The ever-expanding nursing vocabulary requires students and nurses to possess an up-to-date and working knowledge of contemporary healthcare terminology. The Australian Nurses’ Dictionary fifth edition has been thoroughly revised and updated to take account of recent developments in nursing and midwifery practice and features the most current guidelines, terminology, policies and procedures. Succinct definitions are supported by phonetic pronunciations, clinically focused diagrams and valuable cross referencing. This popular, pocket-sized dictionary continues to provide students and practicing nurses with a reliable ready-reference for all their nursing needs.

NEW TO THIS EDITION
• Available in eBook
• New entries across a range of specialist areas
• A pronunciation guide
• Relevant, clinically focused diagrams
• 14 appendices including:
  — 2010 ARC Resuscitation guidelines
  — Code of Ethics and Code of Professional Conduct for Nurses in Australia
  — National Registration for Nurses and Midwives

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ISBN 978-0-7295-4084-1
Australian Nurses’ Dictionary
6th edition
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Preface

This 6th edition of the Australian Nurses’ Dictionary brings a thoroughly revised and updated text that takes account of recent developments in nursing and midwifery practice. The dictionary, first adapted from the Baillière’s Nurses’ Dictionary in 1991, continues to provide comprehensive coverage of the ever-expanding vocabulary of the nursing and midwifery professions to reflect advances in practice, technology, research and innovation. This edition has been expanded to include new, relevant terminologies, several appendices relevant to clinical practice and an abridged version of the atlas of human anatomy. Students in particular need extra assistance when learning the numerous structures that make up the body systems. We trust you will agree that the addition of the atlas makes it an ideal visual display and easy reference for learning body systems.

The guiding principles in the revision have been to establish direct relevance to Australian conditions, and to provide a quick reference source for students and nurses in the clinical setting. For a more extensive background to specific entries, the reader is referred to encyclopaedic nursing dictionaries, and to pharmacology, anatomy and physiology texts. In a dictionary of this size, it is impossible to include every generic and brand name of drugs in common use; therefore, in this edition only the class of drug (e.g. antibiotic, diuretic and steroid) have been included.

This edition has relied on the support of nurses and allied health personnel in many areas. In particular, we would like to thank our contributors Professor Andrea Marshall and Anne Louise Elsom for their continued support in the revisions of the appendices. Thank you to the reviewers of the 5th edition, who provided valuable recommendations for this 6th edition; thank you also to the reviewers of the 6th edition; and to Tony Smith and John Hawley for their continued encouragement and support in meeting deadlines.

Jennie King, Rhonda Hawley
Acknowledgment

The publisher would like to thank the American College of Surgeons for their kind permission to reproduce the figure in the Lund and Browder chart.

References


Harris P, Nagy S, Vardaxis N. Mosby’s Dictionary of Medicine, Nursing and Health Professions. 3rd Australian and New Zealand ed. Sydney: Elsevier; 2014.

**Pronunciation guide**

All pronunciations in this dictionary are transcribed using ordinary English-spelling letters, with the exception of the upside-down ‘e’ or ‘schwa’ (ə). All pronunciations are given in parentheses immediately following the bold headword and reflect general Australian English in *current, spoken usage.* Where alternative pronunciations for a word are given, or where alternative spellings or synonyms are given, these are separated by commas. For example:

**medicine** (‘medǝsǝn, ,medǝsan)

**nerone** (neuron)( ,nyoo-rohn, ,nyoo·ron)

Alternative pronunciations are often given in truncated form with hyphens. For example:

**encephalic** (‘enkǝ·falik,- ,enso-)

Single letters represent single sounds. Where two or more characters are combined, as in the lists below, these also represent precise sounds.

### Vowel sounds

<table>
<thead>
<tr>
<th>a</th>
<th>as in bad (bad)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ah</td>
<td>as in father (‘fahdhǝ)</td>
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<tr>
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<td>as in hair (hair)</td>
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<td>as in water (‘wawtǝ)</td>
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<td>ay</td>
<td>as in fatal (‘fayt’l)</td>
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<td>e</td>
<td>as in bed (bed)</td>
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<td>as in fetus (‘fetǝs)</td>
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<td>i</td>
<td>as in film (film)</td>
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<td>ie</td>
<td>as in bite (biet)</td>
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<td>iə</td>
<td>as in chloropsia (klaw’ropsi-ǝ)</td>
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<td>iə</td>
<td>as in fear (fiǝ)</td>
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<tr>
<td>iə</td>
<td>as in diet (diǝt)</td>
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<td>as in body (‘bodee)</td>
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<td>as in choke (chohk)</td>
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<td>as in boot (boot)</td>
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<td>as in now (now)</td>
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<td>as in hour (owǝ)</td>
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<td>oy</td>
<td>as in goitre (‘goytǝ)</td>
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<tr>
<td>oyə</td>
<td>as in soya (‘soyǝ)</td>
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<td>u</td>
<td>as in tongue (tung)</td>
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<td>uh</td>
<td>as in foot (fuht)</td>
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<tr>
<td>ə</td>
<td>as in mother (‘mudhǝ)</td>
</tr>
<tr>
<td>ær</td>
<td>as in bird (bǝrd)</td>
</tr>
<tr>
<td>y</td>
<td>as in yet (yet)</td>
</tr>
</tbody>
</table>

### Consonantsounds

| b  | as in baby (‘baybee) |
| ch | as in chat (chaht) |
| d  | as in digit (‘dijǝt) |
| f  | as in fever (‘feevǝ) |
| g  | as in gag (gag) |
| h  | as in heal (heel) |
| j  | as in jump (jump) |
| k  | as in king (king) |
| l  | as in light (liet) |
| m  | as in man (man) |
| n  | as in need (need) |
| ng | as in sung (sung) |
| nh | as in en passant (onh ‘pasonh) |
| ny | as in nutrition (nyoo’trishǝn) |
| p | as in pelvis (‘pelvǝs) |
| r  | as in rod (rod) |
| s  | as in sac (sak) |
| sh | as in fish (fish) |
| t  | as in test (test) |
| th | as in thirst (θǝrst) |
| v  | as in vein (vayn) |
| w  | as in weight (wayt) |
| z | as in zero (‘ziǝ-roh) |
| zh | as in pleasure (‘plezhǝ) |
Stress marks

Stress marks are used where the word or term has more than one syllable. The stress mark is placed before the syllable to be stressed. The primary stressed syllable is indicated by a superior stress mark (‘) and secondary stress by a subscript stress mark (ˌ). For example:

- respiration (ˌrespəˈræʃən)
- respirator (ˈrespəˈreɪtər)
- respiratory (ˌresˈpɪrətɔrɪ)

Apostrophe

Where a consonant is preceded by an apostrophe, this indicates that the consonant should be pronounced as a separate syllable. For example:

- hospital (ˈhɒspɪtəl)

Centred full stop

Where two letters occur together that may be mistaken for a different sound from that intended, a centred full stop is added to separate the characters. For example:

- myopia (ˌmaɪˈɒpɪə)

Sub-entries

Sub-entries are listed alphabetically under the main entry, with the initial letter(s) of the main entry repeated. For example:

- abdomen
  - Acute a.
  - Pendulous a.
  - Scaphoid (navicular) a.
NERVOUS SYSTEM

SIMPLIFIED VIEW OF THE NERVOUS SYSTEM

- Cerebrum
- Cerebellum
- Brachial plexus
- Spinal cord
- Musculocutaneous nerve
- Intercostal nerves
- Sciatic nerve
- Common peroneal nerve
- Tibial nerve
- Posterior tibial nerve
- Saphenous nerve
- Femoral nerve
- Cauda equina
- Ischial nerve
- Femoral cutaneous nerve
- Tibial nerve
- Peroneal nerve
- Digital nerves
GROSS ANATOMY OF THE SPINAL CORD

- Cervical vertebrae
  - C1
  - C2
  - C3
  - C4
  - C5
  - C6
  - C7
- Brachial plexus
- Thoracic vertebrae
  - T1
  - T2
  - T3
  - T4
  - T5
  - T6
  - T7
  - T8
  - T9
  - T10
  - T11
  - T12
- Lumbar vertebrae
  - L1
  - L2
  - L3
  - L4
  - L5
- Sacrum
- Coccyx
- Cauda equina
- Filum terminale
- Cervical nerves
- Thoracic nerves
- Lumbar nerves
- Sacral nerves
- Sacral plexus
- Brachial plexus
H symbol for hydrogen.
habit (habit) automatic response to a specific situation acquired as a result of repetition and learning. Drug h. drug addiction. H. forming drugs that may lead to physiological addiction. H. retraining technique used by nurses to retrain patients in the process for control of micturition. The patient is encouraged to void at set times according to an agreed baseline chart but may use the toilet at other times. H. training a method used in psychiatric nursing whereby deteriorated patients can be rehabilitated and taught personal hygiene by constant repetition and encouragement.
habilitation (ˈheɪbɪlɪteɪʃən) the process of assisting a person towards achieving their maximum social and physical independence. The person/client is usually someone handicapped from birth who is learning and not relearning a skill.
habituation (ˈhæbɪtʃuəˈʃən) the gradual adaptation to a stimulus or to the environment. The acquisition of a habit, e.g. a condition resulting from the repeated consumption of a drug, but with little or no tendency to increase the dose; there may be psychological but no physical dependence on the drug.
haemangioblastoma (ˈheɪmæŋdʒiəˈblɔːstəmə) a brain tumour consisting of a proliferation of capillaries and of disorganised clusters of capillary cells or angioblasts, usually occurring in the cerebellum.
haemangioma (ˈheɪmæŋdʒiəˈɒmə) a benign tumour formed by dilated blood vessels. Strawberry h. a birthmark, which may become very large, but frequently disappears in a few years.
haemarthrosis (ˈheɪmərθrəʊsəs) an effusion of blood into a joint.
haematomesis (ˈheɪmətəməsəs) vomiting of blood. If it has been in the stomach for some time and become partially digested by gastric juice, it is of a dark colour and contains particles resembling coffee grounds.
haematin (ˈheɪmatən) the iron-containing part of haemoglobin.
haematocele (ˈheɪmətəkəl) a swelling produced by effusion of blood, e.g. in the sheath surrounding a testicle or a broad ligament.
haematomcrit (ˈheɪmatəkri t, hi′-matə-) the volume of red cells in the blood. Usually expressed as a percentage of the total blood volume.
haematology (ˈheɪmatələdʒi) the science dealing with the nature, functions and diseases of blood.
haematoma (ˈheɪmatəmə) a swelling containing clotted blood.
haematomyelia (ˈheɪmatəməˌdʒiəˌmiəˌɛliə) an effusion of blood into the spinal cord.
haematuria (ˈheɪməˌtjuərɪə) the presence of blood in the urine due to injury or disease of any of the urinary organs.
haemochromatosis (ˌheɪməkroʊˌməˌtɔrɪəs) a condition in which
there is high absorption and deposition of iron leading to a high serum level, pigmentation of the skin, and liver failure. Bronze diabetes.

**haemoconcentration** (ˌheemoh-kənˈsən ˈtrāʃən) a loss of circulating fluid from the blood resulting in an increase in the proportion of red blood cells to plasma. The viscosity of the blood is increased.

**haemodialysis** (ˌheemohdˈleɪsəs) the removal of waste material from the blood of a patient with acute or chronic renal failure by means of a dialyser or artificial kidney. The apparatus is coupled to an artery and dialysis is achieved by the blood and rinsing fluid (dialysate) passing through a semipermeable membrane. Blood is returned through a vein.

**haemoglobin** (Hb) (ˌheemə ˈgloʊ-bən) the complex protein molecule contained within the red blood cells which gives them their colour and by which oxygen is transported.

**haemoglobinopathy** (ˌheemə ˈgloʊ-bəˈnəpəθi) any one of a group of hereditary disorders, including **sickle-cell anaemia** and **thalassaemia**, in which there is an abnormality in the production of haemoglobin.

**haemolysin** (ˌheemə ˈmələsən) a substance that destroys red blood cells.

**haemolysis** (ˈheemə ˈmələsəs) the disintegration of red blood cells. Excessive haemolysis, which may produce anaemia, may be caused by injection with viruses or bacteria, drugs, chemicals and incompatible blood transfusions.

**haemolytic** (ˌheeməˈlɪtɪk) having the power to destroy red blood cells. *H. disease of the newborn* a condition associated with an Rh-negative pregnant woman with an Rh-positive fetus. See RH FACTOR.

**haemophilia** (ˌheeməˈfɪli-ə) a condition characterised by impaired coagulability of the blood and a strong tendency to bleed. Over 80% of all patients with haemophilia have **haemophilia A** (classic haemophilia), which is characterised by a deficiency of clotting factor VIII. Haemophilia B (Christmas disease), which affects about 15% of all haemophiliac patients, results from a deficiency of factor IX. Inherited as an X-linked recessive trait, it is transmitted by females only, to their male offspring. In order to avoid the debilitating and crippling effects of haemophilia, treatment must raise the level of the deficient clotting factor and maintain it in order to stop local bleeding. The patient must learn to avoid trauma and to obtain prompt treatment for bleeding episodes. Before surgery or dental treatment, the patient must be given an infusion of the appropriate clotting factor.

**Haemophilus** (heeˈmofəli-ə) a genus of gram-negative rod-like bacteria. *H. ducreyi* the cause of soft chancre. *H. influenzae* bacterium that causes various infectious diseases in humans. *H. pertussis* the cause of whooping cough; Bordet-Gengou bacillus.

**haemophilial** (ˌheemofˈθal-mi-ə) bleeding into the vitreous of the eye, usually the result of trauma; haemophilomas.

**haemopneumothorax** (ˌheemoh-ˌnyooməˈθaw-raks) the presence of blood and air in the pleural cavity, usually the result of injury.

**haemopoiesis** (ˌheemohˈpoyəsəs) the formation of red blood cells, which normally takes place in the bone marrow and continues throughout life. *Extramedullary h.* the formation of blood cells other than in the bone marrow, e.g. in the liver or spleen.
haemopoietic (heemoh-poy’-etik) relating to red blood cell formation.

H. factors those necessary for the development of red blood cells, e.g. vitamin B₁₂ and folic acid.

haemoptysis (hee’-moptısəs) the coughing up of blood from the lungs or bronchi. Being aerated, it is bright-red and frothy.

haemorrhage (’hemə-rij) an escape of blood from a ruptured blood vessel, externally or internally. Arterial haemorrhage. It involves bright-red blood which escapes in rhythmic spurts, corresponding to the beats of the heart. Venous haemorrhage involves dark-red blood which escapes in an even flow. Haemorrhage may also be: (a) primary, at the time of operation or injury; (b) reactionary or recurrent, occurring later when the blood pressure rises and a ligature slips or a vessel opens up; and (c) secondary, may be several days after injury, and usually due to sepsis. Special types are as follows. Antepartum h. that which occurs before labour starts (see PLACENTA PRAEVIA). Cerebral h. an episode of bleeding into the cerebrum; one of the three main forms of STROKE. Concealed h. collection of the blood in a cavity of the body. Intracranial h. bleeding within the cranium, which may be extradural, subdural, subarachnoid or cerebral. Intradural h. bleeding beneath the dura mater. It may be due to injury and causes signs of compression. The cerebrospinal fluid will be bloodstained. Postpartum h. that which occurs within 12–24 hours of delivery, from the genital tract, and which either measures 500 mL or more or which adversely affects the woman’s condition. Secondary postpartum haemorrhage is excessive bleeding more than 24 hours after delivery.

haemorrhagic (heem’-rajik) pertaining to or characterised by haemorrhage. H. disease of the newborn a self-limited haemorrhagic disorder of the first days of life, caused by deficiency of vitamin K dependent blood clotting factors II, VII, IX and X. It should be prevented by the prophylactic administration of vitamin K to all newborn babies. Viral h. fevers a group of notifiable virus diseases of diverse aetiology but with similar characteristics of fever, headache, myalgia, prostration and haemorrhagic symptoms. They include dengue haemorrhagic fever. See MARBURG DISEASE, EBOLA VIRUS DISEASE, LASSA FEVER and YELLOW FEVER.

haemorrhoid (’hemə-royd) a ‘pile’ or locally dilated rectal vein. Piles may be either external or internal to the anal sphincter. Pain is caused on defecation, and bleeding may occur.

haemorrhoidectomy (heem-royd-’dektomee) the surgical removal of haemorrhoids.

haemosiderosis (heemoh-sid’-rosıs) iron deposits in the tissues resulting from excessive haemolysis of red blood cells.

haemostasis (hee’-mɔstəsıs, hee’-mɔstasis) the arrest of bleeding or the slowing up of blood flow in a vessel.

haemostatic (heemoh-statik) a drug or remedy for arresting haemorrhage; a styptic.

haemotherax (heemoh’-thor-raks) blood in the thoracic cavity, e.g. from injury to soft tissues as a result of fracture of a rib.

HAI see HEALTHCARE-ASSOCIATED INFECTION.

hair (hair) a delicate keratinised epidermal filament growing out of the skin. The root of the hair is enclosed beneath the skin in a tubular follicle. Erect hair has a minimal role
in thermoregulation of the body. If the body is too cold arrector pili muscles contract in the skin, pulling the hairs upright and trapping an insulating layer of air. See GOOSE-FLESH. 

_H. analysis_ used as an adjunct to other tests in preconception care of women to assess nutritional status and detect the concentration of up to 18 metals. High levels of some metals such as lead may be associated with congenital abnormalities. Deficiencies of substances such as zinc can be treated with dietary advice and/or supplements. _H. ball_ see BEZOAR.

**halal** (ˈhaləl) meat from an animal that has been killed according to Islamic law and is therefore lawful to be eaten by Muslims.

**half-life** (hahf' lif) 1. the time it takes for a substance to decay to one-half of its original value. 2. in pharmacology, the time it takes for the level of a drug to decrease to one-half in the blood. This is used to determine the dosing level required for therapeutic treatment.

**half-way house** (hahf'way hows) a specialised treatment facility, usually for clients with a mental health illness who no longer require complete hospitalisation but who need some care and time to adjust to living independently.

**halitosis** (ˈhalətəsəs) foul-smelling breath.

**hallucination** (həˈloosəˈnæʃən) a sensory impression (sight, touch, sound, smell or taste) that has no basis in external stimulation. Hallucinations can have psychological causes, as in mental illness, or they can result from drugs, alcohol, or organic illnesses, such as brain tumour or senility. People subjected to sensory deprivation or overwhelming physical stress sometimes suffer from temporary hallucinations.

**hallucinations rating scale (HRS)** (həˈloosəˈnæšən ˈrætəŋ skəl) a scale that uses 11 items to determine auditory hallucinations in patients. It also assesses the way in which the hallucinations are experienced and controlled by the patient.

**hallucinogen** (həˈloosəˈjen) an agent that causes hallucinations, e.g. LSD and cannabis.

**hallux** (ˈhælaks) the big toe. _H. valgus_ a deformity in which the big toe is bent towards the other toes. _H. varus_ a deformity in which the big toe is bent outwards away from the other toes.

**halo** (ˈhæloʊ) a circular structure, such as a luminous circle seen surrounding an object or light. _Glaucomatic h., h. glaucomatous_ a narrow light zone surrounding the optic disc in glaucoma.

**halo effect** (ˈhæləʊ ˈɛfekt) a beneficial effect noted after a healthcare intervention, visit or research project. The halo effect cannot be attributed to the content of the interview, visit or project, but is the outcome of indefinable factors as a result of the intervention.

**halogen** (ˈhæloˈjen) any of the five non-metallic elements: chlorine, iodine, bromine, astatine and fluorine.

**halo splint** (ˈhælo splent) an orthopaedic device used to immobilise the head and neck, to assist in the healing of cervical injuries and postoperatively after cervical surgery.

**hamartoma** (ˌhæməˈtoʊmə) a benign nodule which is an overgrowth of mature tissue.
hand (hand) the terminal part of the arm below the wrist. Claw h. a paralytic condition in which the hand is flexed and the fingers contracted, caused by injury to nerves or muscles. Cleft h. a congenital deformity in which the cleft between the

hammer (ˈhæmə) the malleus. H. toe a deformity in which the first phalanx is bent upwards, with plantar flexion of the second and third phalanx.

hamstring (ˈhæmˌstrɪŋ) the flexors of the knee joint that are situated at the back of the thigh.

Handwashing technique.

1. Rub hands palm to palm
2. Rub back of each hand with the palm of other hand with fingers interlaced
3. Rub palm to palm with fingers interlaced
4. Rub with backs of fingers to opposing palms with fingers interlaced
5. Rub each thumb clasped in opposite hand using rotational movement
6. Rub tips of fingers in opposite palm in a circular motion
7. Rub each wrist with opposite hand

Handwashing technique.
third and fourth fingers extends into the palm. *H.* foot and mouth disease a mild infectious disease in children, caused by Coxsackie virus, which results in vesicle formation on all three sites. Not the same as foot and mouth disease. *H.* washing see figure p. 201 and Appendix 10. 5 Moments of *H.* Hygiene these steps have been identified as some of the most critical times when hand washing needs to be performed, e.g. Step 1 before touching a patient; Step 2 before a procedure; Step 3 after procedures or body fluid exposure risk; Step 4 after touching a patient; and Step 5 after touching a patient’s surroundings.

**hand–arm vibration syndrome** (hand arm ,vie’brayshən ‘sin drohm) pain and numbness with blanching in the hand and arm due to the use of vibrating tools, usually in the workplace. The syndrome tends to develop slowly over time and gangrene may develop. Exposure to cold tends to aggravate the condition.


**handicap** (ˈhandiˌkep) a disadvantage for a given individual, resulting from an impairment or a disability that limits or prevents the fulfilment of a role that is normal (depending on age, sex, and social and cultural factors) for that individual.

**handover** (handovə) the transfer of information from the nurses on a shift to the nurses on the following shift or before transfer of a patient from one unit to another.


**haploid** (ˈhaployd) having one set of chromosomes after division instead of two.

**harassment** (ˈhærəsmənt) any repetitive physical or verbal conduct that causes another person alarm or distress, including physically threatening, humiliating, offensive or derogatory acts or utterances. Harassment is unlawful and examples include bullying, workplace violence, sexual harassment, racial, age or gender discrimination, and cyberstalking. Harassment can occur in healthcare settings and this may take many forms, but an example is when a consultant, manager or senior professional repeatedly makes derisory or critical comments to another member of staff in front of patients or colleagues, leading to that person losing confidence and feeling powerless in the workplace.

**hard drugs** (hard drugz) an imprecise term used in relation to drugs that are highly addictive, e.g. heroin or cocaine, and therefore prone to misuse.

**Harrison’s groove or sulcus** (ˈhari-sonz groov or ‘sulkəs) E. Harrison, British physician, 1789–1838. A horizontal groove along the lower
border of the thorax corresponding to the costal insertion of the diaphragm; seen in rickets.

**Hartmann’s solution** (hartmən溶液, soʊˈloʊʃən) a saline solution containing sodium lactate used intravenously in treating acidosis.

**Hartnup disease** (ˈhɑːtnʊp dɪˈziːz) a hereditary defect in amino acid metabolism which may produce learning difficulties (named after the first person found to suffer from it).

**Hashimoto’s disease** (ˌhaʃɪməˈtoʊz diˈziːz) H. Hashimoto, Japanese surgeon, 1881–1934. A lymphoadenoid goitre caused by the formation of antibodies to thyroglobulin. It is an autoimmune condition giving rise to HYPOTHYROIDISM.

**hashish** (ˈhasheʃ, -ish) Indian hemp. See CANNABIS.

**haustration** (ˈhɔːstrəʃən) a HAUSTRUM or the process of forming one.

**haustrum** (ˈhɔːstrəm) any one of the pouches formed by the sacculations of the colon.

**Haversian canal** (ˈhɑːvərziən kəˈnɔl) C. Havers, British physician and anatomist, 1650–1702. One of the minute canals that permeate compact bone, containing blood and lymph vessels to maintain its nutrition. See BONE.

**Hawthorne effect** (ˈhɔːθərn əˈfekt) the term given to the alteration of behaviour by the subjects of a study due to their awareness of being observed. It was named after an industrial management study in the United States, where the effect was first identified.

**hay fever** (ˈheɪfiːvə) an atopic ALLERGY characterised by sneezing, itching, watery eyes, running nose and a burning sensation of the palate and throat. It is a localised reaction to an extrinsic allergen, most commonly pollens and the spores of moulds. When the allergen comes in contact with mast cell bound IgE immunoglobulin in the tissues of the conjunctiva, nasal mucosa and bronchial tree, the cells release mediators such as histamine, which produce the characteristic symptoms of hay fever, including swelling of tissues, itching and sneezing. See ATOPY.

**HCl** see HYDROCHLORIC ACID.

**HCG** human chorionic gonadotrophin. See GONADOTROPHIN.

**HDI** see HIGH-DEPENDENCY UNIT.

**head** (hed) the anterior or superior part of a structure or organism, in vertebrates containing the brain and the organs of special sense. *H. injury* traumatic injury to the head resulting from a fall or violent blow. Such an injury may be open or closed and may involve a brain CONCUSSION, skull fracture or contusions of the brain. All head injuries are potentially dangerous because there may be a slow leakage of blood from damaged blood vessels into the brain, or the formation of a blood clot which gradually increases pressure against brain tissue. Long-term effects of head injury may include chronic headache, disturbances in mental and motor function, and a host of other symptoms that may or may not be psychogenic. Organic brain damage and post-traumatic epilepsy resulting from scar formation are possible sequels to head injury.


H. lice see Pediculus. H. tilt or chin lift a method of opening the airway in an unconscious patient. One hand is placed upon the forehead to gently tilt the head back. The fingers of the other hand lift the chin. If head or spinal injury is suspected this manoeuvre should NOT be used. (See Appendix 6.)

headache (ˈhɛdˌæk) a pain or ache in the head. A symptom rather than a disorder. It accompanies many diseases and conditions, including emotional distress. See also MIGRAINE.

Heaf test (heefˌ test) F.G.R. Heaf, British physician, 1894–1973. A form of tuberculin testing. A drop of tuberculin solution on the skin is injected by means of a number of very short needles mounted on a spring-loaded device (Heaf’s gun).

healing (ˈheelɪŋ) the process of return to normal function after a period of disease or injury. H. by first intention signifies union of the edges of a clean incised wound without visible granulations, and leaving only a faint linear scar. H. by second intention union of the edges of an open wound by the formation of granulations from the bottom and sides. H. by third intention union of a wound that is closed surgically several days after the injury.

health (helθ) the World Health Organisation (WHO) states that ‘Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity’. H. assessment an evaluation made by a healthcare professional of an individual’s health status, which takes account of the health history and lifestyle together with the findings of a physical examination. H. centre a primary community healthcare organisation for providing ambulatory healthcare and coordinating the efforts of all health agencies, commonly focused around the general practitioner’s services. H. culture a system that attempts to explain and treat health problems and illness and to maintain health. Part of the wider culture to which people belong, it may be a traditional or a biomedical system. H. education officer an officer appointed to make health education resources available to the community. H. food used to indicate food thought to promote health. H. promotion a program to effect health improvements in individuals, communities or populations through a strategy of surveillance planned on a community basis. Programs include offering screening systems, immunisation and health education. Supported by the World Health Organisation as a process of orientating communities to move health services from a treatment approach to one of prevention. H. services the term usually employed to signify the system or program by which healthcare is made available to the population and financed by government or private enterprise, or both. H. statistics summed data on any aspect of the health of populations, e.g. mortality, morbidity, use of health services, treatment outcome, and costs of healthcare. Holistic h. a system of preventative medicine that takes into account the whole
individual, and that person’s own responsibility for wellbeing, with the total influences (social, psychological, environmental) that affect health, including nutrition, exercise and mental relaxation. Public h. the organised response by a society to prevent illness, injury and disability and to protect and promote the health of the community as a whole.

**health and safety obligation** (helth and sayfee oblüh’ gayshən) the duty of care an employer has under common law to provide employees with a safe work environment. Marked similarities with occupational health and safety (OHS) legislation which exists in each state and territory of Australia.

**healthcare assistant (HCA)** (helth kair ,ˈsistən) a support worker in the clinical area who works with the supervision of a registered practitioner who is responsible for the quality of care delivered by the HCA.

**healthcare-associated infection (HAI)** (helthkair uh sonsheeydt inˈtekʃən) also known as nosocomial infections. An infection acquired during an episode of healthcare in either acute (hospital) or non-acute settings, usually as a result of a clinical intervention, such as urinary catheterisation or the insertion of a vascular access device.

**Health Care Complaints Commission** (helth kair complayntz kuh’ mishuhhn) a statutory body that investigates and conciliates complaints from clients concerning healthcare that they perceive to be harmful.

**healthcare system** (helth kair sistən) an organised plan of health services. The term is usually employed to denote the system or program by which healthcare is made available to the population and financed by government or private enterprise or both. H. facilities employ health professionals to manage and treat health-related problems. May include community care, private and public hospitals, home care, day-stay centres and residential aged-care services.

**health education** (helth ˌedyoʊˈkayʃən) various methods of education aimed at the prevention of disease; includes the changing of behaviours that have been identified as risk factors for particular diseases. All nurses and midwives have particular responsibilities and opportunities to promote good health.

**hearing** (ˈhɪərɪŋ) the reception of sound waves and their transmission onwards to the brain in the form of nerve impulses. H. aid an apparatus, usually electronic, to amplify sounds before they reach the inner ear. H. screening test is a program to screen infants to detect hearing loss. This program is offered in some states and territories in Australia as soon as possible after birth. H. therapy the support and rehabilitation of people with hearing difficulties, tinnitus or vertigo. It includes the teaching of lip reading, the use of hearing aids and providing tinnitus retraining therapy.
heart (haht) a hollow, muscular organ which pumps the blood throughout the body, situated behind the sternum slightly towards the left side of the thorax (see figure). H. attack MYOCARDIAL INFARCTION. H. block impairment of conduction in heart excitation; often applied specifically to atrioventricular heart block. H. failure a condition in which the heart cannot pump sufficient blood to meet the metabolic requirements of body tissues. H.–lung machine an apparatus used to perform the functions of both the heart and the lungs during heart surgery. H. murmur an abnormal sound heard in the heart, frequently caused by disease of the valves. Occurs when the blood flow through the heart exceeds a certain velocity. H. rate the number of heart beats per minute. The normal resting heart rate is 60–100 beats per minute, and should be monitored for rate, strength and rhythm. H. sounds the normal heart sounds correspond to the closure of the four valves of the heart. First heart sound = ‘LUB’ sound corresponding to the closure of the mitral and tricuspid valves. Second heart sound = ‘DUP’ sound with closure of the aortic and pulmonary valves. Maximum h. rate used in sports medicine to assess an individual’s heart during exercise. It is equal to 220 minus the age of the person.

heartburn (ˈhaert bərn) indigestion marked by a burning sensation in the oesophagus, often with regurgitation of acid fluid.

heat (heet) warmth; a form of energy, which may cause an increase in temperature or a change of state, e.g. the conversion of

Heart.
water into steam. *H. exhaustion* a rapid pulse, anorexia, dizziness and cramps in arms, legs or abdomen, sometimes followed by sudden collapse, caused by loss of body fluids and salts under very hot conditions. *H. stroke* a severe, life-threatening condition resulting from prolonged exposure to heat. See *Sunstroke*. *Prickly h. Miliaria. H. rash* acute itching caused by blocking of the ducts of the sweat glands following profuse sweating.

**hebephrenia** (*hebi‘freni-a*) a form of schizophrenia characterised by thought disorder and emotional incongruity. Delusions and hallucinations are common.

**Heberden’s nodes** (*‘hebə donz nɔdəz*) W. Heberden, British physician, 1710–1801. Bony or cartilaginous outgrowths causing deformity of the terminal finger joints in *Osteoarthritis*.

**hebetude** (*hebətjuod*) emotional dullness. A common symptom in dementia and schizophrenia.

**hectic** (*hektik*) occurring regularly. *H. fever* a regularly occurring increase in temperature. It is frequently observed in pulmonary tuberculosis. *H. flush* a redness of the face accompanying a sudden rise in temperature.

**hedonism** (*‘heedənizəm, ‘hed-*) excessive devotion to pleasure.

**Hegar’s sign** (*‘hegarz sien*) Alfred Hegar, German gynaecologist, 1830–1914. A softening of the isthmus of the uterine cervix that occurs early in gestation. It is a probable sign of pregnancy.

**Heimlich manoeuvre** (*‘hielmlik mənəuvər*) H. Heimlich, US surgeon, b. 1920. Now referred to as *ABDOMINAL THRUST*.

**Helicobacter** (*helikohbaktər*) a genus of spiral and flagellated gram-negative bacteria. *H. pylori* a species found in the stomach. May cause damage to the prostaglandins protecting the mucosal cells in the stomach wall, leading to progressive gastritis and ulceration.

**heliotherapy** (*heleeoh‘terəpee*) treatment of disease by exposure of the body to sunlight.

**helium** (*helee-oam*) symbol He. An inert gas sometimes used in conjunction with oxygen to facilitate respiration in obstructational types of *Dyspnoea* and for decompressing deep-sea divers.

**helix** (*heelixs*) 1. a spiral twist. Used to describe the configuration of certain molecules, e.g. deoxyribonucleic acid (DNA).

2. the outer rim of the auricle of the ear.

**Hellin’s law** (*helinz ləw*) one in about 89 pregnancies ends in the birth of twins; one in 89², or 7921, in the birth of triplets; one in 89³, or 704969, in the birth of quadruplets. Assisted reproduction techniques have raised the rate of multiple pregnancies, therefore the formula is less indicative of true incidence.

**helminthiasis** (*helmin‘theeəsəs*) an infestation with worms.

**hemeralopia** (*hemərə‘lohpi-a*) day blindness. The vision is poor in a bright light but is comparatively good when the light is dim. See *Nyctalopia*.

**hemianopia** (*hemi-‘ohnpi-a*) partial blindness, in which the patient can see only half of the normal field of vision. It arises from disorders of the optic tract and of the occipital lobe.
hemicolecctomy (ˌhemikōlˈektəmee) the removal of the ascending and part of the transverse colon with an ileotransverse colostomy (see figure).

hemiparesis (ˌhemıpəˈrēsəs) paralysis on one side of the body; HEMIPLEGIA.

hemiplegia (ˌhemıˈplejə-) paralysis of one-half of the body, usually due to cerebral disease or injury. The lesion is on the side of the brain opposite to the side paralysed.

hemisphere (ˈhemısˌfiə) a half sphere; in anatomy, one of the two halves of the cerebrum or CEREBELLUM.

hemp see CANNABIS.

Henle’s loop (ˈhenleez loop) E.G.J. Henle, German anatomist, 1809–1885. The U-shaped loop of the uriniferous tubule of the kidney.

Henoch’s purpura (henokhsˈpərpmərə) E.H. Henoch, German paediatrician, 1820–1910. Allergic purpura. See PURPURA.

heparin (ˈhepərən) an anticoagulant formed in the liver and circulated in the blood. Injected intravenously, it prevents the conversion of prothrombin into thrombin, and is used in the treatment of THROMBOSIS.

hepatectomy (ˌhepəˈtekto̱mee) excision of a part or the whole of the liver.

hepatic (heˈpatik) relating to the liver. H. flexure the angle of the colon that is situated under the liver.

hepaticojejunostomy (heˈpatikəˌʒeˈdʒənəstəmee) the anastomosis of the hepatic duct to the JEJUNUM, usually created after extensive excision for carcinoma of the pancreas.

hepaticostomy (heˈpatikəˈstoʊmee) a surgical opening into the hepatic duct.

hepatisation (ˌhepəˈtaɪzən) the alteration of lung tissue into a solid mass resembling the liver, which occurs in acute lobar pneumonia.
hepatitis (ˌhɛpəˈtɪtɪs) inflammation of the liver, characterised by the presence of inflammatory cells in the tissue of the organ. The condition can be self-limiting or can progress to fibrosis and cirrhosis. Hepatitis is acute when it lasts less than 6 months and chronic when it lasts for longer. Worldwide most commonly caused by one of a group of hepatitis viruses, but it can also be due to toxins (alcohol, certain medications, some industrial organic solvents and plants), other infections and autoimmune diseases such as cytomegalovirus infection or Legionnaires’ disease. Hepatitis may present with limited or no symptoms, but often leads to jaundice, fever, anorexia and general malaise. Viral h. an acute, notifiable, infectious hepatitis caused by one of several different viruses that infect human liver cells, e.g. hepatitis A virus (HAV), hepatitis B virus (HBV), hepatitis C virus (HCV), hepatitis D (Delta virus) and hepatitis E virus (HEV). hepatogenous (ˌhɛpəˈtɒdʒənəs) arising in the liver. Applied to jaundice in which the disease arises in the parenchymal cells of the liver. hepatolenticular (ˈhɛpəʊlɛntɪkəl) pertaining to the liver and the lentiform nucleus. H. degeneration Wilson’s disease; a progressive condition, usually occurring between the ages of 10 and 25 years. There are tremors of the head and limbs, pigmentation of the cornea, and sometimes defective twilight vision. hepatoma (ˌhɛpəˈtɒmə) a primary malignant tumour arising in the liver cells. hepatomegaly (ˌhɛpətəʊˈmɛɡəli) an enlargement of the liver. hepatosplenomegaly (ˌhɛpətəʊˈsplɛnəmɛɡəli) enlargement of the liver and spleen, such as may be found in kala-azar. hepatotoxic (ˌhɛpətəʊˈtɒksɪk) applied to drugs and substances that cause destruction of liver cells, e.g. alcohol. herbal medicine (ˌhɜːrˈbɔːl medəˈseɪn) a form of complementary or alternative medicine in which plants are used for their therapeutic properties. herd immunity (hɜːrd ˈɪmjuːnəti) the immunity of a population. When there is a high enough number of persons in a population immune to a particular infection, the infection fails to spread because of the absence of enough susceptibles. For example, in measles, this could probably be achieved by vaccination of 90–95% of the population. hereditary (ˈhɜːrəˌdɛtri) derived from ancestry; inherited. heredity (ˈhɜːrəˌdɛtri) the transmission of both physical and mental characteristics to the offspring from the parents. Recessive characteristics may miss one or two generations and reappear later. hermaphrodite (ˈhɜːrməˈfrədɪt) an individual whose gonads contain both testicular and ovarian tissue. These may be combined as an ovotestis or there may be a testis on one side and an ovary on the other. The external genitalia may be indeterminate or of either sex. Pseudo h. one whose gonads are histologically of one sex but in whom the genitalia have the appearance of the opposite sex. True h. one who possesses both male and female gonads. hermeneutics (ˌhɜːrməˈnjuːtɪks) the study of meanings in social behaviour and experience. Denotes
the art, skill or theory of interpreting human behaviour, speech and writings in terms of intentions and meanings.

hermetic (hərˈmɛtɪk) airtight. A wound dressing may be sealed to ensure that the wound is not exposed to air.

hernia (ˈhərnē-ə) a protrusion of any part of the internal organs through the structures enclosing them. Cerebral h. a protrusion of brain through the skull. Diaphragmatic h. and hiatus h. a protrusion of a part of the stomach through the oesophageal opening in the diaphragm. Femoral h. a loop of intestine protruding into the femoral canal; more common in females. Hiatus h. see DIAPHRAGMATIC HERNIA. Incisional h. a hernia occurring at the site of an old wound. Inguinal h. protrusion of the intestine through the inguinal canal. This may be congenital or acquired, and is commoner in males. A rupture. Irreducible h. a hernia that cannot be replaced by manipulation. Reducible h. a hernia that can be returned to its normal position by manipulative measures. Strangulated h. a hernia of the bowel in which the neck of the sac containing the bowel is so constricted that the venous circulation is impeded and gangrene will result if not treated promptly (see figure). Umbilical h. protrusion of bowel through the umbilical ring. This may be congenital or acquired. Vaginal h. RECTOCELE or CYSTOCELE.

hernioplasty (ˈhərnɪəpləstee) a surgical repair of the abdominal wall performed after reduction of a hernia.

herniorrhaphy (ˈhərnɪərəf) removal of a hernial sac and repair of the abdominal wall.

herniotomy (ˈhərnɪətəmee) an operation to remove a hernial sac.

heroin (ˈhɛrəʊn) a diacetate of morphine used as an analgesic and abused illicitly for its euphoriant effects. The drug readily induces physical dependence and may be sniffed, smoked or injected subcutaneously or intravenously (‘shooting up’ or ‘mainlining’). Street names for heroin include ‘smack’, ‘H’ and ‘horse’. H. baby a baby that has received regular heroin (morphine) via the placenta before birth and who shows signs of withdrawal after birth. Withdrawal symptoms may persist for 1–4 weeks and include vomiting, abdominal cramps, diarrhoea, sweating, breathing difficulties and hyperactivity.

herpes (ˈhɛrpəs) an inflammatory skin eruption showing small vesicles caused by a herpes virus. H. simplex a viral infection which gives rise to localised vesicles in the skin and mucous membranes and is characterised by latency and subsequent recurrence. It is caused by herpes simplex viruses types 1 and 2. Type 1 infection is common
in children and is often symptomless. Type 2 infection is common in older age groups and is associated with sexual activity. Recurrent attacks may occur. Lesions appear on the cervix, vulva and surrounding skin in women, and on the penis in men. In homosexual men, rectal lesions are common. Once the virus enters the body, it stays there for the rest of the person’s life. Recurrent attacks are common. To prevent neonatal herpes, Caesarean section is usually recommended for women presenting with clinical genital tract herpes within 2 weeks of delivery to avoid genital herpes being passed on to the baby. Congenital h. simplex a serious neonatal condition with a generalised vesicular rash, causing encephalitis and death. H. zoster is a local manifestation of reactivation of infection of the varicella-zoster virus, the causative agent of chickenpox, characterised by a vesicular rash in the area of distribution of a sensory nerve. Also called shingles.

Herpes virus (ˈhørpəz-ˈvīrəs) one of a group of DNA-containing viruses. They include the causative agents of herpes simplex, herpes zoster, chickenpox, cytomegalic inclusion disease and infective mononucleosis.

Heterochromia (ˌhetə-rohˈkrōm-ə) a difference in colour in the irises of the two eyes or in different parts of one iris. It may be congenital or secondary resulting from inflammation.

Heterogeneous (ˌhetə-rohˈjeen-ə-əs) composed of diverse constituents.

Heterogenous (ˌhetəˈrojənəs) derived from different sources.

Heterosexual (ˌhetə-rohˈseksyooəl) 1. pertaining to, characteristic of or directed towards the opposite sex. 2. a person with erotic interests directed towards the opposite sex.

Heterotropia (ˌhetə-rohˈtrop-ə) a marked deviation of the eyes; STRABISMUS or squint.

Heterozygous (ˌhetə-rohˈziɡəs) possessing dissimilar alternative genes for an inherited characteristic, one gene coming from each parent. One gene is dominant and the other is recessive. See HOMOZYGOUS.

Hexachlorophene (ˈhekso klor-ə-fəyn) a detergent and germicidal compound commonly incorporated in soaps and dermatological agents. Topical preparations have been associated with severe neurotoxicity and should not be used on children under 2 years of age except on medical advice.

Hg symbol for mercury [L. hydrargyrum].

Hiatus (hiˈəytəs) a space or opening. H. hernia a protrusion of a part of the stomach through the oesophageal opening in the diaphragm.

Hib (hib / aych ie bee) an injectable vaccine which protects against Haemophilus influenzae type B, which causes severe respiratory and ear infections, and meningitis. Offered to infants at ages of 2, 3 and 4 months. (See Appendix 7.)

Hiccup (ˈhikəp) hiccough; a spasmodic contraction of the diaphragm causing an abrupt inspiratory sound.

Hickman line® (ˈhikmən lïn) trade name for a central venous line catheter.

Hidrosis (hiˈdrohsəs) the excretion of sweat.

High-altitude sickness (hieˈaltə-ˈyood ˈsiknəs) the condition resulting from difficulty in adjusting to diminished oxygen pressure at high altitudes. It may take the form of mountain
sickness, high-altitude pulmonary oedema or cerebral oedema.

**high-dependency unit (HDU)** (hie dependansee yoonit) for those patients who do not need intensive care in the clinical situation but require a greater degree of specialist monitoring and observation than in a general ward, nursing and medical care is provided in the high-dependency unit.

**highly active antiretroviral therapy (HAART)** (hie lee 'aktiv antee'retrophee) a treatment regimen that incorporates a combination of different antiviral drugs for human immunodeficiency viral infection. Sometimes also called ART, antiretroviral therapy.

**hilum** ('hielom) hilus; a recess in an organ by which blood vessels, nerves and ducts enter and leave.

**hindbrain** ('hiend brayn) that part of the brain consisting of the MEDULLA OBLONGATA, the PONS and the CEREBELLUM.

**hip** (hip) 1. the region of the body at the articulation of the femur and the innominate bone at the base of the lower trunk. These bones meet at the hip joint. Also called coxa. 2. loosely, the hip joint. Total _h_. replacement replacement of the femoral head and acetabulum with prostheses that are cemented into the bone. Also called total _h_. arthroplasty. The procedure is done to replace a severely damaged arthritic hip joint.

**hippus** ('hipps) alternate contraction and dilatation of the pupils. This occurs in various diseases of the nervous system, e.g. MULTIPLE SCLEROSIS.

**Hirschsprung’s disease** (‘harshspruhngz di’zeez) _H. Hirschsprung,

Danish physician, 1831–1916. See MEGACOLON.

**hirsute** (‘harsyoot) hairy.

**hirsutism** (‘harsyoo’tizam) excessive hairiness.

**hirudin** (hi’roodin) the active principle in the secretion of the leech and certain snake venoms that prevents clotting of blood.

**Hirudo** (hi’roodoh) a genus of leeches. _H. medicinalis_ the medical leech.

**histamine** (‘histameen) an enzyme that causes local vasodilatation and increased permeability of the blood vessel walls. Readily released from body tissues, it is a factor in allergy response, greatly increases gastric secretion of hydrochloric acid, and increases the heart rate.

**histidine** (‘histo’deen) one of the 10 essential amino acids formed by the digestion of dietary protein. Histamine is derived from it.

**histiocyte** (‘histeeoh siet) a stationary macrophage of connective tissue. Derived from the reticuloendothelial cells, it acts as a scavenger, removing bacteria from the blood and tissues.

**histiocytosis** (‘histeeohz’tohs) a group of diseases of bone in which granulomata containing HISTIOCYTES and eosinophil cells appear. See LETTERER–SIVEW DISEASE and HAND–SCHÜLLER–CHRISTIAN DISEASE.

**histocompatibility** (‘histohkam-patoh’bilitee) the ability of cells to be accepted and to function in a new situation. Tissue typing reveals this and ensures a higher success rate in organ and tissue transplantation.

**histogram** (‘histogram) a bar chart. Statistical values are expressed as blocks on a graph.
histology (hi’stolajee) the science dealing with the minute structure, composition and function of tissues.

histolysis (hi’stolasəs) the disintegration of tissues.

histoplasmosis (hi’stop-laz’moh-səs) infection caused by inhalation of the spores of a yeast-like fungus, Histoplasma capsulatum. Usually symptomless, the infection may progress and produce a condition resembling tuberculosis.

HIV see HUMAN IMMUNODEFICIENCY VIRUS.

HIV disease (HIV di’zeez) the entire spectrum of cellular and clinical disease, from initial infection and asymptomatic disease to early and late symptomatic disease (AIDS) and death, caused by human immunodeficiency virus (HIV) infection. See HUMAN IMMUNODEFICIENCY VIRUS.

hives (hievz) URTICARIA.

Hodgkin’s disease (hojkənz di’zeez) T. Hodgkin, British physician, 1798–1866. LYMPHADENOMA, a malignant condition of the reticuloendothelial cells. There is progressive enlargement of lymph nodes and lymph tissue all over the body. Treated by radiotherapy and cytotoxic drugs. This disease has a good prognosis.

holism (ho’lishəm) a philosophy in which the person is considered as a functioning whole rather than as a composite of several systems. May be spelt wholism.

holistic (ho’listik) pertaining to holism.

H. healthcare a comprehensive approach to healthcare that implies body–mind–spirit consideration in all actions and interventions for the patient, while recognising the concept of the uniqueness of the individual and the influence of external and internal environmental factors on health.

Holter monitor (’holtə ’monətə) N.J. Holter, American biophysicist, 1914–1983. A wearable device used in ambulatory electrocardiography or ECG to record the heart’s electrical activity continuously for 24 hours (often for 2 weeks at a time). The monitor records by means of electrodes to the chest. The electrodes are placed over bones to minimise artefacts from muscular activity. The extended recording period is useful for noting cardiac arrhythmias which are often difficult to identify in a shorter period of time.


home (hohm) the place where a person lives. H. assessment made by an occupational therapist to assess the home environment for a patient, in order to determine the need for any adaptations appropriate to the patient’s needs, to maintain independent living at home. H. and Community Care (HACC) Australian programs that provide funding for services such as home nursing, home help, assistance with meals. Other services provided may include respite care and transport which are designed to support frail older people, younger people with disabilities and their carers. These services also provide support to people living at home who may be at risk of premature admission to long-term residential care. H. birth the delivery of a baby in the mother’s home. Women may choose to deliver their babies and receive care from a community or independent midwife and general practitioner. H. carers
members of community care teams organised by local authority social services who provide care in the home for older and/or disabled people as part of an agreed care package. Formerly called home help. *H. page* the first page of an internet website.

**homeopathy** (ˌhoʊˈmeɪpəθi) a system of medicine promulgated by C.F.S. Hahnemann (German physician, 1755–1843) and based on the principle that ‘like cures like’. Remedies are given which can produce in the patient the symptoms of the disease to be cured, but they are administered in minute doses.

**homeostasis** (ˌhoʊˈmeɪstəs, ˌhɒm-) a tendency of biological systems to maintain stability while continually adjusting to conditions that are optimal for survival.

**homogeneity** (ˌhɔməˈjeɪni) similarity of conditions; also called **INTERNAL CONSISTENCY**.

**homogeneous** (ˌhɔməˈjeɪnəs) uniform in character. Similar in nature and characteristics.

**homogenise** (ˌhoʊˈmənɪz) to make homogeneous. To reduce to the same consistency.

**homogenous** (ˌhɔməˈmɒnəs) derived from the same source.

**homograft** (ˌhɔməˈgrɑːft, ˌhɒmoh-) a tissue or organ transplanted from one individual to another of the same species. An **ALLOGRAFT**.

**homolateral** (ˌhɔməˈlətərəl, ˌhɒmoh-) on the same side; ipsilateral.

**homologous** (ˌhɔməˈləgəs) 1. in anatomy, having the same embryological origin, although performing a different function. 2. in chemistry, possessing a similar structure. *H. chromosomes* those that pair during meiosis and contain an identical arrangement of genes in the DNA pattern.

**homologue** (ˈhɒməˌloʊg) a part or organ which has the same relative position or structure as another one.

**homoplasty** (ˌhɒmohˌplɑːsti, ˈhɒmoh-) surgical replacement of defective tissues with a homograft.

**homosexual** (ˌhɒmohˈsɛksəʊʊl, ˌhɒmoh-) 1. of the same sex. 2. a person who is sexually attracted to a person of the same sex.

**homosexuality** (ˌhɒmohˈsɛksəʊˈælətərri, ˌhɒmoh-) sexual and emotional orientation towards persons of the same sex.

**homozygous** (ˌhɔmohˈziɡəs) possessing an identical pair of genes for an inherited characteristic. See **HETEROZYGOUS**.

**hookworm** (ˈhɔokwərm) *see ANCYLOSTOMA*.

**hordeolum** (ˈhɔrdələm) a sty; inflammation of the sebaceous glands of the eyelashes.

**hormone** (ˈhɔrmən) a chemical substance that is generated in one organ and carried by the blood to another, in which it excites activity. *H. replacement therapy* (abbreviated as HRT) the giving of prepared hormones, orally or by implant, skin patch, gel or nasal spray, as a substitute for those hormones that the body no longer produces or that have been lost as a result of surgery. A combination of oestrogenic hormones is commonly given to women for the relief of menopausal symptoms and the prevention of osteoporosis.

**Horner’s syndrome** (ˈhɔrnərz ˈsɪnˌdroyhm) J.F. Horner, Swiss ophthalmologist, 1831–1886. A condition in which there is a lesion on the path of sympathetic nerve fibres in the cervical region. The symptoms include **ENOPHTHALMOS**, **ENOPHTHALMOS**.
PTOSIS, a contracted pupil and a decrease in sweating.


**hospice** (ˈhɑpsəs) the concept of a hospice is that of a caring community of professional and non-professional people, together with the family. Emphasis is on dealing with emotional and spiritual problems as well as the medical problems of the terminally ill. Of primary concern is control of pain and other symptoms, keeping the patient at home for as long as possible or desirable, and making the person’s remaining days as comfortable and meaningful as possible. After the patient dies, family members are given support throughout their period of bereavement.

**hospital** (ˈhɒspəl) an institution for the care, diagnosis and treatment of the sick and injured. **H.-acquired infection** see HEALTHCARE-ASSOCIATED INFECTIONS. **H. information system (HIS)** a comprehensive information system designed to manage financial and clinical aspects of a hospital to improve patient outcomes and provide the most up-to-date patient management records. Also called clinical information system (CIS).

**host** (ˈhɒst) the animal, plant or tissue on which a parasite lives and multiplies. **Definitive or final h.** one that harbours the parasite during its adult sexual stage. **Intermediate h.** one that shelters the parasite during a non-reproductive period.

**hourglass contraction** (ˈəʊɡ, glahs-kən, ˈtrakʃən) a contraction near the middle of a hollow organ, such as the stomach or uterus, producing an outline resembling an hourglass shape.

**housemaid’s knee** (ˈhaʊsmədts nee) preparatellar BURSITIS; inflammation of the preparatellar bursa, which becomes distended with serous fluid. **HRT see HORMONE REPLACEMENT THERAPY.**

**HSN1 virus** that causes a virulent strain of avian influenza.

**human chorionic gonadotrophin** see GONADOTROPHIN.

**Human immunodeficiency virus** (HIV) (həˈman immuːnəˌdɛfəsiəns ˈvɪrəs) a lentivirus that belongs to a group of viruses known as retroviruses and causes AIDS in humans. There are two main types of HIV: HIV-1, the predominant AIDS-causing virus in the world, and HIV-2, also an AIDS-causing virus that is found more commonly in countries on the west coast of Africa. HIV is transmitted sexually, parenterally, from mother to child (during pregnancy, at time of birth or in the postnatal period from breastfeeding) and, more rarely, iatrogenically. Most people become infected sexually through unprotected penetrative vaginal or anal sexual intercourse. Unprotected means that the male insertive partner has not worn a good-quality, intact rubber latex condom. Parenteral transmission is usually associated with injecting drug users sharing contaminated injection equipment. Blood tests to identify HIV infection detect antibodies to the virus and may not be positive for 8 to 12 weeks following primary infection. Because it is not possible to detect all HIV-infected patients,
healthcare workers in direct patient contact should practise universal infection control precautions.

**Humidity** (hyoo’ midate) the degree of moisture in the air. H. therapy the therapeutic use of water to prevent or correct a moisture deficit in the respiratory tract. The principal reasons for employing humidity therapy are: (a) to prevent drying and irritation of the respiratory mucosa; (b) to facilitate ventilation and diffusion of oxygen and other therapeutic gases being administered; and (c) to aid in the removal of thick and viscous secretions that obstruct the air passages. Another important use of water aerosol therapy is to aid in obtaining an induced sputum specimen.

**Humour** (‘hoomə) any fluid of the body, such as lymph or blood. Aqueous h. the fluid filling the anterior chamber of the eye. Vitreous h. the jelly-like substance that fills the chamber of the eye between the lens and the retina.

**Humour and Laughter Therapy** (‘hoomə and ‘lahftuh theropee) an amusing intervention used by a health professional or patient and designed to benefit the patient.

**Huntington’s Chorea (Disease)** (‘huntingtonz ko’ rea (di’ zeez)) G.S. Huntington, American physician, 1851–1927. A rare, degenerative inherited disorder of the brain in which there is progressive CHOREA and mental deterioration (dementia). H. mole (hie’ dreemi-ə) a modification of the blood in which there is an excess of plasma in relation to the cells. A degree of hydraemia is physiological in pregnancy.

**Hurler’s Syndrome** (‘hərləz sin, drohm) G. Hurler, Austrian paediatrician, 1889–1965. An inherited disorder in which learning difficulties are caused by excess mucopolysaccharides being stored in the brain and reticuloendothelial system.

**Hutchinson’s Teeth** (‘hutchansənz teeth) Sir J. Hutchinson, British surgeon, 1828–1913. Typical notching of the borders of the permanent incisor teeth occurring in congenital syphilis.

**Hyaline** (‘hieə lien) resembling glass. H. degeneration a form of deterioration that occurs in tumours and is due to deficiency of blood supply. It precedes cystic degeneration. H. membrane disease see Respiratory Distress Syndrome of Newborn.

**Hyaluronidase** (‘hiələroni, dayz) an enzyme that facilitates the absorption of fluids in subcutaneous tissues.

**Hydatid** (hiedətəd) a cystic swelling containing the embryo of Echinococcus granulosus. It may be found in any organ of the body, e.g. in the liver. ‘Daughter cysts’ are produced from the original. Infection is from contaminated foods, e.g. salads. H. disease the result of the presence of hydatids in the lungs, liver or brain.

**Hydatidiform** (ˌhieətɨdɨfɔrm) resembling a hydatid cyst. H. mole see MOLE.

**Hydraemia** (hie’ dreemi-ə) a modification of the blood in which there is an excessive amount of amniotic fluid in the uterus during pregnancy. It is associated with maternal diabetes mellitus, congenital abnormalities especially of the central nervous system and with uniovular twins. Sometimes used synonymously with polyhydramnios.