

# THE PICU PASSPORT



THE UNIVERSITY OF  
CHICAGO MEDICINE

Comer Children's

AT THE FOREFRONT OF *KIDS* MEDICINE®

Date Issued:

This Belongs To:

## A. Who will be taking care of you in the hospital?

You have a lot of people on your team:

**DOCTORS:** You may have many doctors looking after you during your stay. These will include intensivists (the doctors in the ICU) and possibly other specialist physicians, depending on what your body needs to get better.

**NURSES:** Every patient has a daytime nurse and a nighttime nurse. You'll be seeing a lot of them while you're here.

**THERAPISTS:** Depending on why you're in the hospital, you may see therapists (eg. respiratory, speech, physical therapy, occupational therapy, art therapy, child life, etc.) to help you while you're here.

**PHARMACIST:** A pharmacist helps your doctors and nurses with the medications you need throughout your stay.

**DIETICIANS:** Dieticians work to make sure you're eating healthy or getting the nutrition your body needs to help you get better.

**SOCIAL WORKER:** Social workers help your family figure out what resources you need while you're in the hospital and when you're closer to going home too.

**CASE MANAGER:** Our case managers work closely with your family to help get you ready to go home with new medications or equipment you might need as you continue to get better.

## B. Things you'll notice while you're here:

### 1. YOUR ROOM AND BED

In your room you will have a nice, big bed...but this bed may be different than the one you're used to at home! Here your bed can move up and down! It will have railings on the side to prevent you from rolling out. Oh, and your room will also come with a TV so you can watch your favorite movies and shows. Family members can stay in in your room, too, so you don't have to be alone during your stay here.



### 2. GOWN and MASK

Masks are often worn in the hospital to protect you and others from spreading germs. Don't be alarmed if you see someone wearing one of these:



Gowns are also sometimes worn by medical providers and visitors to prevent the spread of germs.



### 3. Vital Signs

A nurse may take your vital signs. These include taking your temperature, blood pressure, and listening to your heart.

**Temperature:** this is measured with a thermometer, often in your ear, under your arm or your tongue.



Your **Blood Pressure** is measured with a cuff over your arm - you will feel a small squeeze but that's normal.



The nurse and doctor and listen to your heart with a stethoscope. Ask them to show you how!



### 4. Rounds

Your team comes by every morning as a big group to check in with the nurses and make a plan for the day right outside your room. This called

“rounds”. Your family will be able to join the team to hear what they’re discussing and to ask questions. Your doctors and nurses will also check in with you and come into your room throughout the day and night. At night, a smaller part of your team will come by for “rounds” again to check on you and to see if your nurse needs anything for you. Your doctors and nurses also talk outside your room or on phones throughout the day to help you get better faster.

## C. Helpful Hints

### Remember to Ask Questions

Nurses, doctors, and the rest of your care team are happy to answer any questions you have regarding your care and stay here. You might be wondering about medicines and treatment, test results, and terms you don’t understand, to give a few examples. There is space provided later in your PASSPORT to keep track of them (and the answers you receive).

### TIPS for your Family

Your family might be staying with you in the hospital. Here are some things they might want to bring to make everyone’s stay more comfortable:

- Comfortable change of clothes and shoes and toiletries (toothbrush, hairbrush, etc.)
- Chargers for your phone and other electronics
- Reading materials and other things to help pass the time
- Medications and other prescriptions you take on a daily basis
- Your favorite things from home (pictures, stuffed animal, special blanket).

## GLOSSARY

We know that medical terminology can sometimes seem like another language. At the end of this PASSPORT is a glossary of terms you may encounter while here in the PICU. Flip to the back to look up any new/confusing words or phrases you hear or read while you're here. This list includes many commonly encountered terms from the PICU; that said, if you're looking for something and cannot find it listed there, please don't hesitate to ask a nurse or doctor about it.

## D. FACTS ABOUT ME

- My Favorite Things

- Food \_\_\_\_\_

- Color \_\_\_\_\_

- Sport \_\_\_\_\_

- Subject at School \_\_\_\_\_

- Favorite hobby, song, tv show, music, animal, movie \_\_\_\_\_

\_\_\_\_\_

- What I like to do in my free time \_\_\_\_\_

■ Foods I like \_\_\_\_\_

■ Foods I don't like \_\_\_\_\_

■ Things that calm me \_\_\_\_\_

■ I usually go to bed at \_\_\_\_\_

■ Before I go to bed, \_\_\_\_\_

• My Family

■ I live with \_\_\_\_\_

■ Pets \_\_\_\_\_

■ My address \_\_\_\_\_

■ My phone number \_\_\_\_\_

■ Cell phone number for my parents \_\_\_\_\_

**E. PLACES I VISITED (COLLECT A STICKER FOR EACH!)**

PICU	OPERATING ROOM
5 <sup>th</sup> /6 <sup>th</sup> FLOOR (Gen Peds+Subspecialty)	ER
CT SCANNER	NICU

MRI SCANNER	BURN UNIT
X RAY	NUCLEAR MEDICINE
RADIATION ONCOLOGY	SEDATION/PROCEDURE SUITE

**F. NEW PEOPLE I MET (ASK for their AUTOGRAPH!!!)**

MY DOCTORS (INTENSIVISTS, SUBSPECIALISTS, PRIMARY CARE)

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MY NURSES

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MY THERAPISTS (RESPIRATORY, PT, OT, SPEECH, ART, CHILD LIFE)

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MY PHARMACIST

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MY NUTRITIONISTS

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CASE MANAGER

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SOCIAL WORKER

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## G. QUESTIONS MY FAMILY and I HAVE

Use the space below to keep track of any questions and concerns you have for your doctors, nurses, social worker, or Case manager

A large, empty rounded rectangular box with a thin black border, intended for the user to write down questions and concerns. The box is centered on the page and occupies most of the lower half of the document.

Use the space below to keep track of any questions and concerns you have for your doctors, nurses, social worker, or Case manager

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## **H. DISCHARGE INFORMATION**

- ARRIVAL DATE TO HOSPITAL \_\_\_\_\_
- DEPARTURE DATE FROM HOSPITAL \_\_\_\_\_
- WHERE I'M GOING NEXT (REHAB, ANOTHER HOSPITAL or HOME) \_\_\_\_\_

### My Medical Conditions

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

### New Diagnoses

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

### Procedures

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

- Important Lab Findings

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

- Special Pictures and Images

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

- My Medicines

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

- My Allergies

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

## I. FUTURE DESTINATIONS and APPOINTMENTS

Appointment Date	
Dr. Name	Phone Number
Hospital/Clinic	Phone Number
Address	City, State, Zip
Reason for Visit	
What to Bring with Me	

Appointment Date	
Dr. Name	Phone Number
Hospital/Clinic	Phone Number
Address	City, State, Zip
Reason for Visit	
What to Bring with Me	

Appointment Date	
Dr. Name	Phone Number
Hospital/Clinic	Phone Number
Address	City, State, Zip
Reason for Visit	

<b>Appointment Date</b>	
What to Bring with Me	

## J. IMPORTANT PHONE NUMBERS and CONTACTS

<b>Primary Doctor</b>	
Name	Phone Number:
Hospital/Clinic	Phone Number:
Address	CITY, State, Zip
Notes	

<b>Pharmacy</b>	
Name	Phone Number:
Address	CITY, State, Zip
Notes	

## K. IMPORTANT COMER CONTACTS

PICU: (773) 702-6494

Comer Emergency Department: (773) 702-6249

General Pediatric Clinics: (773)702-6169



## M. MEDICAL EQUIPMENT and SUPPLIES (Ask Your Case manager for Help Filling This Out)

Name of Item (Brand, Size, etc.)	
Delivery/Pick-Up Date	
Contact Person	Phone Number:
Prescribed By	Phone Number:
Notes	

Name of Item (Brand, Size, etc.)	
Delivery/Pick-Up Date	
Contact Person	Phone Number:
Prescribed By	Phone Number:
Notes	

Name of Item (Brand, Size, etc.)	
Delivery/Pick-Up Date	
Contact Person	Phone Number:
Prescribed By	Phone Number:
Notes	

## N. REMINDERS FOR WHAT MY PARENTS SHOULD BRING WITH THEM WHEN I GO TO SEE MY DOCTORS

- YOUR PICU PASSPORT because it has some information that your pediatrician and new doctors might like to see to understand what happened when you were in the hospital
- DISCHARGE PAPERS (the papers they got when you got to go home) because it might also help your doctors understand what happened to you in the hospital
- A LIST OF YOUR MEDICATIONS (names and doses) that you're taking
- A LIST OF YOUR HEALTH CARE PROVIDERS and why you're seeing them
- A LIST OF YOUR SYMPTOMS or any new problems you're having (trouble with coordination, movement, strength, trouble concentrating, feeling sad, not sleeping, etc.)

## O. WEB BASED RESOURCES and SUPPORT GROUPS

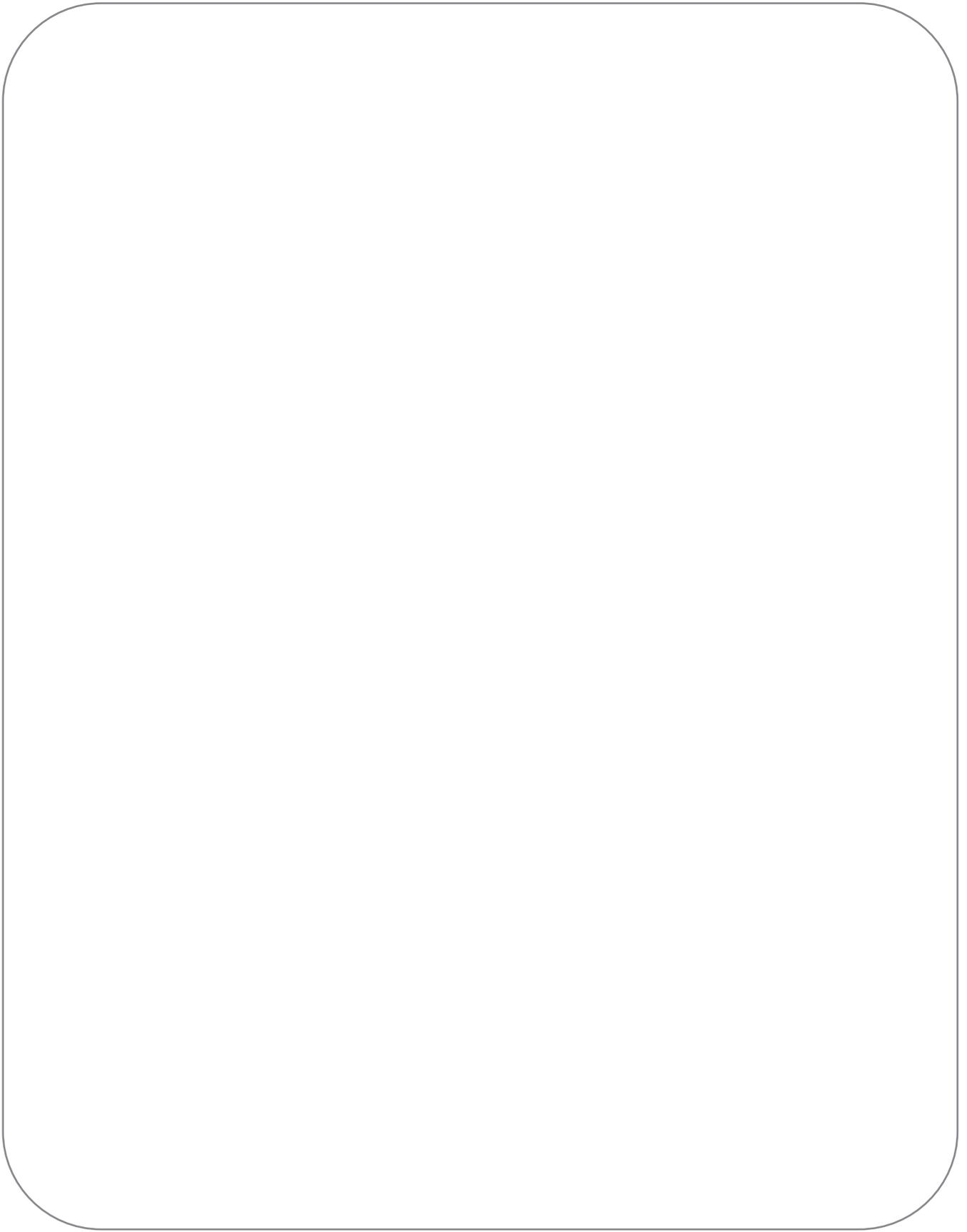
- VISIT the THRIVE WEBSITE: <http://www.mycucare.org/Thrive/Pages/default.aspx>
- <http://www.afterpicu.com>
- [pediatrics.uchicago.edu](http://pediatrics.uchicago.edu)
- [uchicagokidshospital.org](http://uchicagokidshospital.org)

## P. DIARY for When I Go Home

- The space below is for you to write down how you are feeling after discharge. You may want to write down your symptoms, problems with medications, feedback about the PICU, things you want their outpatient doctors to know, and what you think should have been included in the PASSPORT.

A large, empty rounded rectangular box with a thin black border, intended for the patient to write their feedback and symptoms after discharge.





# ICU GLOSSARY

## A

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Anemia	When the level of hemoglobin (blood) is low due to decreased production, increased destruction, or loss of red blood cells
Antibiotics	Medications used to treat and prevent bacterial infections
Antifungals	Medications used to treat and prevent fungal infections
Antivirals	Medications used to treat and prevent viral infections
ARDS	Acute respiratory distress syndrome Inflammatory lung condition that leads to injury of lung tissue and leakage of blood and plasma into airspaces Prevents oxygen from getting into the lungs and into the blood May be due to many conditions including pneumonia, sepsis, trauma, aspiration, etc. May lead to injury or dysfunction of other organs such as the kidneys, heart, or muscles
Arterial Line	A special catheter that is inserted into an artery in order to measure the blood pressure continuously and can be used to draw blood
Arterial blood gas (ABG)	A blood gas obtained from an artery; a blood gas is a test that helps determine the acid-base balance in the body and the content of oxygen and carbon dioxide in the blood Used to help gauge how adequately someone is breathing or to help adjust the settings on a mechanical ventilator
Arteriovenous malformation (AVM)	Abnormal tangles of blood vessels resulting in irregular connections between the arteries and veins Occur in the spinal cord and brain most commonly

Arrhythmia	Abnormal heart rhythm
Atelectasis	Collapse of the alveoli (the ends of the respiratory tree) of the lung
Attending	A doctor who has completed residency (and fellowship for subspecialists) and supervises the medical team (fellows, residents, and medical students)
<b>B</b>	
Bacteremia	Presence of bacteria in the blood
BiPAP or BIPAP	<p>Bilevel positive airway pressure is a non-invasive mechanical pressure support ventilation that alternates between an applied inspiratory positive airway pressure and an expiratory positive airway pressure</p> <p>Complements the patient's respiratory cycle to ease the work of breathing</p> <p>Uses include obstructive sleep apnea, chronic obstructive pulmonary disease, acute and chronic respiratory failure</p>
Blood Pressure	<p>Pressure in the circulatory system</p> <p>Systolic blood pressure is the pressure in the arteries when the heart contracts</p> <p>Diastolic blood pressure is the pressure in the arteries when the heart relaxes</p>
Breathing Machine	<p>A mechanical ventilator is a machine that moves air in and out of the lungs</p> <p>Can assist a patient who is not breathing adequately or at all</p>
Bronchiolitis	Inflammation of the smaller airways that are connected to the bronchi which is connected to the trachea
Broviac catheter	A tunneled central venous catheter

## C

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Cannula or catheter	<p>A hollow plastic tube that is inserted into a blood vessel or body cavity to allow passage of fluid</p> <p>Examples:</p> <p>Intravenous (IV) catheter is inserted into a vein to allow delivery of medications or saline</p> <p>Urinary catheter is inserted into the urethra to allow drainage of urine from the bladder</p>
Cardiac	Of or relating to the heart
Cardiologist	<p>A physician who has specialized in cardiology, the branch of medicine dealing with the heart and its related diseases or abnormalities</p>
Cardiopulmonary resuscitation (CPR)	<p>An emergency procedure that combines chest compressions with ventilation in order to provide circulation to the body in the setting of cardiac arrest</p>
Case Manager	<p>Specialist who helps to provide services, coordinate care, and identify resources to meet a patient's health care needs</p>
Central line/Central venous line	<p>A catheter that is inserted into one of the large veins (subclavian, internal jugular, or femoral) in the body to allow delivery of medication, intravenous fluids, nutrition, or blood products</p> <p>Placed under sterile technique</p> <p>Tends to last longer than peripheral intravenous catheters</p> <p>Allows delivery of medications that might be caustic if delivered peripherally</p>
Central venous pressure (CVP)	<p>The pressure in the vena cava near the right atrium</p> <p>Reflects the amount of blood returning to the heart and the ability of the heart to pump blood through the arterial system</p>

Cerebral vascular accident (CVA)	<p>A stroke, when blood flow is poor and leads to death of brain cells</p> <p>May be due to lack of blood flow (ischemic stroke) or bleeding (hemorrhagic stroke)</p>
Charge Nurse	<p>The nurse who oversees the other nurses during the shift</p>
Chest compressions	<p>Application of pressure to the chest in a serial, rhythmic manner to facilitate blood flow through the heart to the rest of the body as part of cardiopulmonary resuscitation</p>
Chest PT	<p>Chest physiotherapy</p> <p>Treatments performed by respiratory therapists using clapping or percussion on the patient's chest, back, and axilla to indirectly remove mucus from the airways</p>
Chest tube	<p>A flexible catheter that is inserted into the pleural space or mediastinum</p> <p>Used to remove fluid in the setting of pleural effusion, hemothorax, chylothorax, pus in the setting of empyema, or air in the setting of pneumothorax</p>
Child Life Specialist	<p>A specialist with training in child development and family systems who has expertise helping children and families cope through play, preparation, education, and self-expression</p> <p>Provides emotional support to parents, siblings, and other family members</p>
Clot	<p>A plug of platelets and fibrin that the body makes to stop bleeding</p> <p>Can be caused by being immobile, having a catheter in the blood vessel, or some medications</p>

CPAP	<p>Continuous positive airway pressure which keeps the airways open</p> <p>Applied continuously throughout the respiratory cycle in a spontaneously breathing patient</p> <p>Uses include: obstructive sleep apnea and as a spontaneous breathing trial for someone who is mechanically ventilated</p>
CPAP/PS trials	Spontaneous breathing trials used to help determine if a patient is ready for extubation or to exercise the lungs in anticipation of weaning from the ventilator
Critical Care	Branch of medicine that cares for patients with life-threatening illness or injury
CT Scan	<p>Computerized tomography sometimes called CAT scan</p> <p>Uses computer-processed combinations of x-ray images to produce cross-sectional (tomographic) images of specific areas</p>
CVVH/CVVHD	Continuous veno-venous hemofiltration and continuous veno-venous hemofiltration with dialysis are forms of renal replacement therapy. Blood is passed through a semipermeable membrane (filter) where toxins and wastes are removed before the blood is returned to the body.
<b>D</b>	
Dermatologist	A physician who has specialized in dermatology, the branch of medicine that deals with the skin, nails, and hair and its related diseases or abnormalities
Deep Venous Thrombosis (DVT)	A blood clot that forms in one of the deep veins in the body, often the legs
Dehydration	State of not having enough fluid in the body

Diabetic Ketoacidosis (DKA)	<p>Life-threatening condition that occurs in people with diabetes where the level of ketones (the product of fat breakdown) builds up in the body</p> <p>Body breaks down fat an energy source because it cannot use sugar (glucose) because there is no insulin or not enough insulin to breakdown sugar</p> <p>Symptoms include vomiting, dehydration, altered breathing, confusion, or coma</p> <p>May be the first symptom of undiagnosed diabetes</p>
Dialysis	<p>A machine that functions as an artificial kidney, allowing blood to removed from the body, so toxins and metabolites may be removed before the blood is returned to the body</p> <p>Relies on diffusion</p>
Dietician	<p>Specialized health care professional who has expertise in human nutrition and regulation of the diet</p> <p>Alters patient's nutrition based on the medical condition and individual needs</p>
Discharge	<p>To officially leave the hospital</p> <p>A substance (liquid, fluid, pus, etc.) that flows out of an area</p>
Diuretics	<p>Medications typically used to help produce urine and remove excess fluid or water from the body</p>
Dysrhythmia	<p>Abnormal heart beat</p>

## E

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ECHO	<p>Also called an echocardiogram or cardiac echo, sonogram of heart that produces images of the heart</p> <p>Provides information regarding the size and shape of the heart, damaged areas of the heart, and the function of the heart</p>
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ECMO or ECLS	<p>Extracorporeal membrane oxygenation (ECMO) or extracorporeal life support (ECLS)</p> <p>A heart lung bypass machine that provides support to patients who have severe heart and/or lung failure</p> <p>Blood is removed from a vein (often the internal jugular or femoral vein) using a catheter allowing carbon dioxide to be removed and oxygen to be provided</p> <p>Blood is then returned to a vein (femoral) or an artery (Carotid)</p>
EEG	<p>Electroencephalogram</p> <p>A test to detect abnormalities in the electrical activity of the brain</p>
EKG or ECG	<p>Electrocardiogram</p> <p>A test to detect abnormalities in the electrical activity of the heart</p>
Electrolytes	<p>Normally occurring chemicals in the body such as sodium, potassium, chloride, bicarbonate, calcium, magnesium, and phosphate</p>
Embolus	<p>A blood clot, fat globule, gas bubble, or other foreign material that travels in the circulation lodges in the bloodstream at a site distant from its origin, potentially blocking the blood vessel</p>
Emesis	<p>Vomit</p>
Endocrinologist	<p>A physician who has specialized in endocrinology, the branch of medicine dealing with the endocrine system and its related diseases or abnormalities of hormone secretion and growth/development</p>
Endotracheal Tube	<p>ET Tube, a tube that is inserted into the nose or trachea in order to facilitate breathing</p>
Exacerbation	<p>Worsening of a disease or increase in symptoms</p>

**Extraventricular drain (EVD)** Neurosurgical device that relieves elevated intracranial pressure and hydrocephalus consisting of a special plastic tube that is inserted into the ventricles of the brain  
Monitors intracranial pressure and drains cerebrospinal fluid

**Extubation** The act of removing an endotracheal tube

## F

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**Fellow** In the U.S., a physician who has completed residency and who is now completing subspecialty training  
Fellows are qualified to be attending physicians in the general field in which they trained (ex: internal medicine or pediatrics)  
After fellowship, the fellow will be an attending in the subspecialty field

**Femoral line** A central venous line inserted into the femoral vein

**Fluid Balance** The relationship between the amount of fluid in the body and the amount of fluid lost from the body

**Foley catheter** A sterile catheter that is inserted into the bladder to drain urine; hourly urine production can be measured

## G

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**Gastroenterologist (GI)** A physician who has specialized in gastroenterology, the branch of medicine that deals with the gastrointestinal (GI) tract which includes the organs from the mouth to the anus and its related diseases or abnormalities

**Gastroparesis** Delayed emptying of the stomach; food remains in the stomach for a long time  
May be due to damage to the vagus nerve or muscles of the stomach during an acute illness

## H

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Hematologist (Heme, Heme-Onc)	A physician who has specialized in hematology, the branch of medicine that deals with blood and its related diseases or abnormalities
Hemodynamics	The fluid dynamics of blood flow Forces required by the heart to circulate blood
Hemofiltration	The process of removing blood from a vein to remove excess fluid and waste using a filter Blood is then returned to the patient Relies on convection
Hepatic Failure	Liver failure; inability of liver to perform normal synthetic and metabolic functions
Hepatologist (Liver)	A physician who has subspecialized in hepatology, the branch of medicine that deals with the liver, pancreas, and the biliary tree and their related diseases or abnormalities
Hickman catheter	A tunneled central venous catheter that is intended to remain in place for extended periods
High Flow Nasal Cannula	Humidified air delivered at high flow in liters per minute through a nasal cannula to help spontaneously breathing patients with the work of breathing; allows higher delivery of fractional inspired oxygen than regular low flow nasal cannula
High Frequency Oscillatory Ventilation (HFOV)/Oscillator	Type of mechanical ventilation that uses high respiratory rates and small tidal volumes

Hypertension	High blood pressure
Hypotension	Low blood pressure
Hypoxia	Inadequate oxygen supply for the body tissues

## I

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ICU	<p>Intensive care unit is the specific area of the hospital for patients who require critical care</p> <p>Names of different intensive care units that may serve specific groups of patients:</p> <ul style="list-style-type: none"> <li>Burn Unit</li> <li>CICU (Cardiac ICU)</li> <li>CVICU (Cardiovascular ICU)</li> <li>Intermediate ICU or Stepdown Unit</li> <li>MICU (Medical ICU)</li> <li>NICU (Neurologic ICU or Neonatal ICU)</li> <li>PICU (Pediatric ICU)</li> <li>SICU (Surgical ICU)</li> </ul>
Ileus	<p>Disruption of normal propulsion in the gastrointestinal tract</p> <p>May be due to certain medications, surgery, injury or illness</p>
Incentive spirometer	<p>Device used to help patients improve lung function</p> <p>Patient breathes in from the device slowly and deeply, holds breath for a few seconds to help re-expand alveoli (ends of respiratory tree)</p> <p>The device has a gauge to indicate how well the patient is doing on repetitions of this maneuver</p>
Infectious Disease (ID)	<p>The branch of medicine that deals with diseases caused by organism such as bacteria, viruses, fungi, or parasites</p>

Inotropes	<p>A medication that alters the force of the heart's contractions</p> <p>Positive inotropes strengthen the contractions and may be used in patients who have cardiogenic shock, congestive heart failure, cardiomyopathies, or myocardial infarctions</p> <p>Negative inotropes weaken the heart's contractions and slow down the heart rate and may be used in patients who have hypertension, heart failure, arrhythmias, chest pain, or who have had myocardial infarction</p>
Intensivist	<p>The physician who has specialized in critical care and who practices in the ICU</p>
IntraCranial pressure	<p>The pressure inside the skull</p>
IntraVenous	<p>To place in the vein; refers to how medication, nutrition, or fluid is administered via a catheter that is inserted into the vein</p>
Intubation	<p>Typically refers to tracheal intubation which is the placement of an endotracheal tube to facilitate breathing in a patient who is not breathing, who is not breathing adequately, or who has altered mental status</p>
Invasive ventilation	<p>Ventilatory support that is provided to the patient's lower airway using an endotracheal tube, laryngeal mask, or tracheostomy</p> <p>Unlike non-invasive ventilation which uses the upper airway by providing ventilator support via a mask or special nasal prongs</p>
Ischemia	<p>Inadequate supply of blood to part of the body causing inadequate supply of oxygen and nutrients for cellular metabolism</p>

## Isolation Precautions

Precautions to help prevent the spread of germs

Airborne for germs spread through the air: respirator mask required for people who enter the room, patient is placed in a negative pressure room where air is gently removed from the room and does not filter into the hallway

Contact for germs spread by touching: gown and glove required for people who enter the room

Droplet for germs spread via patient's secretions and mucus: surgical mask required for people who enter the room

## JP Drain

Jackson-Pratt drain, closed-suction drain often used as a post-operative drain to collect blood and fluid from a surgical site

## K

## Kidney Failure

Failure of the kidneys to adequately filter waste from the blood

## L

## Labs

Blood tests done to check different functions of the body or levels of electrolytes

## Line Infection (CLABSI)

Central line associated blood stream infection; when bacteria enters the body through a central venous catheter

## M

## Mean Airway Pressure (MAP)

The average pressure applied during positive pressure mechanical ventilation

Mean Arterial Pressure (MAP)	The average blood pressure during a cardiac cycle
Mechanical Ventilator	A breathing machine that is used when a person has difficulty breathing or cannot breathe Allows carbon dioxide to be removed from and oxygen to be delivered to the lungs
Medical Student	In the U.S., a student who has completed college and has entered medical school to become a physician
MRI	Magnetic resonance imaging; imaging technique that uses strong magnetic fields, radio waves, and field gradients to form images of the body Does not expose the body to ionizing radiation

## N

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Nasal bridle	Technique to secure a nasogastric tube to prevent inadvertent dislodgement involving the passage of magnetized probes through the nasopharynx, guiding umbilical tape to loop around the bone, removal of the probes, and anchoring of the umbilical tape to the nasogastric tube If the patient pulls on the bridled tube, the tube will narrow as it stretches and slide through the clamp without damaging structures
Nephrologist	A physician who has subspecialized in nephrology, the branch of medicine that deals with the kidney and its related diseases or abnormalities
Neurologic checks	Assessment of the function of the nervous system and level of consciousness
Neurologist	A physician who has subspecialized in neurology, the branch of medicine that deals with the nervous system (brain, spinal cord, nerves, muscles) and their related diseases or abnormalities

Neuromuscular blockade	Typically refers to a medication that is used to cause temporary paralysis of the skeletal muscles Often used to facilitate intubation Given in conjunction with sedatives in order to prevent awareness and treat pain
NG Feeds	Nasogastric feeds; a method of delivery nutrition into the stomach using a tube that is inserted into the nose
NJ or ND Feeds	Nasojejunal feeds or nasoduodenal feeds; a method of deliver of nutrition into the small intestine through a tube that is inserted into the nose
Non-invasive ventilation	Ventilatory support that is provided to the patient's upper airway using a mask or special nasal prongs Unlike invasive ventilation which bypasses the upper airway and requires an endotracheal tube, laryngeal mask, or tracheostomy
NPO	Nil per os which is Latin for nothing by mouth No oral intake of food or fluids permitted Typically this restriction is due to anticipated sedation or anesthesia or utilized after surgery May be used in the context of altered consciousness or breathing difficulty

## O

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Occupational Therapist (OT)	Specialized health care professional that assesses and treats patients in order to recover or maintain skills of daily living and promote independence
Oncologist (Onc)	A physician who has specialized in oncology, the branch of medicine that deals with the prevention, treatment, and diagnosis of cancer
Oscillator	Type of mechanical ventilation that uses high respiratory rates and small tidal volumes

Output Fluid that leaves part of the body (ex: urine output, stool output, output in a surgical drain)

## P

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Perfusion Delivery of blood to tissues in the body

Physical Therapist (PT) Specialized health care professional that assesses and treats patients to promote mobility and function

PICC Peripherally inserted central catheter  
Intravenous catheter that can be used for a prolonged period to deliver long-term antibiotics, other medications, or nutrition

Pneumonia An infection of one or both lungs

Pneumothorax Collection of air in the pleural space that results in collapse of the lung

Pulmonologist A physician who has subspecialized in pulmonology, the branch of medicine that deals with the respiratory tract and its related diseases or abnormalities

## Q

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Quinton catheter Non tunneled central catheter often used for hemodialysis

## R

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RAM Cannula A nasal cannula for use with low or high flow oxygen with or without humidity for neonatal and pediatric patients  
Can be used to provide nasal non-invasive ventilation

Renal Failure or Insufficiency Failure of the kidneys to adequately filter waste from the blood

Renal Replacement Therapy (RRT)	Hemofiltration and/or dialysis Replaces the function of the kidneys when the kidneys are not working well in acute kidney injury and chronic renal failure
Resident	A physician who has completed medical school and is under the supervision of an attending physician
Respiratory Therapist (RT)	Specialized health care professional who help manage the airway and breathing They help manage invasive ventilation, non-invasive ventilation, supplemental oxygen delivery devices, breathing treatments, and chest physiotherapy

## S

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Saturation	Refers to oxygen saturation; the fraction of oxygen saturated hemoglobin in the blood
Sedation	A state of calm or sleep produced by a sedative drug
Sedative	A medication used to help a patient stay calm
Seizures	Abnormal activity in the brain
Sepsis	Overwhelming infection that causes dysfunction of cells and organs (heart, kidneys, lungs, etc.)
Social Worker	A professional who helps people solve and cope with problems
Speech Therapist	Therapists that assess and treat patients in order to improve speech, language, communication, swallow, and oral motor skills in patients
Status Asthmaticus	Acute life-threatening exacerbation of asthma

Status Epilepticus	Seizure activity greater than five minutes or more than one seizure within a five-minute period without recovery to normal in-between
Stroke	A cerebrovascular accident (CVA), when blood flow is poor and leads to death of brain cells May be due to lack of blood flow (ischemic stroke) or bleeding (hemorrhagic stroke)
<b>T</b>	
Thrombus	A blood clot May restrict flow or obstruct a blood vessel at the site of origin
TPN	Total Parenteral Nutrition Intravenous nutrition
Tracheostomy	A tube that is surgically inserted into the trachea in order to facilitate breathing
Transfer	The act of moving a patient from one area of the hospital to another or to another hospital or rehabilitation facility
<b>U</b>	
Ulcer	A break in the skin or in a membrane of the body
Urinary catheter	A sterile catheter that is inserted into the bladder to drain urine Hourly urine production can be measured
<b>V</b>	
Vasopressors	Medications that help support the heart and blood pressure

Venous Blood Gas (VBG)	<p>A blood gas obtained from a vein; a blood gas is a test that helps determine the acid-base balance in the body and the content of oxygen and carbon dioxide in the blood</p> <p>Can be used to help gauge how adequately someone is breathing or to help adjust the settings on a mechanical ventilator</p>
Ventilator	<p>A breathing machine that is used when a person has difficulty breathing or cannot breathe</p> <p>Allows carbon dioxide to be removed from and oxygen to be delivered to the lungs</p>
Vital Signs	Heart rate, blood pressure, respiratory (breathing) rate, oxygen saturation level, temperature, and pain level

## W

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Weaning	<p>The process of reducing support from the ventilator (breathing machine) to allow a patient to breathe more on his/her own as his/her condition improves</p> <p>The process of decreasing a medication gradually</p>
Withdrawal	<p>Symptoms that occur when a medication is abruptly discontinued or decreased</p> <p>Opioid withdrawal: anxiety, sweating, agitation, muscle aches, yawning, dilated pupils, nausea vomiting, and diarrhea</p> <p>Benzodiazepine withdrawal: diarrhea, dilated pupils, sleep disturbance high blood pressures, irritability, anxiety, panic attacks, hand tremor, sweating, difficulty concentrating, confusion, cognitive difficulty, memory problems, nausea, weight loss, palpitations, headaches, muscular pain, hallucinations, seizures, psychosis</p>

## X

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X-ray

Typically refers to a radiograph which is an X-ray image used to look at the skeletal system or the soft tissue

Example:

Chest x-ray is used to identify lung diseases such as pneumonia or fluid in the lungs

