

# ABBREVIATIONS – Units 12 & 13

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1.	ad lib	as desired
2.	ADL	activities of daily living
3.	BR	bed rest
4.	BRP	bathroom privileges
5.	W/C, WC	wheel chair
6.	PDR	Physicians' Desk Reference
7.	AMA	American Medical Association
8.	CDC	Center for Disease Control
9.	ENT	ears, nose, throat specialist (otorhinolaryngologist)
10.	Kg	kilogram
11.	L	liter
12.	lb, #	pound
13.	ml, mL	milliliter
14.	OTC	over-the-counter (no prescription required)
15.	oz	ounce
16.	DTaP	diphtheria-tetanus-acellular pertussis <i>(usually given to children younger than 7 years old)</i>
17.	HepA	hepatitis A vaccine
18.	HepB	hepatitis B vaccine
19.	Hib	Haemophilus Influenza B vaccine
20.	IPV	polio vaccine (inactivated polio vaccine)
21.	MMR	measles, mumps, rubella (vaccine)
22.	Tdap	tetanus-diphtheria – acellular pertussis <i>(usually given to children over 7 years old)</i>
23.	VAR	varicella (chicken pox vaccine)

**Diphtheria** – a serious disease caused by a toxin (poison) made by bacteria that causes a thick coating in the back of the nose or throat that makes it hard to breathe or swallow. It can be deadly.

**Tetanus (Lockjaw)** – causes painful tightening of the muscles, usually all over the body which can lead to “locking” of the jaw so the victim cannot open his mouth or swallow. Tetanus leads to death in up to 2 out of 10 cases.

**Acellular** – vaccines that contain inactivated cells

**Pertussis (whooping cough)** – a highly contagious respiratory disease known for uncontrollable, violent coughing which often makes it hard to breathe. After fits of many coughs, someone with pertussis often needs to take deep breathes which result in a “whooping” sound. Pertussis most commonly affects infants and young children and can be fatal, especially in babies less than 1 year of age.

**Hepatitis A** – a serious liver disease caused by the hepatitis A virus. Children with the virus often have no symptoms, but they can pass it on to their parents or caregivers, who can get very sick.

**Hepatitis B** – a liver disease that results from infection with the Hepatitis B virus. It can range in severity from a mild illness lasting a few weeks to a serious, lifelong illness. Hepatitis B is usually spread when blood, semen, or another body fluid from a person infected with the Hepatitis B virus enters the body through sexual contact with an infected person or sharing needles, syringes, or other drug-injection equipment. Hepatitis B can also be passed from an infected mother to her baby at birth.

**Haemophilus** – a bacterium that can cause a severe infection, occurring mostly in infants and children younger than five years of age that can cause lifelong disability and be deadly. In spite of its name, *Haemophilus influenzae* bacteria do not cause influenza (the "flu").

**Polio** – a contagious viral illness that in its most severe form causes paralysis, difficulty breathing and sometimes death. It may affect the spinal cord causing muscle weakness and paralysis.

**Measles** – a highly contagious viral disease that can be very serious or even fatal. It begins with a fever that lasts for a couple of days, followed by a cough, runny nose, and conjunctivitis (pink eye). A rash starts on the face and upper neck, spreads down the back and trunk, then extends to the arms and hands, as well as the legs and feet. After about five days, the rash fades in the same order it appeared. Serious complications of measles include pneumonia and encephalitis (inflammation of the brain).

**Mumps** – a contagious disease that leads to painful swelling of the salivary glands. Mumps is an illness caused by the mumps virus. It starts with a fever, headache, muscle aches, tiredness, and loss of appetite. After that, the salivary glands under the ears or jaw become swollen and tender. The swelling can be on one or both sides of the face with symptoms lasting 7 to 10 days. Serious complications are rare.

**Rubella (German measles)** – or three-day measles, is a contagious viral infection best known by its distinctive red rash that primarily affects the skin and lymph nodes. Rubella is usually transmitted by droplets from the nose or throat that others breathe in, but can also pass through a pregnant woman's bloodstream to infect her unborn child; the primary medical danger of rubella is the infection of pregnant women because it can cause congenital rubella syndrome in developing babies.

**Varicella (Chicken Pox)** – a common childhood disease that is usually mild, but it can be serious, especially in young infants and adults. The chickenpox virus can be spread from person to person through the air, or by contact with fluid from chickenpox blisters. It can lead to severe skin infection, scars, pneumonia, brain damage, or death.