

GLOSSARY



Abrasion Partial-thickness denudation of an area of integument, generally resulting from falls or scrapes.

Absence seizure (petit mal seizure) A type of generalized seizure characterized by a sudden brief cessation of all motor activity accompanied by a blank stare and unresponsiveness.

Accommodation The ability of the eye to adjust to variations in distance.

Achalasia Absence of peristalsis of the esophagus and high gastroesophageal sphincter pressure resulting in dilation and loss of tone in the esophagus.

Acidosis The condition in which the hydrogen ion concentration increases above normal (reflected in a pH below 7.35).

Acids A substance that releases hydrogen ions in solution.

Acne Disorder of the pilosebaceous (hair and sebaceous gland) structure, resulting in eruption of papules or pustules.

Acoustic neuroma or schwannoma Benign tumor of cranial nerve VIII.

Acquired immune deficiency syndrome (AIDS) A specific group of diseases or conditions that are indicative of severe immunosuppression related to infection with the human immunodeficiency virus.

Acquired immunity Immunity developed after exposure to a pathogen. See *Active immunity*.

Acromegaly Meaning literally “enlarged extremities,” this is a condition resulting from excessive growth hormone secretion during adulthood.

Actinic keratosis Also called senile or solar keratosis, this is an epidermal skin lesion directly related to chronic sun exposure and photodamage.

Active immunity Production of antibodies or development of immune lymphocytes against specific antigens.

Active transport Movement of molecules across cell membranes and epithelial membranes against a concentration gradient; requires energy.

Acute coronary syndromes A general term used to describe the effects of coronary heart disease, including angina and myocardial infarction.

Acute gastritis A benign, self-limiting disorder associated with ingestion of gastric irritants such as aspirin, alcohol, caffeine, or foods contaminated with certain bacteria.

Acute illness An illness that occurs rapidly, lasts for a relatively short time, and is self-limiting.

Acute lymphoblastic leukemia (ALL) Abnormal proliferation of lymphoblasts in the bone marrow, lymph nodes, and spleen; the most common type of leukemia in children and young adults.

Acute myeloblastic leukemia (AML) Uncontrolled proliferation of myeloblasts (granulocyte precursors) and hyperplasia of bone marrow and the spleen; the most common acute leukemia in adults.

Acute myocardial infarction (AMI) Necrosis (death) of myocardial cells.

Acute pain Usually temporary, localized, and of sudden onset; it lasts for less than 6 months and has an identifiable cause, such as trauma, surgery, or inflammation.

Acute renal failure Abrupt onset of renal failure, often reversible.

Acute respiratory distress syndrome (ARDS) Noncardiac pulmonary edema and progressive refractory hypoxemia.

Acute tubular necrosis (ATN) A syndrome of abrupt and progressive decline in tubular and glomerular function.

Advance directive Also called a *living will*, this is a document in which a client formally states preferences for health care in the event that he or she later becomes mentally incapacitated and names a person who has durable power of attorney to serve as a substitute decision maker to implement the client's stated preferences.

Aesthetic surgery See *Cosmetic surgery*.

Afterload The force the ventricles must overcome to eject their blood volume; the pressure in the arterial system ahead of the ventricles.

Agnosia The inability to recognize one or more subjects that were previously familiar; agnosia may be visual, tactile, or auditory.

Agranulocytosis Severe neutropenia, with less than 200 cells/ μm .

Alcoholic cirrhosis (Laënnec's cirrhosis) The end result of alcoholic liver disease.

Alkalosis The condition where the hydrogen ion concentration decreases below normal (reflected in a pH above 7.45).

Alleles Different forms of a gene or DNA occupying the same place on a pair of chromosomes; an allele for each gene is inherited from each parent.

Allergy A hypersensitivity response to environmental or exogenous antigens.

Allografts Grafts between members of the same species but who have different genotypes and HLA antigens. See also *Homograft*.

Alopecia Loss of hair; baldness.

Alzheimer's disease (AD) A form of dementia characterized by progressive, irreversible deterioration of the general intellectual functioning.

Amenorrhea Absence of menstruation.

Amputation Partial or total removal of a body part.

Myotrophic lateral sclerosis (ALS) Progressive, degenerative neurologic disease characterized by weakness and wasting of the involved muscles, without any accompanying sensory or cognitive changes; also called *Lou Gehrig's disease*.

Analgesic A medication that reduces or eliminates the perception of pain.

Anaphylactic shock Shock resulting from a widespread hypersensitivity reaction (called *anaphylaxis*). The pathophysiology in this type of shock includes vasodilation, pooling of blood in the periphery, and hypovolemia with altered cellular metabolism.

Anaplasia The regression of a cell to an immature or undifferentiated cell type.

Anasarca Severe, generalized edema.

Androgens Hormones synthesized in the testes, ovaries, and adrenal cortex that promote expression of male sex characteristics.

Anemia An abnormally low number of circulating RBCs, hemoglobin concentration, or both.

Anergy Inability to react to specific antigens.

Anesthesia State produced by medications given intravenously, intraspinally, subcutaneously, or by inhalation to create temporary partial or total loss of sensation and consciousness in a client for invasive procedures such as surgery or painful diagnostic tests.

Aneurysm Abnormal dilation of a blood vessel, commonly at a site of a weakness or tear in the vessel wall.

Angina pectoris (angina) Chest pain resulting from reduced coronary blood flow that causes a temporary imbalance between myocardial blood supply and demand.

Angioma (hemangioma) Benign vascular tumor.

Anion gap The difference between the sum of two measured anions, chloride and bicarbonate, and the principal measured cation, sodium.

Ankylosing spondylitis A chronic inflammatory arthritis that primarily affects the axial skeleton, leading to pain and progressive stiffening and fusion of the spine.

Anorexia Loss of appetite.

Anorexia nervosa An eating disorder characterized by a body weight less than 85% of expected for age and height, and an intense fear of gaining weight.

Anorgasmia Absence of orgasm.

Anosmia Inability to smell.

Anthropometric measurements Measurement of height, weight, triceps skin folds, and midarm circumference.

Antibodies Immunoglobulin molecules that bind with an antigen to inactivate it.

Antibody-mediated (humoral) immune response Activation of B cells to produce antibodies to respond to antigens such as bacteria, bacterial toxins, and free viruses.

Anticipatory grieving A combination of intellectual and emotional responses and behaviors by which people adjust their self-concept in the face of a potential loss.

Antigen A Substance capable of evoking a specific immune response; usually a protein, which the body recognizes as foreign, causing an immune response to be stimulated.

Aortic valve The semilunar valve between the left ventricle of the heart and the aorta in the heart. It prevents blood from flowing backwards into the ventricle.

Aortitis Inflammation of the aorta, usually the aortic arch.

Aphasia Defective or absent language function.

Apical impulse A normal, visible pulsation (thrust) in the area of the midclavicular line in the left fifth intercostal space. It can be seen on inspection in about half of the adult population.

Aplastic anemia A condition manifested by failure of the bone marrow to produce all three types of blood cells.

Apnea Cessation of breathing lasting from a few seconds to a few minutes.

Appendectomy Surgical removal of the appendix.

Appendicitis Inflammation of the vermiform appendix.

Apraxia The inability to carry out a motor pattern (such as drawing a figure) even when strength and coordination are adequate.

Areflexia Lack of normal reflexes.

Arterial blood gas (ABG) A laboratory test used to evaluate acid-base balance and gas exchange.

Arteriovenous (AV) malformation A congenital intracranial lesion, formed by a tangled collection of dilated arteries and veins, that allows blood to flow directly from the arterial into the venous system, bypassing the normal capillary network.

Arthralgia Joint pain.

Arthritis Joint inflammation.

Ascites Excess fluid in the peritoneal cavity.

Asphyxiation Oxygen deprivation.

Asthma Chronic inflammatory disorder of the airways that is characterized by recurrent episodes of wheezing, breathlessness, chest tightness, and coughing.

Astigmatism A condition that develops with abnormal curvature of the cornea or eyeball, causing the image to focus at multiple points on the retina.

Atelectasis Collapse of lung tissue following obstruction of the bronchus or bronchioles.

Atherosclerosis A form of arteriosclerosis in which deposits of fat and fibrin obstruct and harden the arteries.

Atopic dermatitis (eczema) Common inflammatory skin disorder of unknown cause.

Atrial kick Delivery of an additional bolus of blood to the ventricles resulting from atrial systole; occurs just prior to ventricular systole.

Atrial natriuretic factor A hormone released by atrial muscle cells in response to distention from fluid overload.

Ataxia Uncoordinated, irregular gait and muscle movement; weakness.

Aura Sensation preceding generalized seizure activity; may be a vague sense of uneasiness or an abnormal sensation.

Auscultatory gap A temporary disappearance of sound between the systolic and diastolic BP.

Autografting Transplanting of the client's own tissue; the most successful type of tissue transplant.

Autoimmune disorder Failure of immune system to recognize itself, resulting in normal host tissue being targeted by immune defenses.

Autonomic dysreflexia Exaggerated sympathetic response that occurs in clients with spinal cord injuries at or above the T₆ level.

Autosome A single chromosome from any one of the 22 pairs of chromosomes not involved in sex determination (X or Y); humans have 22 pairs of autosomes.

Azotemia Increased blood levels of nitrogenous waste products.

B lymphocytes (B cells) Bursa-equivalent lymphocytes responsible for synthesizing humoral antibody.

Bacterial vaginosis Nonspecific vaginitis.

Bactericidal Capable of killing organisms without immune system intervention.

Bacteriostatic Inhibits growth of microorganisms, leaving the destruction to the host's immune system.

Bacteriuria Bacteria in the urine.

Balanced suspension traction Traction in which several forces of pull work in unison to raise and support the client's injured extremity off the bed and pull it in a straight fashion away from the body.

Balloon tamponade The application of pressure to stop esophageal bleeding using an inflatable balloon.

Basal cell carcinoma Epithelial tumor that is believed to originate either from the basal layer of the epidermis or from cells in the surrounding dermal structures. These tumors are characterized by an impaired ability of the basal cells of the epidermis to mature into keratinocytes, with mitotic division beyond the basal layer.

Basal metabolic rate Test to measure the energy used when the body is at rest; rarely used due to the availability of more accurate thyroid tests.

Base excess A calculated value also known as buffer base capacity. Base excess reflects the degree of acid-base imbalance by indicating the status of the body's total buffering capacity.

Bases (or alkalis) Substances that accept hydrogen ions in solution.

Bell's palsy (facial paralysis) Disorder of the facial nerve (seventh cranial nerve), characterized by unilateral paralysis of the facial muscles.

Benign prostatic hyperplasia (BPH) Enlargement of the prostate gland.

Bereavement The time of mourning experienced after a loss.

Bile A greenish, watery solution containing bile salts, cholesterol, bilirubin, electrolytes, water, and phospholipids.

Biliary colic A severe, steady pain in the epigastric region or upper right quadrant of the abdomen.

Biofeedback An electronic method of measuring autonomic physiologic responses, such as brain waves, muscle contraction, and skin temperature, and then "feeding" this information back to the client.

Bioterrorism Use of an etiologic agent (disease) to cause harm or kill a population, food, and/or livestock.

Biotherapy Treatment that modifies the biologic processes that result in malignant cells, primarily through enhancing the person's own immune responses.

Bivalving Process of splitting a cast down both sides to alleviate pressure on the injured extremity.

Blood clot See *Thrombus*.

Blood flow The volume of blood transported in a vessel, in an organ, or throughout the entire circulation over a given period of time.

Blood pressure The tension or pressure exerted by blood against arterial walls.

Blunt trauma The type of trauma that occurs when there is no communication from the damaged tissues to the outside environment.

Body mass index (BMI) Used to identify excess adipose tissue, BMI is calculated by dividing the weight (in kilograms) by the height (in meters squared, m²).

Bone marrow transplant (BMT) Infusion of bone marrow cells to restore bone marrow function after chemotherapy or radiation; allogeneic BMT uses donor bone marrow cells from a donor; autologous BMT uses the client's own bone marrow.

Borborygmi Excessive loud and hyperactive bowel sounds.

Botulism A severe, life-threatening form of food poisoning caused by *Clostridium botulinum*.

Brachytherapy A type of radiation therapy in which the source of radiation is placed directly into or adjacent to the tumor, a technique that delivers a high dose to the tumor and a lower dose to normal tissue.

Bradycardia A heart rate of less than 60 beats per minute.

Bradykinesia Slowed movements due to muscle rigidity.

Bradypnea Abnormally low respiratory rate.

Brain abscess Infection with a collection of purulent material within the brain tissue.

Brain death The cessation of cerebral blood flow with global brain infarction and permanent loss of all brain function.

Brain death criteria Clinical signs used to determine whether a comatose client is brain dead.

Breakthrough pain A sudden flare or increase in pain despite comfort with or without baseline analgesia.

Bronchiectasis Permanent abnormal dilation of one or more large bronchi and destruction of bronchial walls, usually accompanied by infection.

Bronchitis Inflammation of the bronchi.

Bruit An adventitious sound heard during auscultation; of venous or arterial origin.

Buffer A substance that prevents major changes in pH by removing or releasing hydrogen ions.

Bulimia nervosa An eating disorder characterized by recurring episodes of binge eating followed by purge behaviors such as self-induced vomiting, use of laxatives or diuretics, fasting, or excessive exercise.

Burn An injury resulting from exposure to heat, chemicals, radiation, or electric current.

Burn shock Hypovolemic shock resulting from the shift of a massive amount of fluid from the intracellular and intravascular compartments into the interstitium following burn injury.

Bursitis Inflammation of the bursa.

Cachexia The wasted physical appearance characteristic of cancer and other chronic illnesses. It is characterized by rapid depletion of the body's protein, particularly in skeletal muscle, with less rapid loss of fat.

Calculi An abnormal concentration in the body, commonly called a stone; occur in the kidneys, ureters, bladder, or urethra.

Cancer A family of complex diseases with manifestations that vary according to body system and type of tumor cells

involved; marked by uncontrolled growth and the spread of abnormal cells.

Candidiasis Infection of mucous membranes caused by *Candida albicans*, a yeast-like fungus.

Carbuncle A group of infected hair follicles.

Carcinogen Cancer-causing agent.

Carcinogenesis The production or origin of cancer.

Carcinoma A tumor arising from epithelial tissue.

Cardiac arrest Sudden failure of the heart to pump.

Cardiac cycle The contraction and relaxation of the heart during one heartbeat.

Cardiac index Cardiac output adjusted for body size.

Cardiac output (CO) The amount of blood pumped by the ventricles into the pulmonary and systemic circulations in 1 minute.

Cardiac rehabilitation A long-term program of medical evaluation, exercise, risk factor modification, education, and counseling designed to limit the physical and psychologic effects of cardiac illness and improve the client's quality of life.

Cardiac reserve The ability of the heart to respond to the body's changing need for cardiac output.

Cardiac tamponade Compression of the heart due to pericardial effusion, trauma, cardiac rupture, or hemorrhage.

Cardiogenic shock Shock that occurs when the heart's pumping ability is compromised to the point that it cannot maintain cardiac output and adequate tissue perfusion.

Cardiomegaly Enlargement of the heart.

Cardiomyopathy Primary abnormality of the heart muscle that affects its structural or functional characteristics.

Cardiovascular disease (CVD) Generic term for disorders of the heart and blood vessels.

Carpal tunnel syndrome Compression of the median nerve as a result of inflammation and swelling of the synovial lining of the tendon sheaths.

Carrier Any individual who carries a single copy of an altered gene or mutation for a recessive condition on one chromosome of a chromosome pair and an unaltered form of that gene on the other chromosome; a carrier generally is not affected by the gene alteration; on the average, each person in the general population is a carrier of five or six gene mutations for recessive disorders.

Catabolism Biochemical process involving the breakdown of complex structures into simpler forms.

Cataract Opacification (clouding) of the lens of the eye.

Celiac disease (celiac sprue, nontropical sprue) Chronic hereditary disorder characterized by sensitivity to the gliadin fraction of gluten, a cereal protein.

Cell cycle The four phases that occur during growth and development of a cell.

Cell-mediated (cellular) immune response Direct or indirect inactivation of antigen by lymphocytes.

Cellulitis A localized infection of the dermis and subcutaneous tissue.

Central pain Related to a lesion in the brain that may spontaneously produce high-frequency bursts of impulses that are perceived as pain.

Cerebral concussion Transient, temporary, neurogenic dysfunction caused by mechanical force to the brain.

Cerebral contusion Bruise on the surface of the brain.

Cerebral edema An increase in the volume of brain tissue due to abnormal accumulation of fluid.

Cerumen Earwax.

Chalazion Granulomatous cyst or nodule of the lid.

Chancre Hard, syphilitic primary ulcer.

Cheilosis Chemical peeling; the application of a chemical to produce a controlled and predictable injury that alters the anatomy of the epidermis and superficial dermis.

Chemotherapy Cancer treatment involving the use of cytotoxic medications to decrease tumor size, adjunctive to surgery or radiation therapy; or to prevent or treat suspected metastases.

Chlamydia A group of syndromes caused by *Chlamydia trachomatis*, a bacterium that behaves like a virus spreading within a host cell; spread by sexual contact and to the neonate by passage through the birth canal of an infected mother.

Cholecystectomy Removal of the gallbladder.

Cholecystitis Inflammation of the gallbladder, usually associated with stones in the cystic or common bile duct.

Cholelithiasis Formation of stones (calculi) within the gallbladder or biliary duct system.

Cholera Acute diarrheal illness caused by certain strains of *Vibrio cholerae*.

Chorea Jerky, rapid, involuntary movements.

Chromosome Genetic material carried by each cell; found in the cell nucleus.

Chronic bronchitis Excessive secretion of bronchial mucus characterized by a productive cough lasting 3 or more months in 2 consecutive years.

Chronic gastritis Disorders characterized by progressive and irreversible changes in the gastric mucosa.

Chronic lymphocytic leukemia (CLL) Proliferation and accumulation of small, abnormal, mature lymphocytes in the bone marrow, peripheral blood, and body tissues; least common type of the major leukemias.

Chronic myelogenous leukemia (CML) Abnormal proliferation of all bone marrow elements, usually associated with a chromosome abnormality (the Philadelphia chromosome).

Chronic obstructive pulmonary disease (COPD) Chronic air flow obstruction due to chronic bronchitis and/or emphysema.

Chronic renal failure Progressive renal tissue destruction with loss of entire nephron unit and function; renal mass decreases, and glomerular filtration, tubular secretion, and reabsorption deteriorate.

Chronic otitis media Condition involving permanent perforation of the tympanic membrane, with or without recurrent pus formation and often accompanied by changes in the mucosa and bony structures (ossicles) of the middle ear.

Chronic pain Prolonged pain, usually lasting longer than 6 months. It is not always associated with an identifiable cause and is often unresponsive to conventional medical treatment.

Chronic sorrow A cyclical, recurring, and potentially progressive pattern of pervasive sadness experienced in response to continual loss, throughout the trajectory of an illness or disability.

Chronic stump pain The result of neuroma formation, causing severe burning pain.

Chronic venous insufficiency A chronic disorder of inadequate venous return.

Chvostek's sign Contraction of the lateral facial muscles in response to tapping the face in front of the ear; caused by decreased blood calcium levels.

Chyme Thick, fluid mixture of food and gastric juices formed in the stomach during the digestive process.

Cirrhosis A progressive, irreversible disorder, eventually leading to liver failure; the end stage of chronic liver disease.

Client A term used instead of "patient" that is based on a philosophy that individuals are active participants in health and illness as well as consumers of healthcare services.

Closed fracture (simple fracture) Break in continuity of bone with skin still intact.

Clubbing Enlargement and blunting of the terminal portion of the fingers; associated with chronic hypoxemia.

Cluster headache A form of vascular headache predominantly experienced by men ages 20 to 40. The headache typically begins 2 to 3 hours after the person falls asleep.

Coagulation The process of creating a fibrin meshwork that cements blood components together to form an insoluble clot.

Code of ethics An established and agreed-on group of principles of conduct that provide a professional framework.

Cold sore See *Herpes simplex*.

Cold zone Considered the "safe zone" during a disaster, it is adjacent to the warm zone and is the area where a more in-depth triage of victims would occur; survivors may find shelter in this area, and command and control vehicles would be found here as well as the emergency transport vehicles.

Colectomy Surgical removal of the colon.

Collateral channels Connections between small arteries.

Collateral vessels Accessory pathways connected to the smaller arteries in the coronary system.

Colorectal cancer Malignant tumor arising from the epithelial tissues of the colon or rectum.

Colostomy Ostomy made in the colon.

Comedones Noninflammatory acne lesions.

Community-based care Centers on individual and family healthcare needs. The nurse practicing community-based care provides direct services to individuals to manage acute or chronic health problems and to promote self-care. The care is provided in the local community, is culturally competent, and is family centered.

Compartment A space enclosed by a fibrous membrane or fascia.

Compartment syndrome Condition in which excess pressure constricts the structures within a compartment, and reduces circulation to muscles and nerves.

Concussion Injury resulting from a violent jar, shake, or impact with an object.

Conjunctivitis Inflammation of the conjunctiva.

Consanguinity Related by having a common ancestor; close blood relationship.

Conscious sedation Anesthesia that provides analgesia and amnesia, but in which the client remains conscious. Clients are able to breathe independently and are cardiovascularly stable.

Consciousness A condition in which a person is aware of self and environment and is able to respond appropriately to stimuli; full consciousness requires both normal arousal and full cognition.

Constipation The infrequent (two or fewer bowel movements weekly) or difficult passage of stools.

Contact dermatitis Type of dermatitis caused by a hypersensitivity response or chemical irritation.

Continuous renal replacement therapy (CRRT) A form of hemodialysis in which blood is continuously circulated through a highly porous hemofilter from artery to vein or vein to vein.

Contractility The inherent capability of the cardiac muscle fibers to shorten.

Contracting The negotiation of a cooperative working agreement between the nurse and client that is continuously renegotiated.

Contracture Permanent shortening of connective tissue.

Contralateral deficit Manifestations of a stroke on the side of the body opposite the side of the brain that is damaged.

Contusion Superficial tissue injury resulting from blunt trauma, such as a kick or blow from an object, that causes the breakage of small blood vessels and bleeding into the surrounding tissue.

Conventional weapons Weapons such as bombs and guns that are used more frequently than nonconventional terrorist weapons.

Convergence Moving inward of the eyes to see an object close to the face.

Co-occurring disorders Concurrent diagnosis of a substance use disorder and a psychiatric disorder. One disorder can precede and cause the other, such as the relationship between alcoholism and depression.

Cor pulmonale Condition of right ventricular hypertrophy and failure that results from long-standing pulmonary hypertension.

Core competencies Standards that a profession agrees are essential for a person to be deemed competent in his or her field.

Corneal reflex Closure of eyelids (blinking) due to corneal irritation.

Coronary heart disease (CHD) Heart disease caused by impaired blood flow to the myocardium.

Coryza (rhinorrhea) Profuse nasal discharge.

Cosmetic surgery (aesthetic surgery) One of two fields within plastic surgery. Cosmetic surgery enhances the attractiveness of normal features.

Crackles Discontinuous lung sound heard by auscultation; can be fine or coarse. Produced by air passing over airway secretions or the opening of collapsed airways.

Crepitation A grating sound heard on movement of a joint.

Creutzfeldt-Jakob disease (CJD, spongiform encephalopathy) Rare, progressive neurologic disease that causes brain degeneration without inflammation.

Critical pathway A healthcare plan designed to provide care with a multidisciplinary, managed action focus; developed for specific diagnoses, usually those that are high volume, high risk, and high cost.

Critical thinking Self-directed thinking that is focused on what to believe or do in a specific situation.

CRNA Certified registered nurse anesthetist; a specialty certified nurse in anesthesia administration.

Crohn's disease (regional enteritis) Chronic, relapsing inflammatory disorder affecting the gastrointestinal tract.

Crossing over A process that occurs during meiosis in which homologous maternal and paternal chromosomes break and exchange corresponding sections of DNA and then rejoin; this process can cause an exchange of alleles between chromosomes and provides human diversity.

Cryosurgery The destruction of tissue by cold or freezing with agents such as fluorocarbon sprays, carbon dioxide snow, nitrous oxide, and liquid nitrogen.

Curettage The removal of lesions with a curette, a semisharp cutting instrument.

Curling's ulcers Acute ulcerations of the stomach or duodenum that form following a burn injury.

Cushing's ulcers Stress ulcers occurring as sequelae of head injury or central nervous system surgery.

Cutaneous melanoma See *Malignant melanoma*.

Cyanosis A bluish discoloration of the skin and mucous membranes due to oxygen deficiency.

Cystectomy Complete surgical removal of the urinary bladder and adjacent muscles and tissues.

Cystic fibrosis (CF) Inherited disorder of the exocrine glands that results in the secretion of abnormal amounts of mucus.

Cystitis Inflammation of the urinary bladder.

Cysts of the skin Benign closed sacs in or under the skin surface that are lined with epithelium and contain fluid or a semisolid material. Epidermal inclusion cysts and pilar cysts are the most common types.

Cytokines Hormone-like polypeptides produced primarily by monocytes, macrophages, and T cells. Cytokines act as messengers of the immune system, facilitating communication between the cells to adjust or vary the inflammatory reaction or to initiate immune cell proliferation and differentiation.

Dawn phenomenon A rise in blood glucose between 4 A.M. and 8 A.M. that is not a response to hypoglycemia.

Death Irreversible cessation of circulatory and respiratory functions or irreversible cessation of all functions of the entire brain, including the brainstem.

Death anxiety Worry or fear related to death or dying.

Debridement Process of removing dead tissue from a wound.

Decerebrate posturing Abnormal posture with the neck extended; the jaw clenched; arms pronated, extended, and close to the sides; legs extended and feet plantar flexed. Results from lesions of the midbrain, pons, or diencephalons.

Decorticate posturing Abnormal posture with the upper arms close to the sides; the elbows, wrists, and fingers flexed; the

legs extended and internally rotated; and the feet plantar flexed. Results from lesions of the corticospinal tracts.

Deep venous thrombosis (DVT) Blood clot (thrombus) formation and inflammation within a deep vein, usually in the pelvis or lower extremities; a common complication of hospitalization, surgery, and immobilization.

Dehiscence An unintended separation of wound margins due to incomplete healing.

Dehydration Loss of water.

Delayed healing Healing that occurs at a slower rate than expected.

Delegation To effectively assign appropriate work activities to other members of the healthcare team. When the nurse delegates nursing care activities to another person, that person is authorized to act in the place of the nurse, while the nurse retains the accountability for the activities performed.

Delirium tremens (DT) A medical emergency usually occurring 3 to 5 days following alcohol withdrawal and lasting 2 to 3 days; characterized by paranoia, disorientation, delusions, visual hallucinations, elevated vital signs, vomiting, diarrhea, and diaphoresis.

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

Demyelination Destruction or removal of the myelin sheaths of nerves.

Depolarization The rapid inflow of sodium ions, causing an electrical change in which the inside of a cell becomes positive in relation to the outside.

Dermatitis Acute or chronic inflammation of the skin characterized by erythema and pain or pruritus.

Dermatome Area of skin innervated by cutaneous branches of a single spinal nerve.

Dermatophytes Fungi that cause superficial skin infections.

Dermatophytoses Superficial fungal infection of the skin; also called *ringworm*.

Diabetes mellitus (DM) Group of chronic disorders of the endocrine pancreas, all categorized under a broad diagnostic label. The condition is characterized by inappropriate hyperglycemia caused by a relative or absolute deficiency of insulin or by a cellular resistance to the action of insulin.

Diabetic ketoacidosis (DKA) A form of metabolic acidosis induced by stress in a person with type 1 diabetes.

Diabetic nephropathy A disease of the kidneys characterized by the presence of albumin in the urine, hypertension, edema, and progressive renal insufficiency.

Diabetic neuropathies Disorders of the peripheral nerves and the autonomic nervous system manifesting one or more of the following: sensory and motor impairment, muscle weakness and pain, cranial nerve disorders, impaired vasomotor function, impaired gastrointestinal function, and impaired genitourinary function.

Diabetic retinopathy The collective name for the changes in the retina that occur in the person with diabetes. The retinal capillary structure undergoes alterations in blood flow, leading to retinal ischemia and a breakdown in the blood retinal barrier.

Dialysate Dialysis solution.

Dialysis The diffusion of solute molecules across a semipermeable membrane from an area of higher concentration to one of lower concentration.

Diaphoresis Copious production of sweat.

Diarrhea An increase in the frequency, volume, and fluid content of the stool.

Diastolic blood pressure The minimum pressure maintained by elastic arterial walls during diastole (cardiac relaxation) to maintain blood flow through capillary beds; averages 80 mmHg in a healthy adult.

Differentiation A process occurring over many cell cycles that allows cells to specialize in certain tasks.

Diffuse brain injury (DBI) A brain injury from a high-speed acceleration-deceleration accident with widespread disruption of axons in the white matter.

Diffuse esophageal spasm Nonperistaltic contraction of esophageal smooth muscle.

Diffusion The process by which solute molecules move from an area of high solute concentration to an area of low solute concentration to become evenly distributed.

Dilemma A choice between two unpleasant, ethically troubling alternatives.

Diplopia Unilateral or bilateral double vision.

Disability The degree of observable and measurable impairment.

Disaster Event that requires extraordinary efforts beyond those needed to respond to everyday emergencies.

Disease Literally meaning "without ease," this term describes alterations in structure and function of the body or mind. Diseases may have mechanical, biologic, or normative causes.

Dislocation Separation of contact between two bones of a joint.

Dissection (aortic) A life-threatening emergency caused by a tear in the intima of the aorta with hemorrhage into the media.

Disseminated intravascular coagulation (DIC) A disruption of hemostasis characterized by widespread intravascular clotting and bleeding; a syndrome that develops as a complication of many other disorders.

Distributive shock Also called *vasogenic shock*, this includes several types of shock that result from widespread vasodilation and decreased peripheral resistance.

Diverticula Saclike projections of mucosa through the muscular layer of the colon.

Diverticulitis Inflammation in and around the diverticular sac; typically affects only one diverticulum, usually in the sigmoid colon.

Diverticulosis Indicates the presence of diverticula.

Dominant A characteristic or gene that is apparent even when the relevant gene is present in only one copy; a person with a dominant gene usually expresses that gene trait.

Do-not-resuscitate (DNR or "no-code") order Usually written by the physician for the client who has a terminal illness or is near death, this order is usually based on the wishes of the client and family that no cardiopulmonary resuscitation be performed for respiratory or cardiac arrest.

Dual diagnosis The coexistence of substance abuse/dependence and a psychiatric disorder in one individual (used interchangeably with *dual disorder* and *co-occurring disorders*).

Dual disorder See *Dual diagnosis*.

Dumping syndrome Complication of partial gastrectomy characterized by nausea, weakness, sweating, palpitation, syncope, sensation of warmth, and occasionally diarrhea.

Duodenal ulcers Peptic ulcer disease affecting the duodenum.

Durable power of attorney A document that can delegate the authority to make health, financial, and/or legal decisions on a person's behalf. It must be in writing and must state that the designated person is authorized to make healthcare decisions.

Dysarthria Difficulty speaking.

Dysfunctional uterine bleeding (DUB) Vaginal bleeding that is usually painless but abnormal in amount, duration, or time of occurrence.

Dysmenorrhea Pain associated with menstruation.

Dyspareunia Painful intercourse.

Dysphagia Difficulty swallowing.

Dysphonia Change in the tone of voice.

Dysplasia The loss of DNA control over differentiation occurring in response to adverse conditions.

Dyspnea Difficult or labored breathing.

Dysrhythmia Abnormal heart rate or rhythm.

Dysuria Painful urination.

Ecchymosis A flat, irregularly shaped lesion of varying size with no pulsation; cause by blood collecting under skin.

Ectopic beats Impulses originating outside normal conduction pathways of the heart.

Edema Accumulation of fluid in the body's tissues; an excess accumulation of fluid in the interstitial space.

Ejection fraction (EF) The percentage of total blood remaining in the ventricle at the end of diastole (relaxation); normal is 50% to 70%.

Electrical bone stimulation Application of electrical current at the fracture site to treat fractures that are not healing appropriately. The electrical stress increases the migration of osteoblasts and osteoclasts to the fracture site. Mineral deposition increases, promoting bone healing.

Electrocardiography The graphic recording of the heart's electrical activity detected and recorded through electrodes placed on the surface of the body.

Electrolytes Substances that dissociate in solution to form charged particles called ions.

Electrosurgery The destruction or removal of tissue with high-frequency alternating current.

Embolic CVA Cerebrovascular accident occurring when a blood clot or clump of matter traveling through the cerebral blood vessels becomes lodged in a vessel too narrow to permit further movement.

Embolism Sudden obstruction of a blood vessel by debris.

Emergency Encompasses an unforeseen combination of circumstances calling for immediate action for a range of victims from one to many.

Empysema Destruction of the walls of the alveoli, with resulting enlargement of abnormal air spaces.

Empyema Accumulation of purulent exudate in the pleural cavity.

Encephalitis An acute inflammation of the parenchyma of the brain or spinal cord.

End of life The final days or weeks of life when death is imminent.

Endocarditis Inflammation of the endocardium.

Endometriosis A condition in which multiple, small implants of endometrial tissue develop throughout the pelvic cavity.

Endoscopy Inspection of organs or cavities of the body using an endoscope.

Endotoxins Found in the cell wall of gram-negative bacteria, endotoxins are released only when the cell is disrupted. They act as activators of many human regulatory systems, producing fever, inflammation, and potentially clotting, bleeding, or hypotension when released in large quantities.

End-stage renal disease The final stage of chronic renal failure in which the kidneys are unable to excrete metabolic wastes and regulate fluid and electrolyte balance adequately; characterized by a glomerular filtration rate of less than 5% of normal.

Enophthalmos Sunken appearance of the eyes.

Enteral nutrition Administration of liquid nutritional formulas to meet calorie and protein needs in clients unable to consume adequate food; also called *tube feeding*.

Enucleation Surgical removal of an eye.

Epicondylitis (tennis elbow, golfer's elbow) Inflammation of the tendon at its point of origin into the bone.

Epididymitis Infection or inflammation of the epididymis.

Epidural hematoma (extradural hematoma) A collection of blood between the dura and the skull.

Epilepsy Chronic seizure activity.

Epistaxis Nosebleed.

Erectile dysfunction Inability of the male to attain and maintain an erection sufficient to permit satisfactory sexual intercourse.

Erosive gastritis See *Stress-induced (erosive) gastritis*.

Erysipelas Infection of the skin most often caused by group A streptococci.

Erythema A reddening of the skin.

Erythropoiesis Red blood cell production.

Eschar Hard, leathery crust that covers a burn wound and harbors necrotic tissue.

Escharotomy Surgical removal of eschar from the torso or extremity to prevent circumferential constriction.

Esophageal varices Enlarged, thin-walled veins that form in the submucosa of the esophagus.

Esophagojejunostomy Removal of the entire stomach with anastomosis of the distal esophagus to the jejunum.

Estrogen Hormone produced by the ovary.

Ethics Principles of conduct. Ethical behavior is concerned with moral duty, values, obligations, and the distinction between right and wrong.

Euthanasia From the Greek for painless, easy, gentle, or good death, now commonly used to signify a killing prompted by a humanitarian motive.

Evisceration Protrusion of body contents through a surgical wound.

Exacerbation A period during chronic illness in which symptoms reappear.

Exfoliative dermatitis Inflammatory skin disorder characterized by excessive peeling or shedding of skin.

Exophthalmos Protrusion of the eyeballs.

Exotoxins Soluble proteins secreted into surrounding tissue by the microorganism. Exotoxins are highly poisonous, causing cell death or dysfunction.

External otitis Inflammation of the ear canal.

Extracapsular fractures Fractures of the trochanteric region.

Extracorporeal shock-wave lithotripsy (ESWL, transcutaneous shock-wave lithotripsy) Noninvasive technique for fragmenting kidney stones using shock waves generated outside the body.

Family Two or more persons joined by emotional closeness and shared bonds and who identify themselves as being part of a family.

Fasciculations Involuntary twitching.

Fasciectomy (fascial excision) Process of excising the wound to the level of fascia.

Fat embolism syndrome (FES) Characterized by neurologic dysfunction, pulmonary insufficiency, and a petechial rash on the chest, axilla, and upper arms due to fat globules lodged in the pulmonary vascular bed or peripheral circulation.

Fecal impaction A rock-hard or putty-like mass of feces in the rectum.

Fecal incontinence Loss of voluntary control of defecation.

Fecalith A hard mass of feces.

Fibrocystic changes (FCC) Physiologic nodularity and breast tenderness that increases and decreases with the menstrual cycle.

Fibroid tumors (uterine leiomyomata) Solid, pedunculated benign tumors.

Fibromyalgia (fibrositis) A common rheumatic syndrome characterized by musculoskeletal pain, stiffness, and tenderness.

Filtration The process by which water and dissolved substances (solutes) move from an area of higher hydrostatic pressure to an area of lower hydrostatic pressure.

Fistula Abnormal opening or passage between two organs or spaces that are normally separated or an abnormal passage to the outside of the body.

Flaccidity Decreased muscle tone in disease or trauma of the lower motor neurons.

Flail chest Free-floating segment of the chest wall, resulting from two or more consecutive ribs fractured in multiple places.

Flap A piece of tissue whose free end is moved from a donor site to a recipient site while maintaining a continuous blood supply through its connection at the base or pedicle.

Flatus Gas in the digestive tract.

Fluid resuscitation Replacement of the extensive fluid and electrolyte losses associated with major burn injuries.

Fluid volume deficit (FVD) A decrease in intravascular, interstitial, and/or intracellular fluid in the body.

Fluid volume excess (FVE) Excess extracellular fluid resulting from retention of both water and sodium in the body.

Folic acid deficiency anemia An anemia resulting from folic acid deficiency, a necessary nutrient for DNA synthesis and RBC maturation.

Folliculitis Bacterial infection of the hair follicle, most commonly caused by *Staphylococcus aureus*.

Fracture A break in a bone usually due to trauma.

Freestanding outpatient surgical facilities Surgical units independent of a hospital with or without financial connections to a hospital or healthcare organization.

Friction rub The sound heard when two dry surfaces are rubbed together.

Frostbite An injury of the skin from freezing.

Full-thickness burn A burn that involves all layers of the skin, including the epidermis, dermis, and epidermal appendages.

Fulminant hepatitis Hepatitis with a rapid and severe onset and course.

Furuncle Often called a boil, but also an inflammation of the hair follicle.

Fusiform excision The removal of a full thickness of the epidermis and dermis, usually with a thin layer of subcutaneous tissue.

Galactorrhea Lactation not associated with pregnancy or nursing.

Gastric lavage Irrigation of the stomach with large quantities of normal saline.

Gastric mucosal barrier A protective barrier consisting of lipids, bicarbonate ions, and mucous gel that protects the stomach lining from the damaging effects of gastric juices.

Gastric outlet obstruction Obstruction of the pyloric region of the stomach and duodenum that impairs gastric outflow; a potential complication of peptic ulcer disease.

Gastric ulcers Ulcers of the stomach lining, usually in the lesser curvature and antrum; more common in older adults.

Gastritis Inflammation of the stomach lining.

Gastroduodenostomy (Billroth I) Excision of the pylorus of the stomach with the anastomosis of the upper stomach to the duodenum; commonly used partial gastrectomy procedure.

Gastroenteritis Inflammation of the gastrointestinal tract; not a specific disease, but a group of syndromes or a collection of related manifestations.

Gastroesophageal reflux Backward flow of gastric contents into the esophagus.

Gastrointestinal reflux disease (GERD) The reflux of acidic gastric contents into the lower esophagus.

Gastrojejunostomy (Billroth II) Subtotal excision of the stomach with closure of the duodenum and side-to-side anastomosis of the jejunum to the stomach; commonly used partial gastrectomy procedure.

Gastroparesis Slowed gastrointestinal motility, which causes early satiety.

Gene A sequence of DNA on a chromosome that represents a fundamental unit of heredity; occupies a specific spot on a chromosome (gene locus).

Gene expression When the protein product of a gene is visible (for example, through the presence of a body structure or identifiable through biochemical tests such as insulin or phenylalanine levels).

General anesthesia Deep sedation, which includes analgesia and muscle paralysis. This type of anesthesia requires respiratory maintenance without the aid of the client's respiratory musculature.

Genital herpes (herpes simplex genitalis) An infection of the external genitalia caused by herpes simplex genitalis; transmitted by vaginal, anal, or oral-genital contact.

Genital warts (condyloma acuminatum, venereal warts) A sexually transmitted condition caused by the human papilloma virus.

Genotype The genes and the variations therein that a person inherits from his or her parents.

Germ cells Cells that give rise to a sperm or egg.

Gingivitis Inflammation of the gums, characterized by inflammation, redness, and bleeding.

Gland Tissue that synthesizes hormones.

Glaucoma Condition characterized by increased intraocular pressure of the eye and a gradual loss of vision.

Glomerular filtration rate (GFR) The rate at which plasma is filtered through the glomeruli of the kidney.

Glomerulonephritis Inflammation of the capillary loops of the glomeruli.

Glossitis Inflammation of the tongue.

Glucocorticoid A group of hormones secreted by the adrenal cortex; they regulate carbohydrate levels in the body.

Gluconeogenesis Formation of glucose from fats and proteins.

Glucose-6-phosphate dehydrogenase (G6PD) anemia Anemia due to a hereditary defect in RBC metabolism.

Glucosuria Excessive glucose in urine.

Glycogenolysis Breakdown of liver glycogen to glucose.

Goiter An enlarged thyroid gland. Enlargement results from both inadequate and excessive synthesis of thyroid hormones.

Gonorrhea (GC, clap) An infection caused by *Neisseria gonorrhoeae* that is transmitted by direct sexual contact or by delivery of a neonate by an infected mother.

Gout A syndrome that occurs from an inflammatory response to the production or excretion of uric acid resulting in high levels of uric acid in the blood (hyperuricemia) and in other body fluids, including synovial fluid.

Grief The emotional response to loss and its accompanying changes.

Grieving The internal process the person uses to work through the response to loss.

Guillain-Barré syndrome (GBS) Acute demyelinating disorder of the peripheral nervous system characterized by progressive, usually rapid muscle weakness and paralysis.

Gynecomastia Breast enlargement in men.

Hallucinogens Drugs that produce hallucinations.

Hallux valgus (bunion) The enlargement and lateral displacement of the first metatarsal.

Hammertoe (claw toe) The dorsiflexion of the first phalanx with accompanying plantar flexion of the second and third phalanges.

Handicap The total adjustment to disability that limits functioning at a normal level.

Hazardous materials Substances that pose a potential risk to life, health, or property if they are released because of their chemical, biologic, or physical nature.

Health "A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity" (WHO, 1974, p. 1).

Healthcare surrogate An individual selected to make medical decisions when a person is no longer able to make them for his- or herself.

Heart block A block in the normal conduction pathways.

Heart failure Inability of the heart to pump adequate blood to meet the metabolic demands of the body.

Heave An excessive thrust.

Hemangioma See *Angioma*.

Hemarthrosis The collection of blood in the elbow joint.

Hematemesis Blood in the vomit.

Hematochezia Blood in the stool.

Hematoma A contusion with a large amount of bleeding.

Hematopoiesis Blood cell formation.

Hematuria Blood in the urine.

Hemianopia Loss of half of the visual field of one or both eyes.

Hemiparesis Weakness of one side of the body.

Hemiplegia Paralysis in one-half of the body vertically.

Hemodialysis A procedure in which electrolytes, waste products, and excess water are removed from the body by diffusion and ultrafiltration as blood passes by an artificial semipermeable membrane outside the body.

Hemodynamics Study of the forces involved in blood circulation.

Hemoglobin The oxygen-carrying protein within RBCs; composed of the heme molecule and globin, a protein molecule.

Hemolysis The process of RBC destruction.

Hemolytic anemia Premature destruction (lysis) of RBCs.

Hemophilia A group of hereditary clotting factor disorders that lead to persistent and potentially severe bleeding.

Hemophilia A (classic hemophilia) The most common type of hemophilia, caused by clotting factor VIII deficiency.

Hemophilia B (Christmas disease) Hemophilia caused by factor IX deficiency.

Hemoptysis Bloody sputum.

Hemorrhage Rapid or excessive bleeding.

Hemorrhagic CVA (intracranial hemorrhage) Cerebrovascular accident occurring when a cerebral blood vessel ruptures.

Hemorrhoids (piles) Clusters of dilated veins in swollen anal tissue.

Hemostasis Control of bleeding.

Hemothorax Blood in the pleural space.

Hepatic encephalopathy Altered consciousness, mentation, and motor function affecting cirrhotic clients.

Hepatitis Inflammation of the liver, usually caused by a virus; may be acute or chronic.

Hepatorenal syndrome Renal failure accompanied by azotemia, sodium retention, oliguria, and hypotension in clients with cirrhosis and ascites.

Hernia A defect in the abdominal wall that allows abdominal contents to protrude out of the abdominal cavity.

Herniated intervertebral disk Rupture of the cartilage surrounding the intervertebral disk with protrusion of the nucleus pulposus.

Herpes simplex (fever blister, cold sore) Acute viral infections of the skin and mucous membranes caused by two types of herpesvirus: HSV I and HSV II.

Herpes zoster (shingles) Viral infection of a dermatome section of the skin caused by varicella zoster, the same herpesvirus that causes chickenpox.

Heterograft (xenograft) Skin obtained from an animal, usually a pig.

Heterozygous Nonidentical copies of a particular gene (different alleles) on the paired chromosomes.

Hiatal hernia Protrusion of part of the stomach through the esophageal hiatus of the diaphragm into the mediastinal cavity.

Hirsutism Increased growth of coarse hair, usually on the face and trunk.

Histocompatibility The ability of cells and tissues to survive transplantation without immunologic interference by the recipient.

Holistic health care Care in which all aspects of a person (physical, psychosocial, cultural, spiritual, and intellectual) are considered as essential components of individualized care.

Home care Services for clients who are in need of treatment or support to function effectively in the home environment.

Homeostasis The body's tendency to maintain a state of physiologic balance in the presence of constantly changing conditions.

Homograft (allograft) Human skin that has been harvested from cadavers.

Homologous chromosomes Chromosomes that are members of the same pair and normally have the same number and arrangement of genes; usually one copy is from the mother and the other copy is from the father.

Homonymous hemianopia Impaired vision or blindness in one side of both eyes.

Homozygous Identical copies of a particular gene (same alleles) on both paired chromosomes.

Hordeolum (sty) Staphylococcal abscess that may occur on either the external or internal margin of the lid.

Hormone Chemical messengers secreted via body fluids that have specific targets where they increase or inhibit organ functions.

Hospice care A special component of home care, designed to provide medical, nursing, social, psychologic, and spiritual care for terminally ill clients and their families. Hospice care relies on a philosophy of relieving pain and suffering and

allowing the client to die with dignity in a comfortable environment.

Hot zone The site of a disaster where a weapon was released or where contamination occurred.

Human genome The total amount of the DNA (genes) in an individual's cells.

Human immunodeficiency virus (HIV) Virus responsible for AIDS.

Huntington's disease Progressive, degenerative, inherited neurologic disease characterized by increasing dementia and chorea; also called *chorea*.

Hydrocele Fluid-filled mass within the scrotum.

Hydrocephalus An abnormal accumulation of cerebrospinal fluid within the cranial vault and dilation of the ventricles.

Hydronephrosis Distention of the urinary tract with urine behind an obstruction.

Hydroureter Distention of the ureter with urine.

Hypercapnia Increased blood levels of carbon dioxide.

Hyperglycemia Elevated blood glucose levels (above 126 mg/dL), which causes osmotic diuresis and, if chronic, damages vessel epithelium and renal glomeruli.

Hyperopia (farsightedness) The condition in which the eyeball is short, causing the image to focus behind the retina.

Hyperosmolar hyperglycemic state (HHS) A condition of very high blood glucose with adequate insulin to prevent ketosis, but which does cause diuresis.

Hyperplasia An increase in the number or density of normal cells.

Hypersensitivity Exaggerated response of the immune system to an antigen.

Hypertension Excess pressure in the arterial portion of systemic circulation.

Hypertrophic scar Overgrowth of dermal tissue that remains within the boundaries of the wound.

Hypervolemia Excess intravascular fluid.

Hyphema Bleeding into the anterior chamber of the eye, possibly as the result of blunt eye trauma.

Hypoglycemia Low blood glucose levels; deficiency of blood sugar.

Hypovolemia Decreased circulating blood volume.

Hypovolemic shock Shock caused by a decrease in intravascular volume of 15% or more. This form of shock is caused by the loss of whole blood, blood plasma, or extracellular fluid.

Hypoxemia Decreased oxygen concentration in the blood, measured by P_{aO_2} .

Hypoxia Insufficient supply of oxygen to the tissues.

Ichthyosis An inherited dermatologic condition in which the skin is dry, fissured, and hyperkeratotic; the surface of the skin has the appearance of fish scales.

Ileostomy An ostomy made in the ileum of the small intestine.

Immunity The protection of the body from disease.

Immunocompetent Possessing an immune system that can identify antigens and effectively destroy or remove them.

Immunocompromised Possessing an immune response that has been weakened by a disease or an immunosuppressive agent.

Immunoglobulin (Ig) A protein that functions as an antibody.

Immunosuppression Inability of the immune system to respond to an antigen. Occurs in response to disease or medications; may be intentional to prevent rejection of transplants or a side effect of some medications.

Impairment A disturbance in structure or function resulting from physiologic or psychologic abnormalities.

Impetigo Infection of the skin caused by either *Staphylococcus aureus* or beta-hemolytic streptococci.

Impotence Inability to achieve or maintain an erection.

Incident pain A type of breakthrough pain that is predictable because it is associated with movement such as turning or coughing.

Increased intracranial pressure (IICP, intracranial hypertension) Sustained elevated pressure (10 mmHg or higher) within the cranial cavity.

Independent nursing care Care provided by nurses within the scope of their practice without the direction or supervision of a physician.

Infection Colonization by and multiplication of an organism within a host. The host can be any organism capable of supporting the nutritional and physical growth requirements of the microorganism, for example, humans.

Inflammation A complex, nonspecific, adaptive response to injury that brings fluid, dissolved substances, and blood cells into the interstitial tissues where the invasion or damage has occurred.

Inflammatory bowel disease (IBD) Chronic inflammation of the bowel common to a group of conditions that includes Crohn's disease and ulcerative colitis.

Influenza Highly contagious viral respiratory disease characterized by coryza, fever, cough, and constitutional manifestations such as headache and malaise.

Informed consent Disclosure of risks associated with the intended procedure or operation to the client. The language of the document varies according to statutory and common law of each state.

Inhalants Inhaled solvents categorized into three types: anesthetics, volatile nitrites, and organic solvents.

Insulin A hormone that facilitates entry of glucose into fat and muscle cells for energy.

Insulin reaction Hypoglycemia in clients with type 1 diabetes mellitus.

Interdisciplinary care Care provided by members of the healthcare team in addition to medical professionals. Usually includes team members who address psychosocial and spiritual issues as well as physical care.

Intermittent claudication Cramping, aching pain in the calves, thighs, and buttocks that occurs with a predictable level of activity and is relieved by rest.

Intracerebral hematomas A collection of blood in the brain tissue, most often located in the frontal or temporal lobes.

Intracranial aneurysm Saccular outpouching of a cerebral artery that occurs at the site of a weakness in the vessel wall.

Intracranial hypertension See *Increased intracranial pressure*.

Intracranial pressure (ICP) The pressure within the cranial cavity, usually measured as the pressure within the lateral ventricles.

Intraductal papilloma A tiny wartlike growth on the inside of the peripheral mammary duct that causes discharge from the nipple.

Intraoperative phase The time during surgery, from beginning to end.

Iron deficiency anemia The most common type of anemia; results from inadequate iron for optimal RBC formation.

Irritable bowel syndrome (IBS) A motility disorder of the gastrointestinal tract characterized by alternating periods of constipation and diarrhea.

Ischemia Deficient blood flow to tissue.

Ischemic Deprived of oxygen.

Islets of Langerhans Hormone-producing cells (alpha cells, beta cells, and delta cells) scattered through the pancreas.

Isograft Tissue transplant where the donor and recipient are identical twins.

Jaundice Yellow-to-orange color visible in the skin and mucous membranes; most often the result of a hepatic disorder.

Joint arthroplasty Reconstruction or replacement of a joint.

Kaposi's sarcoma (KS) A vascular malignancy (a tumor of the endothelial cells lining small blood vessels) that presents as vascular macules, papules, or violet lesions affecting the skin and viscera. It is often the presenting symptom of AIDS.

Keloid Elevated, irregularly shaped, progressively enlarging scar arising from excessive amounts of collagen in the stratum corneum during scar formation in connective tissue repair.

Keratitis Inflammation of the cornea.

Keratosis Any skin condition in which there is a benign overgrowth and thickening of the cornified epithelium.

Ketoacidosis A condition of very high blood glucose and insufficient insulin that results in accumulation of ketones and fatty acids in the blood and urine and diuresis.

Ketonuria The presence of ketones in the urine.

Ketosis An accumulation of ketone bodies produced during the oxidation of fatty acids.

Kindling Long-term changes in brain neurotransmission that occur after repeated detoxifications.

Kinesthesia The ability to perceive movement and sense of position.

Korotkoff's sounds Sounds heard during auscultation of blood pressure.

Korsakoff's psychosis Secondary dementia caused by thiamine (B_1) deficiency that may be associated with chronic alcoholism; characterized by progressive cognitive deterioration, confabulation, peripheral neuropathy, and myopathy.

Kussmaul's respirations Deep, rapid respirations associated with compensatory mechanisms.

Kwashiorkor protein energy undernutrition (protein energy malnutrition, PEM) Chronic protein deficiency with adequate calories to meet body needs.

Kyphosis Exaggerated thoracic curvature of the spine common in older adults.

Labyrinthectomy Surgical removal of the labyrinth.

Labyrinthitis Inflammation of the inner ear.

Laceration Open wound that results from sharp cutting or tearing. Injuries to the integument are at risk for contamination from dirt, debris, or foreign objects.

Lacunar strokes Thrombotic stroke of smaller cerebral blood vessels that causes tissue to slough off, leaving a small cavity in the brain tissue.

Laminectomy Removal of the lamina of the vertebrae.

Laparoscopic cholecystectomy Removal of the gallbladder using an endoscope.

Laryngectomy Removal of the larynx.

Laryngitis Inflammation of the larynx.

Leukemia ("white blood") A group of chronic malignant disorders of white blood cells and WBC precursors; characterized by replacement of bone marrow by malignant immature WBCs, abnormal immature circulating WBCs, and infiltration of malignant cells into other tissues.

Leukocytes Also called white blood cells, these are the primary cells involved in both nonspecific and specific immune system responses. These cells isolate the infecting organism or injury, destroy pathogens, and promote healing.

Leukocytosis An increase in the number of leukocytes in the blood (above $10,000/\text{mm}^3$), usually caused by infection.

Leukopenia Abnormal decrease of circulating leukocytes, usually below $5000/\text{mm}^3$; occurs when bone marrow activity is suppressed or when leukocyte destruction increases.

Leukoplakia Formation of white patches or spots on the mucous membranes or tongue; these lesions may become malignant.

Lichen planus Benign inflammatory disorder of the mucous membranes and skin.

Lift A more sustained thrust than normal.

Lipoatrophy Atrophy of subcutaneous tissue.

Liposuction A method of changing the contours of the body by aspirating fat from the subcutaneous layer of tissue.

Lithiasis Stone formation.

Lithotripsy Crushing of renal calculi.

Lobectomy Surgical removal of tumors in a single lobe of lung.

Locked-in syndrome Client is alert and fully aware of the environment, but is unable to communicate through speech or movement as a result of blocked efferent pathways to the brain.

Lordosis Increased lumbar curve.

Lower body obesity (peripheral obesity) A waist-to-hip ratio of less than 0.8.

Lung abscess Localized area of lung destruction or necrosis and pus formation.

Lung compliance Distensibility of the lungs.

Lyme disease An inflammatory disorder caused by a spirochete, *Borrelia burgdorferi*, which is transmitted primarily by ticks.

Lymphadenopathy The enlargement of lymph nodes (over 1 cm) with or without tenderness. It may be caused by inflammation, infection, or malignancy of the nodes or the regions drained by the nodes.

Lymphangitis Inflammation of a lymphatic vessel.

Lymphedema Extremity edema due to accumulated lymph; may be primary or secondary, resulting from inflammation, obstruction, or removal of lymphatic vessels.

Lymphocytes Lymphocytes account for 20% to 40% of circulating leukocytes. Lymphocytes are the principal effector and regulator cells of specific immune responses.

Lymphoid tissues Connective tissues containing lymphocytes; include tissues of the bone marrow, thymus, lymph nodes, and spleen.

Lymphomas Malignancy of lymphoid tissue.

Macrophages Monocytes mature into macrophages after settling into tissue. Macrophages are large phagocytes. They are important in the body's defense against chronic infections.

Macular degeneration Destructive changes in the macula due to injury or gradual failure of the outer pigmented layer of the retina (the retinal layer adjacent to the choroid), which removes cellular waste products and keeps the retina attached to the choroid.

Malabsorption A condition in which nutrients are ineffectively absorbed by the intestinal mucosa, resulting in their excretion in the stool.

Malignant hypertension A hypertensive emergency, marked by a diastolic pressure greater than 120 mmHg.

Malignant melanoma (cutaneous melanoma) Skin cancer that arises from melanocytes.

Malignant pain Pain associated with a life-threatening illness such as cancer but not limited to cancer pain.

Malnutrition Inadequate nutrient intake to meet body needs; may include deficiency of major nutrients (calories, carbohydrates, proteins, and fats) or micronutrients such as vitamins and minerals.

Manifestations Signs and symptoms of a disease or condition caused by alterations in structure or function.

Man-made disasters Either accidental or intentional, they are complex emergencies, technological disasters, material shortages, and other disasters not caused by natural hazards.

Marasmus (protein energy undernutrition) Insufficient protein and calorie intake to meet metabolic needs.

Mass casualty incidents Situations in which 100 or more casualties are involved, significantly overwhelming available emergency medical services, facilities, and resources.

Mastoidectomy Surgical removal of infected mastoid air cells.

Mastoiditis Bacterial infection of the mastoid process.

Maturity-onset diabetes of the young (MODY) Diabetes in young obese adults.

Mean arterial pressure (MAP) The average pressure in the arterial circulation throughout the cardiac cycle; the product of cardiac output and systemic vascular resistance (SVR).

Medical-surgical nursing The health promotion, health care, and illness care of adults, based on knowledge derived from the arts and sciences and shaped by knowledge (the science) of nursing.

Melanin Skin pigment that forms a protective shield to protect keratinocytes and nerve endings in the dermis from the damaging effects of ultraviolet light.

Melena Black, tarry stool that contains blood.

Ménière's disease Chronic disorder of unknown cause characterized by recurrent attacks of vertigo with tinnitus and a progressive unilateral hearing loss.

Meningitis Inflammation of the meninges of the brain and spinal cord.

Menopause Permanent cessation of menses.

Menorrhagia Excessive or prolonged menstruation.

Menstrual cycle Cyclic buildup of the uterine lining, ovulation, and sloughing of the lining occurring approximately every 28 days in nonpregnant females.

Menstruation Periodic shedding of the uterine lining in a woman of childbearing age who is not pregnant.

Metabolism Consisting of the breakdown of complex structures into simpler forms to produce energy (catabolism) and the combination of simpler molecules to produce and maintain more complex structures necessary to living organisms (anabolism).

Metaplasia A change in the normal pattern of differentiation such that dividing cells differentiate into cell types not normally found in that location in the body.

Metastasis Secondary tumor; the process by which spreading of malignant neoplasms occurs; the transfer of disease from one organ or part to another not directly connected with it.

Metrorrhagia Bleeding between menstrual periods; may be caused by hormonal imbalances, pelvic inflammatory disease, cervical or uterine polyps, uterine fibroids, or cervical or uterine cancer.

Microalbuminuria Protein in the urine.

Micturition Releasing urine from the urinary bladder (voiding).

Mild concussion Brain trauma resulting in a brief loss of consciousness that lasts from seconds to hours.

Minor trauma Injury to a single part or system of the body, usually treated in the hospital or emergency department.

Mitigation The action taken to prevent or reduce the harmful effects of a disaster on human health or property, it involves future-oriented activities to prevent subsequent disasters or to minimize their effects.

Mitral valve (bicuspid valve) Valve between the left atrium and ventricle in the heart; prevents blood from flowing backwards into the atrium.

Monosomic (monosomy) When one member of the chromosome pair is missing, for example, Turner syndrome (45, XO).

Morbid obesity Weight greater than 100% over ideal body weight.

Morton's neuroma A tumor-like mass formed within the neurovascular bundle of the intermetatarsal spaces.

Mosaicism A chromosome variation or abnormality that occurs after fertilization during mitosis at an early cell stage so not all cells are affected with the variation; for example, a child who is mosaic for Down syndrome will have some cells with two copies of chromosome 21 and some that have an extra chromosome 21.

Mourning The actions or expressions of the bereaved, including the symbols, clothing, and ceremonies that make up the outward manifestations of grief.

Multifactorial Health conditions determined by multiple factors, including genetic and environmental factors, each having an additive effect.

Multiple casualty incidents Incidents in which more than 2 but fewer than 100 persons are injured.

Multiple myeloma A malignancy in which plasma cells multiply uncontrollably and infiltrate the bone marrow, lymph nodes, spleen, and other tissues.

Multiple sclerosis (MS) A chronic degenerative disease of the central nervous system primarily affecting the white matter.

Multiple trauma Most often the result of a motor vehicle crash, this type of trauma requires immediate intervention specifically focused on ensuring survival.

Murmurs Sounds made by turbulent blood flow through the heart.

Muscular dystrophy (MD) A group of inherited muscle diseases that cause progressive muscle degeneration and wasting.

Myasthenia gravis Chronic, progressive neuromuscular disorder characterized by fatigue and severe weakness of skeletal muscles.

Myocarditis Inflammatory disorder of the heart muscle.

Myopia (nearsightedness) A condition in which the eyeball is elongated, causing the image to focus in front of the retina instead of on it.

Myringotomy Incision of the tympanic membrane.

Myxedema Systemic condition that develops from inadequate levels of thyroid hormone.

Natural disasters Disasters caused by acts of nature or emerging diseases, some are unexpected and some are predictable through advanced meteorological technologies.

Natural killer cells (NK cells, null cells) Large, granular lymphocytes (found in the spleen, lymph nodes, bone marrow, and blood) that provide immune surveillance and resistance to infection, and play an important role in the destruction of early malignant cells.

Nausea An unpleasant sensation usually followed by vomiting.

Necrosis Tissue cell death.

Neglect syndrome (unilateral neglect) A disorder of attention. In this syndrome, the person cannot integrate and use perceptions from the affected side of the body or from the environment on the affected side and, hence, ignores that part.

Neoplasm A mass of new tissue (a collection of cells) that grows independently of its surrounding structures and has no physiologic purpose.

Nephrectomy Removal of the kidney.

Nephrotic syndrome A condition marked by massive proteinuria, hypoalbuminemia, hyperlipidemia, and edema.

Neurogenic bladder Dysfunctional urinary bladder due to lesion of central or peripheral nervous system.

Neurogenic shock Shock resulting from an imbalance between parasympathetic and sympathetic stimulation of vascular smooth muscle. If parasympathetic overstimulation or sympathetic understimulation persists, sustained vasodilation occurs, and blood pools in the venous and capillary beds.

Neuropathy Damage to peripheral nerves causing hyper- or hyposensation and leading to pain and injury.

Neutropenia A decrease in circulating neutrophils.

Nevi (moles) Flat or raised macules or papules with rounded, well-defined borders.

Nociceptors Sensory nerve fibers that conduct pain impulses from the periphery to the central nervous system.

Nocturia Voiding two or more times at night.

Node Elements of the immune system connected by lymphatics; upregulates immune function; does not synthesize hormones.

Nonconventional terrorist weapons Chemical, biological, and nuclear weapons of terrorism; used less frequently than conventional terrorist weapons.

Non-Hodgkin's lymphoma (NHL) Lymphoid tissue malignancies that do not contain Reed–Sternberg cells.

Nonunion A state that exists when the ends of a fracture fail to heal together.

Normal sinus rhythm (NSR) Normal heart rhythm, in which impulses originate in the sinus node and travel through normal conduction pathways without delay.

Nosocomial Pertaining to or occurring in a hospital.

Nosocomial infection Infection contracted during residence in a hospital or extended care facility.

Nuclear terrorism Use of a nuclear device to cause mass murder and devastation.

Nursing process The series of critical thinking activities nurses use as they provide care to clients; this logical approach to care ensures that clients receive comprehensive and effective care.

Nutrients Substances found in food that are used by the body to promote growth, maintenance, and repair.

Nutrition The process by which the body ingests, absorbs, transports, uses, and eliminates food.

Nystagmus Rapid involuntary eye movements.

Obesity An excess of body fat (adipose tissue).

Obstructive shock Shock caused by an obstruction in the heart or great vessels that either impedes venous return or prevents effective cardiac pumping action.

Office-based surgical suites A setting for many elective surgeries, although increasing malpractice insurance premiums have influenced their decline.

Oligomenorrhea Scant menses.

Oliguria Urine output of less than 400 mL in 24 hours.

Oncogene Gene capable of triggering cancerous characteristics.

Oncology The study of cancer.

Onycholysis The separation of the distal nail plate from the nail bed.

Onychomycosis A fungal or dermatophyte infection of the nail plate.

Orchitis Infection or inflammation of the testicle.

Orthopnea Difficulty breathing when supine.

Orthostatic hypotension A decrease in systolic blood pressure of more than 10 to 15 mmHg and a drop in diastolic blood pressure on standing.

Osmosis The process by which water moves across a selectively permeable membrane from an area of lower

solute concentration to an area of higher solute concentration.

Ossification The process of bone formation.

Osteitis deformans See *Paget's disease of bone*.

Osteoarthritis (degenerative joint disease) The most commonly occurring of all forms of arthritis. This disease is characterized by loss of articular cartilage in articulating joints and hypertrophy of the bones at the articular margins.

Osteomalacia (adult rickets) Metabolic bone disorder characterized by inadequate mineralization of bone matrix.

Osteomyelitis Infection within the bone that can lead to tissue death and necrosis.

Osteophytes Bony outgrowths often called "joint mice."

Osteoporosis Literally defined as "porous bones," a metabolic bone disorder characterized by loss of bone mass, increased bone fragility, and an increased risk of fractures.

Osteotomy An incision into or transection of the bone.

Ostomy General term for an operation in which an artificial opening is created.

Otitis media Inflammation or infection of the middle ear.

Otorrhea Leakage of cerebrospinal fluid through the ear.

Otosclerosis Abnormal bone formation in the osseous labyrinth of the temporal bone causing the footplate of the stapes to become fixed or immobile in the oval window. The result is a conductive hearing loss.

Ovarian cycle The female cycle that occurs from puberty until menopause in which the production of ova occur.

Oxyhemoglobin The combined form of hemoglobin and oxygen; found in arterial blood, it carries oxygen to body tissues.

Pacemaker A pulse generator used to provide an electrical stimulus to the heart when the heart fails to generate or conduct its own at a rate that maintains the cardiac output.

Paco₂ Partial pressure of carbon dioxide in arterial blood.

Paget's disease of bone (osteitis deformans) A skeletal disorder that results from excessive osteoclastic activity. Paget's disease is characterized by bone deformity, especially of the long bones of the lower limbs, the pelvis, the lumbar vertebrae, and the skull.

Pain A subjective response to both physical and psychological stressors.

Pain tolerance The amount of pain a person can endure before responding to it.

Palliative care An area of care that has evolved out of the hospice experience, but exists outside of hospice programs and is not restricted to the end of life. Palliative care is focused on the relief of physical, mental, and spiritual distress for individuals who have an incurable illness and is used earlier in the disease experience than hospice care. The goal of palliative care is to prevent and relieve suffering by early assessment and treatment of pain and other physical, psychosocial, and spiritual needs to improve the client's quality of life.

Pallor Lack of color; paleness of skin.

Pancreatitis Inflammation of the pancreas.

Pannus Granulation tissue that forms in joints affected by rheumatoid arthritis and leads to the formation of scar tissue that immobilizes the joint.

Pao₂ Partial pressure of oxygen in arterial blood.

Papilledema Swelling of the optic nerve.

Paracentesis Aspiration of fluid from the peritoneal cavity.

Paralytic ileus Impaired propulsion or forward movement of bowel contents.

Paraplegia Paralysis of the lower portion of the body, sometimes involving the lower trunk.

Parasites Organisms that live within, on, or at the expense of the client.

Parish nursing A nontraditional, community-based way of providing health promotion and health restoration nursing interventions to a spiritual community.

Parkinson's disease (PD) Progressive, degenerative neurologic disease characterized by nonintention tremor, bradykinesia, and muscle rigidity.

Paronychia An infection of the cuticle of the fingernails or toenails.

Paroxysmal Abrupt onset and termination.

Paroxysmal nocturnal dyspnea Attacks of acute shortness of breath that occur at night, waking up the client.

Partial gastrectomy Removal of a portion of the stomach, usually the distal half to two-thirds.

Partial seizures Seizures that involve a restricted part of one cerebral hemisphere; may be simple partial (without loss of consciousness) or complex partial (with loss of consciousness).

Partial-thickness burn Burn that involves the entire dermis and the papillae of the dermis (superficial partial-thickness burn) or extends into the hair follicles (deep partial-thickness burn).

Passive immunity Temporary protection—provided by antibodies produced by other people or animals—against disease-producing antigens. Protection is gradually lost when these acquired antibodies are used up either by natural degradation or by combining with the antigen.

Pathogens Virulent organisms rarely found in the absence of disease.

Patient-controlled analgesia (PCA) A pump with a control mechanism that allows the client to self-manage pain.

Pediculosis capitis An infestation with head lice.

Pediculosis corporis An infestation with body lice.

Pediculosis pubis An infestation with pubic lice (often called "crabs").

Pelvic inflammatory disease (PID) A term used to describe infection of the pelvic organs.

Pemphigus vulgaris Chronic disorder of the skin and oral mucous membranes characterized by vesicle (blister) formation.

Penetrance The percentage or likelihood that an individual who has inherited a gene mutation will actually express the disease signs and symptoms in his or her lifetime.

Penicillin-resistant *Streptococcus pneumoniae* (PRSP) Infection transmitted by droplets from the respiratory tract; requires transmission-based droplet precautions.

Peptic ulcer disease (PUD) A break in the mucous lining of the gastrointestinal tract where it comes in contact with gastric juice.

Perforation Penetration of ulcer through mucosal wall.

Pericarditis Inflammation of the pericardium.

Perioperative nursing A specialized area of nursing practice that incorporates the three phases of the surgical experience: preoperative, intraoperative, and postoperative.

Peripheral vascular disease (PVD) Impaired blood supply to peripheral tissues, particularly the lower extremities.

Peripheral vascular resistance (PVR) The opposing forces or impedance to blood flow as the arterial channels become more and more distant from the heart.

Peristalsis Alternating waves of contraction and relaxation of involuntary muscle.

Peritoneal dialysis Procedure in which electrolytes, waste products, and excess water are removed from the body by diffusion using the peritoneum surrounding the abdominal cavity as the dialyzing membrane.

Peritonitis Inflammation of the peritoneum.

Pernicious anemia Anemia resulting from failure to absorb dietary vitamin B₁₂ due to lack of intrinsic factor.

Persistent vegetative state (PVS) Condition of complete unawareness of self and the environment.

Personal protective equipment (PPE) Equipment used for the protection of personnel including gloves, masks, goggles, gowns, and biologic disposal bags (red bags); may also include hoods, helmets, head gear, and impermeable suits.

Pertussis (whooping cough) A highly contagious acute upper respiratory infection cause by the bacterium *Bordetella pertussis*.

Phagocytosis A process by which a foreign agent or target cell is engulfed, destroyed, and digested. Neutrophils and macrophages, known as phagocytes, are the primary cells involved in phagocytosis.

Phantom limb syndrome (phantom pain) A confusing pain syndrome that occurs following surgical or traumatic amputation of a limb. The client experiences pain in the missing body part even though there is complete mental awareness that the limb is gone.

Pharyngitis Acute inflammation of the pharynx.

Phenotype The expression of a person's entire physical, biochemical, and physiologic makeup, as determined by the individual's genotype and environmental factors.

Phimosis Constriction of the foreskin so that it cannot be retracted over the glans penis.

Plasmapheresis (plasma exchange) Removal of the plasma component from whole blood.

Plastic surgery The alteration, replacement, or restoration of visible portions of the body, performed to correct a structural or cosmetic defect.

Platelets (thrombocytes) Cell fragments that have no nucleus and cannot replicate.

Pleural effusion Collection of excess fluid in the pleural space.

Pleuritis Inflammation of the pleura.

Pneumonectomy Removal of an entire lung.

Pneumonia Inflammation of the lung parenchyma (the respiratory bronchioles and alveoli).

Pneumothorax Results when air enters the pleural space due to blunt and penetrating injuries to the chest.

Polycystic kidney disease A hereditary disease characterized by cyst formation and massive kidney enlargement.

Polycythemia (erythrocytosis) Excess RBCs characterized by a hematocrit higher than 55%.

Polydipsia Excessive thirst.

Polymyositis A systemic connective-tissue disorder characterized by inflammation of connective tissue and muscle fibers leading to muscle weakness and atrophy.

Polyyp Mass of tissue that arises from the bowel wall and protrudes into the lumen.

Polyphagia Excessive eating.

Polysubstance abuse The simultaneous use of many substances.

Polyuria A condition where increased blood volume increases renal blood flow, and the hyperglycemia acts as an osmotic diuretic, thereby increasing urine output.

Portal hypertension Elevated pressure in the portal venous system that causes rerouting of blood to adjoining lower pressure vessels.

Postconcussion syndrome Persistent headache, dizziness, irritability, insomnia, impaired memory and concentration, and learning problems following a concussion; may last for several weeks or up to 1 year.

Postoperative phase Period when a procedure or surgery has been completed and the client is recovering from the stress associated with the surgery.

Postpoliomyelitis syndrome A complication of a previous infection by the poliomyelitis virus.

Preload The amount of cardiac muscle fiber tension or stretch that exists at diastole, just before ventricular contraction.

Premenstrual syndrome (PMS) Complex of symptoms characterized by irritability, depression, edema, and breast tenderness preceding the monthly menses.

Preoperative phase Time when preparation of the client for surgery is conducted and completed.

Presbycusis Age-related loss of the ability to hear high-frequency sounds, may occur because of cochlear hair cell degeneration or loss of auditory neurons in the organ of Corti.

Presbyopia Impaired near vision resulting from a loss of elasticity of the lens related to aging.

Pressure ulcer Ischemic lesion of the skin and underlying tissue caused by external pressure that impairs the flow of blood and lymph.

Priapism Sustained, painful erection that lasts at least 4 hours and is not associated with sexual arousal.

Primary hypertension (idiopathic, essential) A persistently elevated systemic blood pressure.

Primary polycythemia (polycythemia vera) A neoplastic stem cell disorder characterized by overproduction of red blood cells and, to a lesser extent, white blood cells and platelets.

Progesterone Hormone produced by the ovary; works with estrogen to control the menstrual cycle.

Prostatitis Inflammation of the prostate gland.

Protein-calorie malnutrition (PCM) Deficient protein and calories to meet metabolic needs.

Proteinuria Abnormal proteins in the urine.

Pruritus Subjective itching sensation producing an urge to scratch.

Psoriasis Chronic, noninfectious skin disorder that is characterized by raised, reddened, round circumscribed plaques covered by silvery white scales.

Psychogenic pain Pain that is experienced in the absence of any diagnosed physiologic cause or event.

Ptosis Drooping of the eyelid.

Pulmonary edema An abnormal accumulation of fluid in the interstitial tissue and alveoli of the lung.

Pulmonary embolism Sudden occlusion of a pulmonary artery resulting in disruption of blood supply to the lung parenchyma.

Pulmonary hypertension Condition in which the pulmonary arterial pressure is elevated to an abnormal level.

Pulmonic valves One of the semilunar valves, separating the ventricles from the great vessels.

Pulse Rhythmic pressure wave that can be felt over an artery.

Pulse deficit Condition in which the radial pulse is less than the apical pulse, indicating weak, inefficient left ventricular contractions.

Pulse pressure The difference between the systolic and diastolic blood pressure.

Puncture wound Wound that occurs when a sharp or blunt object penetrates the integument.

Pupillary light reflex Reflex in which the pupil contracts in response to a bright light.

Pyelonephritis Upper urinary tract inflammation affecting the kidney and renal pelvis.

Pyoderma Purulent bacterial infection of skin.

Pyuria (bacteriuria) Pus in the urine.

Quadriplegia See *Tetraplegia*.

Quality assurance The process of ensuring quality control activities that evaluate, monitor, or regulate the standard of services provided to the consumer.

Rabies Viral (rhabdovirus) infection of the central nervous system transmitted by infected saliva that enters the human body through a bite or an open wound.

Radiation sickness One of the results of DNA mutation inside cells exposed to ionizing radiation.

Radiation therapy Therapy that uses radiation to kill a tumor, to reduce its size, to decrease pain, or to relieve obstruction.

Radiological dispersion bomb Also called a "dirty bomb," consists of a conventional explosive such as trinitrotoluene (TNT) packed with radioactive waste by-products from nuclear reactors that discharges deadly radioactive particles into the environment.

Raynaud's disease (Raynaud's phenomenon) Disorders characterized by episodes of intense vasospasm in the small arteries and arterioles of the fingers and possibly the toes.

Reactive arthritis (Reiter's syndrome) An acute, nonpurulent inflammatory arthritis that complicates a bacterial infection of the genitourinary or gastrointestinal tracts.

Rebound tenderness Pain that occurs with withdrawal or release of pressure applied during abdominal palpation.

Recessive A characteristic that is apparent only when two copies of the gene encoding it are present, one from the mother and one from the father.

Reconstruction The recovery aspect of disaster response; during this period restoration, reconstitution, and mitigation take place.

Red blood cell (RBCs, erythrocytes) Blood cells shaped like a biconcave disk that contain hemoglobin required for oxygen transport to body tissues; the most common type of blood cell.

Referral source A person recommending home care services and supplying the agency with details about the client's needs. The source may be a physician, nurse, social worker, therapist, or discharge planner.

Referred pain Pain that is perceived in an area distant from the site of the stimuli.

Reflex sympathetic dystrophy A group of poorly understood post-traumatic conditions involving persistent pain, hyperesthesias, swelling, changes in skin color and texture, changes in temperature, and decreased motion.

Reflux, urinary Backflow of urine toward the kidneys.

Refraction The bending of light rays as they pass from one medium to another medium of different optical density.

Refractory period A period in which myocardial cells are resistant to stimulation.

Regional anesthesia Anesthesia that desensitizes the area to be operated but does not involve the full central nervous system or cause sedation.

Regurgitation (valvular) Backflow of blood through an incompletely closed valve into the area it just left.

Rehabilitation The process of learning to live to one's maximum potential with a chronic impairment and its resultant functional disability.

Reiter's syndrome See *Reactive arthritis*.

Remission A period in which symptoms are not experienced even though the disease is still clinically present.

Renal artery stenosis Narrowing of the renal artery.

Renal colic Acute, severe, intermittent pain in the flank and upper outer abdominal quadrant generally associated with acute obstruction of a ureter and resulting ureteral spasm.

Renal failure A condition in which the kidneys are unable to remove accumulated metabolites from the blood, resulting in altered fluid, electrolyte, and acid-base balance.

Renal impairment (decreased renal reserve) A glomerular filtration rate of approximately 50% of normal with normal BUN and serum creatinine levels.

Renal insufficiency A glomerular filtration rate of 20% to 50% of normal with azotemia and some manifestations of renal failure.

Renal transplant The surgical insertion of a functioning kidney.

Renin-angiotensin mechanism Method of controlling the glomerular filtration rate by releasing chemicals that cause intense vasodilation of the afferent arterioles. Conversely, an increase in the flow of filtrate results in the promotion of vasoconstriction, decreasing the glomerular filtration rate.

Repolarization Restoration of the resting cell membrane potential following generation of an action potential.

Respiratory failure Inability of lungs to oxygenate the blood and remove carbon dioxide adequately to meet the body's needs, even at rest.

Respite care Short-term or intermittent home care, often using volunteers. These services exist to give the primary caregiver some relief from the burden of full-time care.

Response Occurs in the emergency stage of disaster response, after the impact of the disaster event has occurred, the community has been rapidly assessed for damage, and the types and extent of injuries suffered as well as the immediate needs of the community have been determined.

Reticular activating system (RAS) A system of reticular neurons within the reticular formation that passes steady streams of impulses through thalamic relays in order to stimulate the cerebral cortex into wakefulness.

Retinal detachment Separation of the retina or sensory portion of the eye from the choroid.

Retinitis pigmentosa Hereditary degenerative disease characterized by retinal atrophy and loss of retinal function progressing from the periphery to the central region of the retina.

Retractions A pulling in of the tissue of the precordium; a slight retraction just medial to the midclavicular line at the area of the apical impulse is normal and is more likely to be visible in thin clients.

Reverse triage Working from the principle of the greatest good for the greatest number, reverse triage is an "upside-down triage" used in mass casualty events in which the victims who are most severely injured, requiring extensive resources with little chance of surviving, are treated last.

Rheumatic fever A systemic inflammatory disease caused by an abnormal immune response to pharyngeal infection by group A beta-hemolytic streptococci.

Rheumatic heart disease (RHD) Slowly progressive valvular deformity following acute or repeated attacks of rheumatic fever; characterized by rigid and deformed valve leaflets; fused valve commissures, and fibrosis of chordae tendineae.

Rheumatoid arthritis A chronic systemic autoimmune disease that causes inflammation of connective tissue, primarily in the joints.

Rhinitis Inflammation of the nasal cavities.

Rhinoplasty Surgical reconstruction of the nose.

Rhinorrhea Leakage of cerebrospinal fluid through the nose.

Ruptured disk See *Herniated intervertebral disk*.

Salmonellosis A form of food poisoning caused by ingestion of foods contaminated with one or more varieties of *Salmonella* bacteria.

Sarcoidosis Systemic disease characterized by granulomas in the lungs, lymph nodes, liver, eyes, skin, and other organs.

Sarcoma A tumor arising from supportive tissues.

Scabies Parasitic infestation caused by the mite *Sarcoptes scabiei*.

Sciatica Pain over the sciatic nerve.

Scleroderma Hardening of the skin, a chronic condition characterized by the formation of excess fibrous connective tissue and diffuse fibrosis of the skin and internal organs.

Sclerotherapy The removal of benign skin lesions with a sclerosing agent that causes inflammation with fibrosis of tissue.

Scoliosis A lateral curvature of the spine.

Scrub person Prepares the sterile field, surgical supplies, and equipment for surgical procedures; also assists surgeon and physician assistant by passing instruments, suctioning blood, and maintaining the sterile field.

Seborrheic dermatitis Common and chronic inflammatory disorder of the skin that involves the scalp, eyebrows, eyelids, ear canals, nasolabial folds, axillae, and trunk. The cause is unknown.

Secondary hypertension Elevated blood pressure resulting from an identifiable underlying process.

Seizure An episode of excessive and abnormal discharge of electrical activity within the central nervous system.

Semen Contains sperm and fluids secreted by the male reproductive system glands.

Seminoma A tumor from seminal or germ tissue.

Septic arthritis The type of arthritis that develops when a joint space is invaded by a pathogen.

Septic shock One part of a progressive syndrome called systemic inflammatory response syndrome. Beginning with an infection, septic shock progresses to bacteremia, then sepsis, then septic shock, and finally multiple organ failure syndrome.

Seroconversion Antibody response to a disease or vaccine.

Severe acute respiratory syndrome (SARS) Lower respiratory illness of unknown etiology; spread by close person-to-person contact.

Sexually transmitted infection (STI, sexually transmitted disease, venereal disease) Any infection transmitted by sexual contact, including vaginal, oral, and anal intercourse.

Shigellosis (bacillary dysentery) An acute bowel infection caused by microorganisms of the *Shigella* genus.

Shingles See *Herpes zoster*.

Shock A clinical syndrome characterized by a systemic imbalance between oxygen supply and demand. This imbalance results in a state of inadequate blood flow to the peripheral tissues, causing life-threatening cellular dysfunction, hypotension, and oliguria.

Sickle cell anemia A hereditary, chronic hemolytic anemia characterized by episodes of sickling, during which RBCs become abnormally crescent shaped.

Sickle cell crisis Severe episodes of fever and intense pain that are the hallmark of sickle cell anemia.

Sinusitis Inflammation of the mucous membranes of one or more of the sinuses.

Sjögren's syndrome An autoimmune disorder that causes inflammation and dysfunction of exocrine glands throughout the body.

Skeletal traction Application of a pulling force through placement of pins into the bone.

Skin graft Surgical method of detaching skin from a donor site and placing it in a recipient site, where it develops a new blood supply from the base of the wound.

Skin tags Soft papules on a pedicle.

Skin traction Traction in which the cradle-like sleeve placed around the extremity exerts its pulling force through the client's skin.

Sleep apnea Absence of airflow through the upper airways for 10 or more seconds.

Somatic cell Any cell in the body that is not a sex cell (ova and sperm).

Somatic pain Pain arising from nerve receptors originating in the skin or close to the surface of the body.

Somogyi phenomenon A morning rise in blood glucose to hyperglycemic levels following an episode of nocturnal hypoglycemia and a counterregulatory hormone response.

Spasticity Increased muscle tone in disease of the corticospinal motor tract.

Spermatocele A mobile, usually painless mass containing dead spermatozoa that forms in the epididymis.

Spinal cord injury Injury to spinal cord, usually due to trauma, and classified according to systems.

Spinal cord tumors Benign or malignant, primary or metastatic tumor of the spinal cord.

Spinal shock Temporary loss of reflex function below the level of injury.

Splenomegaly Enlargement of the spleen.

Sprain Tearing or stretching of a ligament that results from a twisting motion.

Sprue A chronic primary disorder of the small intestine in which the absorption of nutrients, particularly fats, is impaired.

Squamous cell carcinoma Malignant tumor of the squamous epithelium of the skin or mucous membranes.

Standard A statement or criterion that can be used by a profession and by the general public to measure quality of practice.

Starvation Inadequate dietary intake; the condition of being without food for long periods of time.

Status asthmaticus Severe, prolonged asthma that does not respond to routine treatment. Without aggressive therapy, status asthmaticus can lead to respiratory failure with hypoxemia, hypercapnia, and acidosis.

Status epilepticus Continuous seizure activity with only very short periods of calm occurring between intense and persistent seizures.

Steatorrhea Greasy, frothy, yellow stools resulting from excess fat in the feces.

Stem cell transplant (SCT) Infusion of donor stem cells to replace the recipient's blood cell lines (WBCs, RBCs, and platelets).

Stem cells (hemocytoblasts) Bone marrow precursor cells for all blood cells.

Stenosis Condition where valve leaflets fuse together and are unable to open or close fully.

Stoma Surface opening.

Stomatitis Inflammation of the oral mucosa.

Straight traction A pulling force applied in a straight line to the injured body part resting on the bed.

Strain Stretching or tearing of muscle fibers that results in bleeding into the tissues.

Stress incontinence Loss of usually less than 50 mL of urine occurring with increased abdominal pressure.

Stress-induced (erosive) gastritis Inflammation and superficial erosions of the gastric mucosa that may occur as a complication of other life-threatening conditions such as shock, severe trauma, major surgery, sepsis, burns, or head injury.

Striae A line above or below tissue that differs in color and texture from surrounding tissue.

Stridor High-pitched, harsh inspiratory sound indicative of upper airway obstruction.

Stroke (brain attack, cerebrovascular accident, CVA) A condition in which neurologic deficits occur as a result of decreased blood flow to a focal (localized) area of brain tissue.

Stroke volume (SV) The amount of blood pumped into the aorta with each contraction of the left ventricle.

Subdural hematoma A localized mass of blood that collects between the dura mater and the arachnoid mater.

Subluxation Partial separation (or dislocation) of the bones of a joint.

Substance abuse The use of any chemical in a fashion inconsistent with medical or culturally defined social norms despite physical, psychologic, or social adverse effects.

Substance dependence A severe condition occurring when the use of a chemical substance is no longer under an individual's control for at least 3 months. Continued use of the substance usually persists despite adverse effects on the person's physical condition, psychologic health, and interpersonal relationships (used interchangeably with addiction).

Sudden cardiac death (SCD) Unexpected death occurring within 1 hour of the onset of cardiovascular symptoms.

Sundowning A behavioral change in Alzheimer's disease characterized by increased agitation, time disorientation, and wandering during afternoon and evening hours.

Superficial burn Burn involving only the epidermal layer of the skin; most often results from damage from sunburn, ultraviolet light, minor flash injury (from a sudden ignition or explosion), or mild radiation burn associated with cancer treatment.

Surfactant A lipoprotein produced by the alveolar cells; interferes with adhesion of water molecules, reducing surface tension and helping to expand lungs.

Surge capacity The healthcare system's ability to rapidly expand beyond normal services to meet the increased demand for qualified personnel, medical care, and public health in the event of a large-scale disaster.

Surgery An invasive medical procedure performed to diagnose or treat illness, injury, or deformity. Although surgery is a medical treatment, the nurse assumes an active role in caring for the client before, during, and after surgery.

Surgical debridement The process of excising a wound to the level of fascia (fascial excision) or sequentially removing thin slices of a burn wound to the level of viable tissue (sequential excision).

Surveillance Collecting and analyzing data to establish a baseline and determine a point at which there is a change or trend in the health of the population.

Synovitis Inflammation of the synovial membrane lining the articular capsule of a joint.

Syphilis A sexually transmitted infection caused by a spirochete that may invade almost any body tissue or organ. It enters the body through a break in the skin or mucous membranes, and can be transferred to the fetus through the placental circulation.

Systemic lupus erythematosus (SLE) A chronic, inflammatory immune complex connective tissue disease.

Systemic sclerosis (scleroderma) Hardening of the skin; a chronic disease characterized by the formation of excess fibrous connective tissue and diffuse fibrosis of the skin and internal organs.

Systole A phase during which the ventricles contract and eject blood into the pulmonary and systemic circuits.

Systolic blood pressure This arterial pressure wave produced by ventricular contraction (systole) averages 120 mmHg in healthy adults.

T lymphocytes (T cells) Type of lymphocyte that matures in the thymus gland.

Tachycardia A heart rate exceeding 100 beats per minute.

Tachypnea Abnormally rapid respiratory rate.

Tendonitis Inflammation of a tendon.

Tension headache Poorly localized headache characterized by ill-defined bilateral head aching, tightness, pressure, or a viselike feeling.

Tension pneumothorax A condition in which an injury to the chest allows air to enter but not escape the pleural cavity.

Testicular torsion Twisting of the testes and spermatic cord.

Testosterone Male hormone produced in the testes.

Tetanus Disorder of the nervous system caused by a neurotoxin elaborated by *Clostridium tetani*.

Tetany Tonic muscular spasms.

Tetraplegia (formerly called quadriplegia) Injury to cervical segments of the cord thus impairing function of the arms, trunk, legs, and pelvic organs.

Thalassemia An inherited disorder of hemoglobin synthesis in which either the alpha or beta chains of the hemoglobin molecule are missing or defective.

Third spacing The accumulation and sequestration of trapped extracellular fluid in an actual or potential body space as a result of disease or injury.

Thoracentesis Invasive procedure in which fluid (or occasionally air) is removed from the pleural space with a needle.

Thoracotomy Incision of the chest wall to gain access to the lung for surgery.

Thrill Palpable vibration over the precordium or an artery.

Thromboangiitis obliterans (Buerger's disease) An occlusive vascular disease involving inflammation, spasm, and clot formation in small- and medium-sized peripheral arteries.

Thrombocytopenia A platelet count of less than 100,000 per milliliter of blood.

Thromboembolus A thrombus that breaks loose from the arterial wall.

Thrombophlebitis See *Venous thrombosis*.

Thrombotic cerebrovascular accident Cerebrovascular accident caused by occlusion of a vessel by a thrombus (a blood clot) on the interior wall of an artery.

Thrombus A blood clot that adheres to a vessel wall.

Tidal volume (TV) The amount of air (approximately 500 mL) moved in and out of the lungs with each normal, quiet breath.

Tinea capitis A fungal infection of the scalp.

Tinea corporis A fungal infection of the body.

Tinea pedis A fungal infection of the toenails and feet.

Tinnitus Perception of sound such as ringing, buzzing, or roaring in the ears.

Titration Administration of analgesics in small increasing or decreasing increments.

Tolerance A cumulative state in which a particular dose of a chemical elicits a smaller response than before. With increased tolerance, the individual needs higher and higher doses to obtain the desired effect.

Tonic-clonic seizures Alternating contraction (tonic phase) and relaxation (clonic phase) of muscles during seizure activity.

Tonsillitis Acute inflammation of the palatine tonsils.

Tophi Small white nodules in subcutaneous tissue composed of urate deposits resulting from gout.

Total colectomy Surgical removal of the entire colon.

Total gastrectomy Removal of the entire stomach.

Total hip arthroplasty (THA) Replacement of both the femoral head and the acetabulum.

Total parenteral nutrition (TPN) Intravenous administration of carbohydrates (high concentrations of dextrose), protein (amino acids), electrolytes, vitamins, minerals, and fat emulsions.

Toxic epidermal necrolysis (TENS) Rare, life-threatening disease in which the epidermis peels off the dermis in sheets, leaving large areas of denuded skin.

Toxic megacolon A condition characterized by acute motor paralysis and dilation of the colon.

Traction The application of a straightening or pulling force to return or maintain the fractured bones in normal anatomic position.

Transcutaneous electrical nerve stimulation (TENS) A unit that consists of a low-voltage transmitter connected by wires to electrodes that are placed by the client as directed by the physical therapist. The client experiences a gentle tapping or vibrating sensation over the electrodes. The client can adjust the voltage to achieve maximum pain relief.

Transdermal Medication absorbed through the skin without injection.

Transfusion An infusion of blood or blood components.

Transient ischemic attack (TIA) Brief period of localized cerebral ischemia that causes neurologic deficits lasting for less than 24 hours.

Transjugular intrahepatic portosystemic shunt (TIPS) Used to relieve portal hypertension and its complications of esophageal varices and ascites. A channel is created through the liver tissue using a needle inserted transcutaneously; an expandable metal stent is inserted into this channel, to allow blood to flow directly from the portal vein into the hepatic

vein, bypassing the cirrhotic liver. The shunt relieves pressure in esophageal varices and allows better control of fluid retention with diuretic therapy. Generally is used as a short-term measure until liver transplant is performed.

Translocation The joining of a part of or a whole chromosome to another separate chromosome.

Traumatic brain injury (TBI) A traumatic insult to the brain capable of causing physical, intellectual, emotional, social, and vocational changes.

Tremors Rhythmic movement.

Triage Means “sorting.” Triage is a continuous process in which client priorities are reassigned as needed treatments, time, and the condition of the clients change.

Tricuspid valve A valve between the right atrium and ventricle of the heart; prevents blood from flowing backwards into the atrium.

Trigeminal neuralgia (tic douloureux) A chronic disease of the trigeminal cranial nerve (cranial nerve V) that causes severe facial pain.

Triglycerides Molecules of glycerol with fatty acids used to transport and store fats in body tissues.

Trisomy Possessing three chromosomes instead of the usual two as in trisomy 21 or Down syndrome.

Trousseau’s sign Contraction of the hand and fingers in response to occlusion of the blood supply by a blood pressure cuff; caused by decreased blood calcium levels.

Tuberculosis (TB) Chronic, recurrent infectious disease caused by *Mycobacterium tuberculosis*; usually affects the lungs, although any organ can be affected.

Tumor marker A protein molecule detectable in serum or other body fluids. This marker is used as a biochemical indicator of the presence of a malignancy.

Tympanoplasty Surgical reconstruction of the middle ear.

Type 1 diabetes One of two types of diabetes characterized by the destruction of beta cells, usually leading to absolute insulin deficiency.

Type 2 diabetes One of two types of diabetes the characteristics of which may range from predominantly insulin resistance with relative insulin deficiency to a predominantly secretory defect with insulin resistance. There is no immune destruction of beta cells.

Ulcer A lesion of the skin or mucous membranes.

Ulcerative colitis Chronic inflammatory bowel disorder of the mucosa and submucosa of the colon and rectum.

Ultrafiltration Removal of excess body water using a hydrostatic pressure gradient.

Uniform Anatomical Gift Act Legislation that requires people to be informed about their options related to organ donation.

Unilateral neglect State in which a client is unaware of and inattentive to one side of body.

Upper body obesity (central obesity) Excess intra-abdominal fat characterized by a waist-to-hip ratio greater than 1 in men and 0.8 in women.

Urea An end product of protein metabolism, and along with water the main constituent of urine.

Uremia Literally “urine in the blood”; the syndrome or group of symptoms associated with end-stage renal failure.

Ureteral stent Thin catheter inserted into the ureter to provide for urine flow and ureteral support.

Ureteroplasty Surgical repair of a ureter.

Urgency A sudden, compelling need to urinate.

Urinary calculi Calculi or “stones” in the urinary tract.

Urinary diversion Procedure to provide for urine collection and drainage following cystectomy. The most common urinary diversion is the ileal conduit.

Urinary drainage system The ureters, urinary bladder, and urethra.

Urinary incontinence Involuntary urination.

Urinary retention Incomplete emptying of the bladder.

Urolithiasis Development of stones within the urinary tract.

Urticaria Hives.

Vaccine Suspensions of whole or fractionated bacteria or viruses that have been treated to make them nonpathogenic.

Valsalva’s maneuver Closing the glottis and contracting the diaphragm and abdominal muscles to increase intra-abdominal pressure to facilitate expulsion of feces.

Valvular heart disease Interference of blood flow to, within, and from the heart.

Vancomycin intermediate-resistant *Staphylococcus aureus* (VISA) A form of *S. aureus* with intermediate resistance to vancomycin.

Variococele Dilation of the pampiniform venous complex of the spermatic cord.

Variocose veins Irregular, tortuous veins with incompetent valves.

Vasectomy Sterilization procedure in which a portion of the spermatic cord is removed.

Vasoconstriction Smooth muscle contraction that narrows the vessel lumen.

Vasodilation Smooth muscle relaxation that expands the vessel lumen.

Vasogenic shock See *Neurogenic shock*.

Venous thrombosis (thrombophlebitis) Blood clot (thrombus) formation on the wall of a vein, accompanied by inflammation of the vein wall and obstructed venous blood flow.

Vertigo Sensation of whirling or rotation.

Very low calorie diet (VLCD) A protein-sparing modified fast (400 to 800 kcal/day or less) under close medical supervision that may be used to treat significant obesity.

Vesicoureteral reflux Condition in which urine moves from the bladder back toward the kidney.

Visceral pain Pain arising from body organs. It is dull and poorly localized because of the low number of nociceptors.

Vital capacity The sum of TV (tidal volume) + IRV (inspiratory reserve volume) + ERV (expiratory reserve volume); approximately 4500 mL in healthy clients.

Vitamin B₁₂ deficiency anemia Anemia due to inadequate vitamin B₁₂ consumption or impaired absorption.

Vitiligo Abnormal loss of melanin in patches.

Volatile acids Acids eliminated from the body as a gas.

Volkman's contracture A common complication of elbow fractures, can result from unresolved compartment syndrome. Arterial blood flow decreases, leading to ischemia, degeneration, and contracture of the muscle.

Von Willebrand's disease The most common hereditary bleeding disorder, caused by a deficit of or defective von Willebrand factor.

Warm zone Adjacent to the hot zone of a disaster, the area where decontamination of victims or triage and emergency treatment takes place; also called the control zone.

Warts (verrucae) Lesions of the skin caused by the human papillomavirus.

Weaning Process of removing the client from ventilator support and reestablishing spontaneous, independent respirations.

Weber test A test of hearing; a vibrating tuning fork is placed on the midline of the top of the head and the client is asked to describe where the sound is heard. Normally, sound is heard equally in both ears.

Wernicke's encephalopathy Caused by thiamine (B₁) deficiency and characterized by nystagmus, ptosis, ataxia, confusion, coma, and possible death. Thiamine deficiency is common in chronic alcoholism.

Wheeze Continuous, musical sound caused by narrowing of the lumen in a respiratory passage.

White blood cell (WBCs, leukocytes) The blood cells that contribute to the body's defense against microorganisms.

Wild-type gene The most common type of gene; designated as normal.

Withdrawal Cessation of use of a substance to which an individual has become addicted.

Withdrawal symptoms Constellation of signs and symptoms that occurs in physically dependent individuals when they discontinue drug use.

Xenograft A transplant from an animal species to a human.

Xeroderma A chronic skin condition characterized by dry, rough skin.

Xerosis Dry skin.

X-linked Any gene found on the X chromosome, or traits determined by such genes; also refers to the specific mode of inheritance of such genes; one altered gene on an X chromosome in a male can produce disease, such as hemophilia.

Zollinger-Ellison syndrome Peptic ulcer disease caused by a gastrinoma, or gastrin-secreting tumor of the pancreas, stomach, or intestines.