

1. **Abbreviation**- a shortened version of a word or words
2. **ABCs**- abbreviation for **A**irway, **B**reathing, **C**irculation
3. **Abdominal respirations**- use of abdominal muscles when breathing; may indicate respiratory distress
4. **Abdominal thrusts**- also known as the Heimlich maneuver; used to manually exert force on the lower diaphragm to relieve obstruction in the trachea
5. **Abduction**- movement of a limb away from midline or center
6. **Abrasion**- a scrape of the skin or mucous membrane
7. **Absorption**- the process after digestion of food when small components enter the blood stream
8. **Abuse**- physical , emotional and/or mental injury inflicted on another individual
9. **Acceptance**- coming to terms with a situation
10. **Acquired immune deficiency syndrome (AIDS)**- a deficiency of cellular immunity induced by infection with the human immunodeficiency virus (HIV-1)
11. **Active-assistive range of motion (AARM)**- minimal assistance given by the caregiver for a resident actively exercising and moving each joint to its maximum
12. **Active range of motion (AROM)**- exercising and moving each joint to it's maximum by the resident without assistance
13. **Activities of Daily Living (ADLs)**- basic personal self care activities usually performed by the individual, including hygiene, bathing, feeding, elimination management, and dressing
14. **Acute**- severe
15. **American Diabetes Association(ADA)**- an organization that provides information about diabetes mellitus
16. **Adaptive**- a modification in a device to adjust for a resident's change in function or ability
17. **Adduction**- movement of a limb or digit toward midline or center
18. **ADL(Activities of Daily Living) Document Sheet**- a 24 hour record of the activities completed by the resident and the nurse assistant. The nurse assistant documents on this form
19. **Admission**- the process of entering a facility to receive care and services
20. **Advance Directive**- a pre-written and signed document providing specific instructions about what medical treatment a person chooses to have or omit should the person become unable to make those decisions
21. **Afebrile**- absence of fever or elevated temperature
22. **Age-related Macular Degeneration (AMD)**- yellow deposits in the macula of the eye resulting in profound vision loss but never total blindness
23. **Agitation**- restlessness and disturbed behaviors usually associated with anxiety or fear
24. **Aiding & Abetting**- being involved in dishonest acts or not reporting dishonest acts that are observed
25. **Airbed**- a special bed that uses air flotation to protect or support a resident at risk for developing a pressure sore

26. **Airborne precautions**- measures used for diseases that remain infectious over long distances when suspended in the air ; require single-patient room that is equipped with special air handling and ventilation capacity
27. **Airway**- a passageway for moving air into and out of the lungs
28. **Align**- to position the body in a straight line
29. **Allergy**- an abnormal reaction to a substance that normally does not cause such a response; can be caused by foods, medications, or environmental factors
30. **Alternating pressure mattress**- a special mattress that rotates areas of inflation to limit constant pressure on a bony area and prevent skin breakdown
31. **Alveoli**- tiny air sacs in the lungs where oxygen and carbon dioxide are exchanged
32. **Alzheimer's disease**- a chronic, progressive deterioration of the brain that causes confusion, memory loss, behavioral changes, and inability to care for self
33. **Ambulate/ambulation**- to walk
34. **Amino Acids**- basic component of proteins
35. **Amputation**- removal of a limb
36. **Anatomic position**- normal standing position; body is upright, facing forward, arms at the sides with palms facing forward, and feet parallel
37. **Anatomy**- study of the structure of the body
38. **Anemia**- deficient quantity of red blood cells
39. **Aneroid sphygmomanometer**- an instrument with a calibrated dial used to measure blood pressure
40. **Anger**- feelings of great displeasure or hostility
41. **Angina pectoris**- pain in the chest usually caused by lack of oxygen to the heart muscle
42. **Anorexia**- lack or loss of appetite for food
43. **Anterior**- the front part of something
44. **Antibody**- proteins that are found in blood or other bodily fluids and are used by the immune system to identify and neutralize foreign objects, such as bacteria and viruses.
45. **Anti-embolic stockings**- elastic stockings worn to promote circulation and prevent blood clots from forming; may be abbreviated as AE hose or TED hose
46. **Antigen**- substances that induce a state of sensitivity and that react with antibodies in the immune system
47. **Anxiety**- psychological and physiological state creating an unpleasant feeling that is typically associated with uneasiness, fear, or worry; generalized anxiety is a mood condition that occurs without an identifiable triggering stimulus
48. **Aphasia**- loss of the ability to communicate through speech, writing or signs; frequently follows a stroke
49. **Apical pulse**- heart rate obtained by placing a stethoscope over the apex of the heart

- 50. **Apnea**- temporary absence of breathing
- 51. **Arrhythmia**- an irregular heart beat
- 52. **Arteries**- blood vessels that carry blood away from the heart to all parts of the body
- 53. **Arthritis**- joint inflammation
- 54. **Asepsis**- the absence of disease-causing organisms
- 55. **Aspirate/aspiration**- to draw fluid or a foreign substance into the lungs during inspiration or while swallowing
- 56. **Assault**- threat or attempt to do physical or mental harm to another
- 57. **Assessment**- to observe and interpret findings; role of licensed nurse
- 58. **Assisted living facility**- facility providing some care for an individual living independently
- 59. **Assistive devices**- equipment used to help a resident ambulate, dress, do personal hygiene, and eat
- 60. **Asthma**- inflammatory disease of the lung characterized by airway obstruction
- 61. **Atherosclerosis**- fatty deposits in the inner walls of arteries leading to narrowing of the vessel and decreased blood flow
- 62. **Athlete's foot**- fungal infection of the foot, especially between the toes, causing redness, peeling, and cracking
- 63. **Atrophy**- a decrease in size of a muscle causing loss of strength and function
- 64. **Automated External Defibrillator(AED)** - a portable electronic device that automatically diagnoses the potentially life threatening cardiac arrhythmias and is able to treat them through defibrillation
- 65. **Autonomic dysreflexia**- also known as hyperreflexia; a medical emergency condition characterized by a massive sympathetic discharge that can occur in association with spinal cord injury resulting in life-threatening elevations in blood pressure.
- 66. **Autopsy**- examination of the organs and tissue of a dead body to determine the cause of death or to study pathological changes present
- 67. **Axilla**- under the arm; the armpit
- 68. **Bacteria**- most common microorganism causing disease; not all bacteria produce diseases
- 69. **Bandage**- clean or sterile piece of material used to cover non-intact skin
- 70. **Bargaining**- a defense mechanism in which a change in behavior is promised in order to avoid loss
- 71. **Barriers**- items which prevent transmission of microorganisms from the worker to the resident or from the resident to the worker; actions to prevent the transmission of information; blocking access
- 72. **Base of support**- standing with feet about 12 inches apart to provide a firm steady position while using body mechanics
- 73. **Basic human needs**- all that is required for and normal mental, social, spiritual, and physical health; refer to Maslow's hierarchy of needs
- 74. **Battery**- touching another person's body or possessions without permission
- 75. **Bed cradle**- a device placed over the bed to keep the top bed linen from touching the resident's body

- 76. **Bell**- bell shaped part of the stethoscope
- 77. **Benign prostatic hypertrophy (BPH)**- a non-cancerous enlargement of the prostate gland
- 78. **Bile**- substance produced by the liver that breaks down fats for digestion
- 79. **Binder**- a type of bandage used to keep something in place or support a specific body part
- 80. **Biohazard symbol**- identification for contaminated item containers ;the background is red or orange and the symbol is black
- 81. **Bioterrorism**- use of biological agents, such as pathogenic organisms, for terrorist purposes
- 82. **Bipolar disorder**- also known as manic depression; a psychiatric diagnosis that describes a category of mood disorders defined by the presence of one or more episodes of abnormally elevated mood and depressive episodes or symptoms
- 83. **Bland diet**- a therapeutic diet that avoids irritating foods and spices
- 84. **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
- 85. **Bloodborne pathogens**- pathogenic microorganisms that are present in human blood and can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV) and human immunodeficiency virus (HIV).
- 86. **Body language**- the postures, gestures and facial expressions used intentionally or unintentionally in communication
- 87. **Body mechanics**- safe, efficient use of the body to lift and move people or objects without injury to either self, others, or objects
- 88. **Bony prominence**- area of the body where the bone is near the surface of the skin and breakdown can easily develop
- 89. **Bounding pulse**- strong, hard pulse
- 90. **Bowel movement**- evacuation of stool from the gastro-intestinal system
- 91. **Brachial pulse**- heart rate felt on the inner aspect of the arm at the bend of the elbow
- 92. **Bradycardia**- slow heartbeat; pulse rate is below 60 beats per minute
- 93. **Bradypnea**- slow breathing; respirations are fewer than 10 per minute
- 94. **Breathing**- the act of moving air into and out of the lungs
- 95. **Bronchi**- tubular structures connecting the trachea to the lungs
- 96. **Bursitis**- inflammation of the fluid sac that surrounds a joint
- 97. **Cachexia**- severe malnutrition and body wasting
- 98. **Calculi**- solid formations of minerals; also called stones; most often found in kidney
- 99. **California Code of Regulations**- official publication of regulations in the state of CA which have the force of law
- 100. **Capillaries**- the smallest blood vessels; smaller than a hair in size
- 101. **Carbohydrate**- nutrient that provides 4 calories per gram and produces heat and energy for the body's activities
- 102. **Carbon dioxide**- gas that is a waste product; eliminated from the lungs with exhalation

- 103. **Cardiac arrest**- absence or cessation of the heart beat
- 104. **Cardiopulmonary Resuscitation (CPR)**- emergency procedure used to reestablish effective circulation and respiration to prevent brain damage
- 105. **Cardiovascular system**- the body system which includes the heart, blood vessels and blood
- 106. **Carotid pulse**- the pulse felt at the side of a person's throat over the carotid artery
- 107. **Carrier**- person who has an infectious agent in their body but does not exhibit symptoms
- 108. **Cast**- an encasement of plaster, plastic or fiberglass for the purpose of immobilization of a body part
- 109. **Cataract**- clouding of the lens of the eye
- 110. **Catastrophic reaction**- unpredictable violent behavior of a person with dementia; the uncoordinated response to a drastic shock or a sudden threatening condition
- 111. **Catheter**- a tube used to introduce or remove fluids
- 112. **Cell**- basic unit of living substances
- 113. **Cellulose/fiber**- roughage which helps with elimination
- 114. **Celsius**- metric scale for measuring temperature
- 115. **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
- 116. **Centimeter**- a metric measurement of length which equals one one-hundredth of a meter; 2.5 centimeters equals one inch
- 117. **Cerebral Palsy**- a chronic condition resulting from lack of oxygen during birth; motor control and speech are affected
- 118. **Cerebral Vascular Accident (CVA)**- a stroke or "brain attack" caused by a blockage or bleed in the brain
- 119. **Chain of infection**- a series of related events required for the transmission and development of an infectious disease
- 120. **Cheyne-Stokes respirations**- abnormal respiratory pattern of shallow breathing followed by deeper breathing, then apnea
- 121. **Choice**- freedom to make personal selections such as with activities and attire
- 122. **Cholesterol**- fat-like substance that is produced by the liver as well as found in animal fats; associated with atherosclerosis
- 123. **Chronic**- of long duration
- 124. **Chronic Obstructive Pulmonary Disease (COPD)**- commonly co-existing diseases of the lungs in which the airways become narrowed; chronic bronchitis, asthma, and/or emphysema
- 125. **Chronic renal failure**- progressive loss of renal function over a period of months or years; dialysis required to excrete waste products; see also end-stage renal disease
- 126. **Circulation**- movement of blood around the body
- 127. **Citation**- a civil sanction with monetary fines against a health care facility in violation of the laws and regulations of California relating to patient or resident care
- 128. **Clean catch**- an aseptic method of urine collection; also called mid-stream voided urine

- 129. **Clear liquid diet**- a diet limited to fluids that are transparent, including water, tea, coffee, clear broths, plain gelatin, and clear sodas; provides fluids and carbohydrates
- 130. **Clostridium difficile**- a pathogenic bacteria; often the cause of nosocomial diarrhea
- 131. **Clothes protector**- a towel or bib used to protect clothing from becoming soiled
- 132. **Code situation**- a life-threatening situation requiring special action; Code Blue means cardiac arrest; Code Red refers to a fire
- 133. **Coercion**- forcing a person to do something against his or her will
- 134. **Colon**- large intestine
- 135. **Colostomy**- a surgical opening into the large intestine to allow elimination of stool and flatus through a stoma on the abdomen
- 136. **Communicable**- capable of being transferred from one person to another by direct or indirect contact
- 137. **Communication**- the exchange or sharing of ideas, thoughts, information and feelings by means of speech, writing or non-verbal actions
- 138. **Compensation**- a defense mechanism in which a person covers up weaknesses by emphasizing a more desirable trait or overachieving in a more comfortable area
- 139. **Concussion**- most common type of traumatic brain injury usually caused by impact to the head
- 140. **Condom catheter**- an external sheath that fits over the penis and is connected to a urinary drainage system
- 141. **Confidentiality**- nondisclosure of a resident's personal and medical information except to another authorized person
- 142. **Conflict**- disagreement or antagonism between groups, individuals, or ideas
- 143. **Conflict resolution**- finding an appropriate and acceptable action that will reduce or resolve a disagreement
- 144. **Confusion**- disorientation to person, place and/or time; it may be temporary or long term
- 145. **Congestive Heart Failure (CHF)**- inadequate cardiac output to meet physiological needs
- 146. **Connective tissue**- tissue that holds other tissue together and supports body organs
- 147. **Constipation**- difficulty in passing stool or the incomplete or infrequent passing of hard, dry stool
- 148. **Contact precautions**- measure used to prevent transmission of infectious agents, which are spread by direct or indirect contact with the patient or the patient's environment
- 149. **Contagious disease**- also known as communicable disease; an infectious disease resulting from the presence of pathogenic microbial agents; can be spread from person to person or one species to another
- 150. **Contamination**- a condition of being unclean or soiled with pathogens making an object unsafe for use
- 151. **Contracture**- permanent shortening of a muscle causing limited movement of a joint
- 152. **Conversion disorder**- a defense mechanism in which acceptable physical symptoms are substituted for unacceptable emotions or feelings

- 153. **Coronary artery disease**- narrowing of the coronary arteries resulting in a decreased supply of oxygen and nutrients to the heart
- 154. **CSM**- an abbreviation for circulation, sensation, and movement
- 155. **Culture**- shared, learned customs, beliefs, and values of a group
- 156. **Cyanosis**- bluish discoloration of skin, mucous membranes, lips, and nails due to lack of oxygen
- 157. **Cystitis**- inflammation or infection of the urinary bladder
- 158. **Cystocele**- a protrusion of the bladder into the vagina
- 159. **Dangle**- to sit at the edge of the bed with legs hanging over the side
- 160. **Debilitating**- to impair the strength of the body
- 161. **Debride**- to remove damaged or dead tissue from a wound to prevent infection and promote healing
- 162. **Decline**- refuse
- 163. **Decubiti/decubitus ulcer**- a pressure sore or a bedsore; a serious wound resulting from skin breakdown
- 164. **Defamation of character**- communication that is untrue and is harmful to the good name or reputation of another person
- 165. **Defecate/defecation**- the act of having a bowel movement
- 166. **Defense mechanisms**- protective reactions used consciously or unconsciously to avoid humiliation, shame or anxiety
- 167. **Defibrillator**- equipment used to deliver a therapeutic dose of electrical energy to the heart to correct life-threatening cardiac arrhythmias
- 168. **Dehydration**- excessive loss of fluid from body tissues
- 169. **Delirium**- acute and relatively sudden (developing over hours to days) decline in attention-focus, perception, and cognition
- 170. **Delusion**- persistent false or misinformed beliefs; often of grandeur, persecution, or control
- 171. **Dementia**- chronic decline in memory and other thought processes
- 172. **Denial**- refusal to accept or believe something, often used to protect an individual from intolerable experiences and feelings
- 173. **Depression**- a state of sadness, grief, or low spirits that may range from mild to severe and become incapacitating
- 174. **Dermis**- the layer of the skin just below the outermost (epidermal) layer
- 175. **Developmental disability**- a condition in which the brain does not develop normally resulting in decreased physical and intellectual functioning
- 176. **Diabetes mellitus**- a disorder of carbohydrate metabolism resulting from too little or no insulin production by the pancreas
- 177. **Dialysis**- a method for cleansing waste or toxic materials from the body when the kidneys are not functioning properly
- 178. **Diaphoresis**- excessive sweating
- 179. **Diaphragm**- 1) the muscle separating the lungs from the abdominal cavity; 2) the round, flat part of the stethoscope
- 180. **Diarrhea**- frequent passing of loose or liquid stools
- 181. **Diastolic blood pressure**- the pressure of the blood in the arteries when the heart muscle is relaxed; normal readings are 60 to 85 millimeters of (mm Hg)

- 182. **Diuresis**- increased production of urine by the kidney
- 183. **Dietician**- a health care team member responsible for monitoring a resident's nutritional status and planning menus and special diets
- 184. **Digestion**- process of converting food so it can be used by the body for nourishment
- 185. **Dignity**- signifying that a person has an innate right to respect and ethical treatment; used in moral, ethical, and political discussions
- 186. **Disability**- loss, absence or impairment of physical or mental fitness
- 187. **Disaster preparedness plan**- written guidelines and safety procedures to coordinate the response of facility staff to a disaster within the facility or in the surrounding community
- 188. **Discharge**- 1) the process of leaving a facility; 2) release of a body fluid
- 189. **Disease**- an abnormal change in an organ or organ system, usually identified by definite signs and symptoms
- 190. **Disinfection**- a process using chemicals to kill or slow growth of pathogenic organisms
- 191. **Disorientation**- loss of the ability to recognize time, place and/or people
- 192. **Displacement**- a defense mechanism in which a person transfers emotional reactions to another person or object
- 193. **Disposable**- made to be used once and then thrown away
- 194. **Disruptive behavior**- behavior that is unsettling or upsetting to those in the area
- 195. **Distal**- farther away from a central point or point of attachment or origin
- 196. **Diuresis**- increased production and excretion of urine
- 197. **Diverticulitis**- inflammation in the lining and wall of the colon
- 198. **DNR**- an abbreviation for **Do Not Resuscitate**, indicating that no extraordinary means should be used when death is near or occurs; an order must be written by a physician
- 199. **Dorsal**- toward the back; posterior part of something
- 200. **Dorsal recumbent position**- lying flat on the back with knees slightly flexed and separated and feet flat on bed
- 201. **Douche**- irrigation of the vaginal canal
- 202. **Draw sheet**- piece of linen used to assist in moving a resident and/or keep the bottom sheet clean
- 203. **Droplet precautions**- measures used to prevent transmission of pathogens spread through close respiratory or mucous membrane contact with respiratory secretions; mask is required
- 204. **Durable Power of Attorney for Health Care (DPAHC)**- document giving a person the right and responsibility to make health care decisions for another person
- 205. **Dyslexia**- difficulty reading causing an individual to transpose letters and sequencing of words
- 206. **Dysphagia**- difficulty swallowing food and liquids
- 207. **Dysphasia**- difficulty communicating through speech, writing or signs; often follows a stroke



- 208. **Dyspnea**- difficult, labored breathing
- 209. **Dysuria**- painful or difficult urination
- 210. **Escherichia coli (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.
- 211. **Edema**- swelling of body tissues due to an excessive accumulation of fluid
- 212. **Egg-crate mattress**- a special foam mattress which looks like an egg carton; used to decrease pressure over bony prominences
- 213. **Elastic bandage** - a type of stretchy material used to restrict movement and provide support
- 214. **Electric bed**- a bed using motors to change bed position
- 215. **Elimination**- excretion of body wastes occurring through the skin, kidneys or intestines
- 216. **Elopement**- to leave the facility without permission
- 217. **Embolism**- a blood clot or other substance that travels through the bloodstream and may eventually block a blood vessel
- 218. **Emergency**- an unexpected serious occurrence that requires immediate attention
- 219. **Emergency codes**- facility specified words, phrase or abbreviations that indicate a particular serious occurrence such as cardiac arrest, fire, disaster, or security breach
- 220. **Emergency Medical Services (EMS)**- organized system within a community to respond to emergencies; 911 call system
- 221. **Emesis**- vomit
- 222. **Empathy**- understanding how someone else feels
- 223. **Emphysema**- a chronic obstructive pulmonary disease; see also COPD
- 224. **End-Stage Renal Disease (ESRD)**- progressive loss of renal function over a period of months or years; dialysis required to excrete waste products; see also chronic renal failure
- 225. **Enema**- introduction of fluid into the rectum to stimulate elimination of feces
- 226. **Enteral feeding**- provision of nutrients through a tube inserted directly into the gastrointestinal system
- 227. **Environmental Protection Agency (EPA)**- an agency of the federal government of the United States charged to regulate chemicals and protect human health by safeguarding the natural environment
- 228. **Epidermis**- the outermost layer of skin
- 229. **Epilepsy**- a disorder of the brain's electrical functioning resulting in various kinds of seizures
- 230. **Epithelial tissue**- tissues that cover the body surfaces and line cavities
- 231. **Erythema** - redness
- 232. **Escape routes**- predetermined paths that are to be followed in order to exit a facility safely in case of emergency
- 233. **Eschar**- dead tissue that is cast off from the surface of the skin, particularly after a burn injury
- 234. **Essential nutrients**- vitamins, minerals, and foods required daily in minimum amounts to maintain good nutrition and

- 235. **Ethical standard**- behavior based on the rules and policies of the organization; doing what is “right”;morality
- 236. **Ethics** - principles of right or good behavior or standards of conduct
- 237. **Evacuation**- 1) to have a bowel movement; 2) to move people to a safe place during an emergency or disaster
- 238. **Eversion**- a turning or rolling outward or from the inside out
- 239. **Exhalation**- moving air out of the lungs
- 240. **Exchange list**- a grouping of interchangeable foods to assist people on special diets; published by the American Diabetes Association
- 241. **Excoriation**- irritation or abrasion of the skin due to trauma such as scratches or burns
- 242. **Excretion**- process of eliminating substances through skin, kidneys or intestines
- 243. **Expectorate**- to cough; to bring sputum out of the lungs and eject from the mouth,
- 244. **Expiration**- 1) exhalation; 2) a point in time when an item such as food or medication should no longer be used; 3) death
- 245. **Exposure incident**- direct contact with blood or other potentially infectious materials including body fluids
- 246. **Extension**- movement at a joint that increases the angle between two attached bones
- 247. **External rotation**- rolling or turning away from the body
- 248. **External disaster**- emergency situation occurring outside the facility
- 249. **Fahrenheit**- a household scale for measuring temperature, commonly used in the United States
- 250. **False imprisonment**- restraining or detaining a resident without his or her consent
- 251. **Family**- a group of people related by blood or marriage; the definition is sometimes expanded to include those living in the same household who are emotionally attached, interact regularly, and share concerns for the group
- 252. **Fan-fold**- a method of folding a sheet for easier, quicker, and neater unfolding
- 253. **Fasting Blood Sugar (FSBS)**- a measurement of blood glucose after not eating for at least 8 hours
- 254. **Fat**- a nutrient that provides 9 calories per gram, stores energy and provides padding for the body
- 255. **Febrile**- having an elevated body temperature
- 256. **Fecal impaction**- a large amount of hard, dry stool n the rectum
- 257. **Fecal/feces**- stool
- 258. **Fiber**- the indigestible portion of plant foods that pushes food through the digestive system, absorbing water and easing defecation
- 259. **Financial abuse**- improper use of another person’s money
- 260. **Fire plan**- a written set of guidelines and safety procedures indicating the expected responsibilities and responses of each staff member of a facility should a fire occur
- 261. **Flaccid**- lack of normal muscle tone
- 262. **Flatulence**- excessive gas in the stomach and/or intestine; usually causing abdominal distention and discomfort

- 263. **Flatus**- gas in the stomach and/or intestines expelled through the mouth, anus or stoma
- 264. **Fleece pad**- a soft, fluffy cushion used to decrease pressure on the skin and bony prominences; commonly called a sheepskin
- 265. **Flexion**- decreasing the angle between two adjoining bones
- 266. **Flora**- the normal, usually non-harmful microorganisms found in a particular area of the body such as E. coli in the large intestine
- 267. **Flotation pad**- a gel or air filled cushion to prevent excess pressure on the skin and bony prominences
- 268. **Fluid**- nonsolid liquid
- 269. **Fluid ounce (fl oz)**- a household measurement of liquid volume; one fluid ounce is equal to 30 milliliters (ml)
- 270. **Foley catheter**- catheter placed into the urinary bladder to remove urine; also referred to as indwelling catheter
- 271. **Foot (ft)**- household measure equal to 12 inches
- 272. **Foot board**- a flat upright surface placed behind a resident's feet when in bed to keep the feet and ankles in proper alignment and prevent foot drop
- 273. **Force fluids**- to encourage residents to increase their fluid intake
- 274. **Fowler's position**- head of bed is raised to a semi-sitting position at a 45 to 90 degree angle.
- 275. **Fracture**- break in the continuity of a bone
- 276. **Fracture bedpan**- a modified bedpan with a flat back for use with a resident who cannot lift his or her hips
- 277. **Friction**- rubbing of one object against another
- 278. **Full liquid diet**- a diet, consisting of liquids and foods that liquefy at room temperature
- 279. **Full weight-bearing (FWB)**- Able to stand on both legs with no assistance
- 280. **Fungus**- a class of microorganisms to which mold and yeast belong.
- 281. **Gait belt**- a belt placed around the resident's waist and used by the caregiver to assist the resident with ambulation and transfer
- 282. **Gallon**- household unit of measurement of fluid volume; one gallon is equal to 128 ounces
- 283. **Gangrene**- decay of body tissues, which become black (and/or green) as a result of insufficient blood supply; usually caused by infection or blocked blood vessel
- 284. **Gastrectomy**- surgical removal of part or all of the stomach
- 285. **Gastrostomy tube (GT or G tube)**- a surgically placed tube that goes through the abdominal wall into the stomach used for liquid feeding
- 286. **Gavage**- feeding through a tube placed through the nose into the stomach
- 287. **Genital herpes**- a genital infection by herpes simplex virus
- 288. **Genitalia**- external and internal reproductive organs

- 289. **Glaucoma**- elevated pressure within the anterior part of the eye; can lead to blindness
- 290. **Glucose**- simple sugar
- 291. **Glycosuria**- sugar in the urine
- 292. **Goiter**- a non-cancerous enlargement of the thyroid gland, usually caused by insufficient iodine in the diet
- 293. **Gonorrhea**- sexually transmitted bacterial infection that usually causes acute symptoms
- 294. **Gout**- a form of arthritis characterized by uric acid deposits in the joints
- 295. **Graduate**- container used to measure fluids; usually marked in milliliters and ounces
- 296. **Gram**- a metric measurement of weight; one one-thousandth of a kilogram
- 297. **Grasp**- ability to hold onto an object
- 298. **Greenwich time**- standard time using a.m. and p.m.
- 299. **Grievance**- a complaint or protest registered by a resident about his or her care or accommodations
- 300. **Hallucination**- a false sensory perception of something that does not exist in reality; it can be heard, seen, smelled, tasted, or touched
- 301. **Health**- degree of wellness or well-being a person experiences
- 302. **Health and safety code**- laws and statutes pertaining to health and safety; this code is the authority for regulations written into California Code of Regulations (CCR), Title 22
- 303. **Health care team**- everyone who provides care, services, or support for a resident
- 304. **Health Insurance Portability and Accountability Act (HIPAA)**- an industry-wide effort to enhance consumer control of insurance coverage and create health care industry standards to improve administration; regulates privacy standards for health care information
- 305. **Heart**- a muscular organ in all vertebrates responsible for pumping blood through the blood vessels by repeated, rhythmic contractions
- 306. **Heel/elbow protector**- a soft protective cushioning device for the heel or elbow to prevent skin breakdown
- 307. **Heimlich maneuver**- an emergency procedure using abdominal thrusts to remove an obstruction blocking the airway; also see abdominal thrusts
- 308. **Hematoma**- localized mass of blood
- 309. **Hematuria**- blood in the urine
- 310. **Hemianopsia**- loss of half the vision in both eyes
- 311. **Hemiplegia**- paralysis of one side of the body
- 312. **Hemorrhage**- enlarged veins in the lower rectal/ and or anal area
- 313. **Hemorrhoid**- varicose veins in the rectum
- 314. **Hepatitis A, B, and C**- viruses that cause a forms of infectious liver disease

- 315. **Hernia**- protrusion of an organ through the muscle wall of the cavity that contains it
- 316. **Herpes simplex 1**- contagious viral infection of the facial area, causing blistering and pain
- 317. **Herpes simplex 2**- contagious viral infection of the genitalia, causing blistering and pain
- 318. **Herpes Zoster**- contagious viral infection that appears along nerve tracts; caused by reactivation of the virus causing chicken pox; also called shingles
- 319. **Hives**- itchy skin eruptions which are raised and round and appear white in the center and red around the edges; may be part of an allergic reaction
- 320. **Holistic**- health care that meets the physical, mental, emotional and spiritual needs of the resident
- 321. **Hormones**- secretion of endocrine glands
- 322. **Hospice care**- care for a terminally ill person that focuses on comfort and maintenance of quality of life; can take place in the home or in a facility
- 323. **Host**- animal or plant that harbors and nourishes another organism
- 324. **Household system**- a measuring system using equipment commonly found in a household; commonly used in the United States
- 325. **Hoyer lift**- See mechanical lift
- 326. **Human Immunodeficiency Virus (HIV)**-virus that suppresses the body's immune system eventually causes Acquired Immune Deficiency Syndrome (AIDS)
- 327. **Human Papilloma Virus (HPV)**- virus that infects the epidermis and mucous membranes of humans and can lead to cancers in both men and women
- 328. **Hydration**- adequate water intake for body needs
- 329. **Hyperextension**- extending beyond a straight line
- 330. **Hyperglycemia**- abnormally high level of glucose in the blood stream
- 331. **Hypertension**- sustained elevation of blood pressure, usually anything above 140/90 millimeters of mercury (mm Hg)
- 332. **Hypertrophy**- increase in size of an organ; does not involve tumor formation
- 333. **Hyperventilation**- respirations which are more rapid and deeper than normal
- 334. **Hypoglycemia**- abnormally low level of glucose in the blood stream
- 335. **Hypotension**- blood pressure which is lower than normal, usually below 80/50 millimeters of mercury (mm Hg)
- 336. **Hypoventilation**- respirations that are slower and more shallow than normal
- 337. **Hypoxia**- lack of oxygen
- 338. **Hysterectomy**- surgical removal of the uterus
- 339. **Identification**- a defense mechanism in which a person patterns his or her personality on that of another person

- 340. **Ileostomy**- a surgically created opening through the abdominal wall into the lower part of the small intestine; a portion of the ileum is brought to the abdominal wall and a stoma is made; stool will always be liquid
- 341. **Illusion**- a false interpretation of an external sensory stimulation; a mirage
- 342. **Immunity**- resistance of an organism to infection, disease, or other unwanted biological invasion
- 343. **Impaction**- a large amount of hard, dry stool in the rectum
- 344. **Inch**- the basic household measurement of length; 12 inches equal 1 foot; one inch equals 2.5 centimeters
- 345. **Incident report**- a report of an unusual, unplanned occurrence
- 346. **Incontinence**- inability to voluntarily control bowel or bladder function
- 347. **Independence**- performs daily activities without assistance
- 348. **Indwelling catheter**- catheter placed into the urinary bladder to remove urine; also referred to as Foley catheter
- 349. **Infection**- multiplication of invasive pathogenic microorganism in the body causing disease
- 350. **Infectious agent**- microorganism capable of causing disease
- 351. **Inferior**- located below another part; toward the feet
- 352. **Infiltration**- abnormal collection of fluid in the tissues resulting from a dislodged intravenous (IV) device
- 353. **Influenza**- highly contagious acute infection of the respiratory tract spread by airborne droplets
- 354. **Informed consent**- written, signed permission given by one who fully understands all the facts relating to what is going to happen
- 355. **Inhalation**- breathing in; inspiration
- 356. **Inspiration**- breathing in; inhalation
- 357. **Insubordination**- the act of deliberately disobeying a lawful order from someone in charge
- 358. **Insulin**- hormone normally made and secreted by the pancreas that acts on glucose in the bloodstream
- 359. **Insulin shock**- severe low blood sugar caused by too much insulin or too little food
- 360. **Insulin-Dependent Diabetes Mellitus (IDDM)**- a disorder of carbohydrate metabolism resulting from no insulin production by the pancreas; lack of insulin causes a severe increase in blood glucose unless insulin is taken; also called Type 1 diabetes
- 361. **Intake**- fluid the body receives
- 362. **Intake and Output (I&O)**- measuring and recording the total amount of fluid taken in and the total amount of fluid eliminated from the body
- 363. **Integumentary system**- the skin and its appendages
- 364. **Internal rotation**- rolling inward; turning into the body
- 365. **Internal disaster**- emergency within the facility
- 366. **Interdisciplinary team (IDT)**- health care members from several established disciplines or professions
- 367. **Intravenous infusion (IV)**- fluid or nourishment given through a sterile tube into a vein

- 368. **Inversion**- turned inward or inside out
- 369. **Involuntary seclusion**- separation of a resident from other residents without the resident's permission
- 370. **Ischemia**- a decreased supply of oxygenated blood to a body part
- 371. **Isolation**- separation of a resident from other residents; may be required when infection is present
- 372. **Jaundice**- a yellowish discoloration of the skin, mucous membrane and conjunctiva of the eyes
- 373. **Jejunostomy**- operative establishment of a fistula from the jejunum to the abdominal wall, usually with creation of a stoma
- 374. **Job description**- duties and responsibilities assigned to a specific position
- 375. **Joint Commission on Accreditation of Healthcare Organizations (JCAHO)**- a national organization that sets standards and regulations for resident safety and monitors and evaluates health care facilities
- 376. **Joint**- the moveable connection between two bones
- 377. **Kardex**- a card file that summarizes and keeps up to date information about a resident
- 378. **Kidney**- bean-shaped organ that filters blood and makes urine
- 379. **Kilogram**- a metric measurement of weight; one kilogram equals 1000 grams or 2.2 pounds
- 380. **Labored respiration**- difficulty breathing; see dyspnea
- 381. **Larynx**- part of the upper airway and the organ of voice
- 382. **Lateral**- away from the midline
- 383. **Lateral position**- side-lying position
- 384. **Laws**- rules set by the government to protect people and help them live peacefully together
- 385. **Legal standard**- guides and rules for lawful behavior
- 386. **Lesion**- abnormal change in tissue formation
- 387. **Liable**- legally responsible for one's actions or omissions
- 388. **Libel**- false written statements or pictures that injure the reputation of another person
- 389. **Lice**- a common parasite of the skin and hair
- 390. **Lift sheet**- a sheet folded under a resident, extending from above the shoulders to below the hips and used to help move or turn; also called a draw sheet, turn sheet or pull sheet
- 391. **Lift team**- specially trained health care providers who assist with heavy lifting and the movement of residents
- 392. **Liter**- a metric unit of fluid volume measurement; one liter is equal to 1000 ml or approximately one quart
- 393. **Lithotomy position**- lying on back with hips at the edge of the exam table, legs flexed, and feet in stirrups
- 394. **Living will**- an advance directive that provides specific instructions for medical treatment or organ donation
- 395. **Logroll**- method of moving a person as a unit without disturbing body alignment

- 396. **Long-term care facility**- facility that provides basic day-to-day care and around-the-clock nursing service for the sick, disabled, or elderly who cannot care for themselves, such as a skilled nursing facility(SNF),an intermediate care facility (ICF), or an extended care facility (ECF)
- 397. **Low fat diet**- limited fat intake; foods are baked, roasted or broiled
- 398. **Low residue diet**- foods have little or no roughage or fiber
- 399. **Low sodium diet**- a diet that is minimally, moderately, or severely restricted in sodium content
- 400. **Lungs**- saccular organs that are the basic respiratory organs of breathing
- 401. **Lymph node**- an organ that filters or traps foreign particles; contain white blood cells; play a role in the immune system
- 402. **Mammogram**- x-ray examination of the breasts
- 403. **Mandated reporter**- a person designated by law to report suspected or witnessed abuse
- 404. **Manual bed**- a bed which uses a hand crank to change bed position
- 405. **Mastectomy**- removal of all or part of a breast
- 406. **Materials Safety Data Sheet (MSDS)**- written instructions for the safe use, precautions and potential hazards associated with a particular material or product and actions if an exposure occurs
- 407. **Mechanical lift**- device used to move residents who are unable to bear weight or are very heavy; also called a Hoyer lift
- 408. **Mechanical soft diet**- a diet which includes liquids and chopped, pureed, or blended foods and requires very little chewing and is easy to swallow
- 409. **Medi-Cal**- a state funded program that pays for medical costs for those whose income falls below a certain level
- 410. **Medical chart**- a written legal record containing all information about a resident.
- 411. **Medical terminology**- a group of words or terms used in healthcare
- 412. **Medicare**- a federal program that assists persons over 65 years of age with hospital and medical costs
- 413. **Membranes**- tissue sheets that line the body cavities or passageways
- 414. **Message**- information transmitted by speech or in writing from one person or group to another
- 415. **Metabolism**- use of nutrients by the body after digestion for all body activities and processes
- 416. **Meter (M)**- a unit of length in the metric system; 1000 millimeters equal one meter
- 417. **Methicillin-Resistant Staphylococcus aureus (MRSA)**- a pathogenic organism highly resistant to most antibiotics, particularly Methicillin
- 418. **Metric system**- a decimal system of measurement for weight, volume and length
- 419. **Microorganism**- organism that can be seen only with a microscope
- 420. **Micturition**- urination
- 421. **Military time**- time based on a 24-hour clock; also called international time
- 422. **Milliliter (ml)**- a metric measurement of volume of fluid; 30 milliliters equal one ounce; 1000 milliliters equal one liter



- 423. **Millimeter (mm)**- a metric measurement of length; 100 millimeters equal one centimeter
- 424. **Mineral**- inorganic chemical compound found in nature; many minerals are important in building body tissues and regulating body functions
- 425. **Minimum Data Set (MDS)**- a form to identify and record physical, mental, spiritual and social needs of a resident
- 426. **Mitered corner**- a squared-off type of corner used in making a bed
- 427. **Morgue**- a place where the dead are kept until identified
- 428. **Mottling**- spots or blotches of different colors or shades of colors; usually associated with poor circulation
- 429. **Mucosa**- mucous membrane lining cavities or tubes that open to the outside of the body
- 430. **Mucous/mucus**- secretion of mucous membranes
- 431. **Multiple sclerosis**- a progressive degenerative nervous and muscular system disorder, caused by abnormal changes in the cranial and spinal nerves
- 432. **Muscle tissue**- tissue with the ability to shorten and lengthen, thereby causing body and organ movement
- 433. **Muscular dystrophy**- a group of genetic, hereditary muscle diseases that weaken the muscles that move the human body; characterized by progressive skeletal muscle weakness, defects in muscle proteins, and the death of muscle cells and tissue
- 434. **Myocardial infarction**- blockage of the coronary arteries by a clot or fatty tissue deposit causing decreased or lack of oxygen to the heart; heart attack
- 435. **Myth**- a story or belief not based on fact
- 436. **Nasal cannula**- tubing inserted into the nostrils to administer oxygen
- 437. **Nasogastric tube** - a tube that goes through the nose into the stomach
- 438. **National Patient Safety Goals**- improves patient safety within the National Health Service (NHS) by encouraging voluntary reporting of medical errors, conducting analysis and initiating preventative measures
- 439. **Nausea**- a sensation often leading to the urge to vomit
- 440. **Nebulizer**- a device that produces a fine spray
- 441. **Necrosis**- death of tissue
- 442. **Neglect**- failing to provide reasonably expected services to prevent harm to a resident or a resident's property; failure to acknowledge one side of the body, often occurring after a stroke
- 443. **Negligence**- failure to act in a reasonable and careful manner and causing harm to a person or to the person's property; acting below the expected standard of practice
- 444. **Nephritis**- inflammation or infection of the kidney
- 445. **Nerve**- bands of specialized tissue that connect the brain and the spinal cord with the rest of the body
- 446. **Nerve tissue**- specialized tissue Code of Regulation (capable of conducting nerve impulses
- 447. **Neuron**- a cell in the nervous system that processes and transmits information

- 448. **Neuropathy**- disorders of the nerves of the peripheral nervous system
- 449. **Nits**- eggs of a louse or other type of parasitic insect.
- 450. **No Code**- no CPR (**C**ardiopulmonary **R**esuscitation)
- 451. **Non-Insulin-Dependent Diabetes Mellitus (NIDDM)**- a disorder of carbohydrate metabolism resulting from too little insulin production by the pancreas or insulin resistance; blood sugar is controlled with oral medications and/or diet
- 452. **Non-intact**- broken, cut, cracked or chapped
- 453. **Non-prescription**- medication that can be purchased over the counter without requiring a physician's order or approval
- 454. **Non-verbal**- communication without words; intentional or unintentional use of body language to communicate
- 455. **Nosocomial**- infections that occur at least 72 hours after admission to a care facility; also called hospital-acquired infection
- 456. **NPO**- abbreviation for nothing by mouth; oral food and fluids are prohibited
- 457. **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 definition is specific to CA Code of Regulations (CCR), Title 22, chapter 2.5, which pertains to the nurse assistant training programs.
- 458. **Nutrient**- nourishing substances in foods
- 459. **Nutrition**- the processes by which the body uses food for growth, repair and to maintain health; the science of food and its relationship to living organisms
- 460. **Objective data**- information that is seen, heard, felt, or smelled by another person
- 461. **Observation**- using the senses to collect information
- 462. **Obstruction**- blockage of a tube or pathway
- 463. **Occult blood**- blood that is not visible without a microscope
- 464. **Occupational Safety and Health Administration (OSHA)**- government agency that makes and enforces regulations to protect health care and other workers
- 465. **Occupied bed**- a bed which has a resident in it
- 466. **Ointment**- a type of medication which is semi-solid and is applied to the skin
- 467. **Ombudsman**- an impartial advocate for a resident
- 468. **Omnibus Budget Reconciliation Act (OBRA)** - federal law enacted in 1987 requiring facilities to provide care and services that maintain and/or improve a resident's quality of life, health, and safety; also includes minimum standards for nursing assistant training, staffing requirements, resident assessment instructions, and information on rights for residents
- 469. **Open Reduction Internal Fixation (ORIF)**- a medical procedure that sets bones with screws and/or plates to enable or facilitate healing.
- 470. **Oral hygiene**- care of the mouth cavity which includes brushing the teeth, flossing and cleansing
- 471. **Organ**- a part of the body made up of several kinds of tissue that carries out a specific function

- 472. **Orthopnea**- a condition in which breathing is only possible when sitting or standing upright
- 473. **Orthopneic**- ability to breathe only in an upright position
- 474. **Orthostatic hypotension**- a form of hypotension in which a person's blood pressure suddenly falls when the person stands up
- 475. **Orthotic**- an appliance used to align, support, prevent, or correct deformities
- 476. **Osteoarthritis**- degenerative changes in bone and cartilage of joints
- 477. **Osteomyelitis**- an infection of bone or bone marrow, usually caused by pyogenic bacteria or mycobacteria
- 478. **Osteoporosis**- loss of calcium from the bones causing them to become spongy, brittle and prone to fracture
- 479. **Ostomy**- a surgical opening into the abdominal wall from an internal organ (intestines, bladder, stomach); the opening is referred to as a stoma
- 480. **Otosclerosis**- growth of spongy bone in the inner ear causing increasing deafness
- 481. **Ounce**- household measurement of fluid volume; one ounce equals 30 milliliters
- 482. **Output**- the amount of fluid the body loses; includes urine, vomitus, drainage, liquid stool, blood, and perspiration
- 483. **Overhydration**- an excess of water in the body
- 484. **Oxygen (O<sub>2</sub>)**- an element extracted from the air which is essential for respiration
- 485. **Oxygen mask**- device to administer oxygen through the nose and mouth
- 486. **Oxygen precautions**- precautions used to provide a safe environment when a resident is receiving oxygen
- 487. **Pacemaker**- specialized tissue in the heart causing the heart to beat and maintain rhythm; an implanted electrical device that can take the place of the body's pacemaker
- 488. **Palliative care**- care focused on comfort rather than cure
- 489. **Pallor**- paleness or lack of color
- 490. **Panic disorder**- an anxiety disorder characterized by recurring severe panic attacks, or significant behavioral changes
- 491. **Paralysis**- temporary or permanent loss of function and/or feeling in a body part
- 492. **Paranoia**- a chronic, fixed belief of persecution and delusion; overly suspicious or mistrusting
- 493. **Paranoid schizophrenia**- a psychiatric diagnosis that describes a mental disorder characterized by abnormalities in the perception or expression of reality
- 494. **Paraplegia**- paralysis of the lower part of the body involving both legs and sometimes the lower trunk
- 495. **Parenteral nutrition**- nutrition given by means outside of the intestinal tract ; usually intravenously
- 496. **Parkinson's disease**- a slowly progressive degenerative neurological disorder characterized by muscle stiffness, tremors, shuffling gait, and weakness
- 497. **Passive range of motion**- providing full exercise of the joints without assistance of the resident
- 498. **Patent**- open and unblocked

- 499. **Pathogen**- disease producing microorganism
- 500. **Patient/resident abuse**- physical and/or mental harm inflicted upon a resident
- 501. **Patient Care Self-Determination Act**- a law that requires most hospitals to give patients information on state laws regarding advance directives such as living wills.
- 502. **Pediculosis**- body lice
- 503. **Pelvic inflammatory disease(PID)**- inflammation of the pelvic organs
- 504. **Penis**- male organ for sexual intercourse and urinary elimination
- 505. **Percutaneous Endoscopic Gastrostomy (PEG)**- a tube placed through the abdominal wall into the stomach for feeding
- 506. **Perineum/perineal**- the region between the vulva and anus in a female and between the scrotum and anus in a male
- 507. **Peripheral**- relating to the outside or surrounding area; away from the central or main part
- 508. **Peripheral nervous system**- consists of nerves responsible for sending signals to the brain for skeletal muscles, skin, sense organs, heart, lungs, and visceral organs
- 509. **Peripheral vascular disease (PVD)**- includes all diseases caused by the obstruction of arteries or veins in the arms and legs
- 510. **Peristalsis**- involuntary muscle contractions that move food forward through the gastrointestinal system
- 511. **Peritoneum**- membrane that lines the wall of the abdominal and pelvic cavities
- 512. **Personal protective equipment (PPE)**- equipment such as waterproof gowns, masks, gloves and goggles needed to protect an employee from infectious materials
- 513. **Personal space**- the physical distance a person prefers when interacting with others; the comfort zone
- 514. **Phantom pain**- pain experienced where a limb or other body part has been removed
- 515. **Pharynx**- muscular membranous tube between the nose and mouth and the trachea; part of the upper respiratory system; the throat
- 516. **Phlebitis**- inflammation of a blood vessel
- 517. **Physical abuse**- mistreatment by hitting or other physical contact
- 518. **Physiological**- pertaining to the physical functions of the body
- 519. **Physiology**- study of how the body functions
- 520. **Pint**- a household unit of measurement of fluid volume; one pint equals 16 ounces or 500 milliliters
- 521. **Pituitary gland**- endocrine gland at the base of the skull that produces hormones; also called the master gland of the body
- 522. **Pivot**- to rotate or turn
- 523. **Pneumonia**- inflammation of the lungs usually caused by infection
- 524. **Pocket mask**- a barrier device used to safely deliver rescue breaths
- 525. **Pocketing**- holding food in the cheeks; often seen with a resident who has difficulty chewing and swallowing
- 526. **Policy and Procedure**- facility guidelines for care of residents and operation of facility

- 527. **Post traumatic stress syndrome (PTSD)**- an anxiety disorder that can develop after exposure to one or more traumatic events that threatened or caused great physical or mental harm
- 528. **Posterior**- towards the back; the back side of something
- 529. **Postmortem care**- physical care given to the body after death
- 530. **Postural support**- a device used to help a resident remain in proper body alignment
- 531. **Pound**- a measurement of household weight; one pound equals 16 ounces or 2.2 kilograms
- 532. **Precautions**- measures taken to prevent spread of disease or protect from injury
- 533. **Prefix**- a word element placed at the beginning of a word that changes and/or clarifies it's meaning
- 534. **Pre-hypertension**- blood pressure from 121/81 mm Hg to 139/89 mm Hg; a designation chosen to identify individuals at high risk of developing hypertension
- 535. **Pressure ulcer**- tissue breakdown occurring when blood flow to a part is interrupted, usually because of unrelieved pressure; also called a decubitus ulcer or bedsore
- 536. **Privacy**- protecting residents from exposure of their bodies; maintaining an environment for confidential communication, visitations, and medical records
- 537. **Professionalism**- a code of conduct by an employee, employer, or institution that meets and/or exceeds performance standards
- 538. **Prognosis**- a prediction in advance concerning the probable course of a disease and the chances of recovery
- 539. **Projection**- an unconscious defense mechanism similar to rationalization in which a person attributes to another his or her own inappropriate or unacceptable feelings, wishes or thoughts
- 540. **Pronation**- turning downward
- 541. **Prone position**- lying flat on the abdomen
- 542. **Prostate gland**- gland of male reproductive system
- 543. **Prosthesis**- an artificial substitute for a missing body part
- 544. **Protein**- basic material of every body cell; an essential nutrient that provides 4 calories per gram
- 545. **Proximal**- closer to the point of attachment or origin
- 546. **Pruritus**- localized or generalized itching
- 547. **Psoriasis**- a common condition characterized by the eruption of reddish, silvery-scaled lesions usually occurring in the elbows, knees, scalp and trunk.
- 548. **Psychological abuse**- mistreatment by threatening, belittling or causing emotional harm
- 549. **Psychosocial**- concerning the relationships between psychological and social factors in a person's life
- 550. **Pulmonary edema**- fluid accumulation in the lungs

- 551. **Pulse deficit**- the difference between the number of beats counted, at the same time, at the heart (apical) and the wrist (radial)
- 552. **Pulse pressure**- the difference between systolic and diastolic blood pressure, or the change in blood pressure seen during a contraction of the heart
- 553. **Pureed diet**- a diet that meets nutritional needs with foods, which have been placed through a blender.
- 554. **Pyrexia**- condition in which the body temperature is abnormally high
- 555. **Quadriplegia**- paralysis of all four extremities
- 556. **Quality Assurance (QA)**- refers to planned and systematic processes to ensure excellence
- 557. **Quart**- a household unit of measurement of fluid volume; one quart equals 1000 milliliters
- 558. **Radial pulse**- the pulse felt at a person's wrist on the thumb side over the radial artery
- 559. **Range of motion**- exercises designed to move each joint in all the ways it normally moves
- 560. **Rapid response team (RRT)**- specially trained multidisciplinary team that responds to situations within a facility where immediate medical assessment and intervention is required (pre-emergency and emergency situations)
- 561. **Rationalization**- a defense mechanism in which socially acceptable reasons to explain behavior and feelings are developed and used
- 562. **Reality orientation**- the process of reorienting a confused or disoriented resident to the here and now
- 563. **Receiver**- the one who receives and interprets the message from the sender
- 564. **Recovery position**- lying on the side; airway management technique for assisting people who are unconscious but are still breathing
- 565. **Rectocele**- protrusion of part of the rectum into the vagina
- 566. **Regression**- a defensive mechanism in which a person reverts to childish behavior to some unaccepted impulses
- 567. **Reminiscence**- remembering and talking about events and personal experiences from the past
- 568. **Renal calculi**- kidney stones
- 569. **Report**- a verbal or written account given by the care giver of resident care and observations
- 570. **Reservoir**- the place where infectious organisms live and reproduce
- 571. **Resident Assessment Protocol (RAP)**- the foundation upon which a resident's individual care plan is formulated
- 572. **Resident care plan**- a recorded plan for giving care based on a resident's special needs, problems, or conditions
- 573. **Resident Council**- meetings held by residents of a skilled nursing facility for the purpose of resolving issues with staff and communicating with each other
- 574. **Resident**- person cared for in a long-term facility
- 575. **Respiration**- the transport of oxygen from the outside air to the cells within tissues, and the transport of carbon dioxide in the opposite direction

- 576. **Respiratory arrest**- when breathing stops
- 577. **Respiratory distress**- difficult, labored or painful breathing
- 578. **Respiratory system**- the body system containing the nose, airways and lungs
- 579. **Restorative care**- care given to assist a resident reach and maintain the highest level of independence he or she can
- 580. **Restraints**- a protective device that limits a resident's free movement; a doctor's order is required to use a restraint; may also be called a safety reminder device
- 581. **Restrict fluid**- limiting fluid intake
- 582. **Retention**- inability to excrete urine that has been produced
- 583. **Reverse isolation**- a method to prevent a resident in a compromised health situation from being contaminated by other people or objects
- 584. **Reverse Trendelenberg**- a position in which a resident is lying on the back with feet higher than the head
- 585. **Rheumatoid arthritis**- a chronic, systemic inflammatory disorder that primarily attacks the joints and causes pain and difficulty moving
- 586. **Rhythm**- measured time or motion intervals
- 587. **Rigor mortis**- stiffening of the body after death
- 588. **Risk factors**- a variable associated with an increased risk of disease or infection
- 589. **Root word**- a word element that contains the basic meaning of the word; the foundation of a medical term
- 590. **Rotation**- a joint action in which a part turns around a central axis
- 591. **Scabies**- communicable skin condition caused by a mite and transmitted by close contact with an infected source
- 592. **Scaly**- dry, thin, flaky skin
- 593. **Scope of practice**- skills which licensed and certified health care workers are legally permitted to perform by state regulations
- 594. **Seizure**- involuntary shaking and jerking of the body
- 595. **Self-care activities**- things in which the resident can do for themselves; such as feeding, bathing, dressing and grooming
- 596. **Semi-Fowler's position**- a sitting position with the head of the bed raised to a 30-45 degree angle
- 597. **Sender**- the one who conveys a message
- 598. **Sensory**- concerning the senses of sight, hearing, taste, smell and touch
- 599. **Sensory deprivation**- a lack of external environmental stimulation
- 600. **Sepsis**- a serious medical condition characterized by a whole-body inflammatory state usually caused by infection
- 601. **Sequential compression device (SCD)**- pneumatic control device that attaches to special compression stockings to promote circulation and prevent clot formation in the lower extremities
- 602. **Sexual abuse**- use of physical means or threats to force sexual acts

- 603. **Sexually transmitted disease (STD)**- infections spread through sexual contact
- 604. **Shallow breathing**- very light breathing which does not provide enough oxygen
- 605. **Shallow respiration**- decreased depth of respiration
- 606. **Shearing force**- a combination of friction and pressure; when skin moves in one direction and the tissues below move in the opposite direction; contributes to skin breakdown
- 607. **Shroud**- something that covers
- 608. **Side rails**- bars which can be raised on either or both sides of a bed and are used for positioning and safety
- 609. **Sim's position**- lying of the with the upper knee and thigh drawn upward to the chest; left Sim's is the position of choice for administering an enema or other rectal procedures
- 610. **Skeleton**- the bony framework of the body containing 206 bones
- 611. **Skilled nursing care**- rehabilitation or long-term care usually care provided in a long-term care facility
- 612. **Skin**- the external covering of the body
- 613. **Skin tears**- shallow injuries where the epidermis is ripped or torn
- 614. **Slander**- false oral statements that injure the reputation of another
- 615. **Social Services**- a facility department which assists in meeting many of the non-medical needs of a resident
- 616. **Soft diet**- a diet that is low in residue and is easily chewed and digested
- 617. **Soft protective device**- a device used to protect the resident from injury
- 618. **Specimen**- a sample of body fluid which is sent to a laboratory for testing
- 619. **Sphygmomanometer** - an instrument used to measure blood pressure
- 620. **Sputum**- matter brought up from the trachea, bronchi, or lungs; phlegm
- 621. **Standard precautions**- practices developed by the Center for Disease Control used with all residents to prevent or reduce the spread of microorganisms
- 622. **Stasis pneumonia**- pneumonia that results from extended inactivity combined with an inability to clear airways adequately; also called hypostatic pneumonia
- 623. **STAT**- abbreviation for immediately
- 624. **Sterile**- free of all microorganisms
- 625. **Sterilization**- a process that destroys all microorganisms
- 626. **Stertorous**- respirations characterized by deep snoring sounds
- 627. **Stethoscope**- an instrument used to listen to sounds in the body, such as the heartbeat or breathing sounds
- 628. **Stoma**- an artificial opening created when an internal organ is brought to the surface of the body
- 629. **Stool**- another name for feces
- 630. **Streptococcus**- a bacteria capable of causing infection in body tissues



- 631. **Stressor**- anything that causes increased body and/or mind tension
- 632. **Stroke**- a cerebro-vascular accident (CVA); may be referred to as apoplexy
- 633. **Subacute care**- comprehensive care for persons with moderate illness; care between acute and chronic illness
- 634. **Subjective data**- information that is reported by a person and cannot be observed or measured directly
- 635. **Sublimation**- a defense mechanism in which unacceptable ideas and acts are expressed through socially acceptable and attainable expressions
- 636. **Substitution**- a defense mechanism in which an unattainable goal or unacceptable object or emotion is replaced with acceptable and attainable objects or expressions
- 637. **Suffix**- a word element placed at the end of a word that changes or clarifies it's meaning
- 638. **Sundowning**- state in which a resident becomes increasingly disoriented and confused as the day progresses; a reverse condition in which a resident is confused and disoriented upon awakening is termed Sunrise Syndrome
- 639. **Superficial**- on the surface; not serious
- 640. **Superior**- located above another part; toward the head
- 641. **Supination**- turning upward
- 642. **Supine position**- lying flat on the back
- 643. **Suppository**- a solid which melts at body temperature and is placed into the rectum or vagina; used to stimulate evacuation and to administer medication
- 644. **Sympathy**- affinity between persons or of one person for another
- 645. **Syncope**- loss of consciousness and postural tone caused by diminished cerebral blood flow
- 646. **Syphilis**- contagious bacterial infection transmitted by sexual contact; may progress and affect any body organ if left untreated
- 647. **System**- group of organs working together to maintain specific body functions
- 648. **Systole**- contraction of the heart by which blood is ejected to the adjoining heart chamber or vessel (pulmonary artery or aorta)
- 649. **Systolic blood pressure**- the pressure of the blood on a vessel wall when the heart contracts; normal readings are 100 to 140 millimeters of mercury (mm Hg)
- 650. **Tablespoon (Tbsp)**- household measurement of volume; one tablespoon equals 15 milliliters
- 651. **Tachycardia**- a fast heartbeat with a pulse rate above 100 beats per minute in adults
- 652. **Tachypnea**- rapid breathing; respirations are usually more than 24 per minute
- 653. **TCDB**- an abbreviation for turn, cough and deep breathe; an intervention to prevent development of respiratory complications
- 654. **T-cell**- a white blood cell which plays a central role in cell-mediated immunity

- 655. **Teaspoon (tsp)**- a household measurement of volume; one teaspoon equals 5 milliliters
- 656. **TED hose**- an abbreviation for Thrombo Embolic Device; anti-embolic hose/elastic stockings; worn to promote circulation and prevent clots
- 657. **Tendon**- white fibrous connective tissue that connects muscle with bone
- 658. **Terminal**- no reasonable expectation of recovery
- 659. **Testes**- male gonads, reproductive glands that produce sperm
- 660. **Theft**- taking anything that belongs to another person without their consent
- 661. **Therapeutic communication**- conscious verbal and non-verbal interaction which is resident-centered and goal-directed
- 662. **Therapeutic diet**-a modified menu used to treat a specific disease condition
- 663. **Thickened liquid**- fluid that has been made denser by addition of a thickening agent to increase a resident's ability to swallow
- 664. **Thready Pulse**- a pulse that is weak and difficult to feel or hear
- 665. **Thrombophlebitis**- inflammation of a vein due to a blood clot
- 666. **Thrombus**- clot of blood formed within a blood vessel
- 667. **Thyroid gland**- endocrine gland at the base of the neck that regulates metabolism
- 668. **Thyroxine**- hormone of the thyroid gland that contains iodine
- 669. **Tissue**- groups of cells with similar structure and function
- 670. **Title 22, Division 5**- regulations that apply to all community care facilities
- 671. **Total hip arthroplasty**- a surgical procedure in which the hip joint is replaced by a prosthetic implant
- 672. **Total Parenteral Nutrition (TPN)**- meeting an individual's entire nutritional needs by providing high-density nutrients directly into the bloodstream
- 673. **Tracheostomy**- surgical opening made into the anterior trachea for breathing
- 674. **Traction**- the state of being pulled or drawn
- 675. **Transfer**- the process of moving a resident from one area or facility to another
- 676. **Transient Ischemic Attack (TIA)**- neurological condition caused by the changes in the blood supply to a particular area of the brain; brief neurologic dysfunction that persists for less than 24 hours;
- 677. **Transmission-based precautions**- isolation procedures used in addition to Standard Precautions that prevent the spread of infection by interrupting the way in which microorganisms are spread
- 678. **Trapeze bar**- horizontal straight or triangular bar suspended over the head of the bed; used by a resident to assist in moving and turning
- 679. **Tremor**- involuntary trembling
- 680. **Trendelenberg**- a position in which a resident's feet are lower than the head

- 681. **Triage**- a method of prioritizing a group of people according to their care needs
- 682. **Trochanter roll**- a rolled bath blanket placed alongside the hip and knee joints to prevent external rotation of the leg
- 683. **Tuberculosis**- a communicable lung infection easily spread by sneezing and coughing
- 684. **Tympanic temperature**- measuring the core body temperature by placing a special thermometer probe into the ear canal
- 685. **Ulcer**- a lesion of the skin or mucous membrane
- 686. **Unconscious**- a state in which an individual lacks sensory awareness and is unaware of surroundings or events
- 687. **Unoccupied bed**- a bed which is empty
- 688. **Upper respiratory infection (URI)**- illnesses caused by an acute infection which involves the upper respiratory tract: nose, sinuses, pharynx or larynx
- 689. **Ureter**- narrow tube that conducts urine from the kidney to the bladder
- 690. **Urethra**- mucus membrane lined tube conveying urine from the bladder to the exterior of the body
- 691. **Urgency**- a need to urinate immediately
- 692. **Urinal**- a plastic or metal receptacle used during urination to collect urine
- 693. **Urinalysis**- laboratory analysis of urine
- 694. **Urinary bladder**- the organ for storing urine before it is voided
- 695. **Urinary drainage bag**- a bag that collects urine from a catheter; also called a catheter collection or drainage bag
- 696. **Urinary incontinence**- involuntary loss of urine
- 697. **Urinary system**- the kidneys, ureters, bladder and urethra
- 698. **Urinary Tract Infection (UTI)**- a bacterial infection that affects any part of the urinary tract
- 699. **Urination**- the act of passing urine
- 700. **Urine**- waste fluid made by the kidneys and eliminated during urination
- 701. **Urostomy**- a surgical opening in the abdominal wall to allow the passage of urine
- 702. **Uterus**- organ of gestation, womb
- 703. **Vagina**- female organ of copulation that receives the penis during intercourse; birth canal
- 704. **Validation therapy**- a therapeutic technique of agreeing with all or part of a resident's communication to increase his or her self confidence, self image, and self esteem
- 705. **Vancomycin-Resistant Enterococci (VRE)**- intestinal microorganism resistant to most antibiotics, in particular Vancomycin
- 706. **Varicose veins**- abnormally and irregularly swollen or dilated veins
- 707. **Vein**- blood vessels that returns blood to the heart
- 708. **Venereal**- an infection contracted or passed to another by sexual contact
- 709. **Ventral**- in front of; the front or anterior part or area
- 710. **Verbal abuse**- a form of abusive behavior involving the use of language

- 711. **Verbal communication**- oral and/or spoken transmission of ideas, thoughts, information, and feelings
- 712. **Vertebrae**- bones surrounding the spinal cord
- 713. **Vertigo**- a sensation of spinning or whirling motion
- 714. **Vessel**- tube or canal through which body fluid moves
- 715. **Violation**- breaking of a regulation or law either intentionally or unintentionally
- 716. **Virus**- the smallest disease causing microbe; it depends on the invaded host for reproduction
- 717. **Vitamins**- general term for various unrelated organic substances that are necessary for normal metabolic functions of the body; found in many foods in minute amounts
- 718. **Voice pitch**- a subjective quality of sound which depends on frequency and intensity
- 719. **Voice tone**- the character and duration of sound
- 720. **Void**- to release urine from the bladder
- 721. **VRE (vancomycin resistant enterococcus)**- intestinal microorganism resistant to most antibiotics, in particular Vancomycin
- 722. **Vulvovaginitis**- inflammation of the vulva and vagina
- 723. **Waterbed**- a water-filled mattress used to prevent development of pressure sores
- 724. **White blood cell**- cells of the immune system defending the body against both infectious disease and foreign materials
- 725. **Workplace violence**- any violence in the workplace
- 726. **Yard (yd)**- a household unit of length; one yard equals 3 feet