

Glossary

*of*  
Recreation  
Therapy  
*and*  
Occupational  
Therapy



David R. Austin



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# 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.

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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 complacency 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

**acculturation**

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 midline 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

**autonomic nervous system**

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

**autonomy**

Ability to function independently

**aversion therapy**

Behavioral therapy technique that uses the repeated pairing of unpleasant or painful stimulus with an undesirable behavior in order to eliminate the behavior

**avoidance-avoidance conflict**

Having to choose between two negative objects or goals

**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

**barrier-free design**

Design of buildings and other built environments that allows persons with disabilities to make use of the facilities

**baseline information**

Data or observations obtained before the application of any intervention

**bedsore**

Sore caused by a lack of circulation to the involved area; synonym for decubitus ulcer

**behaviorism**

Approach to psychology founded by John B. Watson that emphasizes the examination of overtly observable behavior

**behavior modification**

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

**behavioral objectives**

Statements of specific behavioral conditions, actions, and criteria directly related to long-term goals

**behavioral therapy**

Psychiatric treatment modality based on behaviorism that does not focus on psychodynamic causation but attempts to change unadaptive habits by use of techniques such as assertiveness training and aversive therapy, among others

**benign**

Relatively mild; likely to have a favorable outcome; not malignant

**Berne, Eric**

(1910-1970) American psychiatrist known as the founder of transactional analysis

**Berryman, Doris L.**

(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

**bestiality**

Sexual relations between a person and an animal

**bibliotherapy**

Therapeutic intervention in which books, stories, poems, and other types of literature are used to enhance the expression of feelings and bring about insights

**bilateral**

On both sides; of, pertaining to, or having two sides

**biofeedback**

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

**biopsy**

Removal and examination, usually microscopic, of tissue from a living body

**biopsychosocial**

Interrelationship of biological, psychological, and social factors

**biopsychosocial approach**

Holistic approach to treatment; implies the etiology of a disease has biological, psychological, and sociological determinants



**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

**bowel 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



**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



**catchment area**

Geographic area for which a facility has responsibility

**catharsis**

Release of impulses, thoughts, and repressed materials accompanied by an emotional response and tension release. Often used in connection with the release of aggression

**catheter**

Slender, flexible tube of metal, rubber or plastic that is inserted into a body channel, often the bladder

**CAT Scan (computerized axial tomography)**

Computerized x-ray that produces high-resolution images of the brain, blood vessels, arteries, and veins

**central nervous system (CNS)**

Brain and spinal cord

**cerebellum**

Large portion of the brain that coordinates motor activities and maintains body balance

**cerebral palsy**

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, paralyzes, facial grimacing, and speech disturbances

**cerebrovascular accident (CVA)**

Restricted blood supply to a part of the

brain; also called stroke

**cerebrum**

Upper and largest portion of the brain. It has primary control over motor and mental activity

**CERT**

Comprehensive Evaluation in Recreation Therapy Scale

**certification**

Process by which a nongovernment agency or association evaluates and recognizes an individual as meeting predetermined standards

**Certified Occupational Therapy Assistant (COTA)**

Individual who works under the direction of an occupational therapist after completing an accredited course of study and passing a certification exam

**Certified Therapeutic Recreation Specialist (CTRS)**

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

**cervical**

Pertaining to the neck or to the cervix



**cervical spine**

Seven bones or vertebrae of the spine in the region of the neck

**chaining**

Behavior modification technique of identifying a series of steps involved in performing a specific task and guiding an individual through the steps

**change agent**

Helping professional who serves as a catalyst for change in treatment and rehabilitation

**change of life**

Menopause; the cessation of menses

**charting**

The act of written documentation (often referred to as progress notes) on the clinical record or chart of a particular client

**chemotherapy**

Treatment of disease or disorder by administration of chemical substances

**Child**

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

**chronic**

Continuing over a long period of time or recurring frequently

**chronological age**

Age in years

**circulatory system**

Network of channels through which blood circulates through the body

**cirrhosis**

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

**classical conditioning**

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

**client**

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

**client-centered therapy**

Old term for person-centered therapy (see person-centered therapy)

**climacophobia**

Morbid fear (phobia) of stairs

**clinic**

Outpatient establishment for the diagnosis and treatment of illnesses



**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 anti-social 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

**co-payment**

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

**coronary 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 integrity 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

**deinstitutionalization**

Change in mental health care from traditional, institutional care to the provision of community based services

**déjà vu**

Sensation or illusion that one is experiencing what one has experienced before

**delirium**

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

**delirium tremens**

Delirium characterized by intense tremors, 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 (delusions of persecution) or oversuspiciousness (paranoid delusions)

**dementia**

Nonspecific but lasting deterioration of intellectual functioning characterized by failing memory, distractibility, impairment in judgment and abstraction, reduced language facility, alterations in mood and affect, and disturbance of orientation. Accompanied 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

**developmental 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)**

American Psychiatric Association's official classification of mental disorders, first published in 1952. DSM-IV was published in 1994. A revised version, DSM-IV-TR, with new statistical information, was published in 2000.

**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

**diversional 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)

**egoist**

Selfish person who seeks to satisfy his or her own interests at the expense of others

**ego states**

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)

**EKG or ECG**

Electrocardiogram or electrocardiograph

**electrocardiogram (EKG or ECG)**

Tracing showing changes in electric potential produced by contractions of the heart and used to diagnose heart disease

**electroconvulsive therapy (ECT)**

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 electroshock treatment (EST)

**electro-ejaculation**

Means of producing sperm by electrical stimulation from men with ejaculatory dysfunction

**electroencephalogram (EEG)**

Graphic record of the electrical activity of the brain

**elopement**

“Running” (unauthorized departure) from a psychiatric treatment facility

**emaciation**

State of being extremely thin

**embolism**

Obstruction in a blood vessel caused by the presence of an embolus too large to pass through it (e.g., blood clot)

**embolus**

Any foreign matter, such as a blood clot or air bubble, carried in the blood stream

**emesis**

Vomiting

**empathy**

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

**empirical**

Based on facts and experience rather than theory or philosophical principles; systematic observation and experiment

**encephalitis**

Inflammation of the brain

**encopresis**

Involuntary passage of feces, usually during sleep at night

**encounter group**

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





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 ability**

Level of skill to perform activities in a

normal or accepted manner

**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 Fred-eric 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

**group**

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

**group dynamics**

Group process; phenomena that occur in groups

**group home**

Supervised living situation that helps persons to learn skills to prepare them for semi-independent or independent living

**growth psychology**

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

**GSR**

Galvanic skin response

**gustatory**

Involving taste

**habilitation**

Encouragement and stimulation of the development and acquisition of skills and functions not previously attained

**habituation**

Acquired tolerance from repeated exposure to a stimulus

**hallucination**

False sensory perception involving any of the senses, without corresponding stimuli. Hearing voices that do not exist, for example, would be an auditory hallucination

**halo orthosis**

Metal ring and supporting frame, placed around the head with pins inserted into the cranium and attached to a body jacket or vest, to immobilize the upper body and cervical spine

**handicap**

Term originally used to denote disadvantage in sports that is open to change and to interpretation. In popular usage sometimes used interchangeably with the term disability. May be used to signify what society can do to persons with disabilities by refusing them opportunities or what individuals with disabilities may do to themselves by believing that they cannot do something when, in fact, they could function given the right conditions

**hardiness**

Array of personality characteristics that enables individuals to withstand stress and not succumb to its negative health effects

**HCFA**

Health Care Financing Administration

**health**

Individual's ability to function optimally in his or her environment; involves the physical, mental, and social well-being of the



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

**intrinsic**

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



**Joint Commission on Accreditation of Healthcare Organizations (JCAHO)**

Group of agencies that establish standards for hospitals and health organizations which they apply during inspections that lead to accreditation

**Kahmann, Winifred**

(1895-1982) Started OT services at Indiana University Hospitals in the 1920s; Chairman of War Services Committee during WWII; first occupational therapist to serve as president of AOTA (1947-1952)

**Kardex**

Trade name for a care plan documentation system

**kinesiotherapy**

Treatment of disease by movement or exercise

**kinesthesia**

Muscle sense; the feel that accompanies a movement

**labeling**

Act of assigning a categorical term to an individual, often causing stigmatization

**labile**

Unstable; rapidly shifting

**laparocolostomy**

Forming a permanent opening into the colon by incision in the wall of the abdomen

**latent**

Something that is dormant; existing as a potential

**lateral**

Pertaining to or toward the sides of the body; denoting a position farther from the median plane or midline of the structure

**laterality**

Awareness of the right and left sides of the body

**leadership**

Ability to influence the activities of others toward accomplishing sought outcomes

**learned helplessness**

Condition of apathy or inactivity that results from repeatedly experiencing a lack of control over adverse life experiences

**learning disability**

Condition affecting persons of normal or above normal intellect characterized by specific difficulties in learning. Examples include dyslexia (difficulty in reading) and dysgraphia (difficulty in writing)

**least restrictive environment**

Best possible environment for an individual with disabilities in which the individual is not unnecessarily controlled, preferably an environment shared with persons who are nondisabled

**legal blindness**

Visual acuity for a distance of 20/200 or less in the better eye with correcting lenses or a visual field of less than an angle of 20 degrees. Thus, the legally blind person can see no more at a distance of 20 feet than a



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

**lipid**

A fat

**locus of control**

Generalized belief people have about whether the causes of events in their lives are within or outside their control

**LSD**

Lysergic acid diethylamide. A potent hallucinogen commonly called acid

**lumbar**

Pertaining to the lower back; part of the body between the thorax and pelvis

**lumbar spine**

Five vertebrae of the spine in the region of the lower back, the strongest part of the spine

**magical thinking**

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

**magnetic resonance imaging (MRI)**

Special technique for neurologic diagnosis; form of imaging that provides images of thin slices of the brain in any plane using nonionizing energy

**mainstreaming**

Helping people with disabilities to be integrated into typical settings so that they can function at their optimal level of independence

**maladaptive behavior**

Activity that is dysfunctional or counter-productive in coping effectively with stress

**malignant**

Very dangerous; likely to cause death (e.g., cancer is a malignant tumor)

**malingering**

Simulation or exaggeration of an illness to avoid an unpleasant situation or duty or to obtain some type of personal gain

**managed care**

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

**mania**

Abnormally euphoric emotional state characterized by extreme excitement, excessive elation, hyperactivity, agitation, and accelerated thinking and speaking

**marathon group**

Uninterrupted meetings of twenty hours or more with a goal of breaking down defenses

**Maslow, Abraham**

(1908-1970) Leading exponent of humanistic psychology closely associated with the concept of self-actualization and one's needs hierarchy



**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)**

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

**osteoarthritis**

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

**partial hospitalization**

Type of psychiatric/mental health service for clients who require hospitalization only during the day, overnight, or on weekends

**pathological**

Abnormal; caused by disease

**pathology**

Branch of medicine that deals with causes and symptoms of diseases, especially the structural and functional changes caused by a disease

**patient**

Person receiving healthcare services in a hospital or other medical setting

**Pavlov, Ivan Petrovich**

(1849-1936) Famous Russian neurophysiologist noted for his research on classical conditioning

**pediatrician**

Medical doctor who specializes in the development and care of children and the treatment of children’s diseases

**pediatrics**

Healthcare of children and the study of childhood diseases

**peds**

Informal abbreviation of pediatrics

**perception**

Process of becoming aware of, attending to, or interpreting stimuli, usually by visual, auditory, or kinesthetic senses

**performance test**

Test that measures client performance in a specific area (e.g., cardiovascular endurance, range of motion)

**peripheral nervous system**

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

**personality disorders**

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

**person-centered therapy**

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

**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



**Professional Standard Review Organization (PSRO)**

Founded by Congress to assure the quality of services under Medicare, Medicaid, and Maternal and Child Health programs

**prognosis**

Forecast of the probable course and outcome of a disorder

**progress notes**

Charting done by members of the interdisciplinary team that indicates the progress, or lack thereof, being made by the client, patient, or resident

**progressive relaxation**

Guided exercise in which people systematically tense and release their muscles while attending to the resulting sensations of tension and relaxation

**projection**

Attributing to others unacceptable personal thoughts, feelings, and behaviors

**prompt**

Cue or stimulus, usually in the form of physical guidance, which produces the response of a proper behavior

**prostate**

Gland that surrounds the neck of the bladder and urethra in the male

**prosthesis**

Replacement of a missing part of the body, such as a limb, by an artificial substitute

**proxemics**

Study of the use of space by humans

**psoriasis**

Chronic skin disease characterized by scaly, itchy patches

**psyche**

The mind

**psychiatrist**

Physician who specializes in the diagnosis, treatment, and prevention of mental and emotional disorders

**psychoanalysis**

Therapy based on Freudian constructs which attempts to explore the unconscious by bringing it to the surface of consciousness

**psychoanalytic theory**

Psychological theory developed by Freud. A conflict model involving three systems of personality (id, ego, and superego) and two instinctual drives (sex and aggression)

**psychodrama**

Psychotherapy approach originated by J. L. Moreno that utilizes a dramatized acting out of the client's problems

**psychogenic**

Having emotional or psychological origin in contrast to organic basis

**psychologist**

Individual who holds a degree (usually Ph.D. or Psy.D.) in psychology and who engages in psychological testing, diagnosis, counseling, and other therapies





**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

**referral**

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

**resident**

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

**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

**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

**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 populations**

Groups of people who are not normally included in the mainstream of society; dated term

**special recreation**

Programs directed toward the provision of recreation services for person 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



**therapeutic**

Pertaining to a treatment or beneficial acts

**therapeutic agent**

Anything (people or drugs) that brings about therapeutic outcomes

**therapeutic community**

Way of operating a relatively small unit within a hospital or institution in which the entire social milieu is used as an intervention

**therapeutic recreation (TR)**

Term sometimes used to encompass both recreation therapy and special recreation; see recreation therapy (RT)

**therapeutic recreation process**

See recreation therapy process

**therapeutic recreation specialist**

See recreation therapist

**third party payer**

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

**thoracic vertebrae**

Twelve bones or vertebrae of the spine in the area of the upper back

**thought disorder**

Disturbance of speech, communications, or content of thought, such as delusions, ideas of reference, and flight of ideas

**thrombosis**

Coagulation of the blood in some part of the circulatory system which forms a clot that obstructs circulation in that part

**time-out**

Behavior modification technique of excluding or removing a child from an activity for a specific period of time

**tinnitus**

Perception of sound in the absence of an acoustic stimulus, most commonly described as a ringing in the ears

**token economy reinforcement**

Reward system that gives tokens, check marks, points, or chips for meeting a pre-determined criterion of behavior; tokens can later be exchanged for items which are reinforcing and/or valuable to an individual

**total blindness**

No light perception in either eye. Only twelve percent of legally blind persons fall into this category

**toxic**

Poisonous

**transactional analysis (TA)**

Theory of personality and social interaction developed by Eric Berne. It is commonly used as a basis for group therapy

**transactions**

Transactional analysis term for the basic unit in human communications; any exchange between the various ego states of

two or more individuals

**transdisciplinary team**

Treatment or rehabilitation team of professionals from various disciplines who share their skills with one another to provide client care

**transfer**

Movement of a person from one surface to another, such as from a wheelchair to a bed

**transference**

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

**transverse**

Extending from side to side; at right angles to the long axis; divides the body into upper and lower portions

**transvestism, transvestitism**

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

**trauma**

Injury

**trauma (emotional)**

Emotional shock having long-lasting effects

**treatment**

Techniques or actions customarily applied in a specified situation to restore health

**treatment 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 rehabilitation plan or individualized education plan

**type A personality**

Personality type characterized by excessive drive, competitiveness, and overscheduling.

**type B personality**

Personality type characterized by a relaxed, easygoing manner

**ulcers**

Psychophysiological disorder involving wounds to the stomach or upper section of the small intestine

**unconditional positive regard**

Nonjudgmental caring and acceptance of the client as a human being

**unconscious**

That part of the psyche rarely subject to awareness

**unified sport**

Athletic program that integrates equal numbers of persons with and without disabilities

**unilateral**

Affecting or occurring on one side only



**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

**yoga**

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

$\bar{a}$	Before
$\bar{a} \ a^{-}$	Of each
AA	Alcoholics Anonymous
AAROM	Active assisted range of motion
Ab	Antibody
ABE	Acute bacterial endocarditis
a.c.	Before meals
ACT	Acute Crisis Team
ACU	Acute Care Unit
ADA	Americans with Disabilities Act
ADD	Attention deficit disorder
ADHD	Attention deficit hyperactivity disorder
ADL	Activities of daily living
ad lib	As much as wanted; as desired
adm	Administration
ADR	Adverse drug reaction
Ag	Antigen
AIDS	Acquired Immune Deficiency Syndrome
AMA	Against Medical Advice; American Medical Association
AMI	Acute myocardial infarction
amt.	Amount
AOM	Acute otitis media
AOTA	American Occupational Therapy Association
APA	American Psychological Association; American Psychiatric Association
ARD	Acute respiratory distress
ARF	Acute renal failure
ASAP	As soon as possible
ASCVD	Atherosclerotic cardiovascular disease
ASHD	Arteriosclerotic heart disease
ATRA	American Therapeutic Recreation Association
A.T.	Activity Therapy
AV	Atrioventricular; arteriovenous
BBT	Basal body temperature
BCLS	Basic cardiac life support
b.i.d.	Twice daily
b.i.w.	Biweekly
BLS	Basic life support
BM	Bowel movement; basal metabolism; body mass
BMR	Basal metabolic rate



BP	Blood pressure; bypass
BR	Bed rest
BRP	Bathroom privileges
BS	Bowel sounds; breath sounds
BT	Bleeding time; body temperature
BTB	Breakthrough bleeding
BTU	British Thermal Unit
$\bar{c}$	With
Ca	Cancer
CA	Coronary artery; chronological age
CAD	Coronary Artery Disease
CAT Scan	Computerized Axial Tomography Scan
CBC	Complete blood count
CBF	Cerebral blood flow
CBR	Complete bed rest
CCU	Coronary Care Unit
CERT	Comprehensive Evaluation in Recreation Therapy
CF	Cystic Fibrosis
CHD	Coronary heart disease; congenital heart disease
CHF	Congestive Heart Failure
CIHD	Chronic Ischemic Heart Disease
CNB	Cutting Needle Biopsy
CNS	Central Nervous System
CO	Cardiac Output; Carbon Monoxide
C/O	Complaints of...
COPD	Chronic Obstructive Pulmonary Disease
CP	Cerebral Palsy; Chronic Pain; Chemically Pure
CPR	Cardiopulmonary Resuscitation
C-section	Cesarean section
CSF	Cerebrospinal fluid
CTRS	Certified Therapeutic Recreation Specialist
CV	Cerebrovascular
CVA	Cerebrovascular accident; stroke
DBP	Diastolic blood pressure
D/C	Discontinue; discharge the patient
D&C	Dilation and curettage
DD	Developmentally disabled
DES	Diethylstilbestrol
DI	Diabetes insipidus
DKA	Diabetic ketoacidosis
DM	Diastolic murmur; diabetes mellitus
DOA	Dead on arrival
D.R.	Dining room
DRG	Diagnostic related group

Abbreviations and Symbols

DSM IV	Diagnostic and Statistical Manual of Mental Disorders, 4 <sup>th</sup> edition
Dts	Delirium tremens
Dx	Diagnosis
ea.	Each
ECC	Emergency Car Care
ECF	Extracellular fluid
ECG	Electrocardiogram; electrocardiograph
ECM	Extracellular material
EEG	Electroencephalogram
(E)ENT	(eye), ear, nose, throat
e.g.,	For example
EKG	Electrocardiogram; electrocardiograph
EMG	Electromyogram
ER	Emergency room
ESRD	End-stage renal disease
ex	Exercise
FACTR	Functional Assessment of Characteristics in Therapeutic Recreation
FAS	Fetal Alcohol Syndrome
FBS	Fast blood sugar
FHx	Family history
flex	Flexion; flexor
ft.	Foot; feet
FTT	Failure to thrive
Fx	Fracture
GAF	Global Assessment of Functioning
gal	Gallon; gallons
GI	Gastrointestinal
gm	Gram
grp.	Group
GSR	Galvanic skin response
GU	Genitourinary
Gyn	Gynecology
h., hr.	Hour
Hb or Hgb	Hemoglobin
HBP	High blood pressure
HCFA	Health Care Financing Administration
HCT	Hematocrit
HEENT	Head, ears, eyes, nose, throat
hemi	Hemiplegia
H/H	Hemoglobin/Hematocrit
HHC	Home health care
HIV	Human immunodeficiency virus

HMO	Health maintenance organization
hosp.	Hospital
HPI	History present illness
HR	Heart rate
ht.	Height
Hx	History
ICF	Intracellular fluid
ICP	Intracranial pressure
ICU	Intensive Care Unit
ID	Identification; Initial dose; intradermal
IDEA	Individuals with Disabilities Education Act
i.e.,	That is
IHD	Ischemic heart disease
in.	Inch
IOP	Intraocular pressure
IQ	Intelligence Quotient
ITP	Individual treatment plan
IUD	Intrauterine device (Contraceptive)
IV	Intravenous
IWR	Ideal weight range
JCAHO	Joint Commission on Accreditation of Healthcare Organizations
kg.	Kilogram
L	Left
lab.	Laboratory
lat.	Lateral
lb.	Pound
LBW	Low birth weight
LD	Learning disabled
LDB	Leisure Diagnostic Battery
LDL	Low density lipoprotein
liq.	Liquid
LLE	Left lower extremity
LLQ	Left lower quadrant
LOC	Loss of consciousness
L.P.N.	Licensed Practical Nurse
LS	Left septum
LUE	Left upper extremity
M.D.	Medical Doctor
MDS	Minimum Data Set
MED	Minimal effective dose
meds	Medications

Abbreviations and Symbols

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mg., mgm	Milligram
MI	Mental illness; myocardial infarction; mitral insufficiency
min.	Minimum; minute
mm.	Millimeter
MMPI	Minnesota Multiphasic Personality Inventory
mod.	Moderate
MR	Mental retardation
MS	Multiple sclerosis
M.S.W.	Master of Social Work
M.T.	Music therapy
NAAP	National Association of Activity Professionals
NAMI	National Alliance for the Mentally Ill
NBCOT	National Board for Certification in Occupational Therapy
NBM	Nothing by mouth; No bowel movement
NCA	National Center on Accessibility
NCTRC	National Council for Therapeutic Recreation Certification
NIH	National Institutes of Health
NIMH	National Institute of Mental Health
n/l	Normal limits
no.	Number
noc.	Night
NOS	Not otherwise specified
NTRS	National Therapeutic Recreation Society
N&T	Nose & throat
OD	Overdose; right eye
OP	Outpatient
OPD	Outpatient Department
O.R.	Operating Room
OS	Left eye
OT	Occupational Therapy
OTA.	Occupational Therapy Assistant
OTD	Out the door = discharge
OTR	Occupational Therapist, Registered
OU	Both eyes
oz.	Ounce
p	After
p.c.	After meals
PE	Physical exam; physical education
peds	Pediatrics
Ph.D.	Doctor of Philosophy
PID	Pelvic inflammatory disease
PMH	Post medical history
PMS	Premenstrual syndrome

PNS	Peripheral nervous system
p.r.n.	As required
Psy.D.	Doctor of Psychology
P.T.	Physical Therapy; physical therapist
pt.	Patient
q	Every
QA	Quality assurance
q.am	Every morning
q.d.	Every day
QI	Quality improvement
q.i.d.	4 times/day
q.o.d.	Every other day
q.pm	Every evening
QO <sub>2</sub>	Oxygen consumption
quad	Quadriplegic
RBC	Red blood cell (Count)
rehab	Rehabilitation
REM	Rapid eye movement
RLE	Right lower extremity
R.N.	Registered Nurse
RO	Reality orientation
ROM	Range of motion
rt.	Right
RT	Recreation Therapy; Respiratory Therapy
RTA	Recreation Therapy Assistant
RUE	Right upper extremity
Rx.	Treatment
̄	Without
SCD	Sudden cardiac death
SH	Social history
SIDS	Sudden infant-death syndrome
SOAP	Subjective, Objective, Assessment, Plan
SOB	Shortness of breath
SP	Systolic pressure
SQ or SubQ	Subcutaneous
stat.	Immediately; at once
STD	Sexually transmitted disease
SW	Social Worker
T	Temperature; tension
tab	Tablet
T&A	Tonsillectomy and adenoidectomy
TB	Tuberculosis

Abbreviations and Symbols

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TBW	Total body weight
TIA	Transient ischemic attack
t.i.d.	Three times a day
TLC	Tender loving care; Total lung capacity
TR	Therapeutic recreation
TV	Television
Ty	Type

UA	Unauthorized leave
UG	Urogenital
UR	Utilization Review
UTI	Urinary tract infection

VA	Veterans Affairs
VAMC	Veterans Affairs Medical Center
VD	Venereal disease
Vol.	Volume
Vol	Volunteer
VO MAX	Maximal oxygen uptake (volume)
VW	Vessel wall

WBC	White blood cell (count)
W/C	Wheelchair
WHO	World Health Organization
WNL	Within normal limits
wk	Week
wt.	Weight

X	Times
---	-------

Y/O or Y.O.	Years old
yrs.	Years

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

:	Ratio; “is to”
::	Equality between ratios; “as”
♂	Male
♀	Female



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