Preface

This glossary of recreation therapy and occupational therapy terms is meant to serve as a study guide for students and a reference book for practitioners. It may also be a valuable aid to those preparing for comprehensive examinations, such as national certification exams or graduate school comprehensive exams.

Recreation therapy and occupational therapy encompass a wide scope of activity. Therefore, I have attempted to be eclectic in developing the glossary in order to reflect a full range of approaches to these professions.

I would like to thank my colleagues, Professors Youngkhill Lee, Ph.D., CTRS, and Bryan McCormick, Ph.D., CTRS, for their thoughtful reviews of the glossary. I would also like to thank Karen Scott, M.S., OTR, of Bloomington Hospital, for her thorough review of the glossary and Professor Celestine Hamant, M.S., OTR, SAOTA, of Indiana University, for identifying historical figures in occupational therapy. While using this glossary, should you have suggestions to improve it please let me hear from you.

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AA
Alcoholics Anonymous

AAHPERD
American Alliance for Health, Physical Education, Recreation, and Dance; in 1950s had a Recreation Therapy Section

AARP
American Association of Retired Persons

abasement
Degradation of oneself; excessive compliance or accepting punishment

abasia
Inability to walk because of a lack of motor coordination, usually due to psychological disturbance

abate
To decrease or reduce in severity or degree

abduction
Movement of a body part away from the midline of the body

aberration
Deviation from what is typical or normal

abnormal
Diverging from the normal. The problem with the term is that it can only be defined in relation to what is normal, about which there is often much disagreement

abrasion
Scraping or rubbing off skin or mucous membrane

abscess
Localized collection of pus

absence
Petit mal epilepsy

abstinence
Refraining voluntarily from some activity, such as sexual intercourse; or from a substance, such as food or drugs

abulia
Inability to make decisions

abuse
To misuse, attack or injure physically or psychologically. The most common form is child abuse. Child abuse refers to a child who has suffered repeated injuries (including bone fractures, neurologic and psychological damage, and sexual abuse) at the hands of a parent or adult

Academy of Leisure Sciences (ALS)
Prestigious society composed of scholars who have made outstanding contributions to knowledge about recreation and leisure

acathexis
Lack of feeling associated with an ordinarily emotionally charged subject

accessibility
Elements in the built environment (site or building) that allow approach, entrance, and use of facilities by those with sensory or mobility impairments; having programs open to persons with disabilities
accommodation
Responding to the environment through new activity or thinking; contrast to Piaget’s assimilation

accreditation
Voluntary process by which standards are applied to an institution in order to determine if they are met. For example, hospitals and health facilities may be accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). College and university curricula may be accredited by an accrediting body

acclimatization
The processes by which children are socialized to learn the behavior patterns of their social group or culture

acid
Slang term for lysergic acid diethylamide (LSD)

acme
The highest point; critical stage or crisis point of a disease

acoustics
The science of sound; characteristics of a room that affect the distinctness with which sounds can be heard

acquired immune deficiency syndrome (AIDS)
Infectious disease that disables the immune system. It is caused by the human immunodeficiency virus (HIV). When HIV causes the immune system to fail, a person may develop a variety of life-threatening illnesses

acrophobia
Abnormal fear (phobia) of heights

acting out
Expression of emotional tension or intrapsychic conflict in overt behavior rather than words; usually used to describe impulsive, aggressive behavior in which the person is not consciously aware of the meaning of such act

action therapies
Term to describe action-orientated therapies such as recreation therapy or therapeutic recreation, occupational therapy and music therapy; in contrast to “talk therapies”

activities of daily living (ADL)
Activities usually performed in the course of a normal day in a person’s life, such as eating, dressing, bathing, grooming, and homemaking

activity analysis
Process of systematically appraising what behaviors and skills are required for participation in a given activity

activity group
Activity in which several individuals participate

activity therapy
Umbrella term used to describe activity or action-oriented services including recreation therapy or therapeutic recreation, occupational therapy and music therapy; usually applied in psychiatric facilities
actualization
   Realization of one’s full potential

acuity
   Sharpness; used in relation to the senses such as visual acuity

acupuncture
   Pain control technique in which fine metal needles are inserted under the skin at certain locations

acute
   Of sudden onset; not chronic

ADA
   Americans with Disabilities Act

ADAAG
   Americans with Disabilities Act Accessibility Guidelines for Buildings and Facilities

adaptation
   Response or adjustment to a stressor; fitting one’s behavior to meet the needs of one’s environment which may involve a modification of one’s impulses, emotions or attitudes

adapted activities
   Altered activities which fit the needs, interests and capabilities of individuals; changes may be made in rules or equipment to accommodate the persons participating

Adapted Child
   A transactional analysis ego-state that has two functions, either conforming or rebelling to what another person wants

adapted physical education
   Modified physical activity in educational settings for students with disabilities

adapted recreation
   Term often applied to community-based recreation programs designed for persons with disabilities

adaptive equipment
   Term related to equipment that enables a person with a disability to function independently; the term is being replaced by the term, assistive devices

addiction
   Compulsive craving for something; over dependence on the intake of certain substances; older term for physiological dependence on a chemical substance

adduction
   Movement of a body part toward the mid-line of the body

adherence
   Degree to which clients follow recommendations of practitioners; also called compliance

ADHD
   Attention-Deficit Hyperactivity Disorder
adhesion
Scar tissue that connects two surfaces that normally are separate from each other; adhesions are sometimes a complication of surgery

adipose
Fatty

adjunct
Additional treatment or procedure used for increasing the efficacy of the primary treatment or procedure

adjunctive therapy
Somewhat dated term referring to supplemental treatment; used in hospitals to categorize disciplines such as recreation therapy or therapeutic recreation, occupational therapy, and physical therapy

adjustment
Individual’s functional alteration or adaptation to the immediate environment or one’s inner self

adjustment disorder
DSM-IV-TR category for maladaptive reactions to identifiable life events or circumstances

ADL
Activities of daily living

Adler, Alfred
(1870-1937) The first of Freud’s major followers to break away, after disagreeing with Freud’s emphasis on the importance of sexuality. Adler stressed concepts of individual psychology, inferiority complex, and overcompensation

Administration on Aging (AoA)
Principle U.S. agency to carry out the provisions of the Older Americans Act

adolescence
Period from puberty to sexual maturity

adrenal
Flattened body above each kidney that secretes steroid hormones, epinephrine, and norepinephrine

adrenalin
Hormone secreted by the adrenal glands (lying over the kidneys) in times of emergency or excitement; also called epinephrine

Adult
Transactional analysis ego state that is analytical, rational, and nonjudgmental. It is the objective part of personality

adult day care
Supervised recreation, social, and health services for older clients with cognitive, emotional, or physical impairments; provides respite for regular caregivers

adventitious deafness
Due to injury of the ear; in contrast to congenital deafness due to a defect in development

adventitiously blind
Condition of blindness that occurs to people who have lost vision at some time
after the first five years of life—the person usually has some visual memory

**adventure/challenge therapy**  
Treatment technique in which outdoor recreation activities with elements of actual or perceived risk are performed by clients who process on their experiences with a therapist.

**advocacy**  
Working in support of the rights and needs of others; usually used to refer to working in support of persons who have been handicapped.

**aerobic**  
With oxygen present.

**aerobic exercise**  
Exercise that promotes cardiovascular fitness by increasing blood flow, heart rate, and metabolic demand for oxygen.

**affect**  
A person’s feelings, tone or mood; one’s emotional response.

**afferent**  
Moving toward a specific site or reference.

**aftercare**  
Posthospitalization program of rehabilitation designed to reinforce the effects of therapy and to help clients adjust to their environment; may be provided in ambulatory care, home healthcare, or community health setting.

**age appropriateness**  
Activities that correspond with the individual’s chronological age.

**ageism**  
Word coined by Butler to describe the stigmatizing effect of society’s past attitudes toward persons who are elderly.

**aggression**  
Behavioral act with the goal of doing injury or harm to a person or object.

**agitated**  
Condition characterized by purposeless, restless activity such as pacing. May serve to release nervous tension associated with stress, anxiety, or fear.

**agnosia**  
Inability to understand the significance of sensory stimuli; inability to recognize familiar objects or make sense of sensory information.

**agoraphobia**  
Abnormal fear (phobia) of open spaces.

**agraphia**  
Loss of the ability to write, resulting from injury to the language center of the cerebral cortex.

**AIDS**  
Acquired immune deficiency syndrome.

**AIDS-Related Complex (ARC)**  
Stage in the development of AIDS in which the immune system begins to falter and...
some symptoms appear

Al-Anon
Organization of relatives of alcoholics patterned after the structure of Alcoholics Anonymous to facilitate discussion and resolution of common problems

alcohol dependence (alcoholism)
Dependence on alcohol characterized by either tolerance to the agent or development of withdrawal phenomena on cessation of, or reduction in, intake. Other aspects involve psychological dependence and impairment in social or vocational functioning.

alcoholics
Persons who drink alcohol heavily and are addicted to it

Alcoholics Anonymous (AA)
Self-help organization of alcoholics that uses inspirational/supportive group methods to aid in the rehabilitation of members

alexia
Inability to comprehend written words

algophobia
Abnormal fear (phobia) of pain

alienation
Feelings of detachment from self or society; feeling estranged, separated and powerless in relation to oneself or others

allied health professionals
Specially trained health workers other than physicians, dentists, podiatrists, and nurses, such as recreation therapists, physical therapists, and occupational therapists

Alzheimer’s disease
Type of dementia in which discrete patches of brain tissue degenerate; causes gradual and progressive decline in cognitive functioning. Named for German neurologist, Alois Alzheimer

AMA
Against medical advice; American Medical Association

amblyopia
Reduced vision in an eye that does not have an obvious cause. Sometimes termed “lazy eye”

ambulation
Walking with or without aids, such as braces or crutches

ambulatory care
All types of health services that are provided on an outpatient basis, in contrast to services provided in the home or to persons who are inpatients

American Association of Retired Persons (AARP)
National organization for people over age 50. Offers information, education, advocacy, and services
American Hospital Association (AHA)  
Trade association of hospitals, healthcare facilities, and medical administrators

American Medical Association (AMA)  
National organization of medical doctors of all specialties

American Music Therapy Association (AMTA)  
National professional organization for music therapists

American National Standards Institute (ANSI)  
National nongovernmental organization that publishes a variety of voluntary standards

American Occupational Therapy Association (AOTA)  
National professional organization for occupational therapists and occupational therapy assistants

American Occupational Therapy Certification Board (AOTCB)  
Credentialing board for occupational therapists and occupational therapy assistants

American Physical Therapy Association (APTA)  
National professional organization for physical therapists and physical therapy assistants

American Psychiatric Association (APA)  
Professional organization of physicians who specialize in the practice of psychiatry

American Psychological Association (APA)  
Largest organization of American psychologists

American Speech—Language—Hearing Association (ASHA)  
National professional organization for speech and language pathologists and audiologists

American Therapeutic Recreation Association (ATRA)  
National professional society for recreation therapists who have particular concern for the use of recreation as a clinical intervention

Americans with Disabilities Act (ADA)  
Federal law, passed in 1990, to allow full and equal access to services and facilities by persons with disabilities

amputation  
Surgical removal of a limb or other part of the body

anal stage  
Freud’s second stage of psychosexual development extending from 18 months to 3 years in which most pleasure is derived from stimulation of the anal zone by retaining and expelling feces

androgen  
Sex hormone present in both sexes but in greater quantity in males which influences characteristics associated with males
androgynous
Having both male and female characteristics

angina pectoris
Condition marked by chest pain that generally results from a brief or incomplete blockage of the blood supply to heart tissue

anhedonia
Inability to experience pleasure from activities that usually produce pleasure

animal assisted therapy
Treatment approach in which interactions with pets and other animals are used to bring about therapeutic benefits

ankylosis
Fixation of a joint, as in rheumatoid arthritis

anniversary reaction
Behavioral reactions, symptoms or dreams that occur at the same time of the year as a significant past event

Annual in Therapeutic Recreation
Refereed publication of the American Therapeutic Recreation Association (ATRA)

anomaly
Malfunction or abnormality

anomia
Inability to name objects

anorexia
Lack or loss of appetite for food

anorexia nervosa
Disorder characterized by a prolonged refusal to eat

ANOVA
Analysis of variance statistical test to compare group means

ANSI
American National Standards Institute

antagonist
Muscle acting in opposition to another

antecedent
Something occurring prior to a behavior which influences the occurrence of that behavior

anterior
Toward the front of the body; situated in front or in the front part of an organism

antibiotic
Medication that destroys microorganisms

anticonvulsants
Drugs used to control epileptic seizures

anxiety
Unpleasant state of apprehension, tension or uneasiness from a vague or largely unknown or unrecognized source; characterized by increased heart rate, trembling, sweating, and disrupted breathing

APA
American Psychiatric Association; American Psychological Association
| **apathy** | “Don’t care” feeling or affect reflected in a lack of interest or emotional involvement in one’s surroundings |
| **APE** | Adapted physical education; programs of modified physical activity in educational settings to meet the needs of students with disabilities |
| **aphasia** | Impaired ability to use or understand oral language |
| **APIE** | Abbreviation for assessment, planning, implementation, and evaluation, which are the elements in the RT process. Pronounced “a–pie” |
| **approach-approach conflict** | Caused by having to choose between two desirable objects or goals that are completely or partially incompatible |
| **approach-avoidance conflict** | Situation in which both positive and negative outcomes are inherent in the same object or goal such as delicious Tex-Mex food that gives heartburn |
| **appropriateness of service** | Services that are medically necessary for the treatment of a particular condition; may also refer to aspects of the normalization principle (e.g., age appropriate) |
| **apraxia** | Cerebral dysfunction; inability to initiate a purposeful motor act by thinking about it and carrying it out |
| **aquatic therapy** | Use of pools for treatment and rehabilitation |
| **Arc** | Association of Retarded Citizens |
| **architectural barriers** | Structures such as buildings, walkways, and stairs that are usable by nondisabled persons but present obstacles for people with disabilities to move about freely |
| **aromatherapy** | Use of essential oils from plants for health purposes |
| **art therapy** | Use of art as a therapeutic medium to promote self-awareness, nonverbal expression, and human interaction |
| **arteriosclerosis** | Condition in which fatty patches have accumulated and hardened on artery walls, thereby reducing their elasticity |
| **arthritis** | Inflammation of a joint |
| **assertiveness training** | Behavioral therapy approach to assist people to become more assertive in sexual expression or social relationships through frank and direct interpersonal expression of...
feelings and thoughts

**assessment**
Collection and analysis of information to determine the status of the client

**assimilation**
Subjective learning process by which new material is modified by established mental structures and made a part of existing knowledge; contrasts with Piaget’s accommodation

**assistive device**
Any technology that enables a person with a disability to improve his or her functional level

**Association of Retarded Citizens (Arc)**
Organization to promote better understanding of mental retardation. The organization now uses the expression “The Arc” to avoid stigma associated with mental retardation

**asthma**
Disorder of the respiratory system characterized by bronchial spasms and difficulty in breathing

**asymptomatic**
Without symptoms

**ataxia**
Inability to coordinate muscular movements characterized by lack of balance or unsteadiness. In psychiatry the term may be used to refer to a lack of coordination between feelings and thoughts

**atherosclerosis**
Arterial disorder in which the vessel walls harden (becoming thick, fibrotic, and calcified), resulting in reduced blood flow to organs normally supplied by the artery

**atonic**
Weak or lacking normal tone or vigor

**ATRA**
American Therapeutic Recreation Association

**atrophy**
Wasting away of an organ or part of the body

**attending behavior**
Responses to relevant stimuli primarily through the use of eye contact, posture, gestures, and verbal behavior

**Attention-Deficit Hyperactivity Disorder (ADHD)**
DSM-IV diagnostic category with three subcategories: (1) Attention-Deficit Hyperactivity Disorder, Predominately Inattentive Type; (2) Attention-Deficit Hyperactivity Disorder, Predominately Hyperactivity Type; (3) Attention-Deficit Hyperactivity Disorder, Combined Type

**attention span**
Length of time an individual can concentrate on one thing or participate in one activity before losing interest

**attribution theories**
Social psychology theories dealing with attributing stable characteristics to other
people based on our inferences from observed behaviors, as well as making self-attributions based on events that occur in our own lives

**atypical**
Unusual or uncharacteristic variations of a disorder

**auditory**
Pertaining to hearing

**aura**
Visual sensation experienced before a seizure

**autism**
Developmental disability characterized by an inability to relate to others, delay in development of communication skills, abnormal responses to sensations and ritualistic behavior

**autogenic training**
Relaxation technique in which a series of mental exercises involving sensations of heaviness and warmth are used to exert control over physiological processes

**autonomic dysreflexia**
Potentially dangerous complication in SCI above the T-6 vertebra that involves high blood pressure, sweating, chills, and headache, frequently due to an overfull bladder or impacted bowel. Also known as hyperreflexia

<table>
<thead>
<tr>
<th><strong>autonomic nervous system</strong></th>
<th>Division of the peripheral nervous system that carries messages between the central nervous system and the internal organs. It has two parts: the sympathetic and parasympathetic nervous systems</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>autonomy</strong></td>
<td>Ability to function independently</td>
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<tr>
<td><strong>aversion therapy</strong></td>
<td>Behavioral therapy technique that uses the repeated pairing of unpleasant or painful stimulus with an undesirable behavior in order to eliminate the behavior</td>
</tr>
<tr>
<td><strong>avoidance-avoidance conflict</strong></td>
<td>Having to choose between two negative objects or goals</td>
</tr>
</tbody>
</table>

**Ball, Edith L.**
(1906-1997) Author in therapeutic recreation known for her continuum of service model; she served on the faculty of New York University

<table>
<thead>
<tr>
<th><strong>barrier-free design</strong></th>
<th>Design of buildings and other built environments that allows persons with disabilities to make use of the facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>baseline information</strong></td>
<td>Data or observations obtained before the application of any intervention</td>
</tr>
<tr>
<td><strong>bedsore</strong></td>
<td>Sore caused by a lack of circulation to the involved area; synonym for decubitus ulcer</td>
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<tr>
<td>Term</td>
<td>Definition</td>
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<tr>
<td>behaviorism</td>
<td>Approach to psychology founded by John B. Watson that emphasizes the examination of overtly observable behavior</td>
</tr>
<tr>
<td>behavior modification</td>
<td>Approach that applies general learning principles to modify behavior through systematic manipulation of the environment; techniques include positive reinforcement, shaping, prompting, and fading, among others</td>
</tr>
<tr>
<td>behavioral objectives</td>
<td>Statements of specific behavioral conditions, actions, and criteria directly related to long-term goals</td>
</tr>
<tr>
<td>behavioral therapy</td>
<td>Psychiatric treatment modality based on behaviorism that does not focus on psycho-dynamic causation but attempts to change unadaptive habits by use of techniques such as assertiveness training and aversive therapy, among others</td>
</tr>
<tr>
<td>benign</td>
<td>Relatively mild; likely to have a favorable outcome; not malignant</td>
</tr>
<tr>
<td>Berne, Eric</td>
<td>(1910-1970) American psychiatrist known as the founder of transactional analysis</td>
</tr>
<tr>
<td>Berryman, Doris L.</td>
<td>(1926-2000) Educator who developed the first standards and criteria for recreation services for residential institutions; faculty member at New York University for many years</td>
</tr>
<tr>
<td>bestiality</td>
<td>Sexual relations between a person and an animal</td>
</tr>
<tr>
<td>bibliotherapy</td>
<td>Therapeutic intervention in which books, stories, poems, and other types of literature are used to enhance the expression of feelings and bring about insights</td>
</tr>
<tr>
<td>bilateral</td>
<td>On both sides; of, pertaining to, or having two sides</td>
</tr>
<tr>
<td>biofeedback</td>
<td>Means of receiving information (feedback) on various physiological processes (e.g., brainwave activity, muscle tension, heart rate, blood pressure, galvanic skin response) by use of electromechanical devices</td>
</tr>
<tr>
<td>biopsy</td>
<td>Removal and examination, usually microscopic, of tissue from a living body</td>
</tr>
<tr>
<td>biopsychosocial</td>
<td>Interrelationship of biological, psychological, and social factors</td>
</tr>
<tr>
<td>biopsychosocial approach</td>
<td>Holistic approach to treatment; implies the etiology of a disease has biological, psychological, and sociological determinants</td>
</tr>
</tbody>
</table>
biopsychosocial model
View that health and illness involve the interplay of biological, psychological, and social factors in people’s lives

bipolar disorder
Mood disorder in which the patient exhibits both manic and depressive episodes; once called manic-depressive illness

bisexual
Sexual orientation involving erotic feelings for members of both sexes

bizarre behavior
Eccentric behavior that does not conform to social expectations

blocking
Involuntary cessation of thought processes or speech

blood pressure
Pressure exerted by the blood upon the walls of the blood vessels, especially the arteries

board-certified psychiatrist
Psychiatrist who has passed examinations of the American Board of Psychiatry and Neurology

body language
Expression of thoughts and emotions by body posture and movement

borderline mentally retarded
Individuals who possess an IQ of 70 to 85; they are not considered legally disabled

borderline personality disorder
Disorder in which there is instability in a variety of areas, including interpersonal relationships, behavior, mood, and self-image. Interpersonal relations are often intense and unstable, with marked shifts in attitude. Impulsive and unpredictable behavior may occur. Inappropriate and intense anger may occur. Identity problems may occur as may problems of tolerating being alone and of emptiness or boredom

bowl program
Habit or pattern for emptying the bowel at a specific time

bruxism
Grinding the teeth, especially during sleep

bulimia
Episodic eating binges or excessive intake of food or fluid, generally beyond voluntary control

burnout
Stress reaction developed in persons working in an occupation with unrelenting occupational demands; helping professionals, including recreation therapists and occupational therapists, are subject to burnout

Canadian crutch
Device with a metal cuff for the person’s lower arms with a handle for the hand to allow weight bearing that helps the person with a disability involving the lower extremities to stand or walk
<table>
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<tr>
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</table>
| **cancer**  
  Class of malignant diseases in which cells proliferate in an unrestricted manner, usually forming a tumor |
| **capitation**  
  Method of payment in which the health-care provider is paid a fixed amount for each person served, no matter what the actual number or nature of services delivered |
| **cardiac**  
  Pertaining to the heart |
| **cardiogram**  
  Tracing produced by the electrical impulses of the heart |
| **cardiovascular**  
  Pertaining to the heart and blood vessels |
| **care plan**  
  Interdisciplinary plan to address the client’s assessed needs; the expression care plan is common in long-term care; other settings may employ the term treatment plan, rehabilitation plan, or individual education plan |
| **CARF**  
  Originally stood for Commission on Accreditation of Rehabilitation Facilities. Now known as CARF: The Rehabilitation Accreditation Commission; an accrediting body designed to improve the quality of life of persons undergoing medical rehabilitation, assisted living, etc. |
| **carpal tunnel syndrome**  
  Painful disorder in the hand and wrist. Activities requiring sustained or repetitive use of the hands and wrists may lead to nerve compression, causing the syndrome |
| **carryover**  
  Ability to use newly learned skills or information from one setting to another |
| **case conference**  
  Multidisciplinary team meeting to discuss a client’s status |
| **case history**  
  A brief report on the client’s background; often prepared by a social worker |
| **case management**  
  Problem-solving process through which appropriate healthcare services are provided to individuals and families |
| **castration**  
  Removal of the sex organs. Used figuratively to denote state of impotence, powerlessness, helplessness or defeat |
| **cataract**  
  Abnormal opacity or clouding of the lens of the eye causing interference with light reaching the retina |
| **catastrophic health insurance**  
  Health insurance that provides protection against the high cost of treating severe or lengthy illness or disabilities |
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>catchment area</td>
<td>Geographic area for which a facility has responsibility</td>
</tr>
<tr>
<td>catharsis</td>
<td>Release of impulses, thoughts, and repressed materials accompanied by an emotional response and tension release. Often used in connection with the release of aggression</td>
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<tr>
<td>catheter</td>
<td>Slender, flexible tube of metal, rubber or plastic that is inserted into a body channel, often the bladder</td>
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<tr>
<td>CAT Scan (computerized axial tomography)</td>
<td>Computerized x-ray that produces high-resolution images of the brain, blood vessels, arteries, and veins</td>
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<tr>
<td>central nervous system (CNS)</td>
<td>Brain and spinal cord</td>
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<tr>
<td>cerebellum</td>
<td>Large portion of the brain that coordinates motor activities and maintains body balance</td>
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<tr>
<td>cerebral palsy</td>
<td>Condition characterized by the inability to control muscular movements due to injury, infection, or faulty development of the motor controls of the brain. It may involve involuntary movements, rigidity, paralyses, facial grimacing, and speech disturbances</td>
</tr>
<tr>
<td>cerebrovascular accident (CVA)</td>
<td>Restricted blood supply to a part of the brain; also called stroke</td>
</tr>
<tr>
<td>cerebrum</td>
<td>Upper and largest portion of the brain. It has primary control over motor and mental activity</td>
</tr>
<tr>
<td>CERT</td>
<td>Comprehensive Evaluation in Recreation Therapy Scale</td>
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<tr>
<td>certification</td>
<td>Process by which a nongovernment agency or association evaluates and recognizes an individual as meeting predetermined standards</td>
</tr>
<tr>
<td>Certified Occupational Therapy Assistant (COTA)</td>
<td>Individual who works under the direction of an occupational therapist after completing an accredited course of study and passing a certification exam</td>
</tr>
<tr>
<td>Certified Therapeutic Recreation Specialist (CTRS)</td>
<td>Certification by the National Council for Therapeutic Recreation Certification (NCTRC) for a healthcare practitioner to practice therapeutic recreation at the professional level. Certification requires the completion of the minimum of a bachelor’s degree in therapeutic recreation and examination by NCTRC</td>
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<tr>
<td>cervical</td>
<td>Pertaining to the neck or to the cervix</td>
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<tr>
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<tr>
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<tr>
<td><strong>cervical spine</strong></td>
<td>Age in years</td>
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<tr>
<td>Seven bones or vertebrae of the spine in the region of the neck</td>
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<tr>
<td><strong>chaining</strong></td>
<td>Network of channels through which blood circulates through the body</td>
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<tr>
<td>Behavior modification technique of identifying a series of steps involved in performing a specific task and guiding an individual through the steps</td>
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<tr>
<td><strong>change agent</strong></td>
<td>Degenerative disease in an organ of the body marked by excess formation of connective tissue and subsequent contraction of the organ. Most commonly used in cirrhosis of the liver</td>
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<tr>
<td>Helping professional who serves as a catalyst for change in treatment and rehabilitation</td>
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<tr>
<td><strong>change of life</strong></td>
<td>Form of learning in which existing responses are attached to new stimuli by pairing those stimuli with those that naturally elicit the response. Sometimes referred to as respondent conditioning</td>
</tr>
<tr>
<td>Menopause; the cessation of menses</td>
<td></td>
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<tr>
<td><strong>charting</strong></td>
<td>Individual to whom clinical services are being provided; often referred to as a patient in medical settings or resident in residential settings such as nursing homes</td>
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<tr>
<td>The act of written documentation (often referred to as progress notes) on the clinical record or chart of a particular client</td>
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<tr>
<td><strong>chemisthapy</strong></td>
<td>Old term for person-centered therapy (see person-centered therapy)</td>
</tr>
<tr>
<td>Treatment of disease or disorder by administration of chemical substances</td>
<td></td>
</tr>
<tr>
<td><strong>Child</strong></td>
<td>Morbid fear (phobia) of stairs</td>
</tr>
<tr>
<td>Basic transactional analysis ego state, which consists of feelings, impulses and spontaneous acts. As a function of learning history, this ego state can take the form of the Adapted Child or the Natural Child</td>
<td></td>
</tr>
<tr>
<td><strong>chronic</strong></td>
<td>Outpatient establishment for the diagnosis and treatment of illnesses</td>
</tr>
<tr>
<td>Continuing over a long period of time or recurring frequently</td>
<td></td>
</tr>
<tr>
<td><strong>chronological age</strong></td>
<td></td>
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<tr>
<td><strong>circulatory system</strong></td>
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<td><strong>cirrhosis</strong></td>
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<tr>
<td><strong>classical conditioning</strong></td>
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<tr>
<td><strong>client</strong></td>
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<tr>
<td><strong>climacophobia</strong></td>
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<tr>
<td><strong>clinic</strong></td>
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</tbody>
</table>
clinical impressions
Informed, objective opinion of client behavior or functional level based upon sound professional training and experience

clinical pathways
“Road maps” for the provision of multidisciplinary clinical services. They are plans that identify interventions and sequence them along a timeline. Their purpose is providing the most effective and efficient way to approach a diagnosis. Also known as critical paths, clinical paths, critical pathways, care maps, and care tracks

clinical practice guidelines
Systematically developed guide to practice, based on research and best practices, that aids in clinical decision making

clinical psychologist
Individual with a Ph.D. or Psy.D. in clinical psychology who aids in diagnosis, treatment and prevention of mental and emotional disorders

clinical supervision
Cooperative process in which a supervisor helps an individual (supervisee) who has direct responsibility for carrying out the agency’s clinical program to improve his or her clinical abilities and to achieve the ends of the clinical program

clonic convulsion
Type of convulsion characterized by rhythmic alternate involuntary contractions and relaxation of muscle groups

cognitive
Refers to the mental process of comprehension, judgment, memory and reasoning, as contrasted with emotional and volitional processes

cognitive-behavioral therapy
Therapy developed by Aaron Beck, based on the idea that irrational ideas or faulty reasoning underlie individual’s thoughts and beliefs

cognitive dissonance
Theory of Leon Festinger which proposes a motivational state (dissonance) exists when an individual’s cognitive elements (thoughts, attitudes, perceived behaviors) are inconsistent with each other. The unpleasant feeling of dissonance drives the person towards inconsistency in thoughts, attitudes and behaviors

cognitive retraining or rehabilitation
Management and treatment of such functions and skills as arousal, perception, discrimination, orientation, organization, thinking, recall, and memory for persons with open or closed head injuries

cohort
Individuals who share a common characteristic such as being of the same age

coitus
Sexual intercourse in which the penis is inserted into the vagina
colitis
Inflammation of the colon (large intestine) often accompanied with weight loss and pain

coma
State of unconsciousness during which most behaviors and reflexes are suspended

commitment
Legally hospitalizing persons for psychiatric treatment

communication
Verbal and nonverbal transmission of ideas, feelings, beliefs and attitudes that permits a common understanding between the sender of the message and the receiver

community mental health center (CMHC)
Mental health service delivery system located in the community typically providing the following services: inpatient, outpatient, partial hospitalization, emergency services, consultation and education, specialized services for children and adults who are elderly, transitional halfway houses, alcohol and drug abuse services, assistance to courts and other public agencies, and follow-up care; sometimes referred to as centers for behavioral health

complete injury
Total paralysis (loss of movement) and loss of sensation (feeling) below the level of injury

Comprehensive Evaluation in Recreation Therapy Scale (CERT)
Original CERT assessment instrument is for use in psychiatric settings and contains the three areas of general information, individual performance, and group performance; a second CERT was developed for use with clients with physical disabilities and contains eight clusters of items

compulsion
Uncontrollable impulse to perform an act repetitively

computerized axial tomography (CAT Scan)
Computerized x-ray that produces high-resolution images of the brain, blood vessels, arteries, and veins

conduct disorder
Childhood disorder characterized by antisocial behavior

confidentiality
Protection of a client’s privacy through careful use of oral and written communications

congenital
Present or existing from the time of birth

congenital blindness
Condition of blindness that is present at birth or during the first five years of life; the congenitally blind person does not have visual memory
conjoint therapy
Therapy in which both marital partners are seen in a joint session

contagion
Spreading of a behavior within a group due to reducing restraints about performing the behavior after seeing others doing it

continuing education unit (CEU)
CEUs are awarded by professional organizations or universities to individuals who participated in a structured educational program such as a conference or workshop

continuum
A continuous whole whose parts cannot be completely separated, such as the continuum of therapeutic recreation services

contractures
Shortening and tightening of tissues around a joint; decreasing movement

control group
Research group used as a comparison with the experimental group

contusion
Bruise without an external break in the skin

convulsive disorder
Epilepsy

copayments
Fee that must be paid by patients, despite being insured, when they use healthcare

cope
To deal or contend with problems successfully

coping
Process by which persons deal with problems or try to manage the stress they experience

coping mechanisms
Learned ways of behaving to curb distress or tension

coronal heart disease (CHD)
Class of illnesses that result when a narrowing or blockage of the coronary arteries restricts the blood supply to the heart

countertransference
Idea from psychoanalysis in which the therapist unconsciously responds to the client as though he or she was a significant other from the therapist’s past

“crack”
Purified cocaine alkaloid (also called “free-base”)

credentialing
Recognition of professional or technical competence

crisis intervention
Brief and instant treatment of acute psychiatric emergencies

criterion level
Predetermined standard of acceptable performance
critical care unit (CCU)  
Specially equipped hospital area designed and staffed by personnel skilled in recognizing and immediately responding to cardiac emergencies

Critical Parent  
Transactional analysis ego state which is critical and fault finding. Contrasts with the Nurturing Parent

cunnilingus  
Kissing, sucking, and licking the female genitalia

custodial care  
Care provided to meet basic needs which does not offer active treatment

cutaneous  
Pertaining to the skin

CVA (Cerebrovascular accident)  
Stoppage of blood circulation to a part of the brain; also called stroke

cynophobia  
Abnormal fear (phobia) of dogs

cyst  
Collection of fluid within any closed cavity or sac

cystic fibrosis (CF)  
Disorder of the exocrine glands that causes those glands to produce abnormally thick secretions of mucus. The glands most affected are the respiratory, pancreatic, and sweat glands

cystogram  
An x-ray of the bladder to see if reflux, the movement of urine backward into the bladder, is present

cystography  
Examination of the bladder with an instrument called a cystoscope to detect infection and stones and determine how well the bladder is emptying

dance therapy  
Use of dance, movement and rhythmic activity as a medium for treatment or rehabilitation. It is a nonverbal means of expression employed with both individuals and groups

data  
Information

database  
Information obtained about a client’s past or present level of health during the assessment phase

day hospital  
Psychiatric facility that offers therapeutic programs during daytime hours

debilitation  
Generalized weakness and lack of strength

debriefing  
Analysis following an activity which permits clients to think about their participation, to examine their feelings, and to discuss how they may use insights gained from the activity
decubitus ulcer
   Bedsore or pressure sore

deductible
   Amount that the client must pay directly to
   the provider (usually each year) before the
   insurance plan begins to pay benefits

defense mechanisms
   Strategies that take place unconsciously to
   protect oneself from a threat to the integ-
   rity of the ego or to protect oneself against
   painful negative feelings. Examples include
denial, sublimation and rationalization

dehydrate
   To remove water

dehydration
   Excessive loss of water from body tissues

dehystopolization
   Change in mental health care from tradi-
   tional, institutional care to the provision of
   community based services

déjà vu
   Sensation or illusion that one is experienc-
   ing what one has experienced before

delirium
   Confused state of consciousness often
   characterized by delusions, hallucinations
   and illusions

delirium tremens
   Delirium characterized by intense trem-
   ors, anxiety, hallucinations, and delusions
   suffered by alcoholics after withdrawal of
   alcohol but also occurring as a result of
   brain inflammation and senile psychosis.

delusion
   Fixed false belief or conviction without
   foundation; often regarding one’s status
   (delusions of grandeur), persecution (delu-
   sions of persecution) or oversuspiciousness
   (paranoid delusions)

dementia
   Nonspecific but lasting deterioration of
   intellectual functioning characterized by
   failing memory, distractibility, impair-
   ment in judgment and abstraction, reduced
   language facility, alterations in mood and
   affect, and disturbance of orientation. Ac-
   companied by changes in personality and
   ways of relating to others

denial
   Defense mechanism by which a person
   avoids emotional conflicts or anxiety by
   refusing to acknowledge thoughts, feelings,
   desires, impulses and other factors that
   would cause intolerable pain

department
   Organizational unit within an agency that
   may function as an independent unit or
   may be an aspect of another unit, division
   or service area; an occupational therapy
   department is an organizational unit of one
   or more staff structured as a work group
   for the purpose of delivering occupational
   therapy services
Department of Health and Human Services (DHHS)

Cabinet-level department of the U.S. government that contains units such as the Public Health Service, Administration on Aging, Social Security Administration, and National Institutes of Health

dependency

Reliance on another (usually a helping professional) for psychological support

depersonalization

Feelings of unreality or strangeness concerning either the environment, the self, or both

depression

Wide-range feeling running from unhappiness to extreme dejection. As a clinical syndrome it involves deep sadness or despair, feelings of worthlessness, morbid thinking and greatly reduced psychomotor activity

depth perception

Perception of distance between the stimulus and the subject

dermatitis

Inflammation of the skin

detoxification

Process of the removal of the toxic effects of a drug from the body

development

Progressive increase in skill and capacity

devinition of disability

Disability originating before age 18 that may be expected to continue for an indefinite period and that constitutes a substantial impairment. Developmental disabilities include epilepsy, cerebral palsy, mental retardation and autism

diabetes mellitus

Syndrome arising from an absolute or relative lack of body insulin; symptoms stem from excess glucose and include thirst, frequent urination and fatigue. In Type I diabetes mellitus (previously known as juvenile diabetes) there is little, if any, insulin being made by the body. In Type II there may be sufficient endogenous insulin but the body is unable to use it properly

diabetic

A person with diabetes caused by a deficiency of insulin being secreted by the islands of Langerhans

diabetic coma

Excessively high level of sugar in the blood resulting from insufficient insulin in the body

Diagnostic and Statistical Manual of Mental Disorders (DSM)

diagnostic related groups (DRGs)
Classification representing 23 major diagnostic categories that aggregates patients into case types based on diagnosis, age, sex, treatment procedures, and discharge status, predicting use of hospital resources and length of stay. It has been used as a basis for system of prospective payment under Medicare.

dialysis
Process of separating or removing certain substances from the blood when the kidneys fail to perform their normal function.

diplegia
Paralysis of corresponding parts on both sides of the body (i.e., both arms or both legs).

diplopia
Double vision.

directionality
Awareness of and distinction between and among left, right, up, down, front, back, etc., in the world around one. Awareness of directional relationship in space.

disability
Physical or mental impairment that substantially limits one or more of an individual’s life activities.

discharge goal
Outcome to be exhibited by the client upon discharge from the service or agency.

discharge plan
Plan that summarizes the treatment or rehabilitation provided, the client’s response, current level of functioning, and recommendations for continued services or aftercare as necessary; used when client is discharged or services are discontinued.

disease
Literally, the lack of ease; a pathological condition in which physiologic or psychologic functions of the body deviate from what is considered to be normal.

disoriented
Confused as to time, place, and person (the position of the self in relation to other persons); characteristic of organic mental disorders.

displacement
Defense mechanism in which emotions are transferred from the original person or object to a less formidable, or safer, target. It is the “kick the cat” defense.

distal
Farthest from the center, from the medial line, or from the trunk; opposed to proximal; far or distant from the origin or point of attachment.

diversational program
Program of activities designed to divert attention from the client’s problems or concerns. Term may refer to activities to alleviate the boredom of the institutional routine, or to alleviate fear of hospitaliza-
tion and illness, and to stimulate interest in getting well

Dix, Dorothea
(1802-1887) Social reformer known for her work in improving prison conditions and care of persons with mental illness

documentation
Act of recording client assessments and interventions in the client’s chart. The chart is a permanent record that is considered a legal document and is audited to evaluate changes and quality of care

dorsal
Pertaining to the back or posterior; directed toward or situated on the back surface

Down’s syndrome
Common type of mental retardation brought on by a congenital condition resulting from a chromosomal abnormality. At one time referred to as mongolism. Children with Down’s syndrome are characterized by widely spaced and slanted eyes, a flat face, small ears and congenital anomalies of the heart

DRGs
Diagnostic related groups

drug abuse
Use of a drug to obtain effects for which it is not prescribed

drug addiction
Condition characterized by an over-whelming desire to continue taking a drug to which one has become habituated through repeated use

drug dependence
Psychological or physiological reliance on a chemical agent

DTs
Delirium tremens

dual diagnosis
To indicate a client or patient has more than one major diagnosis; the most common dual diagnosis is mental illness and substance abuse

duration
Length of treatment or rehabilitation services, e.g., services will be provided for three weeks or until client goals are reached

dyad
Two-person relationship

dysfunctional
Unable to function normally

dyslexia
Impairment in the ability to read

dysphagia
Difficulty in swallowing
dysphasia
Difficulty in comprehending oral language or in trying to express verbal language; the older term for aphasia

dyssocial behavior
Behavior of persons who are not classifiable as antisocial personalities, but who are predatory and follow criminal pursuits. Formally termed sociopathic personalities

eating disorders
Marked disturbances in eating behavior including anorexia nervosa and bulimia

ECG or EKG
Electrocardiogram or electrocardiograph

echolalia
Automatic repetition of another person’s words or phrases

eclectic approach
Utilization of therapeutic approaches and techniques selected from various sources or theoretical orientations

ecology
Study of the mutual relationship between people and their environment

ECT
Electroconvulsive therapy

eczema
Skin condition in which fluid is excreted through the skin

edema
Abnormal accumulation of fluid in intercellular spaces in the tissues

EEG
Electroencephalogram

effective listening
Active process that can be used in any interpersonal transaction. It involves four major skills: attending, paraphrasing, clarifying, and perception checking

efferent
Conveying away from a center

efficacy
Having the desired influence or outcome

ego
Part of the psychoanalytic personality (along with the id and superego). It is the rational part that mediates between the id and superego

egocentric
Self-centered

egogram
Concept from transactional analysis. The egogram is a visual representation of one’s personality using a bar graph to display the amount of energy emanating from the five functional ego states (Critical Parent, Nurturing Parent, Adult, Free Child, and Adapted Child)
<table>
<thead>
<tr>
<th><strong>egoist</strong></th>
<th><strong>emaciation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Selfish person who seeks to satisfy his or her own interests at the expense of others</td>
<td>State of being extremely thin</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ego states</strong></th>
<th><strong>embolism</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Concept of transactional analysis that states there are three structural ego states that represent distinct and independent levels of psychological functioning (the Parent, Adult, and Child)</td>
<td>Obstruction in a blood vessel caused by the presence of an embolus too large to pass through it (e.g., blood clot)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>EKG or ECG</strong></th>
<th><strong>embolus</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrocardiogram or electrocardiograph</td>
<td>Any foreign matter, such as a blood clot or air bubble, carried in the blood stream</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>electrocardiogram (EKG or ECG)</strong></th>
<th><strong>emesis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tracing showing changes in electric potential produced by contractions of the heart and used to diagnose heart disease</td>
<td>Vomiting</td>
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<thead>
<tr>
<th><strong>electroconvulsive therapy (ECT)</strong></th>
<th><strong>empathy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment used to combat depression and schizophrenia in psychiatric patients. An electric current is applied to the brain through electrodes on the scalp, causing convulsions. Sometimes termed electro-shock treatment (EST)</td>
<td>Ability to perceive the world from the client’s frame of reference or to put oneself in another’s place and understand his or her feelings and behaviors</td>
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<thead>
<tr>
<th><strong>electro-ejaculation</strong></th>
<th><strong>empirical</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Means of producing sperm by electrical stimulation from men with ejaculatory dysfunction</td>
<td>Based on facts and experience rather than theory or philosophical principles; systematic observation and experiment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>electroencephalogram (EEG)</strong></th>
<th><strong>encephalitis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Graphic record of the electrical activity of the brain</td>
<td>Inflammation of the brain</td>
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<tr>
<th><strong>elopement</strong></th>
<th><strong>encopresis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“Running” (unauthorized departure) from a psychiatric treatment facility</td>
<td>Involuntary passage of feces, usually during sleep at night</td>
</tr>
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<thead>
<tr>
<th><strong>encounter group</strong></th>
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<tbody>
<tr>
<td>Group whose major goals are awareness and genuineness. Concern is not so much with the transfer of learning but with the encounters among members. Sessions tend to be emotionally charged, dealing with</td>
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</tbody>
</table>
feelings of love and aggression

**endemic**
Belonging, native, restricted or peculiar to a particular people, country, locality or region

**endotracheal tube**
Tube inserted into the mouth or nose that serves as an artificial airway. It passes through the vocal cords, and therefore speech is not possible with this tube in place. It is the tube that connects a respirator to the patient

**enuresis**
Involuntary passage of urine; bed wetting

**epidemiology**
Statistical study of incidence, prevalence, and distribution of diseases in a population

**epilepsy**
Disorder characterized by recurrent seizures caused by disturbances of the electrical activity of the brain

**eremophobia**
Abnormal fear (phobia) of being by oneself

**Erikson, Erik**
(1902-1990) Psychoanalyst noted for his theory of psychosocial development

**erogenous zone**
Area of the body particularly susceptible to erotic arousal when stimulated, especially the oral, anal and genital areas

**erotic**
Conscious or unconscious sexual feelings; sensually related

**ESP**
Extrasensory perception

**EST**
Electroshock therapy

**etiology**
Cause of a disease or disorder

**euphoria**
Altered state of consciousness characterized by an exaggerated feeling of well-being, with or without foundation

**euthanasia**
“Mercy killing,” or putting to death painlessly

**exacerbate**
To increase the severity; to make worse; to aggravate

**exhibitionism**
Exposure of one’s genitals to a person of the opposite sex in socially unacceptable situations

**existentialism**
Philosophical theory that stresses the way in which a person experiences the phenomenologic world and takes responsibility for existence. It is holistic and self-deterministic in contrast to deterministic points of view
**extended care facility**
Institution providing medical, nursing or custodial care for clients over a prolonged period; includes intermediate or skilled nursing home care

**extension**
To straighten a joint; opposed to flexion

**extensor**
Any muscle that extends a joint

**extinction**
Weakening of a reinforced operant response as a result of ceasing reinforcement. Also, the elimination of a conditioned response by repeated presentations of a conditioned stimulus without the unconditioned stimulus

**extrasensory perception (ESP)**
Experiencing of an external event by means other than the five senses, as by telepathy or clairvoyance

**extrinsic**
Coming from the outside; doing something for reasons of reward or punishment external to the activity itself; contrasted with intrinsic motivation

**facilitation**
Enhancement of any action or function

**FACTR**
Functional Assessment of Characteristics for Therapeutic Recreation

**fading**
Gradually removing assistance when helping a client perform a task or learn a skill

**failure to thrive (FTT)**
Physical and developmental retardation of infants or children resulting from physical or emotional neglect

**FALS**
Fellow in the Academy of Leisure Sciences

**family therapy**
Treatment of more than one member of a family in the same session. The assumption is that a mental disorder in one member of a family may be manifestation of disorder in other members and may affect interrelationships and functioning

**fee-for-service**
Type of reimbursement in which a health provider charges a client (or third-party payer) a specific price for a specific service

**fellatio**
Kissing, sucking, and licking the male genitalia

**fetal alcohol syndrome (FAS)**
Fetal abnormalities associated with heavy alcohol consumption by the pregnant woman

**fetishism**
Practice of arousing sexual desires with inanimate objects
Fidler, Gail
(1916-    ) Advocate for the role of occupational therapy with persons with mental illness, she wrote the first comprehensive textbook on psychiatric occupational therapy

fine motor skills
Skills involving precise or well-controlled movements in writing, tracing, cutting, and similar activities

fixation
The arresting of personality development prior to full maturity due to either excessive frustration or gratification. In Freudian theory the individual may become fixated at any of the psychosexual stages

flaccid
Soft, limp, relaxed, without muscle tone

flagellation
Masochistic or sadistic act in which one or both participants derive erotic stimulation from whipping or being whipped

flat affect
Absence or near absence of any signs of affective expression

flexibility
Ability to use a muscle through its entire range of motion

flexion
State of being bent; opposed to extension

flight of ideas
Talking in an incoherent and unrelated stream

flow experiences
Episodes that provide intensely absorbing experiences in which participants lose track of time and awareness of themselves while engaged in challenges that match their skills. The term flow was made popular by Csikszentmihalyi

Foley catheter
Tube inserted into the bladder to drain the urine into a plastic bag either attached to the leg or the bed

folie à deux
Emotional illness shared by two closely related persons that involves sharing of the same delusions

forensic psychiatry
Branch of psychiatry dealing with legal issues related to mental disorders

fornication
Sexual intercourse between two persons who are not married to each other

“freebase”
Purified cocaine alkaloid (also termed “crack”)

Free Child
That part of personality (according to transactional analysis) which is spontaneous, eager and playful
frequency
Number of times the service will be provided within a given time frame; e.g., services will be provided twice daily for three weeks or until treatment goals are reached

Freud, Sigmund
(1895-1939) Austrian psychiatrist and founder of psychoanalysis

FRG
Function Related Group

Frontal
Pertaining to the forehead; a plane that divides the body into anterior and posterior portions

Frye, Mary Virginia
(1918– ) Red Cross hospital recreation worker during World War II. Held faculty posts at the University of Illinois and Iowa State University. Leader in the advancement of the national registration program and coauthor of major TR textbook

FTT
Failure to thrive

Function Related Group (FRG)
System in which clients are grouped according to functional ability. It is currently the grouping system for the Health Care Finance Administration’s prospective payment system (PPS) in rehabilitation settings

Functional Assessment of Characteristics for Therapeutic Recreation (FACTR)
Assessment instrument used to identify client needs related to basic functional skills and behaviors used in leisure participation

functional disorder
Disorder in which the performance or operation of an organ or organ system is abnormal, but not as a result of known changes in structure

functional electrical stimulation (FES)
Application of low-level, computer-controlled electric current to the muscles, including paralyzed muscles, to enhance or produce function

Functional Independence Measure (FIM)
18-item, 7-level scale that assesses severity of disability in performing basic life activities

functional psychosis
Major emotional disorder characterized by derangement of the personality and loss of the ability to function in reality; not directly related to physical processes

Fusion
Joining together; as in joining two or more vertebrae to make solid and prevent motion
GAF Scale
Global Assessment of Functioning Scale

gait
Manner or style of walking, includes rhythm, cadence and speed of walking

galvanic skin response (GSR)
A means to measure change in the electrical resistance of the skin using a galvanometer to gain an index of emotional arousal

games
Transactional analysis concept. Stereotyped and predictable patterns of behavior based on transactions which are partially ulterior and which result in negative outcomes (e.g., “Kick Me,” “Rapo”)

gay
Popular term for homosexuals, particularly males

gender
Specific sex of a person or the classification of a person as male, female, or ambivalent

generalized anxiety disorder
DSM-IV term for anxiety neurosis

genital organs
Male and female sex organs

geriatrics
Branch of medicine dealing with the aging process and medical problems of aging

gerontology
Study of aging

gestalt therapy
Type of psychotherapy developed by Frederick Perls that focuses on sensory awareness and here-and-now experiences

glaucoma
Disease of the eye caused by increased internal fluid pressure, leading to progressive visual impairment and finally blindness

Global Assessment of Functioning Scale (GAF Scale)
Scale used to describe the highest social, occupational, or educational level of functioning of a person in the 12 months preceding the current evaluation

glucose
Blood sugar

goal
Aim or an end; expected outcome or general objective

grief
Form of sorrow involving the person’s thoughts, feelings and behaviors, occurring as a response to an actual or perceived loss

gross motor skills
Skills involving coordination of large muscle groups in activities such as walking, running, jumping, throwing, and maintaining balance
<table>
<thead>
<tr>
<th>Glossary of Recreation Therapy and Occupational Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>group</strong></td>
</tr>
<tr>
<td>Collection of individuals who coordinate their activities toward a common goal or cooperate to fulfill some purpose. Group members relate to one another and are interdependent.</td>
</tr>
<tr>
<td><strong>group dynamics</strong></td>
</tr>
<tr>
<td>Group process; phenomena that occur in groups.</td>
</tr>
<tr>
<td><strong>group home</strong></td>
</tr>
<tr>
<td>Supervised living situation that helps persons to learn skills to prepare them for semi-independent or independent living.</td>
</tr>
<tr>
<td><strong>growth psychology</strong></td>
</tr>
<tr>
<td>Humanistic psychology that perceives people as being self-aware, able to accept or reject environmental influences, and generally capable of being in conscious control of their own destiny. It emphasizes the development of unique potentials.</td>
</tr>
<tr>
<td><strong>GSR</strong></td>
</tr>
<tr>
<td>Galvanic skin response</td>
</tr>
<tr>
<td><strong>gustatory</strong></td>
</tr>
<tr>
<td>Involving taste</td>
</tr>
<tr>
<td><strong>habilitation</strong></td>
</tr>
<tr>
<td>Encouragement and stimulation of the development and acquisition of skills and functions not previously attained.</td>
</tr>
<tr>
<td><strong>habituation</strong></td>
</tr>
<tr>
<td>Acquired tolerance from repeated exposure to a stimulus.</td>
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</tbody>
</table>
individual; encompasses coping adaptively, as well as growing and becoming

**Health Care Financing Administration (HCFA)**
Unit of the U.S. Department of Health and Human Services that administers Medicare and Medicaid

**health maintenance organization (HMO)**
Group healthcare agency that provides basic and supplemental health maintenance and treatment services to voluntary enrollees who prepay a fixed periodic fee without regard to the amount or kind of services received

**Health Protection/Health Promotion Model**
Model of practice for therapeutic recreation developed by David R. Austin. Its goals include the treatment of illnesses and disorders (health protection) and the achievement of optimal health (health promotion)

**hedonic**
Seeking pleasure and avoiding pain

**helping relationship**
Interpersonal relationship between a person(s) with special problems or needs and a person skilled in techniques to help meet these problems or needs. The goal of the relationship is to facilitate clients in assuming responsibility for themselves; it is not to solve their problems for them. The relationship is directed toward maximizing the clients’ growth potential and preventing or relieving problems

**helplessness**
Feeling that results when events and behaviors are perceived to be uncontrollable. Helplessness is learned through environmental interactions and therefore may be altered

**hemiplegia**
Paralysis of one side of the body

**hemophilia**
Hereditary condition in which the blood fails to clot quickly enough causing prolonged, uncontrollable bleeding; it occurs almost exclusively in males and is transmitted by females

**hemorrhage**
Bleeding

**heredity**
Transmission of genetic characteristics from parent to child

**hernia**
Protrusion of an organ, or part of it, through the wall of the cavity that houses it

**heterosexuality**
Sexual attraction or contact between opposite-sex individuals

**high-level wellness**
Approach that centers around the wholeness of the individual, calling for wellness or health enhancement in contrast to the illness orientation often found in the medical community
Hill, Beatrice H.  
(1914-1993) Prominent citizen leader who helped shape therapeutic recreation, and founder of Comeback, Inc., which gave grants to universities for graduate students in therapeutic recreation

HIV  
Human immunodeficiency virus

HMO  
Health maintenance organization

holism  
Concept that views a person as more than the total sum of parts and shows concern and interest in all aspects of the person

holistic healthcare  
Healthcare that takes into account the whole person interacting with the environment

homemaking  
Refers to skill and performance in home management tasks, such as meal planning, meal preparation and clean-up, laundry, cleaning, minor household repairs, shopping, and use of household safety principles

homeostasis  
State of equilibrium

homophobia  
Fear of or prejudice against persons who are homosexuals

homosexuality  
Sexual attraction or contact between same sex individuals

hopelessness  
Feeling that often accompanies helplessness in which the individual feels doomed to live with a condition with no opportunity to change

horticulture therapy  
Working with plants to bring about therapeutic outcomes in clients

hospice  
Program that provides supportive care for terminally ill patients and their families

humanistic perspective  
View that perceives the delivery of human services as a human enterprise in which the dignity and rights of clients are fully recognized. People are seen as striving to realize their individual potentials, yet capable of growing beyond themselves in order to care about others

Humphrey, Fred  
(1922-1994) Educator active during the evolutionary days of therapeutic recreation. Initiated TR curricula at the University of Iowa, Pennsylvania State University, and Temple University. Past president of NTRS

Huntington’s chorea  
Hereditary progressive central nervous system disease characterized by jerking motions and progressive mental deterioration; onset in adult life

Hutchinson, Ira J.  
(1926-    ) First president and first executive secretary of NTRS
hydrotherapy
   Use of water in the treatment of disease

hyperactivity
   Overreaction to stimuli leading to greatly increased muscular movement. In DSM-IV called attention deficit disorder (ADD)

hyperemia
   Congestion of blood in any part of the body

hyperextension
   Extreme or abnormal straightening beyond a position of extension

hyperopia
   Farsightedness

hypertension
   Consistent elevation of blood pressure above normal

hyperthermia
   Highly increased body temperature

hypertonic
   Abnormally high tension or tone, especially of the muscles

hypertrophy
   Increase in the size of a tissue or organ independent of the general growth of the body

hypochondriasis
   Psychological disorder characterized by anxiety and a preoccupation with somatic concerns and symptoms that do not exist

hypoglycemia
   Low blood sugar

hypomania
   Psychopathologic state with restlessness and over activity, disinhibited behavior, racing thoughts, and elated mood

hypotensive
   Abnormally low blood pressure

hypotonic
   Abnormally low tension or tone, especially in the muscles

id
   Part of the psychoanalytic personality (along with the ego and superego). It contains the primitive biological urges that demand immediate gratification and is ruled by the pleasure principle

ideas of reference
   Symptom in which a person (who usually is paranoid) ascribes special importance to irrelevant events and believe that they are related to himself or herself

idiopathic
   Without a known cause

IEP
   Individualized educational program

illusion
   Misperception of an actual sensory stimulus

imagery
   Use of positive suggestions to create mental representations of things we know or
can fantasize

**impaction**
Blockage of the bowel with stool that results in severe constipation

**incest**
Sexual activity between close blood relatives, such as father-daughter, mother-son, or between siblings

**inclusive recreation**
Full inclusion of persons with disabilities into the recreation mainstream; joint participation of persons with and without disabilities

**incomplete injury**
Some movement and/or feeling remains below the level of injury; movement and feeling may improve over time

**incontinence**
Inability of any of the organs to restrain discharges of their contents so that the discharges are involuntary

**incontinent**
Unable to restrain a natural discharge, as in urine, from the body

**Index Medicus**
Index published monthly by the National Library of Medicine listing articles from the medical, nursing, and allied health literature

**individualized treatment plan (ITP)**
Program designed to meet a client’s treatment needs based on treatment goals and considering the client’s unique background, psychological makeup, personal needs, and expectations

**individualized educational program (IEP)**
Program specially designed to meet the educational needs of a specific child with a disability or disabilities

**indwelling catheter**
Catheter designed to be left in place for a prolonged time; often used to refer to a flexible tube, retained in the bladder, and used for continuous urinary drainage to a leg bag or other device

**infarct**
Area of tissue that dies from loss of blood supply

**informed consent**
Permission given by a client to be involved in a treatment procedure or research study

**inpatient**
Patient who has been admitted to a hospital or other healthcare facility for at least an overnight stay

**insight**
Awareness of the origin, nature, and mechanisms of attitudes and behaviors; self-understanding
instinct
Unlearned, biologically determined drive

insulin reaction
Low blood sugar resulting from too much insulin, increased physical exercise, or insufficient intake of food

intensity
Level or complexity of care provided encompassing setting and resources used (e.g., acute inpatient care is generally considered to require more intensity than home healthcare)

intensive care unit (ICU)
Hospital unit where patients receive critical care and close monitoring

interdisciplinary team
Group of professionals with varied and specialized training who function together to provide clinical services for a client. Recreation therapists (or therapeutic recreation specialists) and occupational therapists are usually members of teams and, depending on type of setting, serve with professionals such as medical doctors, nurses, social workers, psychologists, speech therapists, and physical therapists

intern
Student completing a major field experience

intervention
Carrying out a plan of action derived during the planning stage of the RT process to bring about changes in the client

intrinsically
Coming from within; an inherent quality

intubation
Insertion of a tube through the nose or mouth into the windpipe to keep the airways open

IQ (intelligence quotient)
Numerical expression of intelligence derived by dividing mental age by chronological age and multiplying by 100

isometric exercise
Muscle contractions without major body movement, including tensing and relaxing opposing groups of muscles, or pulling or pushing against stationary objects

isotonic
Equal tension

isotonic exercise
Muscle contraction, involving a constant amount of muscle tension, such as in gradually lifting a weight

ITP
Individualized treatment plan

JCAHO
Joint Commission on Accreditation of Healthcare Organizations

Johari’s window
Diagram of the interpersonal behavior of individuals that reveals the degree of openness with which they meet other people and their level of awareness of themselves
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joint Commission on Accreditation of</td>
<td>Group of agencies that establish standards for hospitals and health</td>
</tr>
<tr>
<td>Healthcare Organizations (JCAHO)</td>
<td>organizations which they apply during inspections that lead to</td>
</tr>
<tr>
<td></td>
<td>accreditation</td>
</tr>
<tr>
<td>Kahmann, Winifred</td>
<td>(1895-1982) Started OT services at Indiana University Hospitals in the</td>
</tr>
<tr>
<td></td>
<td>1920s; Chairman of War Services Committee during WWII; first occupational</td>
</tr>
<tr>
<td></td>
<td>therapist to serve as president of AOTA (1947-1952)</td>
</tr>
<tr>
<td>Kardex</td>
<td>Trade name for a care plan documentation system</td>
</tr>
<tr>
<td>kinesiotherapy</td>
<td>Treatment of disease by movement or exercise</td>
</tr>
<tr>
<td>kinesthesis</td>
<td>Muscle sense; the feel that accompanies a movement</td>
</tr>
<tr>
<td>labeling</td>
<td>Act of assigning a categorical term to an individual, often causing</td>
</tr>
<tr>
<td></td>
<td>stigmatization</td>
</tr>
<tr>
<td>labile</td>
<td>Unstable; rapidly shifting</td>
</tr>
<tr>
<td>laparocolostomy</td>
<td>Forming a permanent opening into the colon by incision in the wall of the</td>
</tr>
<tr>
<td></td>
<td>abdomen</td>
</tr>
<tr>
<td>latent</td>
<td>Something that is dormant; existing as a potential</td>
</tr>
<tr>
<td>lateral</td>
<td>Pertaining to or toward the sides of the body; denoting a position</td>
</tr>
<tr>
<td></td>
<td>farther from the median plane or midline of the structure</td>
</tr>
<tr>
<td>laterality</td>
<td>Awareness of the right and left sides of the body</td>
</tr>
<tr>
<td>leadership</td>
<td>Ability to influence the activities of others toward accomplishing</td>
</tr>
<tr>
<td></td>
<td>sought outcomes</td>
</tr>
<tr>
<td>learned helplessness</td>
<td>Condition of apathy or inactivity that results from repeatedly</td>
</tr>
<tr>
<td></td>
<td>experiencing a lack of control over adverse life experiences</td>
</tr>
<tr>
<td>learning disability</td>
<td>Condition affecting persons of normal or above normal intellect</td>
</tr>
<tr>
<td></td>
<td>characterized by specific difficulties in learning.  Examples include</td>
</tr>
<tr>
<td></td>
<td>dyslexia (difficulty in reading) and dysgraphia (difficulty in writing)</td>
</tr>
<tr>
<td>least restrictive environment</td>
<td>Best possible environment for an individual with disabilities in which the</td>
</tr>
<tr>
<td></td>
<td>individual is not unnecessarily controlled, preferably an environment</td>
</tr>
<tr>
<td></td>
<td>shared with persons who are nondisabled</td>
</tr>
<tr>
<td>legal blindness</td>
<td>Visual acuity for a distance of 20/200 or less in the better eye with</td>
</tr>
<tr>
<td></td>
<td>correcting lenses or a visual field of less than an angle of 20 degrees.</td>
</tr>
<tr>
<td></td>
<td>Thus, the legally blind person can see no more at a distance of 20 feet</td>
</tr>
</tbody>
</table>
person with normal vision can see at 200 feet, or the person has an extremely narrow field of vision

**leisure**

Intrinsically motivated, self-determined experience allowing for a chosen level of mastery and competence that leads to feelings of self-efficacy, empowerment, excitement or enjoyment; having freedom to become

**Leisure Ability Model**

Practice model for therapeutic recreation originally developed by Carol Peterson and Scout Gunn that has as its goal developing the client’s leisure abilities

**Leisure Competence Measure (LCM)**

8-leisure domain, 7-level point scale designed to document leisure functioning and to measure recreation therapy outcomes

**leisure counseling**

Helping process in which the counselor attempts to assist the client to discover and change leisure attitudes or behaviors. Various verbal and nonverbal techniques are utilized in a counseling setting to help the client cope effectively with leisure problems and concerns, make decisions and develop plans for future leisure participation, become self-aware regarding perceptions toward leisure, and explore options for leisure

**Leisure Diagnostic Battery (LDB)**

Collection of instruments to assess leisure functioning of persons with disabilities and persons without disabilities

**lesbianism**

Female homosexuality

**lesion**

An injury or wound; any visible abnormality of skin tissues, such as a wound, sore, rash, or boil

**lethargy**

Mental dullness or drowsiness

**leukemia**

Form of cancer that involves the blood-forming tissues of the bone marrow, spleen, and lymph nodes

**Lewin, Kurt**

(1890-1947) German psychologist who emigrated to the United States where he studied leadership and group dynamics and developed field theory; known as the father of modern social psychology

**libido**

Psychic drive or energy associated with the sexual instinct

**license**

Permission granted to an individual or organization by a governmental agency to engage in a practice, occupation, or activity otherwise unlawful
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>lipid</td>
<td>A fat</td>
</tr>
<tr>
<td>locus of control</td>
<td>Generalized belief people have about whether the causes of events in their lives are within or outside their control</td>
</tr>
<tr>
<td>LSD</td>
<td>Lysergic acid diethylamide. A potent hallucinogen commonly called acid</td>
</tr>
<tr>
<td>lumbar</td>
<td>Pertaining to the lower back; part of the body between the thorax and pelvis</td>
</tr>
<tr>
<td>lumbar spine</td>
<td>Five vertebrae of the spine in the region of the lower back, the strongest part of the spine</td>
</tr>
<tr>
<td>magical thinking</td>
<td>Conviction that thinking equates with doing. Occurs in dreams with children, in primitive peoples, and in clients under a variety of conditions. Characterized by a lack of realistic relationship between cause and effect</td>
</tr>
<tr>
<td>magnetic resonance imaging (MRI)</td>
<td>Special technique for neurologic diagnosis; form of imaging that provides images of thin slices of the brain in any plane using nonionizing energy</td>
</tr>
<tr>
<td>maladaptive behavior</td>
<td>Activity that is dysfunctional or counterproductive in coping effectively with stress</td>
</tr>
<tr>
<td>malignant</td>
<td>Very dangerous; likely to cause death (e.g., cancer is a malignant tumor)</td>
</tr>
<tr>
<td>malingering</td>
<td>Simulation or exaggeration of an illness to avoid an unpleasant situation or duty or to obtain some type of personal gain</td>
</tr>
<tr>
<td>managed care</td>
<td>General term for any system of healthcare delivery organized to enhance cost-effectiveness. Managed care networks are providers that agree to provide services to those covered under a plan, usually organized by insurance carriers but may also be organized by hospitals or employers</td>
</tr>
<tr>
<td>mania</td>
<td>Abnormally euphoric emotional state characterized by extreme excitement, excessive elation, hyperactivity, agitation, and accelerated thinking and speaking</td>
</tr>
<tr>
<td>marathon group</td>
<td>Uninterrupted meetings of twenty hours or more with a goal of breaking down defenses</td>
</tr>
<tr>
<td>Maslow, Abraham</td>
<td>(1908-1970) Leading exponent of humanistic psychology closely associated with the concept of self-actualization and one’s needs hierarchy</td>
</tr>
</tbody>
</table>
mastery
Demonstrated ability to perform a given task

masturbation
Achievement of sexual gratification by manual stimulation

medial
Near the midline of the body

Medicaid
Joint federal and state health insurance program for a population of low-income persons, families with dependent children, and clients who are aged, blind, or disabled

medical clearance
Approval from a medical doctor for a patient or client to take part in an activity

Medicare
Federal program to provide hospital and medical care for persons 65 years of age and older

meditation
Technique that involves sitting comfortably in a quiet place for a few minutes one or two times each day while passively dwelling on a single word or sound (mantra)

MEDLARS
Medical Literature Analysis and Retrieval System, a computerized literature retrieval system

medulla
Part of the brainstem that contains control centers for such vital functions as breathing and heartbeat rate

meningitis
Inflammation of the meninges covering the brain and spinal cord

menorrhea
Menstruation; very profuse menstruation

menses
Menstruation, the normal flow of blood from the female genital tract

mental retardation
Significantly subnormal general intellectual functioning existing concurrently with deficits in adaptive behavior, evident at birth or manifested during childhood. Degrees of mental retardation are commonly measured in terms of IQ: mild (50-55 to 70); moderate (35-40 to 50-55); severe (20-25 to 35-40); profound (below 20-25)

midbrain
Portion of the brainstem that plays an important part in vision, hearing, and muscle movement

milieu therapy
Psychiatric treatment approach that emphasizes socioenvironmental manipulations or the effect of the total environment on the client. It has usually been employed in psychiatric hospitals

minimal brain damage
Minimal or mild neurological abnormality that may lead to learning difficulties
Minimum Data Set (MDS) — muscular dystrophy

**Minimum Data Set (MDS)**

Basic assessment tracking form for nursing home resident assessment and care screening

**Minnesota Multiphasic Personality Inventory (MMPI)**

Psychological instrument often administered to psychiatric patients; it provides a profile reflecting nine dimensions of personality

**mobility**

Ability to move from one location to another

**modality**

Activity used as an intervention for treatment or rehabilitation purposes

**modeling**

Learning by watching the behavior of other persons; demonstration of a task, skill, or desirable behavior in order to teach another person

**moral therapy**

Philosophy and technique of treating mental patients that prevailed in the first half of the 19th Century and emphasized removal of restraints, humane and kindly care, attention to religion, and performance of purposeful activities; known as a forerunner of recreation therapy

**morbidity**

Condition of illness, injury, or disability

**mortality**

Death, usually with reference to large populations

**MRI**

Magnetic resonance imaging

**multimodal therapy**

Psychotherapy approach developed by Arnold A. Lazarus that uses a diverse range of treatment methods drawn from various sources

**multiple personality**

Rare and dramatic dissociative reaction in which a person has two or more distinctive personalities such as *Dr. Jekyll and Mr. Hyde* or *The Three Faces of Eve*

**multiple sclerosis (MS)**

Chronic, slowly progressive disease of the central nervous system that usually occurs between the ages of 20 and 35. It is unpredictable, often punctuated by remissions and exacerbations. Weakness of the extremities is the most common symptom of the disease; other symptoms include partial or complete paralysis of the body, a prickling sensation in parts of the body, numbness, defective vision, noticeable dragging of the feet, loss of control of bowels and bladder, poor balance, speech difficulties, weakness and fatigue, loss of coordination, and tremors of the hands

**muscular dystrophy**

Chronic, inherited disease of the muscles characterized by gradual weakening and
degeneration of the voluntary muscles

**music therapy (MT)**
Professional discipline that uses music listening, participation and interpretation as a treatment modality

**myelitis**
Inflammation of the spinal cord

**myocardial infarction**
Damage to the heart muscle (myocardium) that results from severe or prolonged blockage of blood supply to the tissue. Commonly termed a heart attack

**myopathy**
Abnormal condition of skeletal muscle characterized by muscle weakness and wasting

**myopia**
Nearsightedness

**narcissism**
Self-love; preoccupation with self

**narcotics**
Drugs that relieve pain, act as sedatives, and may produce euphoria. These substances are also called opiates and usually lead to addiction with continued use

**National Alliance for the Mentally Ill (NAMI)**
National organization for family members of persons with mental illness

**National Association of Recreation Therapists (NART)**
Begun in 1952, NART championed the use of recreation as a tool of treatment. In 1965, NART merged with other organizations to form the National Therapeutic Recreation Society

**National Board for Certification in Occupational Therapy (NBCOT)**
Authority that administers entry-level certification programs for occupational therapists

**National Council for Therapeutic Recreation Certification (NCTRC)**
National body that tests and certifies therapeutic recreation specialists in the United States

**National Institutes of Health (NIH)**
U.S. Public Health Service agency that includes a number of divisions such as the National Institute of Mental Health (NIMH)

**National Therapeutic Recreation Society (NTRS)**
National professional society for therapeutic recreation specialists; a branch of the National Recreation and Park Association

**Natural Child**
Transactional analysis ego state which is impulsive, spontaneous and creative. Contrasts with the Adapted Child

**NCTRC**
National Council on Therapeutic Recreation Certification
negative reinforcement
Any behavior which increases the probability of a response by terminating or withdrawing an unpleasant stimulus

nervous breakdown
Nonspecific euphemism for a mental disorder

neurogenic bladder
Dysfunctional bladder due to an injury of the nervous system

neurology
Diagnostic study and treatment of organic diseases of the nervous system

neurosis
In common usage, emotional disturbances of all kinds other than psychosis; it implies anxiety and maladaptive ways of dealing with it; dated term

noctiphobia
Irrational fear of the night

nocturnal
Occurring at night

nonverbal communication
Messages passing between the sender and receiver that do not use the spoken word

normalization
Refers to the provision of relatively normal experiences so that individuals with disabilities can maintain or develop traits and behaviors that are as culturally normative as possible; direct involvement of individuals with disabilities with nondisabled peers by including activities of everyday life that are consistent with the norms and patterns of mainstream society

Nurturing Parent
Transactional analysis ego state that is warm, supportive and caring. In contrast with the Critical Parent

obese
Excessively overweight; 20% above ideal weight

observational learning
Behavior learned by an individual by imitating the behavior of a model

obsession
Persistent, fixed idea or impulse that cannot be eliminated by logic or reason

occupational therapy (OT)
Purposeful mental and physical activities prescribed by medical doctors to enhance individuals’ abilities to perform daily occupational roles. Clients include those with physical injuries or illnesses, developmental disorders, problems caused by aging, or social or emotional problems

Occupational Therapy Uniform Evaluation Checklist
American Occupational Therapy Association guidelines for occupational therapy assessment
occupations
Meaningful and purposeful activities in which people engage during their everyday lives such as work, leisure, social interactions, and self-care

ocular
Pertaining to the eye

Oedipus complex
Freud’s notion of an erotic attraction of the male child for his mother; extended to relate to sexual impulses toward the opposite-sex parent and aggressive or envious feelings toward the same-sex parent

olfactory
Involving smell or odors

O’Morrow, Gerald S.
(1929–  ) Past president of NTRS, major therapeutic recreation textbook author, noted educator, and early advocate for leisure counseling

operant conditioning
Type of learning in which responses are modified by their consequences. Reinforcement increases the likelihood of future occurrences of the reinforced response. Sometimes termed instrumental conditioning or reinforcement theory

organic disease
Disease characterized by demonstrable structural or biochemical abnormality in an organ or tissue

organic mental syndrome (OMS)
Abnormality associated with transient or permanent dysfunction of the brain of unknown or unspecified etiology, characterized by disorientation and signs of psychosis such as hallucinations, delusions, impaired judgment, and poor impulse control

orient
To acquaint someone with new surroundings

orientation
Awareness of oneself in terms of time, place, and person

orthopedics
Correction or prevention of disorders involving muscles, bones, or tissues

orthosis
Device (e.g., special braces) applied to the outside of the body to support, aid, and align the body and the limbs or to assist motion by controlling, correcting, or compensating for bone deformity

osteopathopathy
Any disease of the bones and joints

osteoporosis
Disorder characterized by abnormal loss of bone density

OT
Occupational therapy

outcome criteria
Criteria that describe, usually in client
behaviors, the end result of treatment and care provided

**outcome goals**
General objectives that describe client behavioral outcomes of treatment or rehabilitation; contrast with process goals that describe what staff will do to help the client achieve outcome goals

**outcome measure**
Instrument designed to gather information on the efficacy of a program; a means to determine if outcome goals and objectives have been reached

**outcome objectives**
*Specific objectives* are written at a level to designate explicit client behaviors and may stipulate conditions and/or criteria. *General objectives* (sometimes termed outcome goals) are written at the level of specificity needed to direct action but are not overly restricting. A general objective provides direction toward a general type or class of behavior and should be definable by stating specific objectives relevant to it

**outpatient**
Patient receiving medical care who does not require hospitalization

**Outward Bound**
Adventure/challenge program begun in England in the 1940s for youth to develop inner resources through physical and mental challenges

**pain**
Sensory and emotional discomfort, usually related to actual or threatened tissue damage

**pain clinics**
Centers that specialize in the treatment of chronic pain

**palsy**
Paralysis

**para**
Prefix meaning “alongside”; sometimes used as a shortened version of paraplegic

**paranoid**
Lay term commonly used to describe an overly suspicious person. The technical use of the term refers to people with paranoid ideation, a type of schizophrenia, or a class of disorders

**paraparesis**
Partial paralysis, usually affecting extremities below the cervical section of the spinal cord

**paraplegia**
Paralysis of the lower extremities

**paraprofessional**
Trained aide who assists a professional

**Parkinsonism**
Once called Parkinson’s disease, it is currently perceived to be a clinical syndrome and not a specific disease. It usually begins with a tremor in one of the upper limbs
accompanied by “pill-rolling” movements of the thumb and fingers, a masklike appearance to the face, and slowed speech. Balance and ambulation may be affected, as well as cognitive processes. It usually affects older persons and is slowly progressive.

<table>
<thead>
<tr>
<th>partial hospitalization</th>
<th>Type of psychiatric/mental health service for clients who require hospitalization only during the day, overnight, or on weekends</th>
</tr>
</thead>
<tbody>
<tr>
<td>pathological</td>
<td>Abnormal; caused by disease</td>
</tr>
<tr>
<td>pathology</td>
<td>Branch of medicine that deals with causes and symptoms of diseases, especially the structural and functional changes caused by a disease</td>
</tr>
<tr>
<td>patient</td>
<td>Person receiving healthcare services in a hospital or other medical setting</td>
</tr>
<tr>
<td>Pavlov, Ivan Petrovich</td>
<td>(1849-1936) Famous Russian neurophysiologist noted for his research on classical conditioning</td>
</tr>
<tr>
<td>pediatrician</td>
<td>Medical doctor who specializes in the development and care of children and the treatment of children’s diseases</td>
</tr>
<tr>
<td>pediatrics</td>
<td>Healthcare of children and the study of childhood diseases</td>
</tr>
<tr>
<td>peds</td>
<td>Informal abbreviation of pediatrics</td>
</tr>
<tr>
<td>perception</td>
<td>Process of becoming aware of, attending to, or interpreting stimuli, usually by visual, auditory, or kinesthetic senses</td>
</tr>
<tr>
<td>performance test</td>
<td>Test that measures client performance in a specific area (e.g., cardiovascular endurance, range of motion)</td>
</tr>
<tr>
<td>peripheral nervous system</td>
<td>Network of nerve fibers that transmit messages between the central nervous system and the skin, skeletal muscles, and internal organs. It has two parts: the somatic and autonomic nervous systems</td>
</tr>
<tr>
<td>personality disorders</td>
<td>Deeply ingrained, inflexible, maladaptive patterns of relating, perceiving and thinking of sufficient severity to cause other impairment in functioning or distress. Some personality disorders include antisocial, borderline, compulsive, dependent, paranoid, passive-aggressive, and schizoid</td>
</tr>
<tr>
<td>person-centered therapy</td>
<td>Growth-oriented therapeutic approach developed by Carl Rogers. The role of the helper in person-centered therapy is to display unconditional positive regard for clients who are seen to have a basic tendency to actualize their potentials and seek positive self-regard</td>
</tr>
</tbody>
</table>
Peterson, Carol Ann  
(1941-    ) With Gunn, developed Leisure Ability Model. Past president of NTRS and major textbook author

phantom pain  
Perceptions of pain in a body part that has been surgically or accidentally removed from the body

phenomenological  
Subjective experiences and feelings of an individual

phenylketonuria (PKU)  
Genetic disorder resulting in the buildup of concentrations of chemicals that interfere with brain development, leading to severe mental retardation; detectable by a simple test administered shortly after birth and treatable by diet when detected early

phobia  
Obsessive, persistent, unrealistic, intense fear of an object or situation

physical disability  
Physical degeneration or loss to an individual caused by either congenital or adventitious factors

physical therapy (PT)  
Physical therapists (PT’s) are concerned with restoration of physical function and prevention of disability following disease, injury, or loss of body part. PT’s apply therapeutic exercise and functional training procedures

Piaget, Jean  
(1996-1980) Swiss psychologist noted for his theory of cognitive development

PKU  
Phenylketonuria

placebo  
Material prepared to resemble an active drug but that has no pharmacologic activity; an inactive substance or procedure given to the control group as if it were an effective treatment

play therapy  
Type of psychotherapy for children that utilizes play activities and toys

pleasure principle  
According to psychoanalytic theory, the basic human tendency to avoid pain and seek pleasure

poliomyelitis (polio)  
Acute communicable systemic viral disease affecting the central nervous system with variable severity ranging from subclinical infection to paralytic disease, to possible death

pons  
Portion of the brainstem involved in the control of eye movements and facial expressions

positive reinforcer  
Any stimulus which follows a behavior and increases the likelihood of the occurrence of the behavior which it follows
**positron emission tomography (PET scan)**
Brain-imaging technique that permits evaluation of regional metabolic differences by looking at radioisotope distribution

**posterior**
Situated behind; the back part of something

**posttraumatic stress disorder (PTSD)**
Disorder characterized by reexperiencing a psychologically disturbing event (such as war or rape) and by overresponsiveness to stimuli that recall the event producing unrealistic or excessive anxiety

**postural drainage**
Positioning the head lower than the chest so that gravity can be used to help drain secretions from the bronchi and the lungs

**precipitating factor**
Element that causes or contributes to the occurrence of a symptom

**Premack principle**
Type of reinforcement in which a more preferred behavior by the individual is contingent on the successful completion of a less preferred behavior

**presbyopia**
Farsightedness with inability to focus on near objects, resulting from loss of elasticity of the lens; occurs with age

**prescriptive activity**
Intervention directed and structured by a recreation therapist to encourage clients to take action to restore their health

**pressure sore**
Breakdown in the skin due to pressure that results in tissue death and sometimes infection; also known as skin sore or decubitus ulcer

**problem-oriented record (POR)**
Simple conceptual framework to expedite and improve medical records. It contains four logically sequenced sections: database, problem list, plans, and follow-up

**process criteria**
Criteria that describe sequence of activities or events used in the delivery of care

**process goals**
General objectives that describe what staff will do to help the client to reach outcome goals

**processing (an activity)**
Procedures used before, during, and after an activity to enhance the therapeutic qualities found in the experience; sometimes used to describe the procedure of debriefing groups following participation in an activity

**professional helping**
Process where assistance is given by a professional person, working from a knowledge base, in which client needs are paramount and the ultimate aim is to facilitate the highest possible level of independence in the client
<table>
<thead>
<tr>
<th><strong>Professional Standard Review Organization (PSRO)</strong></th>
<th><strong>proxemics</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Founded by Congress to assure the quality of services under Medicare, Medicaid, and Maternal and Child Health programs</td>
<td>Study of the use of space by humans</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>prognosis</strong></th>
<th><strong>psoriasis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Forecast of the probable course and outcome of a disorder</td>
<td>Chronic skin disease characterized by scaly, itchy patches</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>progress notes</strong></th>
<th><strong>psyche</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Charting done by members of the interdisciplinary team that indicates the progress, or lack thereof, being made by the client, patient, or resident</td>
<td>The mind</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>progressive relaxation</strong></th>
<th><strong>psychoanalysis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Guided exercise in which people systematically tense and release their muscles while attending to the resulting sensations of tension and relaxation</td>
<td>Therapy based on Freudian constructs which attempts to explore the unconscious by bringing it to the surface of consciousness</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>projection</strong></th>
<th><strong>psychoanalytic theory</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Attributing to others unacceptable personal thoughts, feelings, and behaviors</td>
<td>Psychological theory developed by Freud. A conflict model involving three systems of personality (id, ego, and superego) and two instinctual drives (sex and aggression)</td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>prompt</strong></th>
<th><strong>psychodrama</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cue or stimulus, usually in the form of physical guidance, which produces the response of a proper behavior</td>
<td>Psychotherapy approach originated by J. L. Moreno that utilizes a dramatized acting out of the client’s problems</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>prostate</strong></th>
<th><strong>psychogenic</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gland that surrounds the neck of the bladder and urethra in the male</td>
<td>Having emotional or psychological origin in contrast to organic basis</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>prosthesis</strong></th>
<th><strong>psychologist</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Replacement of a missing part of the body, such as a limb, by an artificial substitute</td>
<td>Individual who holds a degree (usually Ph.D. or Psy.D.) in psychology and who engages in psychological testing, diagnosis, counseling, and other therapies</td>
</tr>
</tbody>
</table>
psychomotor
Manipulative or motor acts requiring voluntary human movement (neuromuscular coordination); in contrast to involuntary reflex movement

psychopath
Person who has an antisocial personality

psychopharmacology
Study of drugs that affect the mind

psychosexual development
Series of stages proposed by Freud, from infancy to adulthood, relatively fixed in time, determined by the interaction between a person’s biologic drives and the environment

psychosis
Major mental disorder that seriously disrupts a person’s ability to recognize reality, think rationally, remember, communicate, and relate to others. It involves all forms of adaptive behavior and interferes with the capacity to meet the everyday demands of life. It is often characterized by bizarre behavior, inappropriate mood, regressive behavior, delusions, and hallucinations

psychosomatic
Pertaining to the interaction of the mind and body. Commonly used to refer to bodily symptoms having at least a partial emotional cause

psychotherapy
Process of personal contact between a therapist and client involving verbal and nonverbal communication that provides treatment to alleviate maladaptive behaviors or produce personal growth

psychotropic drugs
Pharmaceutical agents that have an effect on the psyche

pulmonary
Concerning or involving the lungs

purposeful activity
Activity that is goal directed

QA
Quality assurance

QI
Quality improvement

quadriplegia
Paralysis of all four limbs

quality assurance (QA)
Process whereby the quality of healthcare is evaluated in terms of predefined standards; more recently referred to as quality improvement

quality improvement (QI)
Process whereby the quality of healthcare is evaluated in terms of predefined standards; formally termed quality assurance; sometimes termed continued improvement or performance improvement
quality of life
Individual’s perception of overall satisfaction with his or her life; perceptions include physical status and abilities, psychological well-being, social interactions, and economic conditions

range of motion (ROM)
Movement of joints through the full extent to which they can be moved

rapport
Feeling of a close and harmonious relationship between two persons. Often used to describe the client’s confidence in the helper and a willingness to work cooperatively with the helper. Having “good rapport” indicates a level of trust and ease in communicating with the helper

rational-emotive therapy (RET)
Cognitively oriented therapeutic approach developed by Albert Ellis to change irrational ideas for rational ones

rationalization
Defense mechanism which gives questionable behavior a logical or socially acceptable explanation

reactance
Response to restrictions on freedom of choice or action

reaction formation
Giving a reason for behavior that is the opposite from the true cause

readiness skills
Skills needed to prepare a person to acquire higher-level skills

reality orientation (RO)
Technique used with confused elderly people involving regular repetition of basic facts and constant orientation to time, place, names, events, and things in the environment

reality therapy
Therapeutic approach developed by William Glasser that emphasizes present behavior, facing reality, and taking responsibility for one’s needs

recreation
Enjoyable, restorative activity in which individuals exercise choice and control; often associated with leisure time

recreation therapy (RT)
Provision of purposeful intervention using prescriptive activities, recreation, and leisure experiences. RT employs the recreation therapy process of assessment, planning, implementation and evaluation (APIE) in order to assist clients to achieve health protection and health promotion

recreation therapist
Person who applies appropriate strategies to facilitate growth and help prevent and relieve problems of clients through the provision of the recreation therapy process; sometimes referred to as a therapeutic recreation specialist or Certified Therapeutic Recreation Specialist (CTRS)
recreation therapy process
   Systematic method of problem solving employed in recreation therapy. The process contains four phases: assessment, planning, implementation, and evaluation; sometimes referred to as the therapeutic recreation process

Red Book
   Common name for Assessment Tools for Recreational Therapy by Burlingame and Blaschko

referred
   Occurs when a client is directed to another helping professional

regeneration
   Regrowth, repair, or replacement of lost or injured cells, nerve fiber tissues, or organs

regression
   Returning to an earlier method of behaving; a relapse or exacerbation of symptoms

rehabilitation
   To restore or return the person to maximum functioning and optimal adjustment

Reilly, Mary
   (1916- ) Occupational therapist (OT) who promoted the importance of work and play; foremost OT futurist; guiding light of graduate study in occupational therapy

reinforcement
   Presentation of a reward or removal of an aversive stimulus following a response.

   Reinforcement always increases the future probability of the reinforced response

relaxation training
   Means to help clients experiencing stress and tension to develop feelings of deep relaxation through a series of guided exercises involving muscle tensing and relaxing. Also termed progressive relaxation training

reliability
   Degree to which test results are consistent on different occasions; internal consistency of a test

reminiscing
   Technique used with elders that involves recalling past events and experiences

remission
   Significant improvement or recovery from a disease or disorder which may or may not be permanent; partial or complete disappearance of symptoms of a chronic or malignant disease

remotivation
   Originated by Dorothy Haskins Smith, this technique involves a group interaction process for moderately confused elderly residents

repression
   Exclusion of an anxiety-producing event from the conscious awareness
residential
Client in a residential setting (e.g., nursing home); physician completing postmedical school training beyond the internship

residual urine
Urine that remains in the bladder after voiding

resocialization
Techniques used to increase the social functioning of residents in geriatric settings which aim to increase the awareness of self and others by helping clients form relationships, establish friendships, and develop new interests

Resource Utilization Group (RUG)
Patient classification system in which clients are grouped according to their anticipated use of healthcare resources. This grouping system is the basis for the Health Care Financing Administration’s prospective payment system (PPS) in skilled nursing facilities (SNF)

respiratory system
Network of organs that supply oxygen for metabolism and expel carbon dioxide

respite care
Care in which someone comes into the home for a few hours to relieve the caregiver or when the client is sent to an agency (e.g., day care) or facility (e.g., nursing home) for a short period of time (e.g., weekend or week) to give the caregiver a rest

reticular system
Portion of the brainstem containing control centers for sleep, arousal, and attention

rheumatic fever
Infection of the upper respiratory tract. Rheumatic heart disease is a potential complication

risk management
Process of identifying, analyzing and treating risks, thus avoiding risks that could lead to injury of clients, staff, or visitors; risk management should improve client care and reduce malpractice claims

risky shift
Phenomenon studied by social psychologists that people in groups behave with greater risk than those not in a group

RO
Reality orientation

Robinson, Ruth
(1913-1992) Occupational therapist who was Chief of Army Medical Specialist Corps; approved education program for COTA’s while AOTA president (1955-1958)

Rogers, Carl R.
(1902-1987) Psychologist who helped found humanistic psychology and developed person-centered therapy

Rolfing
Technique involving deep massage of the connective tissues which bind and connect muscles and bones
ROM
Range of motion

Rorschach test
Projective psychological test sometimes referred to as the inkblot test

RT
Recreation therapy; respiratory therapy

RUG
Resource Utilization Group

rumination
Obsessive repeating of a thought or idea; used with infants to mean regurgitation and reswallowing of food

Rush, Benjamin
(1745-1813) Father of American psychiatry

sacrum
Lowest part of the spine; the bones or vertebrae in this section of the spine end with the “tailbone” and join the pelvis (hip)

sadism
Pleasure derived from inflicting physical or psychological pain or abuse on others

scapula
Flat, triangular bone in the back of the shoulder—often called the shoulder blade

schizophrenia
Term used to designate a large group of severe mental disorders of a psychotic level characterized by disturbances of thinking, emotionality, and behavior. The think-
ing disturbance is marked by distortion of reality, often with accompanying delusions, hallucinations, and incoherent speech. The mood disturbance is marked by inappropriate affective responses. Behavior may be withdrawn, regressive, and bizarre

scoliosis
Lateral curvature of the spine

scripts
Basic existential decisions about one’s life plan made at an early age regarding one’s self and others. Script positions relate to “I’m OK, You’re OK,” “I’m not OK, You’re not OK,” and so on. Term from transactional analysis

secondary disease (or disorder)
Disease or disorder that results from an earlier injury or medical problem

secondary reinforcement
Conditioned reinforcer; one that is learned

seizures, generalized
Seizures in which there is a loss of consciousness. If brief (lasting a few seconds), it is called an absence seizure (once termed petit mal) which consists of staring or rolling back the eyes. To an observer, the seizure may be seen as a brief lapse in activity. The other type of generalized seizure is the tonic/clonic (once called grand mal) in which the person loses consciousness, stiffens all over, has jerking movements of the arms and legs, and has a loss of urine
self-actualization
Basic human drive toward growth, completeness, and fulfillment

self-concept
How individuals see themselves and how they feel about themselves. Made up of both self-awareness and affective elements

self-efficacy
People’s belief that they can succeed at something they want to do

self-esteem
Self-regard or the value placed on oneself. Equates roughly to terms such as “self-respect” and “personal worth”

self-fulfilling prophecy
Distorted belief or expectation that leads the individual to behave as he or she is expected to behave by others

senile dementia
Dementia found in old people, whose symptoms are often referred to as “senility.” Onset is insidious, progression is slow and gradual, and no specific therapy is known

sensory
Pertaining to sensation

sensory integration
Organization of sensations, from the seven sensory systems, for use. It is a primary function of the central nervous system

sensory stimulation
Programming to reactivate senses (e.g., taste, smell) that have not received adequate stimulation; often used in long-term care facilities

sensory training
Group technique directed toward maintaining and improving the functioning of regressed patients through a program of stimulus bombardment

service dogs
Dogs trained to assist people with disabilities by performing tasks such as opening or closing doors, picking up items, or pulling a wheelchair

shaping
Behavior modification technique involving the development of a new behavior by reinforcing a series of behaviors that are progressively similar to the desired new behavior

sheltered workshop
Supportive employment environment in which persons with disabilities produce a product or provide a service

side effect
Drug’s undesired action on the body

significant other
Parent, teacher, coach, recreation leader or other person whose relationship is regarded to be especially important. Significant others influence feelings and behavior
skilled nursing facility (SNF)

Nursing home, or unit in nursing home, that meets criteria for accreditation in order to receive Medicaid and Medicare reimbursement; skilled nursing facilities include the provision of rehabilitation, nursing, and medical services

Skinner, B. F.
(1904-1990) Noted behaviorist psychologist known for his work on operant conditioning or reinforcement theory

Slagle, Eleanor Clarke
(1871-1942) Third president of the American Occupational Therapy Association (1919-1920); started first occupational therapy school (The Henry P. Faville School of Occupations) in Chicago; Founding Member of National Society for Promotion of Occupational Therapy (NSPOT)

SNF
Skilled Nursing Facility

SOAP
Method of charting, which designates the four parts of each entry in a problem-oriented record: subjective data, objective data, assessment, and plan

socialization
Means by which people acquire the behaviors, competencies, and attributes they need in order to fit adequately into the society to which they belong. A second meaning, often found in therapeutic recreation, is the process in which clients interact socially (i.e., socialize) with others, often with the intent of improving social skills.

social learning theory
Developed by Albert Bandura, it is a theoretical system of learning that combines operant and classical conditioning with cognitive mediational processes (e.g., vicarious learning) to account for the formation of behaviors

social reinforcement
Behavioral term indicating attention (e.g., smile, affection, approval) from a significant other

social skills
Interpersonal and interactive competencies employed in relating effectively with others

social support
Perceived comfort, caring, esteem, or help an individual receives from other people

social facilitation theory
Social psychology theory centered on the effect of the presence of others on behavior, particularly performance and learning. Robert B. Zajonc has been responsible for much of the research on this theory

sodomy
Anal intercourse; legally, the term may include other sexual deviations such as sexual intercourse between a human and an animal (bestiality)
somatic
  Pertaining to the body

somatic nervous system
  Division of the peripheral nervous system that transmits sensory and motor impulses

somatic therapy
  Treatment of psychiatric clients by physiological means

Spackman, Clare
  (1910-1992) Occupational therapy (OT) educator who, with Helen Willard, wrote the first comprehensive OT textbook; pioneer in work hardening and work conditioning

spasm
  Abnormal, involuntary, sudden movement or convulsive muscular contraction

spasticity
  Tendency to spasm or violent involuntary contractions

Special Olympics
  Athletic programs designed to meet the needs of persons with mental retardation. Begun in 1968 by the Kennedy Foundation, Special Olympics programs are now held throughout the world

special recreation
  Programs directed toward the provision of recreation services for persons who have special needs due to their disabilities

speech therapists
  Professionals who provide assessment, education, interventions, and services for individuals with communication disorders

sphincter
  Muscle fibers that constrict or block a passageway, such as the urethra or the rectum

spina bifida
  Congenital closure defect that generally occurs in the lower lumbar region of the spine. In mild forms there may be no obvious deformity, but in severe forms, parts of the spinal canal balloon out through the defect, although the defect remains covered with skin

spinal shock
  Body’s initial response to injury to the spinal cord, which may last three to four weeks and cause immediate flaccid paralysis, in which the muscles are soft or weak

sprain
  Tear in a muscle, ligament, or tendon

standard of practice
  Norm or criterion that expresses the agreed upon level of practice that has been developed to measure excellence; the basic or minimum level of practice deemed acceptable
**standardized test**
Test that has established norms

**statistically significant**
Research result in which there is an association between variables that is greater than would occur by chance

**stereotypes**
Assumptions and beliefs about a group of people that have been assigned to every member of that group

**strain**
Pull in a muscle, ligament, or tendon caused by excessive stretch

**stress**
Condition that results when one perceives a discrepancy between the demands of a situation and his or her resources

**stress management**
General term used to indicate interventions to reduce stress, such as progressive relaxation training, meditation, and yoga

**stressors**
Events or circumstances an individual perceives as threatening or potentially harmful

**stroke**
Cerebrovascular accident; a condition involving a brain damage that results from a disruption of the blood supply to that region. Also a transactional analysis term meaning a unit of recognition one person receives from another. Equates roughly with the behavioristic concept of social reinforcement

**structure criteria**
Criteria in standards of practice that describe service delivery in terms of environment, resources, organizational purpose and mission, legal authority, facilities, qualifications of providers, and standards of licensing, regulatory, or accreditation agencies

**structured activities**
Activities that have rules and can be broken down into manageable steps; term is often used in psych/mental health programming for clients who need a structured environment

**subacute care**
Level of treatment between chronic care and acute care

**sublimation**
Defense mechanism in which energy associated with unacceptable impulses is diverted into acceptable channels (e.g., dancing to sublimate sexual desires)

**substance abuse**
Prolonged overuse of a chemical substance, involving a clear pattern of pathological use and heightened social and occupational problems

**suctioning**
Removal of mucus and secretions from the lungs used in individuals who lack the ability to cough
superego

Part of the psychoanalytic personality (along with id and ego). It contains internalized parental and societal controls and acts as the conscience.

supine

Lying horizontally on the back, or turning the hands so the palms face upward or forward; opposite of prone.

Supplemental Security Income (SSI)

Income for persons in financial need; eligibility determined by income, resources, disability, and age (under 65); those who receive SSI are eligible for Medicaid.

supportive employment

Approach to assist persons with developmental disabilities or mental illness with employment through programs such as job placement, work adjustment, job coaching, career development, and training.

supportive psychotherapy

Psychotherapy that deals predominantly with conscious material and centers chiefly on support of the individual’s strength and assets.

symbolic interaction

Theoretical view that focuses upon the interactive aspects of human behavior (e.g., communication, language, symbolic gestures).

sympathetic nervous system

Division of the autonomic nervous system that enables the body to mobilize and expend energy during physical and emotional arousal.

symptom

Indication of a disease or change in a client’s condition.

syndrome

Complete picture of a disease, including all symptoms.

tactile

Related to the sense of touch.

target heart rate

Safe range of the pulse or heart rate per minute during exercise. This is the range that will lead, over time, to improved efficiency of the heart, lungs, and muscles.

terminal illness

Disease that results in death.

T-group (training group)

The T-group allows “normal” people to gain increased awareness and increased skills in interpersonal relations. Groups of 10-15 work together for 20-30 hours in an unstructured environment. Members are urged to try new behaviors and share emotional reactions to behaviors.

theory

General statement that relies on a set of interrelated concepts to form a systematic view of a phenomenon in order to understand and explain that phenomenon.
<p>| <strong>therapeutic</strong> | Pertaining to a treatment or beneficial acts |
| <strong>therapeutic agent</strong> | Anything (people or drugs) that brings about therapeutic outcomes |
| <strong>therapeutic community</strong> | Way of operating a relatively small unit within a hospital or institution in which the entire social milieu is used as an intervention |
| <strong>therapeutic recreation (TR)</strong> | Term sometimes used to encompass both recreation therapy and special recreation; see recreation therapy (RT) |
| <strong>therapeutic recreation process</strong> | See recreation therapy process |
| <strong>therapeutic recreation specialist</strong> | See recreation therapist |
| <strong>third party payer</strong> | Any organization (public or private) that pays or insures health or medical expenses on behalf of beneficiaries or recipients (first party) to the caregiver (second party); e.g., Blue Cross and Blue Shield and Medicare and Medicaid |
| <strong>thoracic vertebrae</strong> | Twelve bones or vertebrae of the spine in the area of the upper back |
| <strong>thought disorder</strong> | Disturbance of speech, communications, or content of thought, such as delusions, ideas of reference, and flight of ideas |
| <strong>thrombosis</strong> | Coagulation of the blood in some part of the circulatory system which forms a clot that obstructs circulation in that part |
| <strong>time-out</strong> | Behavior modification technique of excluding or removing a child from an activity for a specific period of time |
| <strong>tinnitus</strong> | Perception of sound in the absence of an acoustic stimulus, most commonly described as a ringing in the ears |
| <strong>token economy reinforcement</strong> | Reward system that gives tokens, check marks, points, or chips for meeting a predetermined criterion of behavior; tokens can later be exchanged for items which are reinforcing and/or valuable to an individual |
| <strong>total blindness</strong> | No light perception in either eye. Only twelve percent of legally blind persons fall into this category |
| <strong>toxic</strong> | Poisonous |
| <strong>transactional analysis (TA)</strong> | Theory of personality and social interaction developed by Eric Berne. It is commonly used as a basis for group therapy |
| <strong>transactions</strong> | Transactional analysis term for the basic unit in human communications; any exchange between the various ego states of |</p>
<table>
<thead>
<tr>
<th>two or more individuals</th>
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<tbody>
<tr>
<td><strong>transdisciplinary team</strong></td>
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<tr>
<td>Treatment or rehabilitation team of professionals from various disciplines who share their skills with one another to provide client care</td>
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<tr>
<td><strong>transfer</strong></td>
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<tr>
<td>Movement of a person from one surface to another, such as from a wheelchair to a bed</td>
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<tr>
<td><strong>transference</strong></td>
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<tr>
<td>Idea from psychoanalysis in which the therapist is unconsciously perceived as a significant figure from the client’s past, usually a parent. The therapist is attributed the attitudes and feelings the client holds toward the significant other. Transference may be hostile or affectionate</td>
</tr>
<tr>
<td><strong>transverse</strong></td>
</tr>
<tr>
<td>Extending from side to side; at right angles to the long axis; divides the body into upper and lower portions</td>
</tr>
<tr>
<td><strong>transvestism, transvestitism</strong></td>
</tr>
<tr>
<td>Strong desire to dress in the clothing of the opposite sex (cross-dressing); sensation of sexual arousal when wearing clothing of the opposite sex; usually seen in men</td>
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<tr>
<td><strong>trauma</strong></td>
</tr>
<tr>
<td>Injury</td>
</tr>
<tr>
<td><strong>trauma (emotional)</strong></td>
</tr>
<tr>
<td>Emotional shock having long-lasting effects</td>
</tr>
<tr>
<td><strong>treatment</strong></td>
</tr>
<tr>
<td>Techniques or actions customarily applied in a specified situation to restore health</td>
</tr>
<tr>
<td><strong>treatment plan</strong></td>
</tr>
<tr>
<td>Interdisciplinary plan to address the client’s assessed needs; the expression care plan is common in long-term care; other settings may employ the term rehabilitation plan or individualized education plan</td>
</tr>
<tr>
<td><strong>type A personality</strong></td>
</tr>
<tr>
<td>Personality type characterized by excessive drive, competitiveness, and overscheduling.</td>
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<tr>
<td><strong>type B personality</strong></td>
</tr>
<tr>
<td>Personality type characterized by a relaxed, easygoing manner</td>
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<tr>
<td><strong>ulcers</strong></td>
</tr>
<tr>
<td>Psychophysiological disorder involving wounds to the stomach or upper section of the small intestine</td>
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<tr>
<td><strong>unconditional positive regard</strong></td>
</tr>
<tr>
<td>Nonjudgmental caring and acceptance of the client as a human being</td>
</tr>
<tr>
<td><strong>unconscious</strong></td>
</tr>
<tr>
<td>That part of the psyche rarely subject to awareness</td>
</tr>
<tr>
<td><strong>unilateral</strong></td>
</tr>
<tr>
<td>Affecting or occurring on one side only</td>
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</tbody>
</table>
urgency
Sensation of the need to void soon

usability
Refers to built environments providing the opportunity of maximum use by those with sensory or mobility impairments

utilization management
Planning, organizing, directing, and controlling of the healthcare product and its delivery to ensure cost-effective, high quality services that contribute to achievement of agency goals. This is accomplished through the judicious use of resources to control admissions, lengths of stay, and use of ancillary services

utilization review
Process of evaluating the use of professional medical care, services, procedures, and facilities using predetermined criteria

VA
Veterans Affairs

Validation Therapy
Developed by Naomi Feil for use in long-term care facilities, residents “validate” their feelings and needs underlying their perceptions

validity
Extent to which a test measures what it claims to measure

values clarification
Technique to help individuals to discover their values and to make decisions consistent with their values

variable
Something that is free to vary. A measurable characteristic of persons, objects, or events that may change in quantity or quality

ventilator
Device used in respiratory therapy to assist in the breathing process

ventricle
Either of the two lower chambers of the heart or any of the four small continuous cavities within the brain

vertebrae
Bones that make up the spinal column, including the cervical, thoracic, lumbar, sacral, and coccygeal vertebrae

vertigo
Sensation of dizziness

vestibular
Referring to the vestibular apparatus, located in the ear, which senses the position of the head in space and sudden changes in the direction of movement of the body; vestibular stimulation may be brought about by using swings, hassocks, therapy balls, or scooter boards

vital capacity
Measurement representing the greatest possible breathing capacity
vital signs
Temperature, pulse, blood pressure, and breathing rate

void
To expel urine

voyeurism
Sexual gratification from secretly watching others naked, undressing, or having sex

walkers
Lightweight devices with four legs that are pushed by individuals to assist them with ambulation by providing support and balance; often used by older residents in long-term care facilities

warm-up exercise
Technique, exercise, or game of short duration used to promote an atmosphere in which therapeutic enterprises can occur

Watson, John B.
(1878-1958) American psychologist who founded behaviorism

West, Wilma
(1916-1996) Served as American Occupational Therapy Association president (1961-1964); served as Executive Director of AOTA; instrumental in starting the American Occupational Therapy Foundation; pioneer in introducing occupational therapy into prevention and community health

Willard, Helen
(1894-1980) Occupational therapy educator who, with Clare Spackman, wrote first comprehensive textbook in occupational therapy; American Occupational Therapy Association president (1958-1961)

withdrawal
Physical or psychological removal of oneself from a stressor

withdrawal syndrome
Physiological and psychological responses that occur when a person physiologically dependent on a substance abruptly withdraws from its use

word salad
Form of speech in which words and phrases have no apparent meaning or logical connection

work
Paid or unpaid (e.g., volunteering) culturally meaningful activity that contributes to subsistence or produces a product or service

work hardening
Multidisciplinary program of a structured environment and supervised activities for injured workers with the aim of helping the client to return to work

working through
Exploration of a problem by client until a satisfactory solution has been found or until a symptom has been traced to unconscious sources
World Health Organization (WHO)
United Nation’s unit to promote health

eyoga
Exercise postures (or poses) which focus on contracting a group of muscles accompanied by stretching or relaxing an opposite muscle group; also involves the components of breathing and meditation
# Abbreviations and Symbols

The following list comprises the more common abbreviations. It is not an inclusive list.

## Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>a</td>
<td>Before</td>
</tr>
<tr>
<td>a a</td>
<td>Of each</td>
</tr>
<tr>
<td>AA</td>
<td>Alcoholics Anonymous</td>
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<td>AAROM</td>
<td>Active assisted range of motion</td>
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<tr>
<td>Ab</td>
<td>Antibody</td>
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<tr>
<td>ABE</td>
<td>Acute bacterial endocarditis</td>
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<td>a.c.</td>
<td>Before meals</td>
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<td>Acute Crisis Team</td>
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<td>Acute Care Unit</td>
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<tr>
<td>ADA</td>
<td>Americans with Disabilities Act</td>
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<tr>
<td>ADD</td>
<td>Attention deficit disorder</td>
</tr>
<tr>
<td>ADHD</td>
<td>Attention deficit hyperactivity disorder</td>
</tr>
<tr>
<td>ADL</td>
<td>Activities of daily living</td>
</tr>
<tr>
<td>ad lib</td>
<td>As much as wanted; as desired</td>
</tr>
<tr>
<td>adm</td>
<td>Administration</td>
</tr>
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<td>ADR</td>
<td>Adverse drug reaction</td>
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<tr>
<td>Ag</td>
<td>Antigen</td>
</tr>
<tr>
<td>AIDS</td>
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<tr>
<td>AMA</td>
<td>Against Medical Advice; American Medical Association</td>
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<td>AMI</td>
<td>Acute myocardial infarction</td>
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<td>amt.</td>
<td>Amount</td>
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<td>APA</td>
<td>American Psychological Association; American Psychiatric Association</td>
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<td>ARD</td>
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<td>ASAP</td>
<td>As soon as possible</td>
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<td>ASCVD</td>
<td>Atherosclerotic cardiovascular disease</td>
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<td>Arteriosclerotic heart disease</td>
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<td>AV</td>
<td>Atrioventricular; arteriovenous</td>
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<td>Basal body temperature</td>
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<tr>
<td>BCLS</td>
<td>Basic cardiac life support</td>
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<td>b.i.d.</td>
<td>Twice daily</td>
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<td>b.i.w.</td>
<td>Biweekly</td>
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<td>Basic life support</td>
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<td>BM</td>
<td>Bowel movement; basal metabolism; body mass</td>
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<td>BMR</td>
<td>Basal metabolic rate</td>
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<td>Abbreviation</td>
<td>Definition</td>
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<td>BP</td>
<td>Blood pressure; bypass</td>
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<td>BR</td>
<td>Bed rest</td>
</tr>
<tr>
<td>BRP</td>
<td>Bathroom privileges</td>
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<td>BS</td>
<td>Bowel sounds; breath sounds</td>
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<td>BT</td>
<td>Bleeding time; body temperature</td>
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<td>Breakthrough bleeding</td>
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<td>British Thermal Unit</td>
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<td>c</td>
<td>With</td>
</tr>
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<td>Cancer</td>
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<td>Coronary artery; chronological age</td>
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<td>Coronary Artery Disease</td>
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<td>CAT Scan</td>
<td>Computerized Axial Tomography Scan</td>
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<td>CBC</td>
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<td>CBF</td>
<td>Cerebral blood flow</td>
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<td>Complete bed rest</td>
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<td>CERT</td>
<td>Comprehensive Evaluation in Recreation Therapy</td>
</tr>
<tr>
<td>CF</td>
<td>Cystic Fibrosis</td>
</tr>
<tr>
<td>CHD</td>
<td>Coronary heart disease; congenital heart disease</td>
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<tr>
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<td>Congestive Heart Failure</td>
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<td>CIHD</td>
<td>Chronic Ischemic Heart Disease</td>
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<td>CNB</td>
<td>Cutting Needle Biopsy</td>
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<td>Cardiac Output; Carbon Monoxide</td>
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<td>Cesarean section</td>
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<td>CSF</td>
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<td>Cerebrovascular accident; stroke</td>
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<td>D/C</td>
<td>Discontinue; discharge the patient</td>
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<td>D&amp;C</td>
<td>Dilation and curettage</td>
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<td>DKA</td>
<td>Diabetic ketoacidosis</td>
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<td>DM</td>
<td>Diatolic murmur; diabetes mellitus</td>
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<td>DRG</td>
<td>Diagnostic related group</td>
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<td>Abbreviations and Symbols</td>
<td>Definition</td>
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<td>Diagnostic and Statistical Manual of Mental Disorders, 4th edition</td>
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<td>ECG</td>
<td>Electrocardiogram; electrocardiograph</td>
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<td>Extracellular material</td>
</tr>
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<td>EEG</td>
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<tr>
<td>(E)ENT</td>
<td>(eye), ear, nose, throat</td>
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<td>Electromyogram</td>
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<td>ex</td>
<td>Exercise</td>
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<td>Functional Assessment of Characteristics in Therapeutic Recreation</td>
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<td>Family history</td>
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<td>ft.</td>
<td>Foot; feet</td>
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<td>Gallon; gallons</td>
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<td>Gram</td>
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<td>Genitourinary</td>
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<td>h., hr.</td>
<td>Hour</td>
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<td>Hb or Hgb</td>
<td>Hemoglobin</td>
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<td>HCFA</td>
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<td>Hematocrit</td>
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<td>HEENT</td>
<td>Head, ears, eyes, nose, throat</td>
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<td>Hemiplegia</td>
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<td>H/H</td>
<td>Hemoglobin/Hematocrit</td>
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<td>Human immunodeficiency virus</td>
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<td>Description</td>
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<td>Health maintenance organization</td>
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<td>Height</td>
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<td>Intracranial pressure</td>
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<td>ID</td>
<td>Identification; Initial dose; intradermal</td>
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<td>IDEA</td>
<td>Individuals with Disabilities Education Act</td>
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<td>i.e.,</td>
<td>That is</td>
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<td>IHD</td>
<td>Ischemic heart disease</td>
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<tr>
<td>in.</td>
<td>Inch</td>
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<td>IOP</td>
<td>Intraocular pressure</td>
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<td>IQ</td>
<td>Intelligence Quotient</td>
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<td>ITP</td>
<td>Individual treatment plan</td>
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<td>IUD</td>
<td>Intrauterine device (Contraceptive)</td>
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<td>Intravenous</td>
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<td>IWR</td>
<td>Ideal weight range</td>
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<td>JCAHO</td>
<td>Joint Commission on Accreditation of Healthcare Organizations</td>
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<td>kg.</td>
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<td>Lateral</td>
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<td>lb.</td>
<td>Pound</td>
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<td>LBW</td>
<td>Low birth weight</td>
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<td>LDB</td>
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<td>Low density lipoprotein</td>
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<td>Liquid</td>
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<td>Left lower extremity</td>
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<td>Left lower quadrant</td>
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<td>Loss of consciousness</td>
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<tr>
<td>LUE</td>
<td>Left upper extremity</td>
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<td>M.D.</td>
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<tr>
<td>MDS</td>
<td>Minimum Data Set</td>
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<tr>
<td>MED</td>
<td>Minimal effective dose</td>
</tr>
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<td>meds</td>
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<td>Abbreviations and Symbols</td>
<td>Description</td>
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<tr>
<td>mg., mgm</td>
<td>Milligram</td>
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<td>Mental illness; myocardial infarction; mitral insufficiency</td>
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<td>min.</td>
<td>Minimum; minute</td>
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<td>mm.</td>
<td>Millimeter</td>
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<td>Minnesota Multiphasic Personality Inventory</td>
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<td>Moderate</td>
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<td>Multiple sclerosis</td>
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<td>National Board for Certification in Occupational Therapy</td>
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<tr>
<td>NBM</td>
<td>Nothing by mouth; No bowel movement</td>
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<tr>
<td>NCA</td>
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<td>NCTRC</td>
<td>National Council for Therapeutic Recreation Certification</td>
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<td>National Institutes of Health</td>
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<td>National Institute of Mental Health</td>
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<td>n/l</td>
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<td>Night</td>
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<td>NOS</td>
<td>Not otherwise specified</td>
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<td>N&amp;T</td>
<td>Nose &amp; throat</td>
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<td>OD</td>
<td>Overdose; right eye</td>
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<td>O.R.</td>
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<td>Left eye</td>
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<td>Out the door = discharge</td>
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<td>OTR</td>
<td>Occupational Therapist, Registered</td>
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<tr>
<td>OU</td>
<td>Both eyes</td>
</tr>
<tr>
<td>oz.</td>
<td>Ounce</td>
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<tr>
<td>p</td>
<td>After</td>
</tr>
<tr>
<td>p.c.</td>
<td>After meals</td>
</tr>
<tr>
<td>PE</td>
<td>Physical exam; physical education</td>
</tr>
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<td>Pediatrics</td>
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<tr>
<td>Ph.D.</td>
<td>Doctor of Philosophy</td>
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<td>PID</td>
<td>Pelvic inflammatory disease</td>
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<td>Post medical history</td>
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<td>PMS</td>
<td>Premenstrual syndrome</td>
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<tr>
<td>Abbreviation</td>
<td>Description</td>
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<tr>
<td>PNS</td>
<td>Peripheral nervous system</td>
</tr>
<tr>
<td>p.r.n.</td>
<td>As required</td>
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<td>Doctor of Psychology</td>
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<td>P.T.</td>
<td>Physical Therapy; physical therapist</td>
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<td>pt.</td>
<td>Patient</td>
</tr>
<tr>
<td>q</td>
<td>Every</td>
</tr>
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<td>QA</td>
<td>Quality assurance</td>
</tr>
<tr>
<td>q.am</td>
<td>Every morning</td>
</tr>
<tr>
<td>q.d.</td>
<td>Every day</td>
</tr>
<tr>
<td>QI</td>
<td>Quality improvement</td>
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<tr>
<td>q.i.d.</td>
<td>4 times/day</td>
</tr>
<tr>
<td>q.o.d.</td>
<td>Every other day</td>
</tr>
<tr>
<td>q.pm</td>
<td>Every evening</td>
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<tr>
<td>QO₂</td>
<td>Oxygen consumption</td>
</tr>
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<td>quad</td>
<td>Quadriplegic</td>
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<tr>
<td>RBC</td>
<td>Red blood cell (Count)</td>
</tr>
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<td>rehab</td>
<td>Rehabilitation</td>
</tr>
<tr>
<td>REM</td>
<td>Rapid eye movement</td>
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<td>Right lower extremity</td>
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<td>Registered Nurse</td>
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<td>Reality orientation</td>
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<td>Range of motion</td>
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<td>rt.</td>
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<tr>
<td>RT</td>
<td>Recreation Therapy; Respiratory Therapy</td>
</tr>
<tr>
<td>RTA</td>
<td>Recreation Therapy Assistant</td>
</tr>
<tr>
<td>RUE</td>
<td>Right upper extremity</td>
</tr>
<tr>
<td>Rx.</td>
<td>Treatment</td>
</tr>
<tr>
<td>s</td>
<td>Without</td>
</tr>
<tr>
<td>SCD</td>
<td>Sudden cardiac death</td>
</tr>
<tr>
<td>SH</td>
<td>Social history</td>
</tr>
<tr>
<td>SIDS</td>
<td>Sudden infant-death syndrome</td>
</tr>
<tr>
<td>SOAP</td>
<td>Subjective, Objective, Assessment, Plan</td>
</tr>
<tr>
<td>SOB</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>SP</td>
<td>Systolic pressure</td>
</tr>
<tr>
<td>SQ or SubQ</td>
<td>Subcutaneous</td>
</tr>
<tr>
<td>stat.</td>
<td>Immediately; at once</td>
</tr>
<tr>
<td>STD</td>
<td>Sexually transmitted disease</td>
</tr>
<tr>
<td>SW</td>
<td>Social Worker</td>
</tr>
<tr>
<td>T</td>
<td>Temperature; tension</td>
</tr>
<tr>
<td>tab</td>
<td>Tablet</td>
</tr>
<tr>
<td>T&amp;A</td>
<td>Tonsillectomy and adenoidectomy</td>
</tr>
<tr>
<td>TB</td>
<td>Tuberculosis</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Definition</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>TBW</td>
<td>Total body weight</td>
</tr>
<tr>
<td>TIA</td>
<td>Transient ischemic attach</td>
</tr>
<tr>
<td>t.i.d.</td>
<td>Three times a day</td>
</tr>
<tr>
<td>TLC</td>
<td>Tender loving care; Total lung capacity</td>
</tr>
<tr>
<td>TR</td>
<td>Therapeutic recreation</td>
</tr>
<tr>
<td>TV</td>
<td>Television</td>
</tr>
<tr>
<td>Ty</td>
<td>Type</td>
</tr>
<tr>
<td>UA</td>
<td>Unauthorized leave</td>
</tr>
<tr>
<td>UG</td>
<td>Urogenital</td>
</tr>
<tr>
<td>UR</td>
<td>Utilization Review</td>
</tr>
<tr>
<td>UTI</td>
<td>Urinary tract infection</td>
</tr>
<tr>
<td>VA</td>
<td>Veterans Affairs</td>
</tr>
<tr>
<td>VAMC</td>
<td>Veterans Affairs Medical Center</td>
</tr>
<tr>
<td>VD</td>
<td>Venereal disease</td>
</tr>
<tr>
<td>Vol.</td>
<td>Volume</td>
</tr>
<tr>
<td>Vol</td>
<td>Volunteer</td>
</tr>
<tr>
<td>VO MAX</td>
<td>Maximal oxygen uptake (volume)</td>
</tr>
<tr>
<td>VW</td>
<td>Vessel wall</td>
</tr>
<tr>
<td>WBC</td>
<td>White blood cell (count)</td>
</tr>
<tr>
<td>W/C</td>
<td>Wheelchair</td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organization</td>
</tr>
<tr>
<td>WNL</td>
<td>Within normal limits</td>
</tr>
<tr>
<td>wk</td>
<td>Week</td>
</tr>
<tr>
<td>wt.</td>
<td>Weight</td>
</tr>
<tr>
<td>X</td>
<td>Times</td>
</tr>
<tr>
<td>Y/O or Y.O.</td>
<td>Years old</td>
</tr>
<tr>
<td>yrs.</td>
<td>Years</td>
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</tbody>
</table>

**Symbols**

- @: At
- \, ft.: Foot
- \, in.: Inch
- +: Plus; excess; acid reaction; positive
- -: Minus; deficiency; alkaline reaction; negative
- \,\,: Plus or minus; either positive or negative; indefinite
- X: Multiplied by; magnification
- =: Equals
- >: Greater than; from which is derived
- <: Less than; derived from
<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
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<tbody>
<tr>
<td>:</td>
<td>Ratio; “is to”</td>
</tr>
<tr>
<td>::</td>
<td>Equality between ratios; “as”</td>
</tr>
<tr>
<td>♂</td>
<td>Male</td>
</tr>
<tr>
<td>♀</td>
<td>Female</td>
</tr>
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</table>