

Glossary.

24-hour food recall record of food and fluid intake for a 24-hour period

Abdominal breathing (diaphragmatic breathing) breathing that involves the contraction and relaxation of the diaphragm

Aboriginal population people who can trace their origins to First Nations, Inuit, or Metis in Canada

Absorption the process by which a drug passes into the bloodstream

Accessibility residents of a province or territory must have reasonable access to insured services

Accidents unexpected or unplanned events that cause harm and are neither foreseeable nor preventable

Accommodation a process of change whereby cognitive processes mature sufficiently to allow a person to solve problems that were previously unsolvable

Accountability responsibility for own actions and acceptance of the consequences of own behaviour

Acculturation (assimilation) (of a group) the blending of attitudes and beliefs; process by which members of a foreign culture learn the values and behaviours of a culture to which they have immigrated

Acid a substance which yields hydrogen ions in solution and from which hydrogen may be displaced by a metal to form a salt

Acidosis a condition that occurs with increases in blood carbonic acid or with decreases in blood bicarbonate; blood pH lower than 7.35

Active immunity a resistance of the body to infection in which the host produces its own antibodies in response to natural or artificial antigens

Active living adding physical activity to the time spent at home, at work, at school, at play

Active range-of-motion (ROM) exercise isotonic exercise in which the client moves each joint in the body through its complete range of movement, maximally stretching all muscle groups within each plane, over the joint

Active transport movement of substances across cell membranes against the concentration gradient

Active-assistive range-of-motion (ROM) exercise the client, with the nurse's assistance, uses a stronger, opposite arm

or leg to move each of the joints of a limb incapable of active motion

Activity theory describes the best way to age as staying physically active during these years

Activity tolerance the type and amount of exercise or daily activities an individual is able to perform

Activity-exercise pattern refers to a person's pattern of exercise, activity, leisure, and recreation

Actual diagnosis a client problem that is present at the time of the nursing assessment

Actual loss can be identified by others and can arise either in response to or in anticipation of a situation

Acupressure form of massage in which firm, gentle pressure is applied to the acupuncture points of the body

Acupuncture a Chinese practice of piercing specific superficial nerves with needles, often to treat pain

Acute confusion a mental state in which a person appears bewildered and may make inappropriate statements and answers to questions

Acute illness rapidly occurring illness that runs its course and the individual then returns to previous level of functioning

Acute pain pain that lasts only through the expected recovery period and is purposeful, informing the person that something is wrong

Acute wound a wound that heals within an expected time frame

Adaptation the process of modifying to meet new, changing, or different conditions

Adaptive mechanisms (defence mechanisms) learned behaviours that assist an individual to adjust to the environment

Addiction a psychological dependence characterized by craving for and compulsive use of opioids for an effect other than pain relief

Additional precautions measures used in addition to routine practices for clients with *known* or *suspected* infections that are spread by airborne transmission, by droplet transmission, or by contact to prevent the spread of infection

Adequate intake the recommended intake value of a specific vitamin, micromineral, or macromineral when a

recommended dietary allowance cannot be established

Adherence a client's willingness to follow a treatment regimen

Adolescence the period during which a person becomes physically and psychologically mature and acquires a personal identity; usually from 12 to 18 or 20 years of age in North America

Advance directive a statement the client makes prior to receiving health care specifying the client's desires regarding health-care decisions

Adventitious breath sounds abnormal or acquired breath sounds

Adverse event reporting reporting of injuries related to health-care management rather than disease process; event is an unplanned, undesired harmful outcome directly associated with care service

Adverse events unintended injuries or complications that result in death, disability, or prolonged hospital stay as a result of health-care management

Advocacy pleading and supporting clients' rights by respecting client decisions and enhancing client autonomy

Aerobic exercise any activity during which the body takes in more or an equal amount of oxygen than it expends

Afebrile absence of a fever

Affective domain feelings, emotions, interests, attitudes, and appreciations, and five major learning categories

Afterload (peripheral resistance) the resistance against which the heart must pump to eject the blood into the circulation

Ageism the stereotypes that promote negative views of older adults as frail, dependent, and in need of long-term care

Agglutinins specific antibodies formed in the blood

Agglutinogens substances that act as antigens and stimulate the production of agglutinins

Agnostic a person who doubts the existence of God or a supreme being or believes the existence of God has not been proved

Agonist a drug that interacts with a receptor to produce a response

Agonist-antagonist analgesic drugs that can act like opioids and relieve pain when given to a client who has not

taken any pure opioids but can block or inactivate other opioid analgesics when given to a client who has been taking pure opioids

Agriculture assets that come from cultivating soil, producing crops, and raising livestock to create wealth

Airborne precautions practices initiated to prevent the spread of air-borne microorganisms

Airborne transmission air currents transport the microorganism

Alarm reaction (AR) initial stage of the adaptation syndrome described by Selye

Albinism the complete or partial lack of melanin in the skin, hair, and eyes

Algor mortis the gradual decrease of the body's temperature after death

Alkalosis a condition that occurs with increases in blood bicarbonate or decreases in blood carbonic acid; blood pH above 7.45

Allodynia the sensation of pain from a stimulus that normally does not produce pain

Alopecia the loss of scalp hair (baldness) or body hair

Alternative care providers health-care workers, such as chiropractors, herbalists, and acupuncturists, who provide treatment outside of traditional medicine

Alternative medicine treatment used in place of conventional medicine

Alveolar-capillary membrane formed by the alveolar and capillary walls where gas exchange occurs

Amplitude (intensity) the loudness or softness of a sound

Amblyopia reduced visual acuity in one eye

Ambulation the act of walking

Ampule a small glass container for individual doses of liquid medications

Anabolism a process in which simple substances are converted by the body cells into more complex substances (e.g., building tissue, positive nitrogen balance)

Anaerobic exercise involves activity in which the muscles cannot draw out enough oxygen from the bloodstream; used in endurance training

Anaesthesia loss of sensation or feeling; induced loss of the sense of pain

Anal intercourse penis is inserted into the anus and rectum of the sexual partner

Anaphylactic reaction (anaphylaxis) a severe allergic reaction

Anaphylaxis (anaphylactic reaction) a severe allergic reaction

Andragogy the art and science of helping adults learn

Andropause the phase in men's lives in which they experience a gradual reduction in the production of testosterone and sperm by the testes

Anger subjective emotional state of strong displeasure

Angiography a diagnostic procedure enabling X-ray visual examination of the vascular system after injection of a radiopaque dye

Angle of Louis the junction between the body of the sternum and the manubrium; the starting point for locating the ribs anteriorly

Anilingus oral-anal stimulation

Animal-assisted therapy the use of specifically selected animals as a treatment modality in health and human service settings

Anions ions that carry a negative charge: chloride, bicarbonate, phosphate, sulphate

Anisocoria unequal pupils

Ankle flares ulcers near or on the ankle associated with venous hypertension or varicose veins

Anorexia lack of appetite

Anorexia nervosa a disease characterized by a prolonged inability or refusal to eat, rapid weight loss, and emaciation in persons who continue to believe they are fat

Anoscopy visual examination of the anal canal using an anoscope (a lighted instrument)

Antagonist a drug that interferes with a cell receptor without stimulating it and blocks the action of an agonist

Antibodies (immunoglobulin, immune bodies) protective protein substances produced in the body to counteract antigens

Anticipatory loss the state in which an individual or group experiences reactions in response to an expected significant loss

Antigen a substance capable of inducing the formation of antibodies

Antihelix the semicircular ridge on the anterior of the ear and parallel to the helix

Antimicrobial agents materials that kill or slow the growth of infectious agents

Antiseptic an agent that inhibits the growth of some microorganisms

Anuria the failure of the kidneys to produce urine, resulting in a total lack of urination or output of less than 100 mL per day in an adult

Anxiety a state of mental uneasiness, apprehension, or dread producing an increased level of arousal caused by an impending or anticipated threat to self or significant relationships

Apex the pointed end of a cone-shaped part

Apgar a scoring system to assess newborn babies

Aphasia inability to communicate through speech, writing, or signs, caused by dysfunction of brain centre

Apical pulse a central pulse located at the apex of the heart

Apical-radial pulse measurement of the apical beat and the radial pulse at the same time

Apnea a complete absence of respirations

Apocrine glands increase secretions and become fully functioning during puberty; release sweat in response to emotional stimuli

Applied research research that uses knowledge to solve immediate problems

Arcus senilis partial or complete glossy, white circle around the periphery of the cornea; appears later in life

Aromatherapy the therapeutic use of essential oils of plants in which the odour or fragrance plays an important part

Arrhythmia (dysrhythmia) a pulse with an abnormal rhythm

Arterial blood gases (ABGs) oxygen and carbon dioxide concentrations (PO_2 , PCO_2), hydrogen ion concentration (pH), and oxygen saturation of the hemoglobin in arterial blood; also describe the laboratory tests that measure these levels

Arthritis inflammation of a joint

Asepsis freedom from infection or infectious material

Aseptic technique (clean technique) the absence of almost all but not all microorganisms

Asphyxiation (suffocation) a lack of oxygen intake that can ultimately lead to unconsciousness and death

Assault an attempt or threat to touch another person unjustifiably

Assessing the process of collecting, organizing, validating, and recording data (information) about a client's health status

Assimilation (acculturation) (of a group) the blending of attitudes and beliefs; process by which members of a foreign culture learn the values and behaviours of a culture to which they have immigrated

Assumptions statements of fact or suppositions that people accept as the underlying theoretical foundation for conceptualizations about a phenomenon

Astigmatism an uneven curvature of the cornea that prevents horizontal and vertical rays from focusing on the retina

Atelectasis a condition that occurs when ventilation is decreased and pooled secretions accumulate in a dependent area of a bronchiole and block it

Atheist a person who denies the existence of God

Atria (of the heart) two upper hollow chambers within the heart

Atrioventricular (AV) node in place in the heart where the conduction pathways converge and narrow, lightly delaying transmission of the impulse to the ventricles

At-risk aggregate a subgroup within the community or population that is at greater risk of illness or poor recovery

Atrophic blanche white atrophic lesions often associated with venous disease

Atrophy wasting away; decrease in size of organ or tissue (e.g., muscle)

Attentive listening using all the senses and body positioning to listen to the client

Attitude mental stance that is composed of many different beliefs; usually involving a positive or negative judgment toward a person, object, or idea

Audit (nursing) a process in which the nursing interventions are monitored and measured against established standards

Auricle (pinna) flap of the ear

Auscultation the process of listening to sounds produced within the body

Auscultatory gap the temporary disappearance of sounds normally heard over the brachial artery when the sphygmomanometer cuff pressure is high and the sounds reappear at a lower level

Authoritarian (autocratic, directive) leaders have an authoritarian style of leadership in which the leader makes decisions for the group

Authority the power given by an organization to direct the work of others; the right to act

Autoantigen an antigen that despite being a constituent of normal tissue is the target of a cell-mediated response

Autocratic (authoritarian, directive) leaders have an authoritarian style of leadership in which the leader makes decisions for the group

Autonomy (respect for persons) the state of being independent and self-directed without outside control, to make own decisions

Awareness the ability to perceive environmental stimuli and body reactions and to respond appropriately through thought and action

Axillary tail of Spence a projection of breast tissue into the axilla

Ayurveda the Indian system of medicine that views illness as a state of imbalance among the body's systems

Baby boomers the generation of people born between 1945 and 1964; nurses born in that span, who are characterized as being extremely hard working

Baccalaureate nursing degrees programs offered by universities, university colleges, and polytechnical institutes that lead to an undergraduate degree in nursing

Bacteremia bacteria in the blood

Bacteria infection-causing agents

Bactericidal capable of killing some microorganisms (bacteria)

Balance consists of mental, physical, emotional, spiritual, and environmental components, and is attained when each component reaches a state of equilibrium

Bandage a strip of cloth used to wrap some part of the body

Basal metabolic rate (BMR) the rate of energy utilization in the body required to maintain essential activities, such as breathing

Basal metabolism the minimal energy expended for the maintenance of all physical and chemical processes

Base (heart) sometimes used to refer to the upper portion of the heart (both atria)

Base (alkali) the nonacid part of a salt; a substance that combines with acids to form salts

Base of support the area on which an object rests

Basic research research that generates knowledge; sometimes called *pure research*

Battery the willful or negligent touching of a person (or the person's clothes or even something the person is carrying), which may or may not cause harm

Bed rest restriction of a patient's activities, either partially or completely

Bedpan a receptacle for urine and feces used by people confined to bed

Behavioural effect questions explores the effect of one family member's behaviour on another

Beliefs interpretations or conclusions that a person accepts as true

Beneficence the moral obligation to do good or to implement actions that benefit clients and their support persons

Bevel the part of the needle that is the slanted part at the tip

Bicultural is used to describe a person who crosses two cultures, lifestyles, and sets of values

Bier block (intravenous block) anaesthesia procedure used for the arm, wrist, hand

Bilirubin orange pigment in the bile

Bioelectromagnetic therapies treatments that involve the use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating current or direct current fields, in people with diseases ranging from asthma and arthritis, poisoning and tubal pregnancy, to wrinkles

Biofeedback a stress management technique that brings under conscious control bodily processes normally thought to be beyond voluntary command

Biomedical health belief (scientific health belief) belief that life and life processes are controlled by physical and biochemical processes that can be manipulated by humans

Biot's (cluster) respiration shallow breaths interrupted by apnea

Bioterrorism the use of a microorganism with the deliberate intent of causing infection in order to achieve certain goals

Biotransformation (detoxification, metabolism) process by which a drug is converted to a less active form

Bladder training a program designed to assist patients experiencing difficulty in controlling the flow of urine

Blanch test a test during which the client's fingernail is temporarily pinched to assess capillary refill and peripheral circulation

Blood pressure the pressure of the blood against the walls of the blood vessels

Blood urea nitrogen (BUN) a measure of blood level of urea, the end product of protein metabolism

Body image how a person perceives the size, appearance, and functioning of their body and its parts

Body mass index (BMI) indicates whether weight is appropriate for height

Body mechanics the efficient and coordinated use of the body to produce motion and maintain balance during activity

Body temperature the balance between the heat produced by the body and the heat lost from the body

Boomerang kids young adults who move back into their parents' homes after an initial period of independent living

Bottle-mouth syndrome describes the decay of the infant's teeth caused by constant contact with the sweet liquid in a bottle

Boundary the real or imaginary line that differentiates one system from another system or a system from its environment

Bowel incontinence (fecal incontinence) refers to loss of voluntary ability to control fecal and gaseous discharges through the anal sphincter

Bowman's capsule the central capsule of each nephron

Bradycardia abnormally slow pulse rate, fewer than 60 per minute

Bradypnea abnormally slow respiratory rate, usually fewer than 10 respirations per minute

Brand name (trademark) the name given by the drug manufacturer

Bromhidrosis foul-smelling perspiration

Bronchoscopy visual examination of the bronchi using a bronchoscope

Bruit a blowing or swishing sound created by turbulence of blood flow

Buccal pertaining to the cheek

Buffer an agent or system that tends to maintain constancy or that prevents changes in the chemical concentration of a substance

Bulimia nervosa an uncontrollable compulsion to eat large amounts of food and then expel it by self-induced vomiting or by taking laxatives

Bureaucratic leaders have a style of leadership in which the leader is impersonal and inflexible; policies, procedures, and rules serve as the bases for decision making

Burn injury to tissue caused by contact with dry or moist heat

Burnout a complex syndrome of behaviours that can be likened to the exhaustion stage of the general adaptation syndrome; an overwhelming feeling that can lead to physical and emotional depletion, a negative attitude and self concept, and feelings of helplessness and hopelessness

Callus a thickened portion of the skin

Caloric value the amount of energy that nutrients or foods supply to the body

Calorie (large calorie, C, Cal, kilocalorie, kcal) a unit of heat energy equivalent to the amount of heat required to raise the temperature of 1 kg of water 1°C

Calorie (c, cal, small calorie) the amount of heat required to raise the temperature of 1 g of water 1°C

Canada Health Infoway a nonprofit corporation supported by federal funding and mandated to implement development of electronic health systems

Canadian Classification of Health Interventions (CCI) the national standard for classifying health-care procedures

Cannula (shaft) a tube with a lumen (channel) that is inserted into a cavity or duct and is often fitted with a trocar during insertion

Capacity the patient's ability to understand the relevant information and appreciate the consequences of his or her decision that might reasonably be foreseen

Carbon monoxide a colourless, odourless, toxic gas that is a product of incomplete combustion; exposure can cause symptoms of headaches, dizziness, weakness, nausea, vomiting, or loss of muscle control, leading to unconsciousness, brain damage, or death

Cardiac arrest the cessation of heart function

Cardiac monitoring continuous observation of the client's cardiac rhythm

Cardiac output the amount of blood ejected by the heart with each ventricular contraction

Cardiopulmonary resuscitation (CPR) artificial stimulation of the heart and lungs; also referred to as basic life support (BLS)

Caregiver burden strain placed upon informal care providers, usually family members, because of the care required by an individual

Caregiver electronic record an online way to connect caregivers to home and community care supports and for caregivers can track care issues or details about the care they are providing

Caries (dental) tooth cavities

Caring the feeling and expressing of empathy for other; it is an essential aspect of nursing but varies among cultures in its expressions, processes, and patterns

Caring (relationships-based) theories an approach to ethics that, in judging the rightness or wrongness of an action, focuses on individual care and responsibility in promoting and maintaining relationships

Carrier a person or animal that harbours a specific infectious agent and serves as a potential source of infection, yet does not manifest any clinical signs of disease

Case management a method for delivering nursing care in which the nurse is responsible for a case load of clients across the health-care continuum

Case manager a health-care professional who coordinates care for a specific client population and collaborates with other health-care professionals and the client to achieve established outcomes

Case method one nurse is assigned to and is responsible for the comprehensive care of a group of clients over a shift

Catabolism a process in which complex substances are broken down into simpler substances (e.g., breakdown of tissue)

Cataracts opacity of the lens or capsule of the eye

Cathartics (laxatives) drug that induce evacuation of feces from the large intestine

Cations ions that carry a positive charge: sodium, potassium, calcium, magnesium

Ceiling dose the level at which increasing the dose results in no further increase in analgesia

Ceiling effect larger doses of a medication have progressively smaller incremental effects

Cell-mediated defence (cellular immunity) occurs through the T-cell system

Cellular immunity (cell-mediated defence) occurs through the T-cell system

Cementum bony tissue covering the root of the tooth that is embedded in the jaw

Central neuropathic pain pain that results from malfunctioning nerves in the central nervous system, such as spinal cord injury pain, post-stroke pain, and multiple sclerosis pain

Central sensitization prolonged firing of nociceptors with severe and persistent injury, such as surgery, causes dorsal horn spinal cord neurons to become more responsive to all inputs

Central venous catheter venous access device commonly introduced into the subclavian or internal jugular veins and passed to the superior vena cava just above the right atrium

Centre of gravity the point at which the mass (weight) of the body is centred

Cephalocaudal proceeding in the direction from head to toe

Certification the voluntary practice of validating that an individual nurse has met minimum standards of nursing competence in a specialty area

Cerumen the wax-like substance secreted by glands in the external ear canal

Change agent a person (or group) who initiates changes or who assists others in making modifications in themselves or in the system

Change process of modifying or altering something

Change-of-shift report report usually given to nurses starting the next shift

Charismatic leadership a contemporary theory of leadership that suggests that

charming individuals evoke strong feelings of commitment to the leader and the leader's cause and beliefs

Chart (client record) the clinical record

Charting by exception a documentation system in which only significant findings or exceptions to norms are recorded

Charting (recording) keeping of a clinical record of the facts about a patient and the progression of an illness

Chemical name the name by which a chemist knows the drug; describes the constituents of the drug precisely

Chemical restraints medications used to control socially disruptive behaviour

Chemical thermogenesis the stimulation of heat production in the body through increased cellular metabolism caused by increases in thyroxine output

Chemotaxis the action by which leukocytes are attracted to injured cells

Cheyne-Stokes respirations rhythmic waxing and waning of respirations from very deep breathing to very shallow breathing with periods of temporary apnea, often associated with cardiac failure, increased intracranial pressure, or brain damage

Chiropractic therapy treatment that focuses on the spine and its relation to the component bone structures, muscles, and nerves and treats a variety of symptoms thorough spinal manipulation or adjustment

Choking a person's trachea being obstructed by either a foreign body, such as a chunk of food, or a liquid, such as vomitus; can lead to suffocation

Cholesterol a lipid that does not contain fatty acid but possesses many of the chemical and physical properties of other lipids

Chordotomy (cordotomy) surgical severing of the spinothalamic portion of the anterolateral tract of the spinal cord, usually for the purpose of relieving pain

Chronic illness sickness that lasts for an extended period of time, usually longer than 6 months

Chronic pain pain that lasts beyond the usual course for recovery and has no purpose

Chronic wound any break or alteration in the skin that remains for 3 months or more or recurs frequently

Chronological age the passing of calendar time from one birthday to the next illustrates

Chyme digested products that leave the stomach through the small intestine and then pass through the ileocecal valve

Cicatrix scar

Circadian rhythm the roughly 24-hour cycle in the sleep-wake processes that are regulated in all mammals by the suprachiasmatic nuclei of the hypothalamus

Circulating (humoral) immunity antibody-mediated defence; resides ultimately in the B lymphocytes and is mediated by the antibodies produced by B cells

Circulating nurse during operations, the nurse who coordinates activities and manages client care by continually assessing client safety, aseptic practice, and the environment

Circulatory diseases diseases that affect the circulatory system, which is the system that moves blood throughout the body, comprising the heart, arteries, capillaries, and veins

Civil law legislative rules that regulate relationships among people

Clean technique (aseptic technique) the absence of almost all but not all microorganisms

Clean wounds uninfected operative wounds without inflammation

Clean-contaminated wounds surgical wounds in which the respiratory, alimentary, genital, or urinary tract has been entered under controlled conditions and without unusual contamination

Cleansing baths bathing done for hygiene purposes

Clear liquid diet water, tea, coffee, clear broths, ginger ale or other carbonated beverages, strained and clear juices, and plain gelatin

Client a person who engages the advice or services of another person who is qualified to provide this service

Client education a major aspect of nursing practice; providing information and teaching on issues for which clients have expressed needs and in a manner that is meaningful and relevant to them to promote, protect, maintain, and restore health, and cope with illness or altered health status

Client health outcomes the anticipated, predetermined outcomes that the client selects in collaboration with the nurse to guide and inform nursing practice

Client record (chart) the clinical record

Clients' rights self-determination and control over their own bodies when they were ill through informed consent, confidentiality, and the right of the client to accept or refuse treatment are all aspects of this self-determination

Climacteric the point in development when reproduction capacity in the female terminates (menopause) and the sexual activity of the male decreases (andropause)

Closed awareness of impending death; dying individual and perhaps the family are unaware

Closed questions restrictive questions requiring only a short answer

Closed system a system that does not exchange energy, matter, or information with its environment

Closed systems (for enteral feedings) enteral feedings that consist of a pre-filled container spiked with enteral tubing and attached to the enteral access device

Closed-wound drainage system a drain connected to either an electric suction or a portable drainage suction

Clouding of consciousness a reduced state of wakefulness or awareness

Clubbing (of a nail) elevation of the proximal aspect of the nail and softening of the nail bed

Cluster (Biot's) respiration shallow breaths interrupted by apnea

Coanalgesic agent (formerly known as an adjuvant) a medication that is not classified as a pain medication but has properties that may reduce pain alone or in combination with other analgesics, relieve other discomforts, potentiate the effect of pain medications, or reduce the pain medication's side effects

Cochlea a seashell-shaped structure found in the inner ear; essential for sound transmission and hearing

Code of ethics a formal statement of a group's ideals and values; a set of ethical principles shared by members of a group, reflecting their moral judgments and serving as a standard for professional actions

Cognitive development the manner in which people learn to think, reason, and use language; it involves a person's intelligence, perceptual ability, and ability to process information, and represents a progression of mental abilities from illogical to logical thinking, from simple to complex problem solving, and from understanding concrete ideas to understanding abstract concepts

Cognitive domain six intellectual skills from the simple to the complex, beginning with knowing, comprehending, and applying

Cognitive skills referring to intellectual processes, such as remembering, thinking, perceiving, abstracting, and generalizing

Cognitive the act of knowing or the development of knowledge

Cognitive theory depicts learning as a complex cognitive activity, that is, largely a mental or intellectual or thinking process

Coitus (copulation) a type of genital intercourse in which the penis is inserted into the vagina

Colic acute abdominal pain caused by periodic contractions of the intestines during the first 3 months of life

Collaborative partnership an affiliation among people working together toward a common goal

Collaborative relational stance a position that values the multiple ideas and perspectives that are encountered within a family

Collagen a protein found in connective tissue; a whitish protein substance that adds tensile strength to a wound

Collective prescription (protocol order) a set of criteria and orders under which a medication is to be administered

Colloid osmotic pressure (oncotic pressure) a pulling force exerted by colloids that help maintain the water content of blood

Colloids substances, such as large plasma protein molecules, that do not readily dissolve in true solution

Colonialism the ruling of one country or people by another through policies that keep the colony dependent on the rulers

Colonization the presence of organisms in body secretions or excretions in which strains of bacteria become resident flora but do not cause illness

Colonoscopy visual examination of the interior of the colon with a colonoscope

Colostomy an opening into the colon (large bowel)

Coma a state of unconsciousness in which the person shows no response to maximum painful stimuli, absence of reflexes, and absence of muscle tone in the extremities

Comfort the desired outcome of comforting that implies a renewal, an amplification of power or sense of control, an invigorating influence, a positive mind-set, and a readiness for action

Comforting a group of nursing interventions based on clients' cues of distress, with the goal of achieving client comfort

Commendations statements of praise or support

Commode a portable chair with a toilet seat and a receptacle beneath that can be emptied that is used for the adult client who can get out of bed but is unable to walk to the bathroom

Common law the body of principles that evolves from court decisions

Communicability the ability of a disease to be spread from one person to another

Communicable disease (infectious disease) a disease that can spread from one person to another

Communication a two-way process involving the sending and receiving of messages

Community health nurses registered nurses whose practice specialty promotes the health of individuals, families, communities, and populations, and an environment that supports health

Community-based health care (CBHC) a system that provides health-related services within the context of people's daily lives; that is, in places where people spend their time in the community

Compensation defence mechanism in which a person substitutes an activity for one that they would prefer doing or cannot do

Compensatory counterbalancing

Competent the ability to make sound or rational informed decisions regarding health care, demonstrating understanding and ability to see consequences of care

Complementary medicine treatment that is used together with conventional or western medicine

Complementary proteins combination of two or more proteins which contribute to a balanced ratio of essential amino acids

Complete proteins proteins that contain all of the essential amino acids as well as many nonessential ones

Compliance (client) the extent to which an individual's behaviour coincides with medical or health advice

Compliance (of arteries) the distensibility of the arteries (i.e., their ability to contract and expand)

Comprehensiveness the health services provided by hospitals and medical practitioners are insured in all health-care insurance plans of each province and territory

Compress a moist gauze dressing applied frequently to an open wound, sometimes medicated

Compromised host any person at increased risk for an infection

Computer-assisted learning individualized self-study that uses computers to deliver an educational activity

Concept abstract idea or mental image of phenomena or reality

Concept maps pieces of information or ideas presented in a visual scheme with links or relationships among them

Conceptual framework a group of related concepts

Conceptual model a graphic illustration of the relationships between concepts

Concurrent audit the evaluation of practices as they occur or while the client is still in the institution

Conduction the transfer of heat from one molecule to another in direct contact

Conduction hearing loss a form of hearing loss in which sound is inadequately conducted through the external or middle ear to the sensorineural apparatus of the inner ear

Confidential information intimate or private knowledge protected under a duty of confidentiality of a health-care professional

Confidentiality the right of a client or research subject that any information revealed by that individual will not be made public or available to others

Congruent communication in communication, when words and behaviour coincide or are unified

Conjunctivitis inflammation of the bulbar and palpebral conjunctiva

Conscious sedation a minimal depression of level of consciousness during which the client retains the ability to consciously maintain a patent airway and respond appropriately to verbal and physical stimuli

Consequence-based (teleological) theories examine the outcome of an action in judging whether that action is right or wrong

Constant fever a state in which the body temperature fluctuates minimally but always remains above normal

Constipation passage of small, dry, hard stool or passage of no stool for an abnormally long time

Consultative (democratic, participative) leaders have a participative style of leadership in which the leader encourages group discussion and decision making

Consumer an individual, a group of people, or a community that uses a service or commodity

Contact precautions taken to prevent the possibility of illnesses easily transmitted by direct contact

Contaminated wounds open, fresh, accidental wounds; or surgical wounds involving a major break in sterile technique or gross spillage from the gastrointestinal tract and incisions in which acute, nonpurulent inflammation is visible

Contamination bacteria are present but are neither attached to a wound surface nor replicating

Context the unique experiences that individuals or clients bring with them to

their specific situations or circumstances

Contextual awareness the act of being conscious of context

Continuing nursing education lifelong learning or the continuous enhancement of knowledge, skills, and critical thinking required to meet client needs in a changing health-care system; planned learning experiences undertaken following a basic nursing education

Continuity of care coordination of services provided to individuals before, during, and after entry into a health-care facility

Continuity theory a belief that people maintain their values, habits, and behaviours in old age

Continuous feedings enteral feedings administered over 24 hours by using an infusion pump that guarantees a constant flow rate

Continuous positive airway pressure (CPAP) a therapy that provides a continuous flow of pressurized air to keep upper airway passages open during sleep; often prescribed for the client experiencing obstructive sleep apnea

Continuum of care care given in a variety of settings from the onset of the health challenge to the point at which the recipient of care no longer requires it

Contract a written or verbal agreement between two or more people to do or not do some lawful act

Contractility the inherent ability of cardiac muscle fibres to shorten or contract

Contractual obligation the duty of care established by the presence of an expressed or implied contract

Contractual relationships a legal agreement between two or more partners

Contracture permanent shortening of a muscle and subsequent shortening of tendons and ligaments

Convection the dispersion of heat by air currents

Coordinating the process of ensuring that plans are carried out and evaluating outcomes

Coping the process through which the individual manages the demands of the person-environment relationship that are appraised as stressful

Coping mechanism (coping strategy) any mechanism directed towards stress management

Coping strategy (coping mechanism) any mechanism directed towards stress management

Copulation (coitus) heterosexual genital intercourse

Cordotomy (chordotomy) surgical severing of the spinothalamic portion of the anterolateral tract of the spinal cord, usually for the purpose of relieving pain

Core self-concept the beliefs and images that are most central to the person's identity

Core temperature the temperature of the deep tissues of the body (e.g., thorax, abdominal cavity); relatively constant at 37°C

Corn a conical, circular, painful, raised area on the toe or foot

Coronary arteries arteries that originate at the base of the aorta, branching out to encircle and penetrate the myocardium; they fill during ventricular relaxation, bringing oxygen-rich blood to the myocardium

Costal breathing (thoracic breathing) breathing involving the external intercostal muscles and other accessory muscles, such as the sternocleidomastoid muscles

Cough etiquette coughing or sneezing into tissues or cloth (e.g., sleeves) rather than hands

Countershock phase part of the alarm phase described by Selye

Creatine kinase enzyme released into the blood during a myocardial infarction

Creatinine a nitrogenous waste that is excreted in the urine

Creatinine clearance test uses 24-hour urine and serum creatinine levels to identify the glomerular filtration rate

Creativity the ability to develop and implement new and better solutions or ideas

Crédé's manoeuvre manual exertion of pressure on the bladder to force urine out

Credentialling the process of determining and maintaining competence in practice; includes licensure, registration, certification, and accreditation

Crepitation a crackling, grating sound produced by bone rubbing against bone

Crisis an acute, time-limited state of disequilibrium resulting from situational, developmental, or societal sources of stress

Crisis counselling solving immediate problems involving individuals, groups, or families

Crisis intervention problem-solving technique to promote adaptation and improve future coping

Critical analysis a set of questions a person can apply to a particular situation or idea to determine essential information and ideas and discard superfluous information and ideas

Critical incident an error made in practice that may or may not lead to an adverse event

Critical pathways multidisciplinary guidelines for client care based on specific medical diagnoses designed to achieve predetermined outcomes

Critical thinking a cognitive process that includes creativity, problem solving, and decision making

Critiquing intensive scrutiny of a study, including its strengths and weaknesses, its statistical and clinical significance, and the generalizability of the results

Cross-dressers people who dress in the clothing of the other sex

Crown the exposed part of the tooth which is outside the gum

Crystalloids salts that dissolve readily in true solutions

Cues any pieces of information or data that influence decisions

Cultural awareness conscious and informed recognition of the differences and similarities between different cultural or ethnic groups

Cultural care deprivation (cultural deprivation) a lack of culturally assistive, supportive, or facilitative acts

Cultural competence possessing the required knowledge, skill, and ability to provide safe and effective health care regardless of population or setting

Cultural deprivation (cultural care deprivation) a lack of culturally assistive, supportive, or facilitative acts

Cultural identity the characteristics of the group which gives the person a sense of identity

Cultural safety considers power relations and the uniqueness of human beings and avoids stereotyping to provide quality nursing care for people from all cultures within their cultural values and norms

Cultural sensitivity respect and appreciation for cultural behaviours based upon an understanding of the other person's perspective

Culture a world view and set of traditions used and transmitted from generation to generation by a particular group, includes related attitudes and institutions

Culture shock feelings, usually negative, experienced by a person when placed in a different cultural group

Culture-specifics those values, beliefs, and patterns of behaviour that tend to be unique to a designated culture

Culture-universals commonalities of values, norms of behaviour, and life patterns among different cultures

Cumulative effect occurs when the body cannot metabolize a drug before additional dosages are administered

Cunnilingus oral stimulation of the female genitals

Cyanosis bluish discoloration of the skin and mucous membranes caused by reduced oxygen in the blood

Cyclic feedings enteral feedings administered in less than 24 hours (e.g., 12 to 16 hours), often at night

Cystocele protrusion of the urinary bladder through the vaginal wall

Cystoscope a lighted instrument used to visualize the interior of the urinary bladder

Cystoscopy visual examination of the urinary bladder with a cystoscope

Cytokines chemical mediators produced by the leukocytes

Dacryocystitis inflammation of the lacrimal sac

Data information

Data collection the process of gathering information about a client's health status

Data warehousing the accumulation of large amounts of data that are stored over time

Database all information about a client, includes nursing health history and physical assessment, physician's history and physical examination, laboratory and diagnostic test results

Debridement removal of necrotic or devitalized tissue that interferes with wound healing

Decision making the process of establishing criteria by which alternative courses of action are developed and selected

Decode relate the communication message to the receiver's storehouse of information and experiences

Deductive reasoning making specific observations from a generalization

Defecation expulsion of feces from the rectum and anus

Defence mechanisms (adaptive mechanisms) any reaction that serves to protect against something physically or psychologically harmful

Defining characteristics client signs and symptoms that must be present to validate a nursing diagnosis

Dehiscence the partial or total rupturing of a sutured wound; usually involves an abdominal wound in which the layers below the skin also separate

Dehydration insufficient fluid in the body

Delayed primary intention healing (tertiary intention healing) healing that occurs when a wound is left open for 3

to 5 days to allow edema or infection to resolve or exudate to drain and are then closed with sutures, staples, or adhesive skin closures

Delegating care directs the practice of care to another health-care professional

Delegation assigning responsibility and authority for performing specific tasks to another

Delirium mental confusion, restlessness, and incoherence

Demand feeding the infant is fed when hungry

Dementia a global impairment of cognitive function that usually is progressive and may be permanent, interferes with normal social and occupational activities

Democratic (participative, consultative) leaders have a participative style of leadership in which the leader encourages group discussion and decision making

Demography the study of population, including statistics about distribution by age and place of residence, mortality, and morbidity

Dental caries tooth decay

Dentin chief substance of the teeth

Dentist health-care professionals who diagnose, prevent, and treat diseases, conditions, and disorders of the teeth, mouth, and surrounding tissues and structures

Denver Developmental Screening Test (DDST-I) a screening test used to assess children from birth to 6 years of age

Deontological (principles-based) theories ethical approaches or frameworks that emphasize duties, obligations, principles, and rationality in judging whether an action is right or wrong

Dependent variable the behaviour, characteristic, or outcome that the researcher wants to explain or predict

Depression feelings of sadness and dejection, often accompanied by physiological change, such as a decreased functional activity

Descriptive statistics procedures that summarize large volumes of data; used to describe and synthesize data, showing patterns and trends

Desired effect (therapeutic effect) (of drug) the primary effect intended of a drug; reason the drug is prescribed

Desired health outcomes (goals) the end results that the client and the nurse are working toward through the care plan; often identified in relation to nursing diagnosis

Detoxification (biotransformation, metabolism) process by which a drug is converted to a less active form

Detrusor muscle the collective smooth muscle layers of the bladder

Development an individual's increasing capacity and skill in functioning, related to growth

Developmental (spiritual) people move through spiritual, religious, and faith stages in their lifetime

Developmental change anticipated and predictable changes that occur as the organization grows and as its operation becomes more complex

Developmental milestones the developmental sequences and patterns that are predictable in a child's growth

Developmental tasks skills and behaviour patterns learned during stages of development

Diabetes a group of metabolic diseases characterized by high blood glucose levels, which result from defects in insulin secretion, action, or both

Diagnosis a statement or conclusion concerning the nature of some phenomenon

Diagnostic label title used in writing a nursing diagnosis; taken from the NANDA International's standardized taxonomy of terms

Diameter (gauge) the size of the shaft of the needle; varies from 18 gauge to 28 gauge; the larger the gauge number, the smaller the diameter of the shaft

Diapedesis the movement of blood corpuscles through a blood vessel wall

Diaphragmatic breathing (abdominal breathing) breathing that involves the contraction and relaxation of the diaphragm

Diarrhea defecation of liquid feces and increased frequency of defecation

Diastole the period during which the ventricles relax

Diastolic pressure the pressure of the blood against the arterial walls when the ventricles of the heart are at rest

Diet as tolerated foods are added back slowly to ensure each is tolerated

Diet history comprehensive assessment of a client's food intake, usually by a dietitian or nutritionist

Dietary reference intakes a set of four reference values produced by Health Canada: recommended dietary allowances, adequate intake, tolerable upper intake level, and estimated average requirement; used for diet assessment and form the basis of *The Handbook for Eating Well with Canada's Food Guide*

Dietary therapy the consumption of specific types of diets or supplements, including vitamins, minerals, amino acids, herbs and other botanicals, and miscellaneous substances, such as

enzymes and fish oils, for the purpose of preventing or treating illness

Dietitian has specialized knowledge about the diets required to maintain health and to treat disease

Difference questions explore differences among people, relationships, or ideas

Diffusion the mixing of molecules or ions of two or more substances as a result of random motion; the movement of gases or other particles from an area of greater pressure or concentration to an area of lower pressure or concentration

Dignity ability to function as a significant and integrated person

Diploma programs programs offered by community colleges in partnership with universities that lead to a diploma in nursing

Direct contact transmission immediate and direct transfer of microorganisms from person to person through touching, biting, kissing, or sexual intercourse, that is, body surface to body surface

Directing a management function that involves communicating the task to be completed and providing guidance and supervision

Directive (autocratic, authoritarian) leaders have an authoritarian style of leadership in which the leader makes decisions for the group

Directive interview a highly structured interview that uses closed questions to elicit specific information

Dirty (infected) wounds old traumatic wounds with retained dead tissue and wounds that involve existing clinical infection or perforated viscera

Disaccharides sugars that are composed of double molecules

Discharge planning the process of anticipating and planning for client needs after discharge

Disclosure the provision of information needed for the parties to make an informed decision

Discrimination the differential treatment of individuals or groups based on categories such as race, ethnicity, gender, social class, age, or exceptionality

Discussion specific dialogue or interaction between people

Disease an alteration in body function resulting in a reduction of capacities or shortening of the normal lifespan

Disease prevention measures to prevent and control common risk factors for diseases

Disengagement theory aging involves mutual withdrawal between an older adult and others within that person's environment

Disinfectant agent that destroys all microorganisms

Disinfection cleaning that reduces the number of microorganisms but does not eliminate them all or kill most spores

Distance education the integration of information technology and communications technology that allows instructors and students to be in two different places

Distribution the transportation of a drug from its site of absorption to its site of action

Diuresis (polyuria) the production of abnormally large amounts of urine by the kidneys without an increased fluid intake

Diurnal enuresis involuntary urination during the daytime

Diversity differences, often used in reference to cultural groups and people

Documenting written recording of pertinent information related to the patient

Dorsal recumbent (supine) position a back-lying position with the head and shoulders slightly elevated

Drip factor (drop factor) the number of drops per millilitre of solution delivered for a particular drip chamber before calculating the drip rate

Drop factor (drip factor) the number of drops per millilitre of solution delivered for a particular drip chamber before calculating the drip rate

Droplet nuclei residue of evaporated droplets that remains in the air for long periods of time

Droplet precautions practices initiated to prevent the spread of large particle microorganisms

Droplet transmission respiratory secretions larger than 5 microns in diameter are generated by sneezing, coughing, spitting, singing, or talking, or procedures, such as suctioning; they are projected a short distance

Drug (medication) a chemical compound taken for disease prevention, diagnosis, cure, or relief or to affect the structure or function of the body

Drug allergy an immunological reaction to a drug

Drug dependence inability to keep the intake of a drug or substance under control

Drug interaction the beneficial or harmful interaction of one drug with another drug

Drug misuse improper use of common medications in ways that can lead to acute and chronic toxicity

Drug tolerance a condition in which successive increases in the dosage of a

drug are required to maintain a given therapeutic effect

Drug toxicity the quality of a drug that exerts a deleterious effect on an organism or tissue

Dullness (of sound) a thudlike sound produced during percussion by dense tissue of body organs, such as the liver, spleen, or heart

Duration (of sound) the length of time that a sound is heard

Dynamic (isotonic) exercise exercise in which muscle tension is constant and the muscle shortens to produce muscle contraction and active movement

Dysesthesia an unpleasant abnormal sensation that can be either spontaneous or evoked

Dysmenorrhea painful menstruation

Dyspareunia pain experienced by a woman during intercourse

Dysphagia difficulty or inability to swallow

Dyspnea difficult or laboured breathing

Dysrhythmia (arrhythmia) a pulse with an irregular rhythm

Dysuria painful or difficult voiding

Ease a type of comfort that refers to a state of calm or peaceful contentment in which client can perform activities efficiently

Eccrine glands glands that produce sweat; found over most of the body

ECG (electrocardiogram, EKG) a graph of the electrical activity of the heart

Echocardiogram a record of the recording of the position and motion of the heart walls or interior structures

Ecomap an assessment tool identifying the family's relationship to the environment

Edema the presence of excess interstitial fluid in the body

Edutainment educational software concealed in a game format

Effectiveness the ability to produce a specific result

Efficiency a measurement of competency

Ego includes consciousness and memory which serves to mediate between primitive instinctual drives (id), internal social prohibitions (superego), and reality

Ejaculation expulsion of seminal fluid and sperm

Ejaculatory incompetence (retarded ejaculation) the inability to ejaculate into the vagina or a delayed ejaculation

EKG (electrocardiogram, ECG) a graph of the electrical activity of the heart

Elasticity of the arterial wall the ability to expand and contract

Elective surgery performed when surgical intervention is the preferred treatment for a condition that is not imminently life-threatening or to improve the client's life

Electrocardiogram (ECG, EKG) a graph of the electrical activity of the heart

Electrolytes chemical substances that develop an electric charge and are able to conduct an electric current when placed in water; ions

Electronic communication communication conducted electronically, most commonly through email

Electronic health record (EHR) a health record of an individual that is accessible online from many separate, interoperable automated systems within an electronic network and that can be retrieved by caregivers, administrators, accreditors, and other persons authorized to access it; includes an electronic medical record and an electronic patient record for that individual; it links institutions

Electronic medical record (EMR) the part of a person's electronic health record that is kept in a clinic, by a family health team, or in a health practitioner's office

Electronic patient record (EPR) the part of a person's electronic health record that includes a record of a patient's demographic data, such as name and date of birth, the patient's diagnosis, and details about assessments and interventions provided by health professionals during an episode of care from one health organization

Elimination half-life (half-life) (of a drug) the time interval required for the body's elimination processes to reduce the concentration of the drug in the body by one half

Embolus a blood clot (or a substance, such as air) that has moved from its place of origin and is causing obstruction to circulation elsewhere (plural: emboli)

Emergency surgery operation that is performed immediately to preserve function or the life of the client

Emigration movement, for example, of individuals from one country to another; of leukocytes through blood vessel wall into affected tissue

Emmetropic normal refraction so that the eyes focus images on the retina

Empathy the ability to discriminate what the other person's world is like and to communicate to the other this understanding in a way that shows that the helper understands the client's feel-

ings and the behaviour and experience underlying these feelings

Empiricist tradition suggests that there is a single reality that exists independent of our knowledge of it

Empowerment an assertion of personal power to mastery over something

Enamel the white, compact, and hard substance covering the crown of a tooth

Encoding involves the selection of specific signs or symbols to transmit message during communication

Encopresis the passage or leakage of feces in children who are past the age of toilet training

Endocardium the lining inside the heart's chambers and great vessels

End-of-life care humane, compassionate care of the dying, often provided by nurses and others, such as family members, who are not hospice palliative care specialists

Enema a solution introduced into the rectum and sigmoid colon to remove feces or flatus

Energy the force that integrates and connects the body, mind, and spirit

Enteral through the gastrointestinal system

Enteral nutrition (total enteral nutrition) feedings administered through nasogastric or small-bore feeding tubes or through gastrostomy or jejunostomy tubes

Entry to practice the minimum educational requirement for entry into the practice of nursing; it is a baccalaureate degree in nursing

Enuresis bedwetting; involuntary passing of urine in children after bladder control is achieved

Environmental control programs programs that address contaminants in the air, food, and water that will affect the health of future generations

Environmental restraints things that control or limit a person's mobility (e.g., a secured unit or raised bed rails)

Enzyme a biological catalyst that speeds up chemical reactions

Epicardium the outermost layer of the heart

Epidural into the epidural space

Epidural (peridural) anaesthesia the injection of an anaesthetic agent into the epidural space (the area inside the spinal column but outside the dura mater)

Epistemology investigates the nature of knowledge

Equianalgesia the relative potency of various opioid analgesics compared with a standard dose of parenteral morphine

Equilibrium a state of balance

Equitable health care residents of a province or territory should all have access to the same or similar health care

Erectile dysfunction (impotence) the inability to achieve or maintain an erection sufficient for sexual satisfaction for the self or a partner

Erotic pertaining to sexual desire

Eructation belching; the expulsion of swallowed gases through the mouth

Erythema redness associated with a variety of skin rashes

Erythrocyte red blood cell

Eschar thick necrotic tissue produced by burning, by a corrosive application, or by death of tissue associated with loss of vascular supply, bacterial invasion, and putrefaction

Essential amino acids amino acids that cannot be manufactured in the body and must be supplied as part of the protein ingested in the diet

Essential fatty acids lipids that are required for normal growth and development but that cannot be synthesized by the body

Estimated average requirement the nutrient intake that would meet the needs of 50% of a particular age and gender group

Ethical obligations responsibilities imposed as a result of ethical imperatives

Ethics the rules or principles that govern right conduct

Ethics of care (relational ethics theories) suggest that individuals have a moral obligation to each other

Ethnic belonging to a specific group of individuals who share a common social and cultural heritage

Ethnic identity a person's subjective perspective of his or her heritage

Ethnocentrism the belief that the person's own culture is superior to all others

Ethnographic research a qualitative design used to describe social behaviours with a particular group or setting; the goal is to understand the culture and norms from the participant's viewpoint

Ethnopharmacology the study of the effect of ethnicity on responses to prescribed medication

Ethnorelativity ability to appreciate and respect the viewpoints of other cultures

Etiology the causal relationship between a problem and its related or risk factors

Eupnea normal, quiet breathing

Eustachian tube the part of the middle ear that connects the middle ear to the nasopharynx; stabilizes air pressure

between the external atmosphere and the middle ear

Euthanasia (mercy killing) the act of painlessly putting to death persons suffering from incurable or distressing disease

Evaluation a planned, ongoing, purposeful activity in which client and health-care professionals determine the client's progress toward goal achievement and the effectiveness of the nursing care plan

Evaluative statement a statement that has a conclusion (a statement on whether the goal or desired health outcome was met) and supporting data (the list of client responses that support the conclusion) and is written on the care plan or in the nurse's notes

Evidence-based practice (evidence-informed practice) nursing practice that includes the use of clinical evidence in patient-care decisions

Evidence-informed practice (evidence-based practice) nursing practice that includes the use of clinical evidence in patient-care decisions

Evisceration extrusion of the internal organs

Exacerbation the period during a chronic illness when symptoms reappear after remission

Excretion elimination of a waste product produced by the body cells from the body

Exercise a type of physical activity; a planned, structured, and repetitive bodily movement done to improve or maintain one or more components of physical fitness

Exhalation (expiration) the movement of gases from the lungs to the atmosphere

Expanded practice nursing that goes beyond the traditional roles of registered nurses

Experimental design a research method in which the investigator manipulates the independent variable by administering a treatment to some subjects while withholding it from others

Expiration (exhalation) the outflow of air from the lungs to the atmosphere

Expressed consent an oral or written agreement

External auditory meatus the entrance to the ear canal

External respiration the interchange of oxygen and carbon dioxide between the alveoli of the lungs and the pulmonary blood

External stimuli things that are visual (sight), auditory (hearing), olfactory (smell), tactile (touch), and gustatory (taste)

Extinction the failure to perceive touch on one side of the body when two symmetric areas of the body are touched simultaneously

Extracellular fluid (ECF) fluid found outside the body cells

Exudate material, such as fluid and cells, that has escaped from blood vessels during the inflammatory process and is deposited in tissue or on tissue surfaces

Fad a widespread but short-lived interest, or a practice followed with considerable zeal

Failure to thrive delayed infant development without any physical cause; the infant is often malnourished and fails to gain weight and grow normally

Faith an active "mode of being-in-relation" to another or others in which we invest commitment, belief, love, and hope

False imprisonment the unlawful restraint or detention of another person against his or her wishes

Family any combination of two or more persons bound together over time by ties of mutual consent, birth or adoption, or placement, and who assume responsibilities for any combination of physical maintenance and care of group members, addition of new members through procreation or adoption, socialization of children, social control of members, production, consumption, distribution of goods and services, or affective nurturance

Family nursing refers to those relational practices, which involve family members in care

Family support form of social support which helps to buffer stress

Family unit as the client of care attention is simultaneously directed toward the individual and the family, with the family in the foreground

Fasciculation an abnormal contraction or shortening of a bundle of muscle fibres

Fat-soluble vitamins A, D, E, and K vitamins that the body can store

Fatty acid the basic structural unit of most lipids; made up of carbon chains and hydrogen

Fear an emotional response to an actual, present danger

Febriile pertaining to a fever; feverish

Fecal impaction a mass or collection of hardened, puttylike feces in the folds of the rectum

Fecal incontinence (bowel incontinence) loss of voluntary ability to control fecal and gaseous discharges through the anal sphincter

Fecal-oral route the transfer or microorganisms from fecal particles

from a carrier through food or water to a another person

Feces (stool) body wastes and undigested food eliminated from the rectum

Feedback (communication) the response or message that the receiver returns to the sender during communication

Feedback (homeostasis) the mechanism by which some output of a system is returned to the system as input

Fellatio oral stimulation of the penis by licking and sucking

Fetal alcohol syndrome impaired mitochondrial development in the fetus, which leads to microcephaly, mental retardation, learning disorders, and other central nervous system defects; results from alcohol use by pregnant women

Fever elevated body temperature

Fever spike a temperature that rises to fever level rapidly following a normal temperature and then returns to normal within a few hours is called a

Fibre an indigestible carbohydrate derived from plants

Fibrin an insoluble protein formed from fibrinogen during the clotting of blood

Fibrinogen a plasma protein that is converted to fibrin when it is released into the tissues and, together with thromboplastin and platelets, forms an interlacing network making a barrier to wall off an area

Fibrous (scar) tissue common connective tissue composed of elastic and collagen fibres

Fidelity a moral principle that obligates the individual to be faithful to agreements and responsibilities the person has undertaken

Fifth vital sign pain assessment

Filtration passage through a material that restricts or prevents passage of certain molecules

Filtration pressure the stress or strain exerted during the passage through a filter

First intention healing (primary union, primary intention healing) healing that occurs in a wound in which the tissue surfaces are or have been approximated and there is minimal or no tissue loss; it is characterized by the formation of minimal granulation tissue and scarring

First-level manager a manager responsible for the work of nonmanagerial personnel and the day-to-day activities of a specific work group or groups

First-pass effect oral drugs first pass through the liver and are partially metabolized before reaching the target organ

Fissure a cleft or groove

Fit testing fitting a respirator mask to an individual based on size and style to ensure and adequate seal of a mask around the mouth and nose

Fixation (psychological) immobilization or the inability of the personality to proceed to the next developmental stage because of anxiety

Flaccid weak or lax or soft, especially in relation to muscles

Flatness (of sound) an extremely dull sound produced, during percussion, by very dense tissue, such as muscle or bone

Flatulence the presence of excessive amounts of gas in the stomach or intestines

Flatus gas or air normally present in the stomach or intestines

Flowsheet a record of the progress of specific or specialized data, such as vital signs, fluid balance, or routine medications; often charted in graph form

Fluid volume deficit (FVD) an abnormal reduction in blood volume

Fluid volume excess (FVE) an abnormal increase in the body's blood volume; circulatory overload

Foam swabs equipment used to clean mouths of dependent clients

Focus Charting a method of charting that uses key words or foci to describe what is happening to the client

Food diary a detailed record of measured amounts of all food and fluid consumed during a specific period of time

Food frequency record a checklist which indicates how often general food groups or specific foods are eaten

Foreplay (precoital stimulation) physical stimulation used as a prelude to intercourse

Formal care plan usually a written guide to direct the efforts of nurses as they work with patients to achieve mutually agreed upon goals

Formal leader an appointed leader selected by an organization and given official authority to make decisions and act

Four-point alternate gait a crutch gait in which the client moves the right crutch ahead a suitable distance; moves the left front foot forward, preferably to the level of the left crutch; moves the left crutch forward; and moves the right foot forward; the client must be able to bear weight on both legs is use this gait

Fowler's position a bed sitting position with the head of the bed raised to 45 degrees

Frail elderly describes the older adult who has significant physiological functional impairment

Frailty a general decline in an older adult's physical functioning that can result in increased vulnerability to illness

Friction rubbing; the force that opposes motion

Full agonists painkillers that bind to opioid receptors, mimicking the effects of endogenous opioids, or endorphins

Full disclosure all information required by the client will be provided prior to participation in a research study

Full liquid diet only liquids or foods that turn to liquid at body temperature

Full-thickness wound wounds that involve the dermis, epidermis, subcutaneous tissue, and possibly muscle and bone; require connective tissue repair

Functional age age based on the fact that aging is a multifaceted, diverse process in which individuals at a specific chronological age are either older or younger than their peers in terms of some relevant skill or experience

Functional method a model for delivering nursing care which focuses on the tasks to be completed

Functional strength the ability of the body to perform work

Fungi infection-causing microorganisms that include yeasts and moulds

Futile resuscitation that offers no reasonable hope of recovery or improvement because the person is permanently unable to experience any benefit

Gait the way a person walks

Gaiter area the area from 2.5 cm below the malleolus to the lower third of the calf

Gastrocolic reflex increased peristalsis of the colon after food has entered the stomach

Gastrostomy an opening through the abdominal wall into the stomach

Gastrostomy tube a tube inserted through the abdominal wall into the stomach

Gauge (diameter) the size of the shaft of the needle; varies from 18 gauge to 28 gauge; the larger the gauge number, the smaller the diameter of the shaft

Gender indicates biological male or female status

General adaptation syndrome (GAS) a general arousal response of the body to a stressor that is characterized by certain physiological events and that is dominated by the sympathetic nervous system

General anaesthesia sedative drugs that produce relaxation of skeletal muscles, and reduced or absent reflex action

Generalized anxiety a state of mental uneasiness, apprehension, or dread that produces an increased level of arousal

Generation X the generation of people born between 1965 and 1978; nurses born in that span, who are characterized as being independent, resilient, confident, and loyal and committed to colleagues and clients over the employer; willing to share their expertise with colleagues and clients; and letting care be guided more by their client's desire than by rules and policies in the organization

Generation Y the generation of people born between 1979 and 2000

Generativity (Erikson) concern for establishing and guiding the next generation

Generic name (of drug) a drug name not protected by trademark and usually describing the chemical structure of the drug

Genogram a concise visual depiction of family structure; an assessment tool for family nursing

Geragogy the process involved in stimulating and helping older adults to learn

Gerontology the study of all aspects of the aging process, including biological, psychological, and sociological

Gingiva the gum tissue

Gingivitis red, swollen gingiva (gums)

Glaucoma a disturbance in the circulation of aqueous fluid; causes an increase in intraocular pressure

Global self refers to the collective beliefs and images a person holds about himself or herself; the most complete description that individuals can give of themselves at any one time

Global self-esteem how much a person likes his or her perceived self as a whole

Glomerulus collection of capillary vessels within the kidney involved in the initial formation of urine

Glossitis inflammation of the tongue

Glucagon a hormone released by the pancreas that causes the liver to release glycogen

Glycemic Index an index that measures how much the blood glucose increases in the 2 or 3 hours after a person eats

Glycemic level the amount of glucose present in the blood

Glycogen the chief carbohydrate stored in the body, particularly in the liver and muscles

Glycogenesis the process of glycogen formation

Goals (desired health outcomes) the end results that the client and the nurse are working toward through the care plan; often identified in relation to nursing diagnosis

Good Samaritan health-care practitioner or layperson who provides aid to a person in an emergency

Goodness of fit whether parents' expectations of their child's behaviour are consistent with the child's temperament type

Granulation tissue young connective tissue with new capillaries formed in the wound healing process

Grief emotional suffering often caused by bereavement

Grounded theory a qualitative design used to develop nursing theory from collected data; theory may be generated for relatively new areas, where very little is known, or for more familiar areas, where a fresh viewpoint is sought

Group two or more people with shared purposes and goals

Group dynamics forces that determine the behaviour of the group and the relationships among the group members

Growth physical change and increase in size

Guaicac test a test performed for occult (hidden) blood to detect gastrointestinal bleeding not visible to the eye

Guided imagery a relaxation technique using self-chosen positive images to achieve specific health-related goals (i.e., stress reduction, pain control)

Habit training (schedule toileting) attempt to keep clients dry by having them void at regular intervals

Half-life (elimination half-life) (of a drug) the time interval required for the body's elimination processes to reduce the concentration of the drug in the body by one half

Hand hygiene both hand washing and use of hand sanitizers

Harm reduction a health-promotion approach that aims to minimize harm or reduce the negative consequences of risk behaviour by keeping people as safe and healthy as possible in their current lifestyle realities

Haustra pouches within the large intestine

Haustral churning (haustral shuffling) the movement of the chyme back and forth within the haustra, in the large intestine

Haustral shuffling (haustral churning) the movement of the chyme back and forth within the haustra, in the large intestine

Healing touch a group of noninvasive energy-based techniques that incorpo-

rate therapeutic touch and can be helpful in promoting relaxation, reducing pain, and managing stress

Health a state of being physically fit, mentally stable, and socially comfortable; it encompasses more than the state of being free of disease

Health education a strategy of health promotion concerned with the communication of information and the fostering of motivation, skills, and confidence to take action to improve health

Health field concept the theory that biology, lifestyles, environment, and health-care organizations are the four elements that determine health

Health literacy the ability to read, understand, and act on health information, including such tasks as comprehending prescription labels, interpreting appointment slips, completing health insurance form, and following instructions for diagnostic tests

Health Outcomes for Better Information and Care an initiative in Ontario for the collection and analysis of information on staffing indicators and health outcome measures within different nursing practice settings

Health promotion any activity undertaken for the purpose of achieving a higher level of health and well-being

Health protection activities focused on preventing, avoiding, or minimizing preventable illnesses and injuries that individuals have little or no control over

Health restoration a process of restoring ill or injured people to more optimal levels of health and functioning, emphasizing the importance of helping clients to function adequately in the physical, mental, social, economic, and vocational areas of their lives

Health risk appraisal (HRA) tool that indicates a client's risk of diseases or injury over time by comparing the client with a large national sample with similar demographic data

Health-care system the totality of services offered by all health disciplines

Health-care-associated infections infections associated with the delivery of health-care services in a health-care facility, including hospitals, long-term or continuing-care facilities, community, home care, health-care professionals' offices, or test centres

Heart failure inability of the heart to maintain a circulation sufficient to meet the body's needs

Heat balance the state a person is in when the amount of heat produced by the body exactly equals the amount of heat lost

Heat exhaustion the result of excessive heat and dehydration; signs include pallor, dizziness, nausea, vomiting, fainting, and a moderately increased temperature (38.5°C-39°C)

Heat stroke can result from exercising in hot weather; signs include warm, flushed skin, a lack of sweating, and a temperature of 41°C or higher; can cause the person to be delirious, lose consciousness, or have seizures

Heave an abnormal lateral movement of the chest related to enlargement of the left ventricle

Heimlich manoeuvre subdiaphragmatic abdominal thrusts used to clear an obstructed airway

Helix the posterior curve of the flap of the ear

Helminths (worms) multicelled parasites

Hematocrit the proportion of red blood cells (erythrocytes) to the total blood volume

Hematoma a collection of blood in a tissue, organ, or space due to a break in the wall of a blood vessel

Hemodynamics the study of the movements of the blood

Hemoglobin the red pigment in red blood cells that carries oxygen

Hemolytic transfusion reaction a response that occurs when incompatible blood is transfused into a patient that should have been given blood of a different blood type

Hemoptysis the presence of blood in the sputum

Hemorrhage excessive loss of blood from the vascular system

Hemorrhagic (sanguineous) exudate an exudate containing large amounts of red blood cells

Hemorrhoids distended veins in the rectum

Hemostasis cessation of bleeding

Hemothorax a collection of blood in the pleural cavity

Herbal medicine treatment that using herbs to treat disease or supplement other treatments

Herbal therapy treatment in which the routine use of herbs helps to prevent disease or promote health

Hernia a protrusion of the intestine through the inguinal canal

High-density lipoproteins (HDLs) lipoproteins that carry cholesterol from the tissues to the liver for catabolism and excretion; sometimes called *good cholesterol*

High-Fowler's position a bed-sitting position in which the head of the bed is elevated 90 degrees

Hip circumference the measurement around the largest part of the buttocks and hips

Hirsutism abnormal hairiness, particularly in women

HIS hospital information system

Holism all living organisms are seen as interacting, unified wholes that are more than the sums of their parts

Holistic health a model of health based on the belief that the whole is more than the sum of its parts

Holistic health belief holds that forces of nature must be maintained in balance or harmony

Holistic health care a system that considers all the components of health: health promotion, health maintenance, health education and illness prevention, and restorative-rehabilitative care

Holy day a day set aside for special religious observance

Home health nurses community health nurses who provides, in a client's home, school, or workplace, clinical care and treatment that is directed toward health restoration, maintenance, or palliation

Homeopathy an alternative therapy based on the theory that the cure for the disease lies in the disease itself; thus, treatment is with highly diluted amounts of substances that at a higher concentration would produce the same symptoms as the disease

Homeostasis (balance) the tendency of the body to maintain a state of balance or equilibrium while continually changing; a mechanism in which deviations from normal are sensed and counteracted

Homeostasis (feedback) the mechanism by which some output of a system is returned to the system as input

Homeostatic drive (homeostatic function) (of sleep) restores normal levels of activity and normal balance among parts of the nervous system, including the autonomic nervous system

Homeostatic function (homeostatic drive) (of sleep) restores normal levels of activity and normal balance among parts of the nervous system, including the autonomic nervous system

Hope a multidimensional concept that includes perceiving realistic expectations and goals, having motivation to achieve goals, anticipating outcomes, establishing trust and interpersonal relationships, relying on internal and external resources, having determination to endure, and being oriented to the future

Hordeolum (sty) a redness, swelling, and tenderness of the hair follicle and glands that empty at the edge of the eyelids

Horticultural therapy an adjunct therapy to occupational and physical therapy that has people view nature, visit a healing garden or a wander garden, or actually participate in gardening to decrease social isolation, foster interactions with others, stimulate the five senses, provide leisure activities, improve motor function, provide a sense of achievement, and improve self-esteem

Hospice care care that addresses the specific needs of the dying and their families

Hospice palliative care end-of-life care based on holistic concepts that emphasize care to improve the quality of life, rather than cure; nurse can specialize in hospice palliative care, with that care limited often to persons experiencing difficult dying processes

Hospital Information System (HIS) a tool used to manage client care data

Hub the part of the needle that fits onto the syringe

Humanism learning that focuses on the feelings and attitudes of learners, the importance of the individual in identifying learning needs and taking responsibility for them, and the self-motivation of the learners to work toward self-reliance and independence

Humanist the view that the mind and body are indivisible, people have the power to solve their own problems, people are responsible for the patterns of their lives, and well-being is a combination of personal satisfaction and contributions to the larger community

Humidifier a device that adds water vapour to inspired air

Humoral (circulating) immunity antibody-mediated defence; resides ultimately in the B lymphocytes and is mediated by the antibodies produced by B cells

Humour the ability to discover, express, or appreciate the comical or absurdly incongruous, to be amused by our own imperfections or the whimsical aspects of life, and to see the funny side of an otherwise serious situation

Hydrostatic pressure the pressure a liquid exerts on the sides of the container that holds it; also called filtration force

Hygiene the science of health and its maintenance

Hyperalgesia extreme sensitivity to pain

Hypercalcemia an excess of calcium in the blood plasma

Hypercapnia (hypercarbia) accumulation of carbon dioxide in the blood

Hypercarbia (hypercapnia) accumulation of carbon dioxide in the blood

Hyperchloremia an excess of chloride in the blood plasma

Hyperemia increased blood flow to an area

Hyperesthesia greater than normal sensation

Hyperglycemia an excessive concentration of sugar in the blood

Hyperhidrosis excessive perspiration

Hyperinsulinemia the state that exists when excess insulin present in the blood

Hyperkalemia an excess of potassium in the blood plasma

Hypermagnesia an excess of magnesium in the blood plasma

Hypernatremia an excess of sodium in the blood plasma

Hyperopia abnormal refraction in which light rays focus behind the retina; farsightedness

Hyperopic farsighted

Hyperphosphatemia an excess of phosphate in the blood plasma

Hyperpyrexia (hyperthermia, pyrexia) an extremely high body temperature (e.g., 41°C)

Hyperresonance an abnormal booming sound produced during percussion of the lungs

Hypersomnia excessive sleep

Hypertension an abnormally high blood pressure: more than 140 mm Hg systolic or 90 mm Hg diastolic

Hyperthermia (hyperpyrexia, pyrexia) an extremely high body temperature (e.g., 41°C)

Hypertonic describes solutions that have a higher osmolality than body fluids

Hypertrophy enlargement of a muscle or organ

Hyperventilation very deep, rapid respirations

Hypervolemia an abnormal increase in the body's blood volume; circulatory overload

Hypnosis a trance state or an altered state of consciousness in which an individual's concentration is focused and distraction is minimized

Hypocalcemia deficiency of calcium in the blood plasma

Hypochloremia deficiency of chloride in the blood plasma

Hypodermic (subcutaneous) under the skin

Hypodermoclysis the introduction of fluid in the subcutaneous tissues

Hypoesthesia less than normal sensation

Hypoglycemia a reduced amount of glucose in the blood

Hypokalemia deficiency of potassium in the blood plasma

Hypomagnesia deficiency of magnesium in the blood plasma

Hyponatremia deficiency of sodium in the blood plasma

Hypophosphatemia deficiency in phosphate in the blood plasma

Hypotension an abnormally low blood pressure: less than 100 mm Hg systolic in an adult

Hypothalamic integrator the centre in the brain that controls the core temperature; located in the preoptic area of the hypothalamus

Hypothermia a core body temperature lower than the lower limit of normal

Hypothesis in an experiment, a prediction of the relationship between two or more concepts (plural: hypotheses)

Hypothetical or future-oriented questions explore family options and alternative actions or implications in the future

Hypotonic describes solutions that have a lower osmolality than body fluids

Hypoventilation very shallow respirations

Hypovolemia an abnormal reduction in blood volume

Hypoxemia a condition in which the level of oxygen in the blood is less than normal; characterized by a low partial pressure of oxygen in arterial blood or low hemoglobin saturation

Hypoxia insufficient oxygen anywhere in the body

Iatrogenic disease usually an infection that is acquired as a result of treatment or diagnostic procedure

Id the source of instinctive and unconscious psychological urges

Ideal body weight the weight recommended for optimal health

Ideal self how a person would prefer to be; the individual's perception of how he or she should behave based on certain personal standards, aspirations, goals, or values

Identification perceiving the self as similar to and behaving like another person

Idiosyncratic effect a different, unexpected, or individual effect from the normal one usually expected from a medication; the occurrence of unpredictable and unexplainable symptoms

Ileal conduit most commonly used urinary diversion procedure

Ileostomy an opening into the ileum (small bowel)

Illicit drug a drug that is sold illegally; a street drug

Illness a highly personal state in which the person feels unhealthy or ill, may or may not be related to disease

Illness narratives seek understanding of the person's or family's experience of illness in experiences of daily life

Illness prevention such practices as providing immunizations, identifying risk factors for illnesses, and helping people take measures to prevent both acute and chronic illnesses from occurring

Imagination ability to fantasize

Imitation copying the behaviours and attitudes of another person

Immune bodies (immunoglobulin, antibodies) a part of the body's plasma proteins

Immunization (vaccination) the process of becoming immune or rendering someone immune

Immunoglobulin (immune bodies, antibodies) a part of the body's plasma proteins

Implications suggestions for ways of thinking about the phenomenon in the future

Implied consent permission that is assumed in an emergency when consent cannot be obtained from the client or a relative

Impotence (erectile dysfunction) the inability to achieve or maintain an erection sufficient for sexual satisfaction for the self or a partner

Impulse conduction the movement of an impulse along nerve pathways to the spinal cord or directly to the brain; vibrations received in the inner ear are translated into electric impulses that travel along the acoustic nerve to the brain

Incentive spirometer a device that measures the flow of air through a mouthpiece

Incomplete proteins proteins that lack one or more essential amino acids; usually derived from vegetables

Incus middle of the three ossicles of the ear

Independent functions are those areas of health care that are unique to nursing

Independent variable is the behaviour, characteristic, or outcome that a researcher wants to explain

Indirect contact transmission passive transfer of microorganisms from the reservoir to an intermediate inanimate object in the client's immediate environment and then to the recipient, for example, hands touch a contaminated doorknob, pick up microorganisms and transfer them to the recipient's mucous membrane

Individualized care plans tailored to meet the needs of a specific client

Inductive reasoning making generalizations from specific data

Infected (dirty) wounds old traumatic wounds with retained dead tissue and wounds that involve existing clinical infection or perforated viscera

Infection the disease process produced by microorganisms

Infectious agent a microorganism that invades body tissue and proliferates, with damage to host tissue

Infectious disease (communicable disease) a disease that can spread from one person to another

Inferences interpretation or conclusions made based on cues or observed data

Inflammation local and nonspecific defensive tissue response to injury or destruction of cells

Influence an informal strategy used to gain the cooperation of others without exercising formal authority

Informal care plan an unwritten plan of action to address a client health problem

Informal leader an individual selected by the group as its leader because of seniority, age, special abilities, or charisma

Information the result when data are interpreted, organized, or structured in a meaningful way

Information dissemination the use of a variety of media to educate the public and raise awareness about the risks of particular lifestyle choices and personal behaviours, as well as the benefits of changing those behaviours and improving the quality of life

Informed consent a client's agreement to accept a course of treatment or a procedure after receiving complete information, including the risks of treatment and facts relating to it, from the physician

Ingestion the act of taking in food or medication

Ingrown nails aberrant growth of a nail; growing inward of the nail into the soft tissues around it

Inhalation (inspiration) the act of breathing in; the intake of air or other substances into the lungs

Inhibiting effect the administration of one drug before, at the same time as, or after another drug decreases the effects of the drug

Injury physical harm, hurt, trauma, or damage to the body caused by an exchange of energies that exceeds the body's tolerance; typically predictable and preventable

Input consists of information, material, or energy that enters a system

Insensible heat loss heat loss that occurs from evaporation (vaporization)

of moisture from the respiratory tract, mucosa of the mouth, and the skin

Insensible water loss fluid loss that is not perceptible to the individual

In-service education a program administered by an employer that is designed to upgrade the knowledge or skills of employees, such as informing nurses about a new piece of equipment, about specific isolation practices, or about methods of implementing a nurse theorist's conceptual framework for nursing

Insoluble fibre fibre that acts as roughage and draws water into the colon, preventing constipation; sources include wheat bran, and the skins of some fruits and vegetables

Insomnia inability to obtain a sufficient quality or quantity of sleep

Inspection visual examination

Inspiration (inhalation) the act of breathing in; the intake of air or other substances into the lungs

Insulin a hormone secreted by the pancreas that enhances the transport of glucose into the cells

Insulin resistance the sensitivity to insulin by the cell's receptors is decreased

Integrative medicine treatments that combines Western medicine and complementary and alternative medicine (CAM) to achieve maximum safety and effectiveness of care

Intensity (amplitude) the loudness or softness of a sound

Intention tremor an involuntary trembling when a person attempts voluntary movement

Intentional injuries damage to the body that result from purposeful harm, such as child abuse, assault, or homicide

Intentional torts person who commit torts intend the action that causes harm to victims

Interdisciplinary or interprofessional approaches ways to increase the effectiveness of health-care delivery by interrelating with many other health-care professionals from all areas

Intermittent feedings enteral feedings of 300 mL to 500 mL of enteral formula several times per day

Intermittent fever a body temperature that alternates at regular intervals between periods of fever and periods of normal temperature

Internal respiration the interchange of oxygen and carbon dioxide between the circulating blood and the cells of the body tissues

Internal stimuli things that are kinesthetic or visceral

Internationally educated nurses nurses who have been educated in other coun-

tries and apply to have their credentials assessed

Interpersonal skills all the verbal and nonverbal activities people use when communicating directly with one another

Interpretive tradition suggests that there is no single fixed reality against which knowledge can be measured

Interprofessional collaboration or interprofessional cooperation health-care professionals from all areas working together to further client care

Interprofessional education health professionals being educated together to provide a greater understanding of the roles each of them play, and help them work together more effectively after graduation

Interrole conflict one person's or group's role expectations differ from the expectations of another person or group

Interstitial fluid liquid that surrounds the cells, includes lymph

Interview a planned communication; a conversation with a purpose

Intimacy (Erikson) the development of affectionate relationships and lengthy attachments and the making of personal commitments to another that may include marriage or sexual relations

Intra-arterial into an artery

Intra-articular into a joint

Intracardiac into the heart muscle

Intracellular fluid (ICF) fluid found within the body cells, also called cellular fluid

Intractable pain pain that is resistant to cure or relief

Intradermal under the epidermis; into the dermis

Intramuscular into the muscle

Intraoperative phase the phase during surgery; begins when the client is transferred to the operating room and ends when the client is admitted to the recovery room

Intraosseous into the bone

Intrapleural within the pleural cavity

Intrapleural pressure pressure within the pleural cavity

Intraspinal (intrathecal) into the spinal canal

Intrathecal (intraspinal) into the spinal canal

Intravascular fluid plasma

Intravenous within a vein

Intravenous block (Bier block) anaesthesia procedure used for the arm, wrist, hand

Intravenous pyelography (IVP) X-ray filming of the kidney and ureters after

injection of a radiopaque material into the vein

Introjection the assimilation of the attributes of others

Introspection a person's consideration of his or her own beliefs, attitudes, motivations, strengths, and limitations

Intuition the understanding or learning of things without the conscious use of reasoning

Invasion of privacy release of personal information without the individual's consent

Invasive (open) surgery surgery that involves large incisions made to visualize and provide direct access to the area requiring surgery

Ions atoms or group of atoms that carry a positive or negative electric charge; electrolytes

Iron-deficiency anemia a form of anemia caused by inadequate supply of iron for synthesis of hemoglobin

Irrigation (lavage) a flushing or washing-out of a body cavity, organ, or wound with a specified solution

Ischemia deficiency of blood supply caused by obstruction of circulation to the body part

Isokinetic (resistive) exercise involves muscle contraction or tension against resistance

Isolation (geographic) a state of physical separation from others

Isolation precautions measures designed to prevent the spread of infections or potentially infectious microorganisms to health-care personnel, clients, and visitors

Isometric (static or setting) exercise tensing of a muscle against an immovable outer resistance, which does not change muscle length or produce joint motion

Isotonic describes solutions that have the same osmolality as body fluids

Isotonic (dynamic) exercise exercise in which muscle tension is constant and the muscle shortens to produce muscle contraction and active movement

Jaundice a yellowish colour of the sclera, mucous membranes, or skin

Jejunostomy an opening through the abdominal wall into the jejunum

Justice process that distributes fairly risks, benefits, and costs

Kardex the trade name for a method that makes use of a series of cards to concisely organize and record client data and instructions for daily nursing care—especially care that changes frequently and must be kept up-to-date

Keloid a hypertrophic scar containing an abnormal amount of collagen

Kilojoule (kJ) a metric measurement referring to the amount of energy required when a force of 1 newton (N) moves 1 kilogram of weight 1 metre distance

Kinesthetic sense refers to awareness of the position and movement of body parts

Knowledge synthesizes information to identify relationships that provide fuller understanding of an issue or subject

Kock pouch a continent ileal bladder conduit that uses a portion of the ileum to form a reservoir for urine

Koilonychia the condition in which the nail curves upward from the nail bed

Korotkoff's sounds a series of five sounds produced by blood within the artery with each ventricular contraction

Kosher acceptable or prepared according to Jewish law

Kussmaul's respiration deep rapid breathing; a dyspnea occurring in paroxysms often preceding diabetic coma; air hunger

Kyphosis excessive convex curvature of the thoracic spine

Lactose intolerance (lactose maldigestion) a shortage of the enzyme lactase, which is needed to breakdown lactose, a sugar in dairy products; symptoms include abdominal pain, bloating, flatulence, cramping, nausea, and diarrhea

Lactose maldigestion (lactose intolerance) a shortage of the enzyme lactase, which is needed to breakdown lactose, a sugar in dairy products; symptoms include abdominal pain, bloating, flatulence, cramping, nausea, and diarrhea

Laissez-faire (nondirective, permissive, ultra-liberal) leader has a nondirective style of leadership in which the leader assumes a "hands-off" approach, allowing group members to perform tasks in their area of expertise while the leader acts as a resource person

Lanugo the fine, woolly hair or down on the shoulders, back, sacrum, and earlobes of the unborn child that may remain for a few weeks after birth

Large calorie (kilocalorie, kcal, Calorie, C, Cal) a unit of heat energy equivalent to the amount of heat required to raise the temperature of 1 kg of water 1°C

Laryngoscopy visual examination of the larynx with a laryngoscope

Lateral position a side-lying position

Lavage (irrigation) a flushing or washing-out of a body cavity, organ, or wound with a specified solution

Laws rules made by humans that regulate social conduct in a formally prescribed and binding manner

Laxatives (cathartics) medications that stimulate bowel activity

Leader a person who influences others to work together to accomplish a specific goal

Leadership style the traits, behaviours, motivations, and choices used by individuals to effectively influence others

Leading questions questions that influence the client to give a particular answer

Learning a change in human disposition or capability that persists over a period of time and cannot be solely accounted for by growth

Learning need a desire or requirement to know something that is presently unknown

Least restraint the policy of using the minimum amount of restraint needed to ensure safety

Leukocyte white blood cell

Leukocytosis an increase in the number of white blood cells

Leukoplakia white patches or spots on the mucous membrane of the tongue or cheek

Libido (sexual desire) urge or desire for sexual activity

Lice parasitic insects that infest mammals

Licensing examination a test for the specific nursing group (e.g., RN, LPN, RPN) provided by the appropriate provincial or territorial regulatory authorities; successful candidates become licensed in that province or territory

Licensure the granting by a nursing regulatory body, such as a college or provincial or territorial nursing association, to a qualified nurse the right to practise within a province or territory according to standards of care and ethics and scope of practice specified in the licence

Lifestyle and behaviour change programs programs that require the active participation of the individuals and are geared toward enhancing their quality of life and extending their lifespan

Lifestyle assessment appraisal of the personal lifestyle and habits of the client as they affect health

Lift an abnormal anterior movement of the chest related to enlargement of the right ventricle

Line of gravity an imaginary vertical line running through the centre of gravity

Lipid an organic substance that is greasy and insoluble in water

Lipodermatosclerosis ulcers in the gaiter area caused by areas of connective tissue in the deep dermis and fat, producing a woody hardening of tissue

Lipoproteins water-soluble substances that are the form in which lipids are transported in the blood

Living will a document that states medical treatments the client chooses to omit or refuse in the event that the client is unable to make these decisions

Livor mortis discolouration of the skin caused by breakdown of the red blood cells; occurs after blood circulation has ceased; appears in the dependent areas of the body

Lobule small segment or lobe

Local adaptation syndrome (LAS) the reaction of one organ or body part to stress

Local anaesthesia an anaesthetic agent interrupts the transmission of nerve impulses to that area; used for minor surgical procedures

Local infection an infection that is limited to the specific part of the body where the microorganisms remain

Local infiltration an anaesthetic agent is injected into a specific area

Locus of control (LOC) a concept about whether clients believe their health status is under their own or other's control

Logical positivism a philosophical doctrine that asserts that scientific knowledge is the only kind of factual knowledge

Logrolling a technique used to turn a client whose body must at all times be kept in straight alignment (like a log), such as a client with a spinal injury

Long-term memory the repository for information stored for very long periods

Lordosis an exaggerated concavity in the lumbar region of the vertebral column

Loss an actual or potential situation in which a valued ability, object, or person is inaccessible or changed so that it is perceived as no longer valuable

Low-density lipoproteins (LDLs) lipoproteins that carry cholesterol to the cells and deposit it there; sometimes called *bad cholesterol*

Low-Fowler's (semi-Fowler's) position a bed-sitting position in which the head of the bed is elevated between 15 and 45 degrees, with or without knee flexion

Lung compliance expansibility of the lung

Lung recoil the tendency of lungs to collapse away from the chest wall

Lung scan an image of the lung produced using a detector or a moving beam of radiation

Maceration the wasting away or softening of a solid as if by the action of soaking; often used to describe degen-

erative changes and eventual disintegration

Macrominerals the minerals that people require daily in amounts of more than 100 mg

Macronutrients energy-producing nutrients (carbohydrates, fats, and proteins)

Macrophage a large phagocytic cell that destroys microorganisms or harmful cells

Major surgery operation that involves a high degree of risk for a variety of reasons; it may be complicated or prolonged; large losses of blood may occur; vital organs may be involved; postoperative complications may occur

Malleus largest of the three ossicles of the ear

Malnutrition a disorder of nutrition; insufficient nourishment of the body cells

Management Information System (MIS) a tool designed to help manage large data bases

Manager a person who is appointed to a position in an organization which gives the power to guide and direct the work of others

Manubrium uppermost portion of the sternum

Margination the aggregating or lining up of substances along a surface or edge (e.g., the lining up of white blood cells against the wall of a blood vessel during the inflammatory process)

Mass peristalsis involves a wave of powerful muscular contraction that moves over large areas of the colon; usually occurs after eating

Massage healing done through touch to stimulate the production of certain chemicals in the immune system that promote healing

Master's programs graduate study programs offered by universities that lead to a master's degree in nursing or a master's degree in science; they provide specialized knowledge and skills that enable nurses to assume advanced roles in practice, education, administration, and research

Mastoid a bony prominence behind the ear

Masturbation manual self-stimulation of the genital organs or other erogenous areas

Maturity the state of maximal function and integration; the state of being fully developed

Mean a measure of central tendency, computed by summing all scores and dividing by the number of subjects; commonly symbolized as \bar{X} or M

Measures of central tendency measures that describe the centre of a distribu-

tion of data, denoting where most of the subjects lie; include the mean, median, and mode

Measures of variability measures that indicate the degree of dispersion or spread of the data; include range, variance, and standard deviation

Meatus an opening, passage, or channel

Mechanical loads extrinsic forces, such as pressure, friction, and shear that cause soft tissue damage and potentially lead to blood flow impedance, tissue necrosis, and pressure ulcer development

Meconium the first fecal material passed by the newborn, normally up to 24 hours after birth

Median a measure of central tendency, representing the exact middle score or value in a distribution of scores; the median is the value above and below which 50% of the scores lie

Medical futility effort to achieve a result that is possible but that experience suggests is highly improbable and cannot systematically be reproduced

Medical narratives provide information related to the nature and onset of physical symptoms, diagnosis, and treatment of a disease process

Medication (drug) a substance administered for the diagnosis, cure, treatment, mitigation, or prevention of disease

Medication history includes information about the drugs the client is taking currently or has taken recently

Meditation mental exercise that directs the mind to think inwardly by closing the sense organs to external stimulation

Melanin the pigment that gives colour to the skin

Menarche onset of menstruation

Menopause cessation of menstruation

Menstruation the monthly discharge of blood through the vagina occurring in nonpregnant women from puberty to menopause

Mentor a person who serves as an experienced guide, adviser, or advocate and assumes responsibility for promoting the growth and professional advancement of a less experienced individual

Mercy killing (euthanasia) the act of painlessly putting to death persons suffering from incurable or distressing disease

Message an expression of thoughts or feelings with verbal or nonverbal communication

Metabolic acidosis a condition characterized by a deficiency of bicarbonate ions in the body in relation to the amount of carbonic acid in the body, in which the pH falls to lower than 7.35

Metabolic alkalosis a condition characterized by an excess of bicarbonate ions in the body in relation to the amount of carbonic acid in the body; the pH rises to greater than 7.45

Metabolic syndrome a constellation of central obesity, dyslipidemia, hypertension, and insulin resistance leading to increased risk of type 2 diabetes mellitus and cardiovascular disease

Metabolism the sum of all the physical and chemical processes by which living substance is formed and maintained and by which energy is made available for use by the organism

Metabolism (of a drug; detoxification, biotransformation) process by which a drug is converted to a less active form

Metabolites end products or enzymes

Metaparadigm a specific relationship among the four major abstract concepts related to nursing

Metered-dose inhaler (MDI) a handheld nebulizer that can be used by clients to self-administer an aerosol medication

Microbial load number of infectious agents present

Microminerals the minerals that people require daily in amounts less than 100 mg

Micronutrients vitamins and minerals

Micturition (urination, voiding) the process of emptying the bladder

Middle-level manager a manager who supervises a number of first-level managers and is responsible for the activities in the departments supervised

Millennial generation or Generation Y nurses born from 1979 to 2000, who are characterized as being at ease with computers, video games, and cell phones; and being able to multitask and easily establish rapport with team members, patients, and families

Minerals found in organic compounds, as inorganic compounds and as free ions

Minimally invasive surgery surgery that involves multiple small incisions through which specialized telescopic equipment is inserted to provide indirect visualization and manipulation of a specific body site or organ; sometimes referred to as laparoscopic or keyhole surgery

Minor surgery operation that involves little risk, produces few complications, and is often performed in a day surgery facility

Miosis constricted pupils

MIS management information system

Mixed hearing loss a combination of conduction and sensorineural loss

Mobility ability to move about freely, easily, and purposefully in the environment

Mode the score or value that occurs most frequently in a distribution of scores

Modelling observing the behaviour of people who have successfully achieved a goal that the person has set and, through observing, acquiring ideas for behaviour and coping strategies

Modulation a pain mechanism in which, noxious impulses stimulate regions of the midbrain, and then descending spinal fibres, from the thalamus through the midbrain and medulla to the dorsal horn, conduct nociceptive inhibitory impulses and release endogenous opioids

Molarity the number of moles of a solute per litre of solution

Mole (mol) is the unit of measurement for electrolytes

Monosaccharides sugars that are composed of single molecules

Monotheism belief in the existence of one God

Monounsaturated fatty acids fatty acids with one double bond

Moral aspect of ethics; concerned with what constitutes right action

Moral agents beings that are capable of actions that have a moral quality

Moral behaviour the way an individual perceives and responds to requirements for people living together within a society

Moral development pattern of change in moral behaviour with age

Moral theories a set of abstract moral principles

Morality a doctrine or system denoting what is right and wrong in conduct, character, or attitude

Mortician a person trained in the care of the dead; also called an undertaker

Motivation the desire to learn

Multiparous two or more pregnancies

Music therapy treatment that consist of listening, rhythm, body movement, and singing to alter ordinary levels of consciousness and achieve the mind's fullest potential, induce relaxation, or promote self-expression

Mutual pretence dying individual, family, and health-care professional are aware of impending death but do not talk about it

Mydriasis enlarged pupils

Myocardial infarction cardiac tissue necrosis owing to obstruction of blood flow to the heart

Myocardium cardiac muscle cells that form the bulk of the heart and contract with each beat

Myopia abnormal refraction in which light rays focus in front of the retina; nearsightedness

Myopic nearsighted

Myotonia increased muscle tension

Narcolepsy a condition in which an individual experiences an uncontrollable desire for sleep or attacks of sleep during the day

Narrative charting a descriptive record of client data and nursing interventions, written in sentences and paragraphs

Nasoenteric tube a long tube that is inserted through one nostril and down into the upper small intestine

Nasogastric tube a plastic or rubber tube inserted through the nose into the stomach for the purpose of feeding or irrigating the stomach

Natural health products (NHPs) vitamins and minerals, herbal remedies, homeopathic medicines, traditional medicines, probiotics, and other products like amino acids and essential fatty acid

Naturalistic paradigm the assumption that there are multiple perspectives of reality, each existing within a context

Natural resources assets that come from extracting things supplied by nature, such as oil, coal, water, and timber, that can be used to create wealth

Naturopathic medicine treatment that involves botanical medicine, homeopathy, clinical nutrition, hydrotherapy, naturopathic manipulation, traditional Chinese medicine, acupuncture, or prevention and lifestyle counselling

Negative feedback inhibits change

Negligence failure to behave in a reasonable and prudent manner; an unintentional tort

Neobladder a piece of ileum that replaces a diseased or damaged bladder, thus making a new bladder that is sutured to the functional urethra

Nephrostomy a surgical procedure that diverts urine from the kidney to a stoma

Nerve block chemical interruption of a nerve pathway effected by injecting a local anaesthetic

Nervous system plasticity the fact that pain mechanisms in the peripheral and central nervous systems can change in response to continued noxious stimulation

Networking a process by which people develop linkages throughout the profession to communicate, share ideas and information, and offer support and direction to each other

Neurectomy surgery in which peripheral or cranial nerves are interrupted to alleviate localized pain

Neurogenic bladder interference with the normal mechanisms of urine elimination in which the client does not perceive bladder fullness and is unable to control the urinary sphincters; the result of impaired neurological function

Neuropathic pain the result of a disturbance of the peripheral or central nervous system that results in pain that may or may not be associated with an ongoing tissue-damaging process

Neutral questions queries that do not direct or pressure a client to answer in a certain way

Nitrogen balance nitrogen output equals nitrogen intake

Nociception the physiological processes related to pain perception

Nociceptors receptors that transmit noxious information

Nocturia increased frequency of urination at night that is not a result of increased fluid intake

Nocturnal emissions orgasm and emission of semen during sleep

Nocturnal enuresis involuntary urination at night

Nocturnal frequency the need for older adults to arise during the night to urinate

Nondirective interview an interview using open-ended questions and empathetic responses to build rapport and learn client concerns

Nondirective (laissez-faire, permissive, ultra-liberal) leader has a nondirective style of leadership in which the leader assumes a "hands-off" approach, allowing group members to perform tasks in their area of expertise while the leader acts as a resource person

Nonessential amino acids amino acids that the body can manufacture

Nonexperimental design a research method in which the investigator does not manipulate the independent variable; used to measure characteristics and determine relationships or correlations among these variables

Nonmaleficence the duty to do no harm

Non-rapid-eye-movement sleep (NREM sleep) a deep restful sleep state

Nonspecific defences bodily defences that protect a person against all microorganisms, regardless of prior exposure

Nonsteroidal anti-inflammatory drugs (NSAIDs) drugs that relieve pain by acting on the peripheral nerve endings to inhibit the formation of the prostaglandins that tend to sensitize nerves to painful stimuli; have anal-

gesic, antipyretic, and anti-inflammatory effect; include ASA and ibuprofen

Nonverbal communication communication other than words, including gestures, posture, and facial expressions

Norm (standard) an ideal or fixed standard; an expected standard of behaviour of group members

Normal flora (resident flora) microorganisms that normally reside on the skin, mucous membranes, and inside the respiratory and gastrointestinal tracts

Normocephalic normal head size

Normocephaly normal head circumference at birth; usually 35 cm

Northern the region north of the north-south line developed by the Geography Division of Statistics Canada

Nosocomial infections infections that originating in a hospital or similar institution; this term is no longer used and has been replaced by *health-care-associated infections*

Nothing per ora all foods and fluids are prohibited

Noxious injurious

NREM (non-rapid-eye-movement) sleep a deep restful sleep state; also called slow-wave sleep

NSAIDs (nonsteroidal anti-inflammatory drugs) drugs that relieve pain by acting on the peripheral nerve endings to inhibit the formation of the prostaglandins that tend to sensitize nerves to painful stimuli; have analgesic, antipyretic, and anti-inflammatory effect; include ASA and ibuprofen

Nulliparous a female who has never given birth

Nurse informaticist an expert who combines computer, information, and nursing science

Nursing care conference a meeting of a group of nurses to discuss possible solutions to certain problems of a client

Nursing diagnosis the nurse's clinical judgment about individual, family, or community responses to actual and potential health problems or life processes to provide the basis for selecting nursing interventions to achieve outcomes for which the nurse is accountable

Nursing informatics the science of using computer information systems in the practice of nursing

Nursing Interventions Classification (NIC) a taxonomy of standardized nursing interventions

Nursing Outcomes Classification (NOC) a taxonomy of standardized nurse-sensitive client outcomes

Nursing practice standards provide guidelines for determining the quality

of nursing care that a patient or client receives

Nursing process a systematic rational method of planning and providing nursing care

Nursing research the systematic, objective investigation of phenomena (experiences, events, or circumstances) of importance to nursing, with the goal of improving practice

Nursing rounds procedures in which a group of nurses visits selected clients at each client's bedside to obtain information that will help plan nursing care, provide clients the opportunity to discuss their care, evaluate the nursing care the client has received, and identify alternative nursing possibilities from research and experienced nurses

Nutrient an organic or inorganic substance found in food; nutrients are digested and absorbed in the gastrointestinal tract and then used in the body's metabolic processes

Nutrition the sum of the process of taking in, assimilating, and using nutrients

Nutritionist a person who has specialized knowledge about nutrition and food

Nutritive value the nutrient content of a specified amount of food

Nystagmus involuntary rapid movement of the eyeball

Obese body mass index of more than 30 kg/m²

Objective data information (data) that is detectable by an observer or can be tested against an accepted standard; can be seen, heard, felt, or smelled

Obligatory losses the essential fluid losses required to maintain body functioning

Occult blood presence of blood that is undetectable to the naked eye

Occupational exposure reasonably anticipated skin, eye, mucous membrane, or parenteral contact with blood or other potentially infectious materials that may result from the performance of an employee's duties

Occupational therapist a health-care professional who assists clients with impaired function to gain the skills required to perform activities of daily living

Official name (of drug) the name under which a drug is listed in one of the official publications (e.g., the *Canadian Formulary*)

Oliguria production of abnormally small amounts of urine by the kidney

Omega-3 fatty acids essential fatty acid and polyunsaturated fats that have been shown to lower serum triglyceride levels, reduce blood pressure, and decrease factors contributing to blood

clotting and strokes; found primarily in cold-water fish, walnuts, flax, hemp, and canola oil

Omega-6 fatty acids essential fatty acids and polyunsaturated fats that have anti-inflammatory, vasodilator, and anti-thrombotic properties; arachidonic acid, found in meat, poultry, and eggs, is associated with an increased risk of coronary artery disease, diabetes mellitus, osteoporosis, and some autoimmune disorders; linoleic acid and gamma-linolenic acid can be found in cooking oils, including sunflower, safflower, corn, cottonseed, and soybean oils

Oncotic pressure (colloid osmotic pressure) a pulling force exerted by colloids that help maintain the water content of blood

One-point discrimination the ability to sense whether one area of the skin is being stimulated by pressure

Onset of action the time after administration until the body initially responds to the drug

Ontology investigates the nature of being

Open awareness dying individual and surrounding people know about the impending death and feel comfortable in talking about it

Open system a system in which energy, matter, and information move into and out of the system through the system boundary

Open systems (for enteral feedings) enteral feedings that use an open-top container or a syringe (without plunge) for administration; provided in flip-top cans or powdered formulas that are reconstituted with sterile water

Open-ended questions queries that specify only the broad topic to be discussed and invite clients to discover and explore their thoughts and feelings about the topic

Ophthalmic referring to the eye

Opioid antagonists drugs that bind to opioid receptors but do not activate them, effectively blocking the action of opioids

Opportunistic pathogen a microorganism causing disease only in a susceptible individual

Oral referring to the mouth

Organizing to systematize, or to provide structure

Orgasm climax of sexual excitement

Orgasmic dysfunction the inability of a woman to achieve orgasm

Orthomolecular medicine treatment that aims to prevent and treat disease by providing the body with optimal amounts of substances that are natural to the body

Orthopnea ability to breathe only when in an upright position (sitting or standing)

Orthopneic position a sitting position to relieve respiratory difficulty in which the client leans over and is supported by an overbed table across the lap

Orthostatic hypotension decrease in blood pressure related to positional or postural changes from lying to sitting or standing positions

Osmolality (osmolarity) the concentration of solutes in solution; the osmolar concentration of a solution expressed in osmols per litre of solution

Osmosis passage of a solvent through a semipermeable membrane from an area of lesser solute concentration to one of greater solute concentration

Osmotic pressure pressure exerted by the number of nondiffusible particles in a solution; the amount of pressure needed to stop the flow of water across a membrane

Ossicles small bones

Osteoporosis demineralization of the bone

Ostomy a suffix denoting the formation of an opening or outlet, such as an opening on the abdominal wall, for the elimination of feces or urine

Otic referring to the ear

Otoscope an instrument used to examine the ears

Outcome evaluation focuses on demonstrable changes in clients' health status as a result of nursing care

Output energy, matter, or information from a system given out by the system as a result of its processes

Overhydration excess of water in the extracellular fluid

Overnutrition a caloric intake in excess of daily energy requirements, resulting in storage of energy in the form of adipose tissue

Overweight body mass index between 25 kg/m² and 29.9 kg/m²

Oxyhemoglobin hemoglobin combined with molecular oxygen for transportation in blood

Pace number of steps taken per minute or the distance taken in one step when walking

Pain the unpleasant sensory and emotional experience associated with actual or potential damage, or described in terms of such damage

Pain management the alleviation of pain or a reduction to a level of comfort

Pain threshold the amount of pain stimulation a person requires before feeling pain

Pain tolerance the maximum amount and duration of pain that an individual is willing to endure

Palliative care care provided to reduce or alleviate uncomfortable symptoms but not to produce a cure; care that addresses quality of life concerns for those patients living for prolonged periods with a progressive debilitating disease

Pallor the absence of underlying red tones in the skin and may be most readily seen in the buccal mucosa

Palpation the examination of the body using the sense of touch

Pap (Papanicolaou) test or smear a method of taking a sample of cervical cells for microscopic examination to detect malignancy

Paradigm (world view) is a particular way of thinking based on a specific set of beliefs, values, and assumptions

Paralytic ileus temporary (24 to 48 hours) cessation of intestinal movement caused by surgery that involves direct handling of the intestines

Paramedical technologist workers who assist or complete diagnostic tests, such as in radiology, laboratory, or nuclear medicine

Parasites microorganisms that live in or on another from which they obtain nourishment

Parenteral drug administration occurring outside the alimentary tract; injected into the body through some route other than the alimentary canal (e.g., intramuscularly)

Parenteral nutrition the intravenous infusion of water, protein, carbohydrates, electrolytes, minerals, and vitamins through a central vein

Paresis paralysis

Paresthesia an abnormal sensation of burning or prickling

Paronychia infection of the tissue surrounding the nail

Parotitis inflammation of the parotid salivary gland

Partial agonists drugs that block the mu receptors or are neutral at that receptor but bind at a kappa receptor site; have good analgesic potency

Partial pressure the pressure exerted by each individual gas in a mixture according to its percentage concentration in the mixture

Partially complete proteins proteins that contain less than the required amount of one or more essential amino acids; cannot alone support continued growth

Partial-thickness wound a wound confined to the dermis and epidermis; heal by regeneration

Participative (consultative, democratic) leaders have a participative style of leadership in which the leader encourages group discussion and decision making

Passive immunity a resistance of the body to infection in which the host receives natural or artificial antibodies produced by another source

Passive range-of-motion (ROM) exercise exercise in which another person moves each of the client's joints through their complete range of movement, maximally stretching all muscle groups within each plane over each joint

Paternalism an action that is based upon what a parent would do

Pathogen a microorganism with the potential to cause disease

Pathogenicity ability to produce pathologic changes or disease

Pathological fractures break resulting from weakened bone tissue; often caused by neoplasms or osteoporosis

Patient a person who is waiting for or undergoing medical treatment and care

Patient portals information gathered on an internet website

Patient-controlled analgesia (PCA) a pain management technique that allows the client to take an active role in managing pain

Patient-focused care a delivery model that brings all services and care providers to the client

Peak plasma level (of drug) the concentration of a drug in the blood plasma that occurs when the elimination rate equals the rate of absorption

Pedagogy the discipline concerned with helping children to learn

Pediculosis infestation with head lice

Pedophilia sexual acts with children

Peer groups collection of individuals of equal status

Penrose drain a flexible rubber drain

Perceived loss the loss experienced by a person that cannot be verified by others

Perceived self how they see themselves and how they are seen by others

Perception the ability to interpret the environment through the senses

Percussion (in assessment) a method in which the body surface is struck to elicit sounds that can be heard or vibrations that can be felt

Percutaneous the route of absorption of topical medications through the skin

Percutaneous endoscopic gastrostomy (PEG) a procedure in which a PEG catheter is inserted into the stomach through the skin and subcutaneous tis-

sues of the abdomen; used as a feeding tube

Percutaneous endoscopic jejunostomy (PEJ) see percutaneous endoscopic gastrostomy; inserted into jejunum

Perfusion passage of blood constituents through the vessels of the circulatory system

Pericardium the double layer of fibrous membrane that surrounds the heart, protects it, and anchors it to surrounding structures

Peridural (epidural) anaesthesia the injection of an anaesthetic agent into the epidural space (the area inside the spinal column but outside the dura mater)

Permissive (laissez-faire, nondirective, ultra-liberal) leader has a nondirective style of leadership in which the leader assumes a “hands-off” approach, allowing group members to perform tasks in their area of expertise while the leader acts as a resource person

Periodic limb movements of sleep repetitive jerky movements, usually of the lower limbs, during sleep that may contribute to frequent partial arousals and excessive daytime sleepiness

Periodontal disease (pyorrhea) disorder of the supporting structures of the teeth

Perioperative period refers to the three phases of surgery: preoperative, intraoperative, and postoperative

Peripheral neuropathic pain pain that follows damage or sensitization of peripheral nerves, such as phantom limb pain, postherpetic neuralgia, and carpal tunnel syndrome

Peripheral pulse a pulse located in the periphery of the body (e.g., foot, wrist)

Peripheral sensitization after injury, surgery, or inflammation, damaged cells release chemicals, such as bradykinin, histamine, and prostaglandins, which can change nociceptors so that they transmit spontaneous discharges, and respond at a lowered threshold to both nociceptive and non-nociceptive stimuli

Peripherally inserted central catheter (PICC) a catheter is inserted in the basilic or cephalic vein just above or below the antecubital space of the right arm

Peristalsis wavelike movements produced by circular and longitudinal muscle fibres of the intestinal walls; it propels the intestinal contents onward

Person in the context of the family the individual is viewed as the primary focus of nursing care and the family is viewed as a contextual influence

Personal hygiene the self-care that includes bathing, toileting, general body cleaning, and grooming

Personal identity the conscious sense of individuality and uniqueness that is continually evolving throughout life

Personal power power that is associated with admiration by others, which comes from such attributes as strength of character, passion, inspiration, or wisdom

Personal space the distance people prefer in interactions with others

Personal values standards internalized from the society or culture in which a person lives

Personality the outward expression of the inner self

pH a measure of the relative alkalinity or acidity of a solution; a measure of the concentration of hydrogen ions

Phagocyte a white blood cell; it ingests microorganisms, other cells, and foreign particles

Pharmacist a person licensed to prepare and dispense drugs and prescriptions

Pharmacodynamics study of the actions of drugs

Pharmacogenetics how genetic variations, such as gender, size, and body composition, influence clients' responses to a drug

Pharmacokinetics the study of the absorption, distribution, biotransformation, and excretion of drugs

Pharmacology the scientific study of the actions of drugs on living animals and humans

Pharmacopoeia a book containing a list of drug products used in medicine, including their descriptions and formulas

Phenomenology a qualitative design that regards each human as having a unique experience; the researcher attempts to derive meaning from individuals' descriptions of their experiences through in-depth conversations

Phospholipids a glycerol molecule and two fatty acids together; work as emulsifiers to keep fats suspended in the blood and other body fluids; rich sources include liver, eggs, wheat germ, and peanuts

Physical activity bodily movement produced by skeletal muscles that requires energy expenditure and can produce progressive health benefits

Physical dependence (on a drug) a physiological process in which the body adapts to the presence of an opioid such that its abrupt withdrawal or cessation results in physical symptoms

Physical restraints any manual method or physical or mechanical device, material, or equipment attached to the client's body that restrict the client's movement

Physician health-care professionals who prevent, diagnose, and treat human illness and assist in rehabilitation after the onset of disease or injury

Physiotherapist primary care health professionals who analyze the impact of injury, disease, and disorders of movement and function

PIE an acronym for a charting model that follows a recording sequence of problems, interventions, and evaluation of the effectiveness of the interventions

Piggyback (additive setup or alignment) when an intermittent infusion is used to administer at regular intervals a medication mixed in a small amount of IV solution, a secondary set connects the second container to the tubing of the primary container at the upper port

Pilates a method of physical movement and exercise designed to stretch, strengthen, and balance the body, in particular the core or centre, including the abdominal region

Pilot study a small-scale trial run done before an actual quantitative study begins, to determine the feasibility of the data-collection plan, identify flaws, and refine the research methodology

Pinna (auricle) flap of the ear

Pitch the frequency or number of the vibrations heard during auscultation

Place having social or physical attributes and notions of space and time that may be conceptualized as either internal or external

Placebo response the experience pain relief from an intervention that may not be directly related to the actual pain relief method employed

Planned change an intended, purposive attempt to make something different

Planning an ongoing process that includes assessment of the client and establishment of a plan of care

Plantar wart a wart on the sole of the foot

Plaque (dental) deposits on the teeth that serve as a medium for bacterial growth

Plaque an invisible soft film consisting of bacteria, molecules of saliva, and remnants of epithelial cells and leukocytes that adheres to the enamel surface of teeth

Plasma the fluid portion of the blood in which the blood cells are suspended

Plateau a maintained concentration of a drug in the plasma during a series of scheduled doses

Pleural space the potential space between the pleura layers of the lungs

Pleximeter in percussion, the middle finger of the dominant hand placed firmly on the client's skin

Plexor in percussion, the middle finger of the nondominant hand or a percussion hammer used to strike the pleximeter

Pneumothorax accumulation of gas or fluid in the pleural cavity

Point of maximal impulse (PMI) the point where the apex of the heart touches the anterior chest wall

Policies principles or rules that set standards of behaviour; plans or course of action

Polydipsia excessive thirst

Polysaccharides branched chains of dozens, sometimes hundreds, of glucose molecules; starches

Polysomnography electroencephalographic recording of activity (movements, struggling, noisy respirations) during sleep

Polytheism the belief in more than one God

Polyunsaturated fatty acids fatty acids with more than one double bond (or many carbons not bonded to a hydrogen atom)

Polyuria (diuresis) the production of abnormally large amounts of urine by the kidneys without an increased fluid intake

Population used in research to describe all possible members of the group who meet the inclusion criteria for the study

Portability the health-care insurance plan of a province or territory can set only a limited waiting period for eligibility and pay the cost of insured health services provided while temporarily absent from the province or territory but within Canada

Positional power power that is related to the authority associated with a role or title and includes the power to manage people or command resources

Positive feedback stimulates change

Positive reinforcement giving rewards such as praise for a learner's achievements

Possible nursing diagnosis a diagnosis in which evidence about a health problem is incomplete or unclear; requires more data either to support or to refute it

Postformal thought or postformal operations a period following Piaget's formal operational stage that includes creativity, intuition, and the ability to consider information related to other ideas; postformal thinkers can comprehend and balance arguments created by both logic and emotion

Postoperative phase begins with the admission of the client to the postanesthesia area and ends when healing is complete

Postural drainage the drainage, by gravity, of secretions from various lung segments

Postural tonus sustained contraction of the muscles supporting the body's upright position

Potentiating effect the administration of one drug before, at the same time as, or after another drug increases the effects of the drug

Power capacity to influence another person in some way or to produce change

Prayer appeal to a higher power; spiritual or religious context

Preceptor an experienced nurse who assists the novice nurse in improving nursing skill and judgment

Precoital stimulation (foreplay) physical stimulation used as a prelude to intercourse

Precordium an area of the chest overlying the heart

Preemptive analgesia the administration of analgesics before an invasive or operative procedure in order to treat pain before it occurs

Prefilled unit-dose system a prefilled syringe ready for use or a prefilled sterile cartridge and needle that require the attachment of a reusable holder (injection system) before use

Prejudice a strongly held opinion about some topic or group of people

Preload the degree to which muscle fibres in the ventricle are stretched at the end of the relaxation period (diastole)

Premature ejaculation occurs when a man is unable to delay ejaculation long enough to satisfy his partner

Preoperative phase the period before an operation; begins when the decision for surgery has been made and ends when the client is transferred to the operating room bed

Presbycusis loss of hearing related to aging

Presbyopia loss of elasticity of the lens and thus loss of ability to see close objects as a result of the aging process

Prescription the written direction for the preparation and administration of a drug

Pressure ulcers areas of localized damage to the skin and underlying tissue, usually as a result of external forces, such as pressure, friction, and shear

Primary health care (PHC) the point of entry into the health-care system at which initial health care is given

Primary intention healing (primary union, first intention healing) healing that occurs in a wound in which the tissue surfaces are or have been

approximated and there is minimal or no tissue loss; it is characterized by the formation of minimal granulation tissue and scarring

Primary nursing one nurse is responsible for the total care of clients 24 hours a day, 7 days a week, and associates provide care when the primary nurse is not available

Primary sexual characteristics relate to the organs necessary for reproduction

Primary skin lesions appear in response to some change in the external or internal environment of the skin

Primary sleep disorders the person's main problem is a sleep disorder

Primary union (primary intention healing, first intention healing) healing that occurs in a wound in which the tissue surfaces are or have been approximated and there is minimal or no tissue loss; it is characterized by the formation of minimal granulation tissue and scarring

Principles-based (deontological) theories ethical approaches or frameworks that emphasize duties, obligations, principles, and rationality in judging whether an action is right or wrong

Privacy a deserved degree of social retreat that provides a comfortable feeling

Prn order an "as needed" order, which permits the nurse to give a medication when, in the nurse's judgment, the patient requires it

Problem solving process of recognizing, defining, and solving a problem

Problematic substance use a disruption in any area of an individual's life (medical, physical, financial, occupational, family, interpersonal, social, legal, or academic caused by excessive intake of a substance either continually or periodically)

Problem-oriented medical record (POMR) or problem-oriented record (POR) data about the client are recorded and arranged according to the client's problems, rather than according to the source of the information

Procedures methods developed to govern the handling of frequently occurring situations

Process evaluation focuses on how care is given

Process recording the verbatim (word-for-word) account of a conversation

Proctocele (rectocele) a protrusion of part of the rectum into the vagina

Proctoscopy visual examination of the interior of the rectum with a lighted instrument (proctoscope)

Proctosigmoidoscopy visual examination of the rectum and the sigmoid

colon with a lighted instrument (proctosigmoidoscope)

Productivity a measure of performance

Profession an occupation that requires extensive education or a calling that requires special knowledge, skill, and preparation

Professional values beliefs that are acquired during socialization into nursing

Progress notes chart entries made by a variety of methods and by all health-care professionals involved in a client's care for the purpose of describing a client's problems, treatments, and progress toward desired outcomes

Progressive relaxation a formalized relaxation technique designed to reduce stress and chronic pain

Prompted voiding clues provided to patient to support urination

Prone position face-lying position, with or without a small pillow

Proprioception awareness of posture, movement, and changes in equilibrium and the knowledge of position, weight, and resistance of objects in relation to the body

Proprioceptor a sensory receptor that is sensitive to movement and the position of the body

Protein-calorie malnutrition a serious nutritional deficiency; associated with starvation

Protocol a predetermined and preprinted plan specifying the procedure to be followed in a particular situation

Protocol order (collective prescription) a set of criteria and orders under which a medication is to be administered

Protozoa single-celled parasites

Proxy directive a legal statement that appoints a proxy to make medical decisions for the client in the event the client is unable to do so

Psychomotor domain motor skills, such as giving an injection

Puberty the first stage of adolescence, in which sexual organs begin to grow and mature

Public administration the nonprofit operation of health-care insurance plans in each province and territory by a public authority appointed or designated by the government

Public health nurses community health nurses whose practice focuses on the health promotion of populations and work in such settings as community health centres, schools, street clinics, youth centres, and nursing outposts

Pulp cavity the centre of the tooth, which contains the blood vessels and nerves

Pulse the wave of blood within an artery that is created by contraction of the left ventricle of the heart

Pulse deficit the difference between the apical pulse and the radial pulse

Pulse oximeter a noninvasive device that measures the arterial blood oxygen saturation by means of a sensor attached to the finger

Pulse pressure the difference between the systolic and the diastolic blood pressure

Pulse rhythm the pattern of the beats and intervals between the beats

Pulse volume the strength or amplitude of the pulse, the force of blood exerted with each heart beat

Pureed diet a modification of the soft diet, which includes foods that are easily chewed and digested; liquid may be added to the food, which is then blended to a semisolid consistency

Purulent exudate an exudate consisting of leukocytes, liquefied dead tissue debris, and dead and living bacteria

Pus a thick liquid associated with inflammation and composed of cells, liquid, microorganisms, and tissue debris

Pyogenic bacteria bacteria that produce pus

Pyorrhea purulent periodontal disease

Pyrexia (hyperthermia, hyperpyrexia) a body temperature above the normal range; fever

Pyrogens chemical that stimulates the production of fever

Qigong a Chinese discipline consisting of breathing and mental exercises combined with body movements

Qualifiers words that have been added to some NANDA labels to give additional meaning to the diagnostic statement, such as *deficient, impaired, decreased, ineffective, or compromised*

Qualitative designs a research method through which the researcher seeks to derive meaning and understanding from the human experience

Qualitative research an inductive approach to analysis; no formal instruments are used and instead, loosely structured narrative data are collected; data are analyzed by identifying themes and patterns that emerge

Quality (of sound) a subjective description of a sound (e.g., whistling, gurgling)

Quality assurance (program) the evaluation of nursing services provided and the results achieved against an established standard

Quality improvement (QI) an organizational commitment and approach used to continuously improve all processes in the organization with the goal of meeting and exceeding customer expectations and outcomes; also known as total quality management (TQM) and continuous quality improvement (CQI)

Quality practice environments practice environments that have the organizational and human support allocations necessary for safe, competent, and ethical nursing care

Quantitative research a systematic, logical approach to studying phenomena that lend themselves to precise measurement by using quantification and statistical analysis

Quasi-experimental design a research method in which the investigator manipulates the independent variable but either the randomization or the control that characterizes true experiments is lacking

Race classification of people according to shared biological characteristics and physical features

Racism assumption of inherent racial superiority or inferiority and the consequent discrimination against certain races

Radiating pain pain perceived at the source and in surrounding or nearby tissues

Radiation the transfer of heat from the surface of one object to the surface of another without contact between the two objects

Range the difference between the lower and upper range of a variable

Range of motion (ROM) the degree of movement possible for each joint

Rationale the scientific reason for selecting a specific action

Reactive hyperemia a bright red flush on the skin occurring after pressure is relieved

Readiness to learn behaviours or cues that reflect a learner's motivation to learn at a specific time

Receiver the listener, who must listen, observe, and attend

Recent memory information held in the brain for a few hours

Receptor the terminal of a sensory nerve that is sensitive to specific stimuli

Reciprocity mutual; to each other

Recommended dietary allowance is the amount of a specific vitamin, mineral, or macromineral that 97% to 98% of healthy individuals should consume based on their age and sex

Reconstitution the technique of adding a solvent to a powdered drug to prepare it for injection

Record a written communication providing formal, legal documentation of a client's progress

Recording (charting) the process of making written entries about a client on the medical record

Rectocele (proctocele) a protrusion of part of the rectum into the vagina

Referred pain discomfort perceived to be in one area but whose source is another area

Reflective questions are nursing interventions because they can facilitate change

Reflex an automatic response of the body to a stimulus

Reflexology a treatment based on massage of the feet to relieve symptoms in other parts of the body

Reflux backward flow

Regeneration (tissue) renewal, regrowth, or the replacement of destroyed tissue cells by cells that are identical or similar in structure and function

Regional anaesthesia the temporary interruption of the transmission of nerve impulses to and from a specific area or region of the body; the client loses sensation in an area of the body but remains conscious

Registration the listing of an individual's name and other information on the official roster of a governmental or nongovernmental agency

Regression a defence mechanism in which the person adapts behaviour that was comforting earlier in life to overcome the discomfort and insecurity of the present situation

Regulatory bodies nursing organizations that, through provincial or territorial laws, are delegated their authority to monitor and discipline their own membership

Regurgitation the spitting up or backward flow of undigested food

Rehabilitation the process of restoring clients to useful function in physical, mental, social, economic, and vocational areas of their lives

Reiki a healing technique that channels life energy to someone through the hands to reduce stress and aid in relaxation

Relapsing fever the occurrence of short febrile periods of a few days interspersed with periods of 1 or 2 days of normal temperature

Related factors one or more probable causes of the health problem

Relational ethics theories (ethics of care) suggest that individuals have a moral obligation to each other

Relational practice the nurse focuses on understanding the connection between nurse and client and identifies five relational capacities that encourage the growth of a caring relationship: initiative, authenticity, and responsiveness; mutuality and synchrony; honouring of complexity and ambiguity; intentionality, and re-imaging

Relational stance the thoughtful and purposeful choices that nurses make in clinical practice about the ways that they will interact with families

Relationship power the respect others have for someone's personal abilities, knowledge, or skills

Relationships-based (caring) theories an approach to ethics that, in judging the rightness or wrongness of an action, focuses on individual care and responsibility in promoting and maintaining relationships

Relaxation response a healthful physiological state that can be elicited through deep relaxation breathing with emphasis on a prolonged exhalation phase

Reliability the degree to which an instrument produces consistent results on repeated use

Relief a type of comfort that is the experience of having a specific need met

Religion an organized system of worship

REM sleep sleep during which the person experiences rapid eye movements

Remission a period during a chronic illness when there is a lessening of severity or cessation of symptoms

Remittent fever the occurrence of a wide range of temperature fluctuations (more than 2°C) over the 24-hour period, all of which are above normal

Remote (geographic) located far away from urban and even rural centres

Renal ultrasonography a noninvasive test that uses reflected sound waves to visualize the kidneys

Renin-angiotensin-aldosterone system initiated by specialized receptors in the juxtaglomerular apparatus of the kidney nephrons that respond to changes in renal perfusion; if blood flow or pressure to the kidney decreases, renin is released, which causes the conversion of angiotensinogen to angiotensin I, which is then converted to angiotensin II by angiotensin-converting enzyme; angiotensin II acts directly on the nephrons to promote sodium and water retention and stimulates the release of aldosterone from the adrenal cortex; aldosterone also promotes sodium and, therefore, water retention; the net effect restore blood volume and renal perfusion

Report a prepared account of an event for formal presentation

Repression a defence mechanism in which painful thoughts, experiences, and impulses are removed from awareness

Research a methodical investigation to discover facts, prove or revise a theory, or create a plan of action

Research design the method that will be used in the study or investigation to answer the research question

Research problem the situation that needs to be described, explained, or predicted

Research question the statement, question, or hypothesis that a researcher will be addressing

Research-based nursing practice nursing practice that is informed by valid and reliable research findings obtained from scientific investigations

Reservoir a source of microorganisms

Resident flora (normal flora) microorganisms that normally reside on the skin, mucous membranes, and inside the respiratory and gastrointestinal tracts

Residual urine the amount of urine remaining in the bladder after a person voids

Resistive (isokinetic) exercise involves muscle contraction or tension against resistance

Resonance a low-pitched, hollow sound produced over normal lung tissue when the chest is percussed

Respect for persons (autonomy) the state of being independent and self-directed without outside control, to make own decisions

Respiration the act of breathing; transport of oxygen from the atmosphere to the body cells and transport of carbon dioxide from the cells to the atmosphere

Respirators masks made of a high-filtration material that are designed to create a tight seal around the mouth and nose

Respiratory acidosis a state of excess carbon dioxide in the body

Respiratory alkalosis a state of excessive loss of carbon dioxide from the body

Respiratory arrest the sudden cessation of breathing

Respiratory character (respiratory quality) refers to those aspects of breathing that are different from normal, effortless breathing; includes the amount of effort exerted to breathe and the sounds produced by breathing

Respiratory diseases disease that affect the respiratory system, which are the

organs involved in breathing (the nose, throat, larynx, trachea, bronchi, and lungs)

Respiratory pattern (respiratory rhythm) refers to the regularity of the expirations and the inspirations, which are normally evenly spaced

Respiratory quality (respiratory character) refers to those aspects of breathing that are different from normal, effortless breathing; includes the amount of effort exerted to breathe and the sounds produced by breathing

Respiratory rhythm (respiratory pattern) the regularity of the expirations and the inspirations, which are normally evenly spaced

Respiratory technician health-care professionals who assist physicians with the diagnosis and treatment of lung disorders

Respite care temporary relief services for the primary care provider of a dependent adult

Responsibility an obligation to complete a task

Rest repose after exertion

Resting energy expenditure baseline number of calories required to support involuntary body functions without a previous 12-hour fasting period

Resting tremor a tremor that is apparent when the client is at rest and diminishes with activity

Restless legs syndrome crawling or aching sensations in the legs when people are resting or trying to fall asleep

Restorative justice an approach to criminal justice that involves righting the wrong, as much as possible, through reconciliation, healing, and building peace within communities

Restraints protective devices used to limit physical activity of the client or a part of the client's body

Retarded ejaculation (ejaculatory incompetence) the inability to ejaculate into the vagina, or a delayed ejaculation of semen

Retention (urinary) the accumulation of urine in the bladder and the inability of the bladder to empty itself

Reticular activating system (RAS) part of the brain stem; mediates the arousal mechanism through two components: the reticular excitatory area (REA) and the reticular inhibitory area (RIA)

Retrograde pyelography an X-ray film taken after a contrast medium is injected through ureteral catheters into the kidneys

Retrospective audit the evaluation of client outcomes and nursing care after the client has been discharged from the agency; frequently uses chart review and client interviews

Review of the literature a determination of what is known and what is not known about a problem based on published research results

Rhizotomy interruption of the anterior or posterior nerve root between the ganglion and the cord; generally performed on cervical nerve roots to alleviate pain of the head and neck

Right of self-determination subjects in research studies should feel free of undue influence to participate in a study

Rigor mortis the stiffening of the body that occurs after death

Risk factors features that cause a client to be vulnerable to developing a health problem

Risk management a system to reduce danger to clients and staff by anticipating and seeking sources of risk; analyzing, classifying, and prioritizing risks; developing a plan to avoid and manage risk; gathering data that indicate success at avoiding or minimizing risk; and evaluating and modifying risk reduction programs

Risk nursing diagnosis a clinical judgment that a problem does not yet exist, but the presence of risk factors indicates that a problem is likely to develop unless the nurse intervenes

Role the set of expectations about how a person occupying a specific position behaves

Role ambiguity unclear role expectations; people do not know what to do or how to do it and are unable to predict the reactions of others to their behaviour

Role conflict a clash between the beliefs or behaviours imposed by two or more roles fulfilled by one person

Role development socialization into a specific role

Role mastery performance of role behaviours that meet social expectations

Role of the nurse in health promotion the role can involve advocacy, consultation, teaching, facilitation, or coordination of health services

Role performance what a person does in a particular role in relation to the behaviours expected of that role

Role strain a generalized state of frustration or anxiety experienced with the stress of role conflict and ambiguity

Routine practices measures used in the care of all clients regardless of their diagnosis or possible infection status that are used to prevent infections

Rural a word to describe places like the countryside, towns, and small cities outside urban centres

S₁ the first heart sound, which occurs when the atrioventricular valves (mitral and tricuspid) close

S₂ the second heart sound which occurs when the semilunar valves (aortic and pulmonic) close

SA (sinoatrial or sinus) node the primary pacemaker of the heart

Sadomasochistic bondage heterosexual or homosexual activities that involve inflicting pain or experiencing pain during sexual stimulation

Sample portion of a larger group of subjects in a research study

Sanguineous (hemorrhagic) exudate an exudate containing large amounts of red blood cells

Saturated fatty acid a fat whose molecular structure is saturated with hydrogen, such as fats in meat, butter, and eggs

Scabies a contagious skin infestation caused by an arachnid, the itch mite

Scald a burn caused by hot liquid or vapour

Scar (fibrous) tissue defence fibrous tissue derived from granulation tissue

Scientific health belief (biomedical health belief) belief that life and life processes are controlled by physical and biochemical processes that can be manipulated by humans

Scientific method a logical, systematic approach to solving problems

Screening examination a brief review of essential functioning of various body parts or systems

Scrub nurse during operations, the nurse who assists the surgeon

Sebaceous glands minute glands in the skin that secrete fluid through hair follicles

Sebum the oily, lubricating secretion of glands in the skin called sebaceous glands

Secondary intention healing (secondary union) healing that occurs in a wound in which the tissue surfaces are not approximated and there is extensive tissue loss; it is characterized by the formation of excessive granulation tissue and scarring

Secondary sexual characteristics physical characteristics that differentiate the male from the female but do not relate directly to reproduction

Secondary skin lesions a lesion that does not appear initially but results from modifications, such as chronicity, trauma, or infection of the primary lesion

Secondary sleep disorders sleep disturbances caused by another clinical disorder

Secondary union (intention healing secondary) healing that occurs in a wound in which the tissue surfaces are not approximated and there is extensive tissue loss; it is characterized by the formation of excessive granulation tissue and scarring

Seizure a sudden onset of excessive electrical discharges in one or more areas of the brain

Seizure precautions safety measures taken by the nurse to protect clients from injury in the event of a seizure

Self-awareness the relationship between a person's perception of himself or herself and others' perceptions of him or her

Self-concept the collection of ideas, feelings, and beliefs a person has about himself or herself

Self-esteem the value a person has for himself or herself; self-confidence

Self-regulation the homeostatic mechanisms that come into play automatically in a healthy person

Semicircular canals the passages in the inner ear

Semi-Fowler's (low-Fowler's) position a bed-sitting position in which the head of the bed is elevated 15 to 45 degrees, with or without knee flexion

Sender a person or group who wants to convey a message to another

Sensorineural hearing loss is the result of damage to the inner ear, the auditory nerve, or the hearing centre in the brain

Sensoristasis the need for sensory stimulation

Sensory deficit partial or complete impairment of any sensory organ

Sensory deprivation insufficient sensory stimulation for a person to function

Sensory memory momentary perception of stimuli by the senses

Sensory overload an overabundance of sensory stimulation

Sensory perception the organization and translation of stimuli into meaningful information

Sensory reception process of receiving environmental stimuli

Separation anxiety the fear and frustration experienced by young children that comes with parental absences

Septicemia a systemic disease associated with presence of pathogenic microorganisms or their toxins in the blood

Serosanguineous composed of serum and blood

Serous exudate inflammatory material composed of serum (clear portion of blood) derived from the blood and serous membranes of the body, such as

the peritoneum, pleura, pericardium, and meninges; watery in appearance and has few cells

Sex the anatomical differences between men and women; sexual behaviour

Sex play physical stimulation used for sexual pleasure

Sexual arousal the physiologic responses and subjective sense of excitement experienced during sexual activity

Sexual desire (libido) urge or desire for sexual activity

Sexual health the integration of the somatic, emotional, intellectual, and social aspects of sexuality, in ways that are positively enriching and that enhance personality, communication, and love

Sexuality the collective characteristics that mark the differences between the male and female, the constitution and life of the individual as related to sex

Shaft (cannula) a tube with a lumen (channel) that is inserted into a cavity or duct and is often fitted with a trocar during insertion

Shaken baby syndrome (SBS) a constellation of severe injuries, such as cerebral damage, neurological defects, blindness, and mental retardation, caused by deliberate whiplash shaking of an infant; injuries often occur without external evidence of head injury; should be suspected in infants younger than 1 year old who have apnea, seizures, lethargy or drowsiness, bradycardia, or respiratory difficulty, who are in coma, or who die

Shared governance a method that aims to distribute decision making among a group of people

Shared leadership a contemporary theory of leadership that recognizes the leadership capabilities of each member in a professional group and assumes that appropriate leadership will emerge in relation to the challenges that confront the group

Shear a combination of friction and pressure that when applied to the skin results in damage to the blood vessels and tissues

Shock phase second stage of the adaptation syndrome described by Selye

Short-term memory information held in the brain for a few minutes

Shroud a large piece of plastic or cotton material that wraps a body after death

Side effect (of drug) the secondary effect of a drug that is unintended; usually predictable and may be either harmless or potentially harmful

Silent generation nurses born from 1933 to 1944, who are characterized as

having a traditional work ethic and good critical thinking skills, being disciplined and loyal team players, and sharing knowledge and expertise readily with their colleagues

Sims' position side-lying position with lowermost arm behind the body and uppermost leg flexed

Single order a one-time order (e.g., of medication)

Sinoatrial (SA or sinus) node the primary pacemaker of the heart

Sinus (sinoatrial or SA) node the primary pacemaker of the heart

Situational leadership a contemporary theory of leadership that proposes leaders adopt their style of leadership based on the readiness and willingness of the group

Sitz bath a hip bath used to soak a client's pelvic area by using a special tub or chair that immerses the client from the mid thighs to the iliac crests or umbilicus

Sleep a period of rest for the body and mind in which bodily functions are partially suspended

Sleep apnea periodic cessation of breathing during sleep

Sleep architecture the basic organization of normal sleep

Sleep deprivation a syndrome caused by decreases in amount, quality, and consistency of sleep; produces a variety of physiological and behavioural symptoms, the severity of which depend on the degree of deprivation

Slow-wave sleep (SWS) deep sleep in which the sleeper's heart and respiratory rates drop 20% to 30% lower than those exhibited during waking hours, the sleeper is difficult to arouse, the person is not disturbed by sensory stimuli, the skeletal muscles are very relaxed, the reflexes are diminished, and snoring is most likely to occur

Small calorie (c, cal, calorie) the amount of heat required to raise the temperature of 1 g of water 1°C

SOAPIER an acronym for a charting method that follows a recording sequence of subjective data, objective data, assessment, planning, interventions, evaluation, and revision

Social support help that fosters successful coping and promotes satisfying and effective living

Social support system others outside the immediate family unit who provide strength, encouragement, and assistance to the family, especially during a crisis

Social worker professionals who promote social change aimed at improving conditions that affect the health and

well-being of individuals, families, groups and communities

Socialization a process by which a person learns the ways of a group or society in order to become a functioning participant

Socratic questions questions that let nurses look beneath the surface, recognize and examine assumptions, search for inconsistencies, examine multiple points of view, and differentiate what they know from what they merely believe

Soft diet foods that are easily chewed and digested

Soixante-neuf simultaneous oral-genital stimulation by two persons

Soluble fibre fibre that, as it passes through the digestive tract, breaks down and forms a gel that is thought to reduce the amount of cholesterol that is absorbed; sources include oats, legumes, some seeds, brown rice, barley, oats, fruits, some green vegetables, and potatoes

Solutes substances dissolved in a liquid

Solvent the liquid in which solutes are dissolved

Somatic pain discomfort that arises from ligaments, tendons, bones, blood vessels, and nerves

Sordes accumulation of foul matter (food, microorganisms, and epithelial elements) on the teeth and gums

Source-oriented record a record in which each person or department makes notations in a separate section or sections of the client's chart

Spastic describing the sudden, prolonged involuntary muscle contractions of clients with damage to the central nervous system

Specific defences ways the body defends itself from microorganisms, mostly involving the immune system, which responds to foreign proteins in the body

Specific gravity the weight or degree of concentration of a substance compared with that of an equal volume of another, such as distilled water, taken as a standard

Specific self-esteem how much an individual approves of a certain part of himself or herself

Spinal anaesthesia (subarachnoid block) anaesthesia produced by injecting an anaesthetic agent into the subarachnoid space surrounding the spinal cord

Spinal cord stimulation (SCS) nonpharmacological invasive therapy to manage pain; insertion of a cable that allows placement of an electrode directly onto the spinal cord

Spiritual distress a disturbance in or a challenge to a person's belief or value system that provides strength, hope, and meaning to life

Spiritual health a feeling of inner peace and of being generally alive, purposeful, and fulfilled; the feeling is rooted in spiritual values or specific religious beliefs

Spiritual well-being harmonious interconnectedness, creative energy, and faith in a power greater than oneself

Spiritual wellness a way of life that is rooted in spiritual values or beliefs and views life as purposeful and pleasurable

Spirituality belief in or relationship with some higher power, creative force, driving being, or infinite source of energy

Sputum the mucus secretion from the lungs, bronchi, and trachea

Stage of exhaustion third phase of Selye's adaptation syndrome

Stage of resistance second phase of Selye's adaptation syndrome

Standard (norm) a generally accepted rule, model, pattern, or measure

Standard deviation the most frequently used measure of variability, indicating the average to which scores deviate from the mean; commonly symbolized as *SD* or *S*

Standardized care plans preprinted guides for giving nursing care of clients with common needs (e.g., a nursing diagnosis)

Standards of care detailed guidelines describing the minimal nursing care that can reasonably be expected to ensure high quality care in a defined situation (e.g., a medical diagnosis or a diagnostic test)

Standing order written and approved document containing rules, policies, procedures, regulations and orders for the conduct of patient care in various identified clinical settings

Stapes one of the three ossicles of the ear

Stat order a single order of medication that is to be administered immediately

Stereognosis the ability to recognize objects by touching and manipulating them

Stereotyping assuming that all members of a culture or ethnic group are alike

Sterile field a specified area that is considered free from microorganisms

Sterile technique (surgical asepsis) those practices that keep an area or object free of all microorganisms

Sterilization a process that destroys all microorganisms, including spores

Sternum breastbone

Sterols carbon, hydrogen, and oxygen arranged in rings

Stimulus an agent or act that stimulates a nerve receptor

Stimulus-based stress models frameworks in which stress is perceived as a stimulus that may trigger an individual's vulnerability to illness

Stoma an artificial opening in the abdominal wall; it may be permanent or temporary

Stomatitis inflammation of the oral mucosa

Stool (feces) waste products excreted from the large intestine

Strabismus squinting or crossing of the eyes; uncoordinated eye movements

Stress (as a stimulus) an event or set of circumstances causing a disrupted response; the disruption caused by a noxious stimulus or stressor

Stressor any factor that produces stress or alters the body's equilibrium

Stridor a harsh, crowing sound made on inhalation caused by constriction of the upper airway

Stroke volume the amount of blood ejected from the heart with each ventricular contraction

Structure evaluation focus on the setting in which care is given

Study purpose what the researcher intends to do with the research problem identified; includes *what* the researcher will do, *who* the subjects will be, and *where* the data will be collected

Stupor a state in which the patient is unresponsive but briefly arousable, only during vigorous and repeated stimuli, and then immediately drifts back to unresponsiveness

Subarachnoid block (spinal anaesthesia) anaesthesia produced by injecting an anaesthetic agent into the subarachnoid space surrounding the spinal cord

Subculture a group whose members share characteristics not common to the larger cultural group

Subcutaneous (hypodermic) beneath the layers of the skin

Subjective data data that are apparent only to the person affected; can be described or verified only by that person

Sublingual under the tongue

Substitute decision makers decision makers who know the patient and can represent his or her best interests (speak on behalf of the patient)

Suctioning the aspiration of secretions by a catheter connected to a suction machine or wall outlet

Sudden infant death syndrome

(SIDS) the sudden and unexpected death of an infant, in which a post-mortem examination usually fails to reveal a cause

Sudoriferous (sweat) glands a gland of the dermis that secretes sweat

Suffocation (asphyxiation) a lack of oxygen intake that can ultimately lead to unconsciousness and death

Suicide the act of a person deliberately causing his or her own death

Sulcular technique a technique of brushing the teeth under the gingival margins

Superego the conscience of personality; the source of feelings of guilt, shame, and inhibition

Supine (dorsal) position a back-lying position; lying on the back with the face upward without support for the head and shoulders

Suppository a solid, cone-shaped, medicated substance inserted into the rectum, vagina, or urethra

Suppuration the formation of pus

Suprapubic above the pubic arch

Surface (topical) anaesthesia temporary interruption of the transmission of nerve impulses to and from a specific area of the body; applied directly to the skin and mucous membranes

Surface temperature the temperature of the skin, the subcutaneous tissue, and fat; variable in response to environmental temperature changes

Surfactant a surface-active agent (e.g., soap or a synthetic detergent); in pulmonary physiology, a mixture of phospholipids secreted by alveolar cells into the alveoli and respiratory air passages that reduces the surface tension of pulmonary fluids and, thus, contributes to the elastic properties of pulmonary tissue

Surgical asepsis (sterile technique) those practices that keep an area or object free of all microorganisms

Susceptible host any person who is at risk for infection

Suspected awareness dying individual, family, and health-care professionals suspect awareness of death

Sutures (wound) the surgical stitches used to close accidental or surgical wounds, can also refer to the material used to sew the wound

Sweat (sudoriferous) glands a gland of the dermis that secretes sweat

Swing-through gait a crutch gait in which the client moves both crutches forward together, and then lifts his or her body weight by the arms and *swings through and beyond* the crutch

Swing-to gait a crutch gait in which the client moves both crutches ahead together, and then lifts his or her body weight by the arms and swings to the crutches

Sympathectomy severance of the pathways of the sympathetic division of the autonomic nervous system; eliminates vasospasm, improves peripheral blood supply, and is effective in treating painful vascular disorders

Sympathetically maintained pain pain that occurs occasionally when abnormal connections between pain fibres and the sympathetic nervous system perpetuate problems with both the pain and the sympathetically controlled functions

Symptom management preventing and treating the symptoms of a disease, the side effects of treatment, and any other problems related to the treatment or disease; a key nursing intervention that directly affects client health outcomes

Syndrome diagnosis a diagnosis that is associated with a cluster of other diagnoses

Synergistic effect the effect when one agent enhances the actions of another

System a set of interacting identifiable parts or components

Systemic infection pertaining to an infection that affects the body as a whole

Systemic vascular resistance (SVR) impedes or opposes blood flow to the tissues and is determined by the viscosity, or thickness of the blood, blood vessel length, and blood vessel diameter

Systole the period during which the ventricles contract

Systolic pressure the pressure of the blood against the arterial walls when the ventricles of the heart contract

Tachycardia an abnormally rapid pulse rate, greater than 100 beats per minute

Tachypnea abnormally fast respirations, usually more than 24 respirations per minute

Tai Chi a discipline that combines physical fitness, meditation, and self-defence through soft, slow, continuous movements that are circular in nature

Tandem (additive setup or alignment) when an intermittent infusion is used to administer at regular intervals a medication mixed in a small amount of IV solution, the second container is attached to the line of the first container at the lower, secondary port

Tartar a visible, hard deposit of plaque and dead bacteria that forms at the gum lines

Task power the ability to influence who is able to help with a process or task

Teaching planned method of instruction to an individual or group

Team nursing a group of nurses organized to do a task together

Technical skills “hands-on” skills, such as those required to manipulate equipment, administer injections, and move or reposition patients

Telehealth the sharing of nursing information using electronic means, such as a telephone or the internet, to answer consumers’ questions

Telehealth the sharing of nursing information using electronic means, such as a telephone or the internet, to answer consumers’ questions

Telemedicine the use of technology to transmit electronic medical data about clients to persons at distant locations

Teleological (consequence-based) theories examine the outcome of an action in judging whether that action is right or wrong

Temperament the way individuals respond to their external and internal environment

Tension pneumothorax occurs when there is buildup of air in the pleural space and it cannot escape, causing increased pressure, which can eventually compromise cardiovascular function

Teratogen anything that adversely affects normal cellular development in the embryo or fetus

Territoriality a concept of the space and things that individuals consider their own

Tertiary intention healing (delayed primary intention healing) healing that occurs when a wound is left open for 3 to 5 days to allow edema or infection to resolve or exudate to drain and are then closed with sutures, staples, or adhesive skin closures

Testicular self-examination a means of early identification of testicular cancer done by the male himself

Theistic based on a belief in a higher power or God

Theory a system of ideas that is proposed to explain a given phenomenon (e.g., theory of gravity)

Therapeutic baths bathing done for physical effects, such as to soothe irritated skin or to treat an area

Therapeutic communication an interactive process between nurse and client that helps the client overcome temporary stress, to get along with other people, to adjust to the unalterable, and to overcome psychological blocks which stand in the way of self-realization

Therapeutic effect (desired effect) (of drug) the primary effect intended of a drug; reason the drug is prescribed

Therapeutic touch (TT) a process by which practitioners believe they can transmit energy to a person who is ill or injured to potentiate the healing process without making contact

Third space syndrome a shift of body fluid into a space from which it is not easily obtained

Thoracic breathing (costal breathing) breathing involving the external intercostal muscles and other accessory muscles, such as the sternocleidomastoid muscles

Three-point gait a crutch gait in which the client moves both crutches and the weaker leg forward, and then moves the stronger leg forward; the client must be able to bear the entire body weight on the unaffected leg

Thrill a vibrating sensation over a blood vessel which indicates turbulent blood flow

Throat culture a specimen collected from the mucosa of the oropharynx and tonsillar regions using a culture swab

Thrombophlebitis inflammation of a vein followed by formation of a blood clot

Thrombus a solid mass of blood constituents in the circulatory system; a clot (plural: thrombi)

Throughput the process of moving from input to output within an open system

Ticks small grey-brown parasites that bite into tissue and suck blood, and can transmit several diseases to people, in particular Rocky Mountain spotted fever, Lyme disease, and tularemia

Tidal volume the volume of air that is normally inhaled and exhaled

Tinea pedis a fungal infection of the foot (Athlete's foot)

Tolerable upper limit the maximum amount of a nutrient that should be ingested to avoid any adverse effects

Tolerance (of drugs) a physiological process resulting in a larger dose of medication being required to obtain the same effect

Topical applied externally (e.g., to the skin or mucous membranes)

Topical (surface) anaesthesia temporary interruption of the transmission of nerve impulses to and from a specific area of the body; applied directly to the skin and mucous membranes

Tort a civil wrong committed against a person or a person's property

Tort law law that defines and enforces duties and rights among private individuals that are not based on contractual agreements

Total enteral nutrition (enteral nutrition) feedings administered through

nasogastric or small-bore feeding tubes or through gastrostomy or jejunostomy tubes

Tracheostomy creation of an opening into the trachea through the neck

Tracheotomy incision of the trachea through the skin and muscles of the neck

Trademark (brand name) the name given by the drug manufacturer

Traditional Chinese medicine (TCM) the Chinese system of medicine that sees the body as a delicate balance of yin and yang: two opposing and inseparable forces

Traditional medicine refers to ways of protecting and restoring health that existed before the arrival of western health-care practices

Tragus the cartilaginous protrusion at the entrance to the ear canal

Transformational leadership a contemporary theory of leadership in which resources are exchanged as an incentive for loyalty and performance

Transactional stress theory a theory that encompasses a set of cognitive, affective, and adaptive (coping) responses that arise out of person-environment transactions; the person and the environment are inseparable and affect each other

Transcellular fluid is a set of fluids that are outside of the normal compartments

Transcendence a type of comfort that refers to the state in which the client is invigorated or inspired for extraordinary performance as an end state, rather than ordinary performance, which is the end state for relief and ease

Transcultural nursing nursing practice that focuses upon how the values and beliefs of cultural groups influence health behaviours

Transcutaneous electric nerve stimulation (TENS) a noninvasive, nonanalgesic pain control technique that allows the client to assist in the management of acute and chronic pain

Transdermal patch a type of topical or dermatologic medication delivery system that administers sustained-action medications via multilayered films containing the drug and an adhesive layer

Transduction a pain mechanism in which the excited nociceptor converts the surrounding noxious stimulus into an electrochemical impulse that is then carried to the central nervous system

Transfats, also known as trans fatty acids, are made during partial hydrogenation of vegetable oils; usually the hydrogen atoms at a double bond are positioned on the same side of the carbon chain; however, partial hydrogenation reconfigures some dou-

ble bonds and the hydrogens end up on different sides of the chain

Transformational leadership a contemporary theory of leadership in which the leader inspires and empowers others to share in a goal

Transmission a pain mechanism in which noxious information is conducted along two types of nociceptive fibres, A-delta and C fibres

Transsexual a person of one biological sex who has the feelings of the other sex; the person feels trapped within the body of the wrong gender

Treatment nursing care intended to relieve illness or injury

Tremor an involuntary trembling of a limb or body part

Triadic questions posed to a third person about the relationship between the other two

Triangle (tripod) position the proper standing position with crutches; the crutches are 15 cm in front of the feet and 15 cm out laterally

Triangular fossa a depression of the antihelix

Triglycerides substances that have three fatty acids; they account for more than 90% of the lipids in food and in the body

Trigone a triangular area at the base of the bladder marked by the ureter openings at the posterior corners and the opening of urethra at the anterior corner

Trimester the 3-month period during pregnancy marking certain landmarks for developmental changes in mother and the fetus; three trimesters during pregnancy

Tripod (triangle) position the proper standing position with crutches; the crutches are 15 cm in front of the feet and 15 cm out laterally

Troponin enzyme released into the blood during a myocardial infarction

Tui Na a body massage treatment that uses acupressure, the purpose of which is to bring the body into balance; it is accomplished through a series of pressing, tapping, and kneading with palms, fingertips, knuckles or implements that help the body to remove blockages along the meridians of the body and stimulates the flow of qi and blood to promote healing

Turgor normal fullness and elasticity

Two-point alternate gait a crutch gait in which the client moves the left crutch and the right foot forward together, and then moves the right crutch and the left foot ahead together; the client must be able to bear at least partial weight on each foot

Two-point discrimination the ability to sense whether two areas of the skin are being stimulated by pressure

Tympanic membrane the eardrum

Tympany a musical or drumlike sound produced during percussion over an air-filled stomach and abdomen

Ultra-liberal (laissez-faire, nondirective, permissive) leader has a nondirective style of leadership in which the leader assumes a “hands-off” approach, allowing group members to perform tasks in their area of expertise while the leader acts as a resource person

Unconscious mind the mental life of a person of which the person is unaware

Undermining when a wound reaches under the skin surface; can result in a sinus tract or tunnel that extends the wound many centimetres beyond the main wound surface

Undernutrition a caloric intake of less than the daily energy requirements, resulting in weight loss

Unintentional injuries harm that results from unplanned events, such as motor vehicle collisions, falls, drowning, fire, or ingestion of foreign objects

Universality all people in a province or territory must have access to the insured health services in the health-care insurance plan of that province or territory

Unplanned change haphazard change that occurs without control by any person or group

Unsaturated fatty acid a fatty acid that could accommodate more hydrogen atoms than it currently does

Upper-level managers organizational executives who are primarily responsible for establishing goals and developing strategic plans

Urea a substance found in urine, blood, and lymph; the main nitrogenous substance in blood

Ureterostomy a surgical procedure that brings one or both of the ureters to the side of the abdomen to form small stomas

Urgent surgery surgical intervention is required within 24 to 48 hours

Urinary frequency the need to urinate often

Urinary hesitancy a delay and difficulty in initiating voiding; often associated with dysuria

Urinary incontinence (UI) a temporary or permanent inability of the external sphincter muscles to control the flow of urine from the bladder

Urinary pH the measurement of the concentration of hydrogen ions in the urine which indicates its acidity or alkalinity

Urinary reflux backward flow of urine

Urinary retention the accumulation of urine in the bladder and inability of the bladder to empty itself

Urinary stasis stagnation of urinary flow

Urinary urgency the need to urinate with urgency

Urination (micturition, voiding) the process of emptying the bladder

Usual body weight the amount that an individual usually weighs

Utilitarianism a specific, consequence-based, ethical theory that judges as right the action that does the most good and least amount of harm for the greatest number of persons

Vaccination (immunization) the process of becoming immune or rendering someone immune

Vacuum-assisted closure an adjunctive therapy that employs negative pressure (a vacuum) to remove fluid from difficult-to-heal wounds

Vaginismus the irregular and involuntary contraction of the muscles around the outer third of the vagina when coitus is attempted

Validation the determination that the diagnosis accurately reflects the problem of the client, that the methods used for data gathering were appropriate, and that the conclusion or diagnosis is justified by the data

Validity the degree to which an instrument measures what it is intended to measure

Valsalva manoeuvre forceful exhalation against a closed glottis, which increases intrathoracic pressure and, thus, interferes with venous blood return to the heart

Value set all the values (e.g., personal, professional, religious) that a person holds

Value system the organization of a person's values along a continuum of relative importance

Values personal beliefs about the worth of a given idea or behaviour

Values clarification a process by which individuals define their own values

Vaporization continuous evaporation of moisture from the respiratory tract and from the mucosa of the mouth and from the skin

Variance a variation or deviation from a critical pathway; goals not met or interventions not performed according to the time frame

Vasocongestion congestion of the blood vessels

Vector-borne transmission an animal or insect that serves an intermediate

means to transport an infectious agent into a susceptible host

Vehicle-borne transmission a substance that serves an intermediate means to transport an infectious agent into a susceptible host

Ventilation the movement of air in and out of the lungs; the process of inhalation and exhalation

Ventricles (of the heart) two lower hollow chambers within the heart

Veracity a moral principle that holds that people should tell the truth and not lie

Verbal communication use of verbal language to send and receive messages

Vernix caseosa a protective covering that develops over the unborn fetus' skin; a white, cheese-like substance that adheres to the skin and can become 3 mm thick by birth

Vesicostomy a surgical procedure that attaches the bladder wall to an opening in the skin below the navel, forming an incontinent stoma

Vestibule contains the organs of equilibrium; found in the inner ear

Vial a glass medication container with a sealed rubber cap, for single or multiple doses

Vibration a series of vigorous quiverings produced by hands that are placed flat against the chest wall to loosen thick secretions

Vicarious liability the liability of an employer for the negligent acts of an employee done within the scope of the employee's authority or employment

Virions new virus particles

Virtue of good character

Virulence factors evasion mechanisms of microorganisms

Virulence the power of a microorganism to overcome the host defences and produce disease

Viruses minute infectious agents smaller than bacteria

Visceral referring to viscera

Visceral pain results from stimulation of pain receptors in the abdominal cavity, cranium, and thorax

Vision the mental image of a possible and desirable future state

Visual acuity the degree of detail the eye can discern in an image

Visual fields the area an individual can see when looking straight ahead

Vital capacity the maximum amount of air that can be exhaled after a maximum inhalation

Vital signs measurements of physiological functioning, specifically temperature, pulse, respiration, and blood pressure

Vitamin an organic compound that cannot be manufactured by the body and is needed in small quantities to catalyze metabolic processes

Vitiligo patches of hypopigmented skin, caused by the destruction of melanocytes in the area

Voiding (urination, micturition) the process of emptying the bladder

Volume expanders solutions given to replace volume when a patient has lost a lot of body fluids but does not need red blood cells

Volume-control infusion set a small fluid container attached below the primary infusion container used to administer intermittent intravenous medications

Voluntariness the patient's right to come to a decision without force, coercion, or manipulation from others

Voyeurism seeking sexual arousal by observing the body of another

Vulvodynia a chronic vulvar discomfort or pain

Waist circumference the measurement of the waist

Waist-to-hip ratio the ratio of the waist and the hip measurements

Water-soluble vitamins water-soluble vitamins that the body cannot store, so people must get a daily supply in the diet; include C and B-complex

Weight change comparison of usual and ideal body weight

Well-being a subjective perception of balance, harmony, and vitality

Wellness a state of well being; engaging in attitudes and behaviours that enhance quality of life and maximize personal potential

Wellness assessment programs the use of positive methods of enhancement to apprise individuals of the risk factors that are inherent in their lives in order

to motivate them to reduce specific risks and develop positive health habits

Wellness nursing diagnoses clinical judgments that identify transition toward a higher state of wellness; they may relate to individual, family, or group and relates to health processes; and form the basics of nursing interventions

Whistle-blowers people who report a perceived wrongdoing

World view (paradigm) a particular way of thinking based on a specific set of beliefs, values, and assumptions

X-ray examination electromagnetic radiation with extremely short wavelengths produces an image

Yoga a type of meditation that is a system of exercises for attaining bodily or mental control and well being