flat upright surface placed behind the resident's feet to maintain them in upright position to prevent foot drop

**Force fluids** - encourage residents to drink water or other fluids.

**Fowler's Position** - head of bed is rolled up so that resident is in a semi-sitting position.

**Fracture** – break in the continuity of bone

**Friction** – rubbing of the skin against something

**Full Liquid Diet** - a diet, which includes all liquids as well as creamed soups, ice cream, Jell-O, pudding. Usually ordered as part of a progressive diet.

**Fungus** - a class of microorganisms to which mold and yeast belong.

**Gait belt** - a belt placed around the resident's waist to assist with ambulation or transferring position..

**Gallon** - household unit of measurement of fluid volume – equal to 128 ounces.

**Gastrectomy** – surgical removal of part or all the stomach

**Gastrostomy tube (GT)** - a surgically placed tube that goes through the skin into the stomach - used for liquid feeding

## GLOSSARY

**Gavage** - feeding given through a tube placed into the stomach

**Genitalia** - reproductive organs

**Glaucoma** - a disease of the eye, characterized by a hardening of the eyeball  
**Glucose** - simple sugar

**Glycosuria** - sugar in the urine

**Goiter** - an enlargement of the thyroid gland

**Gonorrhea** - sexually transmitted disease that causes an acute inflammation .

**Gout** - uric acid deposits in the joints

**Graduate** - container marked for milliliters, used to measure liquids

**Gram** - a metric measurement of weight

**Greenwich time** - also called the standard clock, uses a.m. and p.m.

**Grievances** - a complaint or protest registered by a resident about his/her care or accommodations

**Hallucination**- a false sensory perception of something heard, seen, smelt, tasted or touched but does not exist in reality

**Health** - state of physical and mental well being

**Health and safety code** - laws and statutes pertaining to health and safety; this code is the authority for regulations written into CCR, Title 22.

**Heel/elbow protector** - a soft protective cushioning device for the heel or elbow to prevent skin breakdown

## GLOSSARY

**Heimlich maneuver** - an emergency procedure using abdominal thrusts to remove an obstruction blocking the airway

**Hematoma** – localized mass of blood confined to one area

**Hematuria** – blood in the urine

**Hemiplegia** - paralysis of only one-half of the body

**Hemorrhage** - an abnormal, excessive loss of blood either internally or externally

**Hemorrhoid** – varicose veins in the rectum

**Hepatitis A, B, or C** - organism that causes a form of infectious liver disease

**Hernia** – projection of a stomach organ through the wall that normally contains it

**Herpes simplex 2** – an acute infectious viral disease

**Herpes Zoster** - acute infectious viral disease

**HIPAA** - Health Information Portability Accountability Act

**Hives** - itchy skin eruptions which are raised and round and appear white in the center and red around the edges

**Hormones** – secretion of endocrine gland

**Hospice** – facility to care for the terminally ill

**Host** - animal or plant that harbors another organism

**Human Immuno deficiency Virus (HIV)** - virus that causes Acquired Immune Deficiency Syndrome (AIDS)

**Hyperalimentation** - total parenteral nutrition (TPN)



## GLOSSARY

**Hypertension** - blood pressure which is higher than normal, usually anything above 140/90

**Hypertrophy** – increase in size of an organ not involving tumor formation

**Hyperventilation** - respirations which are more rapid and deeper than normal

**Hypoglycemia** – abnormally low level of sugar in the blood

**Hypotension** - blood pressure which is lower than the normal, usually 80/50 below

**Hypoventilation**- respirations that are slower and more shallow than normal

**Hysterectomy** – surgical removal of the uterus

**IDDM**– insulin-dependent diabetes mellitus

**Ileostomy**- a surgically created opening into the ileum (the intestine)

**Impaction** - over collection of feces in the bowel which cannot be excreted

**Inches** - the basic measure of length, 12 inches equal 1 foot

**Incident report** - a report of an unusual, unplanned occurrence

**Incontinence** - inability to retain urine or stool due to loss of sphincter control

**Indwelling catheter** – foley catheter that remains in the bladder to drain urine

**Infections** - invasion and multiplication of any organism and the damage caused by this in the body Infectious agent - microorganisms capable of causing disease

**Inferior** – below another part

## GLOSSARY

**Infiltration** - abnormal collection of fluid in the tissue resulting from a dislodged intravenous (IV) device

**Influenza** - highly contagious infection of the respiratory tract spread by airborne droplet infection

**Informed consent** - permission given by one who fully understands all the facts relating to what is going to happen  
Inspiration - breathing in, inhalation

**Insulin** – active hormone secreted in the pancreas

**Insulin shock** - a low blood sugar below normal resulting from too much insulin

**Intake** - fluid the body receives

**Intake and Output (I&O)** - measuring and recording the total amount of liquids taken in, and the total amount of liquid output includes urine, vomitus, drainage, liquid stool, blood and perspiration.

**Integumentary system** – the skin

**Intravenous infusion** (IV) - fluids or nourishment given through a sterile tube into a vein

**Inversion** - something inverted; reversed

**Involuntary seclusion** - separation of patient from other patients against his or her will

**Ischemia**- localized tissue anemia

**Isolation** - place where the resident with an infectious disease is separated from others

**Job description** - duties and responsibilities assigned to a specific position; sometimes called "scope of practice"

**Joint** - the moveable connection between two bones

## GLOSSARY

**Kardex** - a card file that summarizes information about the resident

**Kidney** - bean-shaped organ that excretes waste matter as urine

**Kilogram** - 1000 grams or 2.2 pounds – a measurement of weight

**Larynx** – part of airway and organ of voice Lateral – away from the midline

**Lateral position** - side-lying position

**Legal standard** - guides to lawful behavior

**Lesions** - abnormal changes in tissue formation

**Libel** - any written defamatory statement

**Lice** - a common parasite of the skin

**Lift sheet** - (aka: draw sheet, turn sheet, pull sheet) a sheet folded under resident, extending from above the shoulder to below the hips and used to help move or turn the resident

**Liter** - a metric unit of fluid volume measurement equal to 1000 ml

**Long-term care facility** - facilities that provide basic day-to-day care and around-the-clock nursing service for the sick, disabled, or elderly who cannot care for themselves, such as skilled nursing facility, intermediate care facility (ICF), ICF/K ICF/D

**Low fat diet** - limited fat intake – foods are baked, roasted or broiled.

**Low sodium diet** - a diet that is moderately, mildly, or severely restricted in sodium content.

## GLOSSARY

**Lungs** – saccular organs that constitute the basic respiratory organ of air breathing

**Mammogram** – x-ray examination of the breasts

**Mandated reporter** – a person designated by law to report suspected or witnessed abuse

**Manual bed** - a bed which uses a hand crank to change bed position

**Mastectomy** – excision of the breast

**Mechanical lift** - device used to move residents who are unable to bear weight or are very heavy; a.k.a. Hoyer lift

**Mechanical soft diet** - a diet, which includes liquids and semisolid foods and requires very little chewing.

**Medical chart** - a written resident record containing all information about the resident.

**Medical terminology** - a group of words or terms used in healthcare

**Medicare** - federal program that assists persons over 65 years of age with hospital and medical costs

**Medi-Cal** - a state funded program that pays for medical costs for those whose income falls below a certain level

**Membranes** – tissue sheets that line the body cavities

**Message** - information transmitted by speech or writing from one person or group to another

**Morgue** – a place where the dead are kept until identified

**Metabolism** - the body's process for utilizing nutrients for heat and energy production

**Metric system** - a system of weights and measurements having all units based on some power of ten

**Microorganisms** - organisms that can be only seen with a microscope

## GLOSSARY

**Military time** - also called international time, uses a 24-hour clock

**Milliliter (ml)** - a measurement of volume of fluid

**Minerals** - inorganic chemical compound found in nature; many minerals are important in building body tissues and regulating

**Mitered corner** - one type of corner used in making a bedding

**MSDS** - Materials Safety Data Sheet

**Mottling** – to mark with spots

**MRSA-** (**methicillin-resistant staphylococcus aureus**) - a serious skin organism resistant to most antibiotics, particularly Methicillin

**Mucosa** - mucous membranes

**Mucous** - secretion of the mucous membranes; thick, sticky fluid

**Multiple sclerosis** – hardened brain tissue resulting in paralysis and jerking muscle tremor

**Muscle** - a special type of tissue that is able to contract and move

**Muscle tissue** – tissue with the ability to shorten and lengthen

**Myocardial infarction** – heart failure

**Nasal cannula** – tubing inserted into nostrils to administer oxygen

**Nasozastric tube** - a tube that goes through the nose into the stomach

**Nausea** - a sensation often leading to the urge to vomit

**Nebulizer** - an atomizer

## GLOSSARY

**Necrosis** – tissue death

**Neglect** - failing to provide services to patients to prevent harm or anguish

**Negligence** - An unintentional wrong in which a person fails to act in a reasonable and careful manner and causes harm to a person or to the person's property

**Nephritis** – inflammation of the kidney

**Nerve** – bands of tissue that connect parts of the nervous system with other organs

**Nerve tissue** – tissue capable of conducting nerve impulses

**NIDDM** – non-insulin-dependent diabetes mellitus

**Nits** - eggs of a louse or other type of parasitic insect.

**No Code** - no CPR (Cardiopulmonary Resuscitation)

**Non-intact** - broken, cut, cracked or chapped

**Non-verbal** - messages sent using little use of spoken language

**Nosocomial** - infections that occur in residents while they are in the care facility

**Non-Prescription** - medication that can be purchased over the counter without requiring a physician's order or approval

**Nursing facility** - a skilled nursing facility, an intermediate care facility, and an intermediate care facility/developmentally disabled or an intermediate care facility/developmentally disabled nursing.. This definite is specific to CCR, Title 22, chapter 2.5, which pertains to the nurse assistant training programs.

**Nutrient** - nourishing substance or food

## GLOSSARY

**Nutrition** - the process by which the body uses food for growth and repair and to maintain health

**O<sub>2</sub>** - oxygen

**Observation** - using the senses to collect information about a resident

**Objective data** - information that is seen, heard, felt, or smelled by another person; signs

**OBRA** - the Omnibus Budget Reconciliation Act (1987)

**Obstruction** - the checking of vital functions; death

**Occult blood** – small amounts of blood detected by microscope

**Occupied bed** - a bed which has a resident in it

**Occupational Safety and Health Administration (OSHA)** - government agency that makes and enforces regulations to protect workers

**Ointment** - a type of medication which is thick and is applied to the skin

**Ombudsman** - patient advocate

**Oral hygiene** - care of the mouth cavity which includes brushing the teeth, flossing and cleansing

**Organ** – a part of the body that carries out a specific function

**Orthopnea** - a condition in which breathing is only possible when sitting upright

**Orthopneic** – ability to breath in an upright position

**Osteoarthritis** – degenerative changes in bone and cartilage of joints

## GLOSSARY

**Otosclerosis** – growth of spongy bone in inner ear increasing deafness

**Osteoporosis** - softening of the bones which can lead to fractures

**Ostomy** - a surgical opening from an internal organ (intestines, bladder, stomach), the opening is referred to as a stoma

**Ounce** - household measurement of fluid volume; contains 30 cc's

**Output** - the amount of fluid the body loses

**Oxygen mask** – device to administer oxygen through nose and mouth

**Oxygen precautions** - procedures used when a resident is on oxygen to provide a safe environment

**Pacemaker** – body part that maintains rhythmic activity

**Pallor** - paleness or lack of color

**Paralysis** - temporary or permanent loss of function and feeling in a body part

**Paranoia** - a chronic, fixed belief of persecution and delusion

**Paraplegia** - paralysis of the lower part of the body involving both legs

**Parenteral nutrition** - nutrition given by means outside of the intestinal tract (usually through the blood stream)

**Parkinson' disease** – neurological disorder with stiffness of muscles and tremors

**Passive range of motion** - providing full exercise of the joints without effort by the resident

**Pathogens** - disease producing microorganisms

**Patient abuse** - physical and/or mental harm inflicted upon a resident



## GLOSSARY

**Patient care plan** - a recorded plan for giving care based on the resident's special problems or conditions

**Pediculosis** – body lice

**PED** - percutaneous endoscopic gastrostomy tube

**Pelvic inflammatory disease** – inflammation of the pelvic organs

**Penis** – male organ of copulation and urinary elimination

**Perineum/perineal** - the region between the vulva and anus in a female or between the scrotum and anus in a male

**Peripheral** – relating to part of the body

**Peristalsis** - Involuntary muscle contractions in the digestive system that move food through the body

**Peritoneum** – membrane that lines the wall of the abdominal and pelvic cavities

**Personal protective equipment (PPE)** - equipment such as waterproof gowns, masks, gloves, goggles and other equipment needed to protect an employee from infectious materials

**Personal space** - the area or zone which marks the "comfort zone" of an individual

**Phantom pain** — pain experienced where a limb or other part has been removed

**Pharynx** – muscular membranous tube between mouth and throat

**Phlebitis** - inflammation of a blood vessel due to irritation

**Physical abuse** – mistreatment by hitting or other physical contact

**Physiology** – science of living organisms

## GLOSSARY

**PID** – pelvic inflammatory disease

**Pint** - a household unit of measurement of fluid volume – equal to 16 ounces

**Pituitary gland** – gland at the base of the skull that produces hormones

**Pneumonia** - inflammation of the lungs

**Posterior** - the back side of something

**Postmortem care** – care given to the body after death

**Postural supports** - a device used to help the resident remain in proper alignment

**Pound** - a measurement of household weight equaling 16 ounces

**Prefix** - a word element placed at the beginning of a word that changes its meaning

**Pressure sores** - decubiti

**Privacy** - protecting residents from exposure of their bodies; maintaining an environment for confidential communication, visitations, and medical records

**Prognosis** - a judgment in advance concerning the probable course of a disease and the chances of recovery

**Projection** - an unconscious mental mechanism similar to rationalization in which a person attributes to another his own inappropriate

**Pronation** - Turning downward

**Prostate gland** – gland of male reproductive system

**Prosthesis** - an artificial substitute for a missing body part

## GLOSSARY

**Proteins** - basic material of every body cell; an essential nutrient

**Prone position** - lying flat on the abdomen

**Professionalism** - a code of conduct which meets and/or exceeds performance standards for the job

**Proximal** – closest to the point of attachment

**Pruritus** – localized itching

**Psychological abuse** – mistreatment by threatening, belittling or causing emotional harm

**+Pulse deficit** - the difference between the number of beats counted, at the same time, at the heart (apical) and the wrist (radial)

**Pureed diet** - a diet that meets nutritional needs with foods, which have been placed through a blender.

**Pyrexia** - condition in which the temperature is abnormally high

**Quadriplegia** - paralysis of all four limbs (both legs and both arms)

**Quart** - a household unit of measurement of fluid volume – equal to 32 ounces

**Radial pulse** - the pulse felt at a person's wrist at the radial artery

**Range of motion** – exercises designed to move each joint to its full range

**Rationalization** - an unconscious mechanism in which socially acceptable reasons to explain behavior and feelings are developed

**Reality orientation** - the process of reorienting a confused resident to the "here and now"

**Receiver** - the one who receives and interprets the message from the sender Rectocele – protrusion of part of the rectum into the vagina

## GLOSSARY

**Reminiscence** - remembering and talking about past events

**Renal calculi** – kidney stones

**Report** - an account of the resident care and observations

**Reservoir** - a source that contains infectious organisms

**Residents** – persons cared for in a long-term facility

**Resident Council** - meetings held by residents of the skilled nursing facility for the purpose of resolving issues with staff and communicating with each other

**Respiratory arrest** - when breathing stops

**Respiratory distress** - difficult, labored or painful breathing

**Respiratory system** - the system containing the nose, airways and lungs

**Restorative care** - care given to return resident to a level of functioning that is closer to normal or previous level

**Restraints** - a device that restricts a resident's limbs free movement used to protect resident or others

**Retention** – inability to excrete urine that has been produced

**Reverse Trendelenberg** - a position in which the resident is lying on their back with feet higher than the head

**Rigor mortis** – rigidity of skeletal muscles

**Root word** - a word element that contains the basic meaning of the word

**Rotation** – act of turning about the axis of the center of a body

## GLOSSARY

**Scabies** - communicable disease caused by a mite and transmitted by close contact with an infected source

**Scaly** - dry, thin, flaky skin

**Scope of practice** - skills which the health care worker (e.g. CNA, RN, LVN, etc.) is legally permitted to perform by state regulations

**Seizure** – severe involuntary shaking and jerking of the body

**Semi-Fowler's position** - a sitting position which the head raised at a 45 degree angle

**Sender** - the one who conveys a message

**Sensory** - concerning the five senses

**Sexual abuse** – use of physical means to force sexual acts

**Sexually transmitted disease (STD)** – disease that is passed from one to another through sexual contact

**Shallow breathing** - very light breathing which does not provide enough oxygen

**Shearing** - when skin sticks to a surface and muscles slide in the direction the body is moving

**Shroud** – something that covers

**Side rails** - bars which can be raised at the side of bed and are used for positioning and safety

**Sim's position** - halfway between side-lying and prone; usually left side lying for enema's or other rectal treatments

**Skeleton** - the bony framework of the body containing 206 bones

**Skilled nursing care** - care provided in long-term care facility

## GLOSSARY

**Skin** - the external covering of the body

**Skin tears** – shallow injuries where the epidermis is ripped or torn

**Slander** - false oral statements that injure the reputation of another

**Social Services** - a department which provides many of the non-medical needs of the resident

**Soft diet** - includes low residue, mildly flavored, unseasoned or slightly seasoned liquids or semi-solid foods that are easily digested

**Soft protective device** - a device used to protect the resident from harm

**Specimen** - a sample of body fluid which is sent to the laboratory for testing

**Sphygmomanometer** - an instrument used to measure a patient's blood pressure

**Sputum** – matter brought up from the lungs, phlegm

**Standard precautions** - practices used to prevent the spread of infection

**Stasis pneumonia** - pneumonia that results from extended inactivity combined with inability to clear airways adequately

**STAT** - immediately

**Sterilization** - a process that destroys all microorganisms

**Stertorous** - characterized by a deep snoring sound; accompanies certain diseases like apoplexy

**Stethoscope** - an instrument used to listen to sounds in the patient's body, such as the heartbeat or breathing sounds

**Stool** – another name for feces

**Streptococcus**- bacteria which is capable of destroying tissue and blood cells

## GLOSSARY

**Stroke** - any sudden attack of a disease or illness, especially apoplexy or paralysis

**Stoma** - an ostomy

**Stool** - feces

**Subacute care** – comprehensive care for persons with acute illness

**Subjective data** - That which is reported by a person and is not observed by others using the senses

**Sundowning** - state in which a resident becomes disoriented during sleeping/night time hours

**Suffix** - a word element placed at the end of a word that changes its meaning

**Superior** - toward the head

**Supine position** - lying flat on the back

**Supination**- turning upward

**Suppository** - a solid lubricant placed into rectum for bowel evacuation

**Sympathy** - affinity between persons or of one person for another.

**Syphilis** – infectious venereal disease with lesions that involve any organ or tissue

**System** – group of organs

**Systolic blood pressure** - the sound made when the heart muscle is contracting; when taking the patient's blood pressure, the systolic blood pressure is recorded as the top number. Normal systolic is 100 to 140 mm Hg

**Tachycardia** - a fast heartbeat with a pulse rate above 100 beats per minute in adults 31

## GLOSSARY

**Tachynea** - Rapid breathing; respirations are usually more than 24 per minute

**TCDB** - turn, cough and deep breathe; an intervention to prevent development of pneumonia or atelectasis

**TED hose** - anti-embolic hose/elastic stocking

**Tendon** – white fibrous connective tissue that unites muscle with another part

**Terminal** - No reasonable expectation of recovery

**Testes** – male gonads, reproductive glands

**Theft** - taking anything that does not belong to you

**Therapeutic diets** - a planned intake of food and fluid to treat a specific disease condition

**Thickened liquids** - fluids with an added substance to allow the fluid diet to be retained

**+Thready** - a fine, scarcely felt pulse

**Thrombophlebitis** - inflammation of a vein prior to the development of a blood clot

**Thrombus** – clot of blood formed within a blood vessel

**Thyroid gland** – gland at base of the neck that produces thyrocalcitonin and thyroxine

**Thyroxine** – hormone of the thyroid gland that contains iodine

**Total Parential Nutrition (TPN)** - meeting an individual's entire nutritional needs by providing high-density nutrients directly into the bloodstream

**Tracheostomy** – opening made into anterior trachea



## GLOSSARY

**Traction** - the state of being pulled or drawn

**Transfer** - the process of moving a resident from one area to another

**Transmission-based precautions** – isolation procedures that prevent the spread of infection by interrupting the way in which the disease is spread

**Trapeze** - horizontal bar suspended overhead down the length of the bed

**Tremor** – involuntary trembling

**Trendelenberg** - a position in which the resident's feet are lower than the head

**Trochanter rolls** - a rolled bath blanket placed under the resident from above the hips to below the hips at the start of the upper thigh to prevent the hip from rotating outward

**Tuberculosis** - a communicable lung infection easily spread by sneezing and coughing

**Typanic temperature** - the core temperature measured by placing the special thermometer probe in the ear canal

**Ulcer** – open sore caused by inadequate blood supply

**Unconscious** - a state in which an individual lacks sensory awareness and is unaware of surroundings or environment

**Unoccupied bed** - a bed which is empty

**Ureter** – narrow tube that conducts urine from the kidney to the bladder

**Urethra** – mucus-lined tube conveying urine from the bladder to the exterior of the body Urgency – need to urinate

**URI** – upper respiratory infection

## GLOSSARY

**Urinal** - a device to collect urine from a male

**Urinalysis** – laboratory analysis of urine

**Urinary bladder** – receptacle for urine before it is voided

**Urinary drainage bag** - a bag that collects the urine from a resident

**Urinary incontinence** - involuntary loss of urine

**Urination** - the act of passing urine

**Urine** - waste fluid passed by the kidneys to the bladder for storage until excreted out of the body through the urethra

**Urinary system** - the kidneys, ureters, bladder and urethra

**Uterus** – organ of gestation, womb

**Vagina** – female organ of copulation that receives the penis during intercourse

**Validation therapy** – techniques to help one feel self confident

**Varicose veins** - abnormally and irregularly swollen or dilated veins

**Veins** - blood vessels that return blood to the heart

**Venereal** – infection relating to sexual indulgence

**Verbal communication** - oral/spoken transmission of messages

**Vertebrae** – bones surrounding the spinal cord

**Vessel** – tube or canal in which body fluid is contained

## GLOSSARY

**Violation** - to break a regulation or law either intentionally or unintentionally

**Virus** - the smallest disease causing microbe; depends on the invaded host for reproduction

**Vitamins** - general term for various unrelated organic substances found in many foods in minute amounts that are necessary for normal metabolic function of the body

**Voice Ditch** - a subjective quality of sound which depends on frequency and intensity

**Voice tone** - the character and duration of sound

**Void** — to release urine from the bladder

**VRE (vancomycin resistant enterococcus)** - intestinal microorganism resistant to most antibiotics, in particular Vancomycin

**Vulvovaginitis** — inflammation of the vulva and vagina

**Waterbed** - a water-filled mattress used to prevent development of pressure sores

**Workplace violence** - any violence in the workplace