

Hartman's Nursing Assistant Care: The Basics, 6th Edition
Vocabulary Lists for Each Chapter

Chapter 1

long-term care (LTC): care given in long-term care facilities for people who need 24-hour skilled care.

skilled care: medically necessary care given by a skilled nurse or therapist.

length of stay: the number of days a person stays in a healthcare facility.

terminal illness: a disease or condition that will eventually cause death.

chronic: long-term or long-lasting.

diagnoses: medical conditions determined by a doctor.

home health care: health care that is provided in a person's home.

assisted living: residences for people who do not need 24-hour skilled care, but do require some help with daily care.

adult day services: care for people who need some help during certain hours, but who do not live in the facility where care is given.

acute care: 24-hour skilled care given in hospitals and ambulatory surgical centers for people who require short-term, immediate care for illnesses and injuries.

subacute care: care given in hospitals or in long-term care facilities for people who need less care than for an acute illness, but more care than for a chronic illness.

outpatient care: care given to people who have had treatments, procedures, or surgeries and need short-term skilled care.

rehabilitation: care that is given by specialists to help restore or improve function after an illness or injury.

hospice care: holistic, compassionate care given to people who have approximately six months or less to live.

activities of daily living (ADLs): daily personal care tasks such as bathing; dressing; caring for skin, nails, hair, and teeth; eating; drinking; walking; transferring; and elimination.

person-centered care: a type of care that places the emphasis on the person needing care and his or her individuality and capabilities.

trauma-informed care: an approach to patient care that recognizes that people may have experienced trauma in their lives and that their trauma, experiences, and preferences should be considered while providing care.

Medicare: a federal health insurance program for people who are 65 or older, have certain disabilities or permanent kidney failure, or are ill and cannot work.

Medicaid: a medical assistance program for people who have a low income, as well as for people with disabilities.

charting: documenting information and observations about residents.

assistive devices: special equipment that helps a person who is ill or disabled to perform activities of daily living-

chain of command: the line of authority within a facility.

liability: a legal term that means someone can be held responsible for harming someone else.

scope of practice: the range of tasks that healthcare providers are legally allowed to do according to state or federal law.

care plan: a plan developed for each resident to achieve certain goals; it outlines the steps and tasks that the care team must perform.

policy: a course of action that should be taken every time a certain situation occurs.

procedure: a method or way of doing something.

professional: having to do with work or a job.

personal: relating to life outside one's job, such as family, friends, and home life.

professionalism: the act of behaving properly when working.

compassionate: being caring, concerned, considerate, empathetic, and understanding.

empathy: identifying with the feelings of others.

sympathy: sharing in the feelings and difficulties of others.

tactful: showing sensitivity and having a sense of what is appropriate when dealing with others.

conscientious: guided by a sense of right and wrong; principled.

ethics: the knowledge of right and wrong.

laws: rules set by the government to help people live peacefully together and to ensure safety.

Omnibus Budget Reconciliation Act (OBRA): law passed by the federal government that includes minimum standards for nursing assistant training, staffing requirements, resident assessment instructions, and information on rights for residents.

cite: in a long-term care facility, to find a problem through a survey.

Residents' Rights: numerous rights identified in the OBRA law that relate to how residents must be treated while living in a facility; they provide an ethical code of conduct for healthcare workers.

informed consent: the process in which a person, with the help of a doctor, makes informed decisions about his health care.

abuse: purposeful mistreatment that causes physical, mental, or emotional pain or injury to someone.

physical abuse: any treatment, intentional or not, that causes harm to a person's body.

psychological abuse: emotional harm caused by threatening, scaring, humiliating, intimidating, isolating, or insulting a person, or by treating him as a child.

verbal abuse: the use of spoken or written words, pictures, or gestures that threaten, embarrass, or insult a person.

sexual abuse: nonconsensual sexual contact of any type.

financial abuse: the improper or illegal use of a person's money, possessions, property, or other assets.

assault: a threat to harm a person, resulting in the person feeling fearful that he or she will be harmed.

battery: the intentional touching of a person without ~~his or~~ her consent.

domestic violence: physical, sexual, or emotional abuse by spouses, intimate partners, or family members.

false imprisonment: the unlawful restraint of someone that affects a person's freedom of movement; includes both the threat of being physically restrained and actually being physically restrained.

involuntary seclusion: the separation of a person from others against the person's will.

workplace violence: verbal, physical, or sexual abuse of staff by other staff members, residents, or visitors.

sexual harassment: any unwelcome sexual advance or behavior that creates an intimidating, hostile, or offensive working environment.

substance abuse: the repeated use of legal or illegal substance in a way that is harmful to oneself or others.

neglect: the failure to provide needed care that results in physical, mental, or emotional harm to a person.

negligence: an action, or the failure to act or provide the proper care, that results in unintended injury to a person.

malpractice: injury to a person due to professional misconduct through negligence, carelessness, or lack of skill.

ombudsman: a legal advocate for residents in long-term care facilities who helps resolve disputes and settle conflicts.

confidentiality: the legal and ethical principle of keeping information private.

Health Insurance Portability and Accountability Act (HIPAA): a federal law that requires health information be kept private and secure and that organizations take special steps to protect this information.

protected health information (PHI): a person's private health information, which includes name, address, telephone number, social security number, email address, and medical record number.

Minimum Data Set (MDS): a detailed form with guidelines for assessing residents in long-term care facilities.

incident: an accident, problem, or unexpected event during the course of care that is not part of the normal routine in a healthcare facility.

Chapter 2

communication: the process of exchanging information with others by sending and receiving messages.

verbal communication: communication involving the use of spoken or written words or sounds.

nonverbal communication: communication that does not use words.

objective information: information based on what a person sees, hears, touches, or smells; also called *signs*.

subjective information: information that a person cannot or did not observe, but is based on something reported to the person that may or may not be true; also called *symptoms*.

incontinence: the inability to control the bladder or bowels.

clichés: phrases that are used over and over again and do not really mean anything.

defense mechanisms: unconscious behaviors used to release tension or cope with stress.

culture: a system of learned beliefs and behaviors that is practiced by a group of people and is often passed on from one generation to the next.

impairment: a loss of function or ability.

mental health: the normal functioning of emotional and intellectual abilities.

mental health disorder: a disorder that affects a person's ability to function and often causes inappropriate behavior; confusion, disorientation, agitation, and anxiety are common symptoms.

combative: violent or hostile.

body mechanics: the way the parts of the body work together when a person moves.

posture: the way a person holds and positions his body.

fracture: a broken bone.

disorientation: confusion about person, place, or time.

scalds: burns caused by hot liquids.

abrasion: an injury that rubs off the surface of the skin.

Occupational safety and health administration (OSHA): a federal government agency that makes rules to protect workers from hazards on the job.

conscious: the state of being mentally alert and having awareness of surroundings, sensations, and thoughts.

first aid: emergency care given immediately to an injured person by the first people to respond in an emergency.

cardiopulmonary resuscitation (CPR): medical procedures used when a person's heart or lungs have stopped working.

obstructed airway: a condition in which something is blocking the tube through which air enters the lungs.

abdominal thrusts: method of attempting to remove an object from the airway of someone who is choking.

cyanotic: blue or gray, in reference to skin color.

shock: a condition that occurs when organs and tissues in the body do not receive an adequate blood supply.

Myocardial infarction (MI): a condition that occurs when the heart muscle does not receive enough oxygen because blood flow to the heart is blocked; also called *heart attack*.

syncope: loss of consciousness; also called *fainting*.

insulin reaction: complication of diabetes that can result from either too much insulin or too little food; also known as *hypoglycemia*.

diabetic ketoacidosis (DKA): a complication of diabetes that is caused by having too little insulin in the body.

cerebrovascular accident (CVA): a condition that occurs when blood supply to a part of the brain is blocked or a blood vessel leaks or ruptures within the brain; also called *stroke*.

transient ischemic attack (TIA): a warning sign of a CVA/stroke resulting from a temporary lack of oxygen in the brain; symptoms may last up to 24 hours.

hemiplegia: paralysis on one side of the body.

hemiparesis: weakness on one side of the body.

expressive aphasia: trouble communicating thoughts through speech or writing.

receptive aphasia: difficulty understanding spoken or written words.

emesis: the act of vomiting, or ejecting stomach contents through the mouth and/or nose.

infection prevention: the set of methods practiced in healthcare facilities to prevent and control the spread of disease.

microorganism (MO): a living thing or organism that is so small that it can be seen only through a microscope.

infection: the state resulting from pathogens invading the body and multiplying.

pathogens: microorganisms that are capable of causing infection and disease.

localized infection: an infection that is limited to a specific location in the body and has local symptoms.

systemic infection: an infection that is in the bloodstream and is spread throughout the body, causing general symptoms.

healthcare-associated infection (HAI): an infection acquired within a healthcare setting during the delivery of medical care.

chain of infection: way of describing how disease is transmitted from one human being to another.

causative agent: a pathogenic microorganism that causes disease.

reservoir: a place where a pathogen lives and multiplies.

portal of exit: any body opening on an infected person that allows pathogens to leave.

mode of transmission: the method of describing how a pathogen travels.

direct contact: a way of transmitting pathogens through touching the infected person or his or her secretions.

indirect contact: a way of transmitting pathogens by touching an object contaminated by the infected person.

portal of entry: any body opening on an uninfected person that allows pathogens to enter.

mucous membranes: the membranes that line body cavities that open to the outside of the body, such as the linings of the mouth, nose, eyes, rectum, or genitals.

susceptible host: an uninfected person who could get sick.

transmission: passage or transfer.

infectious: contagious.

medical asepsis: measures used to reduce and prevent the spread of pathogens.

surgical asepsis: the state of being completely free of all microorganisms; also called *sterile technique*.

Centers for Disease Control and Prevention (CDC): a federal government agency that issues guidelines to protect the health of individuals and communities.

Standard Precautions: a method of infection prevention in which all blood, body fluids, nonintact skin, and mucous membranes are treated as if they were infected with an infectious disease.

sputum: thick mucus coughed up from the lungs.

sharps: needles or other sharp objects.

hand hygiene: washing hands with soap and water and using alcohol-based hand rubs.

personal protective equipment (PPE): equipment that helps protect employees from serious workplace injuries or illnesses resulting from contact with workplace hazards.

don: to put on.

doff: to remove.

perineal care: care of the genital and anal area.

nonintact skin: skin that is broken by abrasions, cuts, rashes, pimples, lesions, surgical incisions, or boils.

clean: in health care, a condition in which objects have not been contaminated with pathogens.

dirty: in health care, a condition in which objects have been contaminated with pathogens.

sterilization: a cleaning measure that destroys all microorganisms, including pathogens.

disinfection: process that destroys most, but not all pathogens; it reduces the pathogen count to a level that is considered not infectious.

disposable: only to be used once and then discarded.

Transmission-Based Precautions: method of infection prevention used when caring for persons who are infected or may be infected with a disease.

bloodborne pathogens: microorganisms found in human blood, body fluid, draining wounds, and mucous membranes that can cause infection and disease in humans.

hepatitis: inflammation of the liver caused by certain viruses and other factors, such as alcohol abuse, some medications, and trauma.

tuberculosis (TB): a highly contagious lung disease caused by a bacterium that is carried on mucous droplets suspended in the air; usually affects the lungs and causes coughing, trouble breathing, weight loss, and fatigue.

COVID-19 (coronavirus disease): a droplet and airborne disease transmitted through droplets and particles produced by an infected person; often characterized by respiratory symptoms and capable of progressing to severe symptoms, even death, especially in people who are older, have underlying health conditions, or are unvaccinated.

MRSA (methicillin-resistant *Staphylococcus aureus*): bacteria (*Staphylococcus aureus*) that have developed resistance to many antibiotics.

VRE (vancomycin-resistant enterococcus): bacteria (*enterococci*) that have developed resistance to the antibiotic vancomycin.

***Clostridioides difficile* (C. diff, C. difficile):** a bacterium that is spread by spores in feces that are difficult to kill; it causes symptoms such as diarrhea and nausea and can lead to serious inflammation of the colon (colitis).

Chapter 3

physiological needs: needs that relate to the processes and activities that keep living things alive.

psychosocial needs: needs that involve social interaction, emotions, intellect, and spirituality.

masturbation: to touch or rub sexual organs in order to give oneself or another person sexual pleasure.

holistic care: a type of care that involves caring for the whole person—the mind as well as the body.

cultural diversity: the different groups of people with varied backgrounds and experiences who live together in the world.

bias: prejudice

race: grouping of people based on physical characteristics shared by people with common ancestry.

ethnicity: one aspect of a person's identity, often reflecting a combination of race, culture, language, nationality, and other factors.

cognitive: related to thinking and learning.

ageism: prejudice toward, stereotyping of, and/or discrimination against older persons or the elderly.

developmental disabilities: disabilities that are present at birth or emerge during childhood up to age 22 that restrict physical and/or mental ability.

depression: type of mood disorder that causes pain, fatigue, apathy, sadness, irritability, anxiety, sleeplessness, and loss of appetite as well as other symptoms; also called *major depressive disorder* or *clinical depression*.

apathy: a lack of interest in activities.

bipolar disorder: a mental health disorder that causes a person to swing from periods of deep depression (a depressive episode) to periods of extreme activity (a manic episode).

anxiety: uneasiness, worry, or fear, often about a situation or condition.

generalized anxiety disorder (GAD): an anxiety disorder that is characterized by anxiety and worry, even when there is no cause for those feelings.

panic disorder: a disorder characterized by a person having regular panic attacks or living with constant anxiety about having another attack.

social anxiety disorder: a disorder in which a person has excessive anxiety about social situations.

phobia: an intense irrational fear of or anxiety about an object, place, or situation.

obsessive compulsive disorder (OCD): an anxiety disorder characterized by obsessive behavior or thoughts which may cause the person to repeatedly perform a behavior or routine.

post-traumatic stress disorder (PTSD): an anxiety disorder caused by experiencing or witnessing a traumatic experience.

schizophrenia: a type of psychotic disorder that causes problems with thinking, communication, and the ability to manage emotions, make decisions, and understand reality.

hallucinations: false or distorted sensory perceptions.

delusions: persistent false beliefs.

psychotherapy: a method of treating mental health disorders that involves talking about one's problems with mental health professionals.

cognitive behavioral therapy (CBT): a type of psychotherapy that is often used to treat anxiety disorders and depression and focuses on skills and solutions that a person can use to modify negative thinking and behavior patterns.

terminal illness: a disease or condition that will eventually cause death.

grief: deep distress or sorrow over a loss.

advance directives: legal documents that allow people to choose what medical care they wish to have if they are unable to make those decisions themselves.

living will: a document that outlines the medical care a person wants, or does not want, in case she becomes unable to make those decisions.

durable power of attorney for health care: a signed, dated, and witnessed legal document that appoints someone else to make the medical decisions for a person in the event he or she becomes unable to do so.

do-not-resuscitate (DNR): a medical order that instructs medical professionals not to perform cardiopulmonary resuscitation (CPR) in the event of cardiac or respiratory arrest.

Cheyne-Stokes: alternating periods of slow, irregular breathing and rapid, shallow breathing, along with periods of not breathing.

postmortem care: care of the body after death.

hospice care: holistic, compassionate care given to people who have approximately six months or less to live.

palliative care: care given to people who have serious diseases or who are dying that emphasizes relieving pain, controlling symptoms, and preventing side effects.

Chapter 4

homeostasis: the condition in which all of the body's systems are working at their best.

metabolism: physical and chemical processes by which substances are broken down or transformed into energy or products for use by the body.

dilate: to widen.

constrict: to narrow.

atrophy: the wasting away, decreasing in size, and weakening of muscles from lack of use.

contracture: the permanent and often painful shortening of a muscle or tendon, usually due to lack of activity.

inflammation: swelling.

autoimmune illness: an illness in which the body's immune system attacks normal tissue in the body.

rheumatoid arthritis: a type of arthritis in which joints become inflamed, red, swollen, and very painful, resulting in restricted movement and possible deformities.

osteoarthritis: common type of arthritis that usually affects the hips, knees, fingers, thumbs, and spine; also called *degenerative joint disease (DJD)* or *degenerative arthritis*.

osteoporosis: a disease that causes bones to become porous and brittle, causing them to break easily.

menopause: the end of menstruation; occurs when a woman has not had a menstrual period for 12 months.

partial weight-bearing (PWB): a doctor's order stating that a person is able to support some body weight on one or both legs.

non-weight-bearing (NWB): a doctor's order stating that a person is unable to touch the floor or support any body weight on one or both legs.

full weight-bearing (FWB): a doctor's order stating that a person has the ability to support full body weight (100%) on both legs.

hemiplegia: paralysis on one side of the body.

hemiparesis: weakness on one side of the body.

expressive aphasia: trouble communicating thoughts through speech or writing.

receptive aphasia: difficulty understanding spoken or written words.

emotional lability: inappropriate or unprovoked emotional responses, including laughing, crying, and anger.

dysphagia: difficulty swallowing.

gait: manner of walking.

paraplegia: the loss of function of the lower body and legs.

quadriplegia: loss of function of legs, trunk, and arms.

hypertension (HTN): high blood pressure, measuring 130/80 or higher.

diuretics: medications that reduce fluid volume in the body.

angina: chest pain, pressure, or discomfort.

respiration: the process of inhaling air into the lungs and exhaling air out of the lungs.

inspiration: the process of inhaling air into the lungs.

expiration: the process of exhaling air out of the lungs.

dyspnea: difficulty breathing.

urinary incontinence: the inability to control the bladder, which leads to an involuntary loss or urine.

digestion: the process of preparing food physically and chemically so that it can be absorbed into the cells.

absorption: the transfer of nutrients from the intestines to the cells.

elimination: the process of expelling solid wastes (made up of the waste products of food and fluids) that are not absorbed into the cells.

fecal incontinence: the inability to control the bowels, leading to involuntary passage of stool.

constipation: the inability to eliminate stool, or the infrequent, difficult, and often painful elimination of a hard, dry stool.

enema: a specific amount of water, with or without an additive, that is introduced into the colon to stimulate the elimination of stool.

ostomy: a surgically created opening from an area inside the body to the outside.

stoma: an artificial opening in the body.

glands: organs that produce and secrete chemicals called hormones.

hormones: chemical substances created by the body that control numerous body functions.

diabetes: a condition in which the pancreas produces too little insulin or does not properly use insulin.

insulin: a hormone that works to move glucose from the blood and into the cells for energy for the body.

glucose: natural sugar.

prediabetes: a condition that occurs when a person's blood glucose levels are above normal but are not high enough for a diagnosis of type 2 diabetes.

gestational diabetes: type of diabetes that appears in pregnant women who have never had diabetes before but who have high glucose levels during pregnancy.

reproduce: to create new human life.

gonads: sex glands.

tumor: a cluster of abnormally growing cells.

Chapter 5

confusion: the inability to think logically and clearly.

delirium: a state of severe confusion that occurs suddenly and is usually temporary.

cognition: the ability to think logically and clearly.

cognitive impairment: loss of ability to think logically and clearly.

dementia: the serious loss of mental abilities, such as thinking, remembering, reasoning, and communicating.

Alzheimer's disease: a progressive, incurable disease that causes tangled nerve fibers and protein deposits to form in the brain, which eventually causes dementia.

perseveration: the repetition of words, phrases, questions, or actions.

sundowning: becoming restless and agitated in the late afternoon, evening, or night.

catastrophic reaction: reacting to something in an unreasonable, exaggerated way.

pacing: walking back and forth in the same area.

wandering: walking aimlessly around the facility or facility grounds.

elope: in medicine, when a person with Alzheimer's disease wanders away from a protected area and does not return.

hallucinations: false or distorted sensory perceptions.

delusions: persistent false beliefs.

rummaging: going through drawers, closets, or personal items that belong to oneself or others.

hoarding: collecting and putting things away in a guarded way.

validating: giving value to or approving.

Chapter 6

hygiene: practices to keep bodies clean and healthy.

grooming: practices to care for oneself, such as caring for fingernails and hair.

pressure points: areas of the body that bear much of the body weight.

bony prominences: areas of the body where the bone lies close to the skin.

pressure injuries: a serious wound resulting from skin deterioration and shearing; also called *pressure ulcers*, *pressure sores*, *bed sores*, or *decubitus ulcers*.

shearing: rubbing or friction that results from the skin moving one way and the bone underneath it remaining fixed or moving in the opposite direction.

draw sheet: an extra sheet placed on top of the bottom sheet; used for moving residents in bed.

foot drop: a weakness of muscles in the feet and ankles that causes problems with the ability to flex the ankles and walk normally.

orthotic device: a device that helps support and align a limb and improve its functioning; also called *orthosis*.

partial bath: a bath given on days when a complete bath or shower is not done; includes washing the face, hands, underarms, and perineum.

perineum: the genital and anal area.

pediculosis: an infestation of lice.

safety razor: a type of razor that has a sharp blade with a special safety casing to help prevent cuts; requires the use of shaving cream or soap.

disposable razor: type of razor that is discarded after one use; requires the use of shaving cream or soap.

electric razor: type of razor that runs on electricity; does not require the use of soap or shaving cream.

affected side: a side of the body that is weakened due to a stroke or injury; also called *weaker* or *involved* side.

involved side: a side of the body that is weakened due to a stroke or injury; also called *weaker* or *affected* side.

intravenous (IV) therapy: the delivery of medication, nutrition, or fluids through a person's vein.

embolism: an obstruction of a blood vessel, usually by a blood clot.

oral care: care of the mouth, teeth, and gums.

aspiration: the inhalation of food, fluid or foreign material into the lungs.

dentures: artificial teeth

fracture pan: a bedpan that is flatter than a regular bedpan.

portable commode: a chair with a toilet seat and a removable container underneath that is used for elimination; also called *bedside commode*.

positioning: the act of helping people into positions that promote comfort and health.

supine: a body position in which a person lies flat on his back.

lateral: body position in which a person is lying on either side.

prone: body position in which a person is lying on his stomach, or front side of the body.

Fowler's: a semisitting body position in which a person's head and shoulders are elevated 45 to 60 degrees.

Sims': body position in which a person is lying on his left side with the upper knee flexed and raised toward the chest.

logrolling: moving a person as a unit, without disturbing the alignment of the body.

dangle: to sit up with the legs hanging over the side of the bed in order to regain balance and stabilize blood pressure.

ergonomics: the science of designing equipment, areas, and work tasks to make them safer and to suit the worker's abilities.

transfer belt: a belt made of canvas or other heavy material that is used to help people who are weak, unsteady, or uncoordinated to transfer.

Chapter 7

vital signs: measurements—temperature, pulse, respirations, and blood pressure—that monitor the functioning of the vital organs of the body..

radial pulse: the pulse located on the inside of the wrist, where the radial artery runs just beneath the skin.

brachial pulse: the pulse located inside the elbow, about one to one-and-a-half inches above the elbow.

respiration: the process of inhaling air into the lungs and exhaling air out of the lungs.

inspiration: the process of inhaling air into the lungs.

expiration: the process of exhaling air out of the lungs.

systolic: first measurement of blood pressure; phase when the heart is at work, contracting and pushing the blood out of the left ventricle of the heart.

diastolic: second measurement of blood pressure; phase when the heart relaxes or rests.

restraint: a physical or chemical way to restrict voluntary movement or behavior.

restraint-free care: an environment in which restraints are not kept or used for any reason.

restraint alternatives: measures used in place of a restraint or that reduce the need for a restraint.

intake: the fluid a person consumes; also called *input*.

input: the fluid a person consumes; also called *intake*.

output: all fluid that is eliminated from the body; includes fluid in urine, feces, vomitus, and perspiration, moisture that is exhaled in the air, and wound drainage.

fluid balance: taking in and eliminating equal amounts of fluid.

specimen: a sample that is used for analysis in order to try to make a diagnosis.

routine urine specimen: a urine specimen that can be collected any time a person voids.

voids: urinates.

hat: in health care, a collection container that can be inserted into a toilet bowl to collect and measure urine or stool.

clean-catch specimen: a urine specimen that does not include the first and last urine voided; also called *mid-stream specimen*.

catheter: a thin tube inserted into the body to drain or inject fluids.

urinary catheter: a type of catheter that is used to drain urine from the bladder.

straight catheter: a type of urinary catheter that is removed immediately after urine is drained or collected.

indwelling catheter: a type of urinary catheter that remains inside the bladder for a period of time; also called *Foley catheter*.

condom catheter: a type of urinary catheter that has an attachment on the end that fits onto the penis; also called *Texas catheter*.

oxygen therapy: the administration of oxygen to increase the supply of oxygen to the lungs.

combustion: the process of burning.

flammable: easily ignited and capable of burning quickly.

intravenous (IV) therapy: the delivery of medication, nutrition, or fluids through a person's vein.

occupied bed: a bed made while a person is in the bed.

unoccupied bed: a bed made while no person is in the bed.

closed bed: a bed completely made with the bedspread and blankets in place.

open bed: a bed made with linen folded down to the foot of the bed.

Chapter 8

nutrition: how the body uses food to maintain health.

nutrient: a necessary substance that provides energy, promotes growth and health, and helps regulate metabolism.

therapeutic diets: diets for people who have certain illnesses, conditions or food allergies; also called *modified* or *special diets*.

modified diets: diets for people who have certain illnesses, conditions or food allergies; also called *special* or *therapeutic diets*.

special diets: diets for people who have certain illnesses, conditions or food allergies; also called *modified* or *therapeutic diets*.

puree: to blend or grind food into a thick paste of baby food consistency.

NPO: abbreviation meaning *nothing by mouth*; medical order that means a person should not have anything to eat or drink.

dehydration: a serious condition that results from inadequate fluid in the body.

fluid overload: a condition that occurs when the body cannot handle the amount of fluid consumed.

edema: swelling caused by excess fluid in body tissues.

dysphagia: difficulty swallowing.

aspiration: the inhalation of food, fluid or foreign material into the lungs.

parenteral nutrition (TPN): the intravenous infusion of nutrients administered directly into the bloodstream, bypassing the digestive system.

nasogastric tube: a feeding tube that is inserted into the nose and goes to the stomach.

percutaneous endoscopic gastrostomy (PEG) tube: a feeding tube that is placed into the stomach through the abdominal wall.

gastrostomy: a surgically created opening into the stomach in order to insert a tube.

Chapter 9

rehabilitation: care that is given by specialists to help restore or improve function after an illness or injury.

restorative care: care given after rehabilitation to maintain a person's function, improve his quality of life, and increase his independence.

ambulation: walking.

ambulatory: capable of walking.

adaptive-assistive devices: special equipment that helps a person who is ill or disabled to perform activities of daily living.

amputation: the surgical removal of some or all of a body part, usually a hand, arm, leg, or foot.

phantom sensation: warmth, itching, or tingling in a body part that has been amputated.

phantom limb pain: pain in a limb (or extremity) that has been amputated.

prosthesis: a device that replaces a body part that is missing or deformed because of an accident, injury, illness, or birth defect; used to improve a person's ability to function and/or his appearance.

range of motion (ROM): exercises that put a joint through its full arc of motion.

abduction: moving a body part away from the midline of the body.

adduction: moving a body part toward the midline of the body.

extension: straightening a body part.

flexion: bending a body part.

dorsiflexion: bending backward.

rotation: turning a joint.

pronation: turning downward.

supination: turning upward.

opposition: touching the thumb to any other finger.

Chapter 10

stress: the state of being frightened, excited, confused, in danger, or irritated.

stressor: something that causes stress.