

# How To Be a Nurse Assistant Student Textbook

Third Edition

## Crossword Puzzle Companion

I hear and I forget, I see and I remember, I do and I understand. –Chinese Proverb

The *Crossword Puzzle Companion* contains high-level descriptions of medical terms, abbreviations, suffixes and prefixes found in the *How To Be a Nurse Assistant Student Textbook*. Students can use this document as a fun way to learn medical terms in preparation for the C.N.A. Certification Exam.

### Your Comments are Welcome

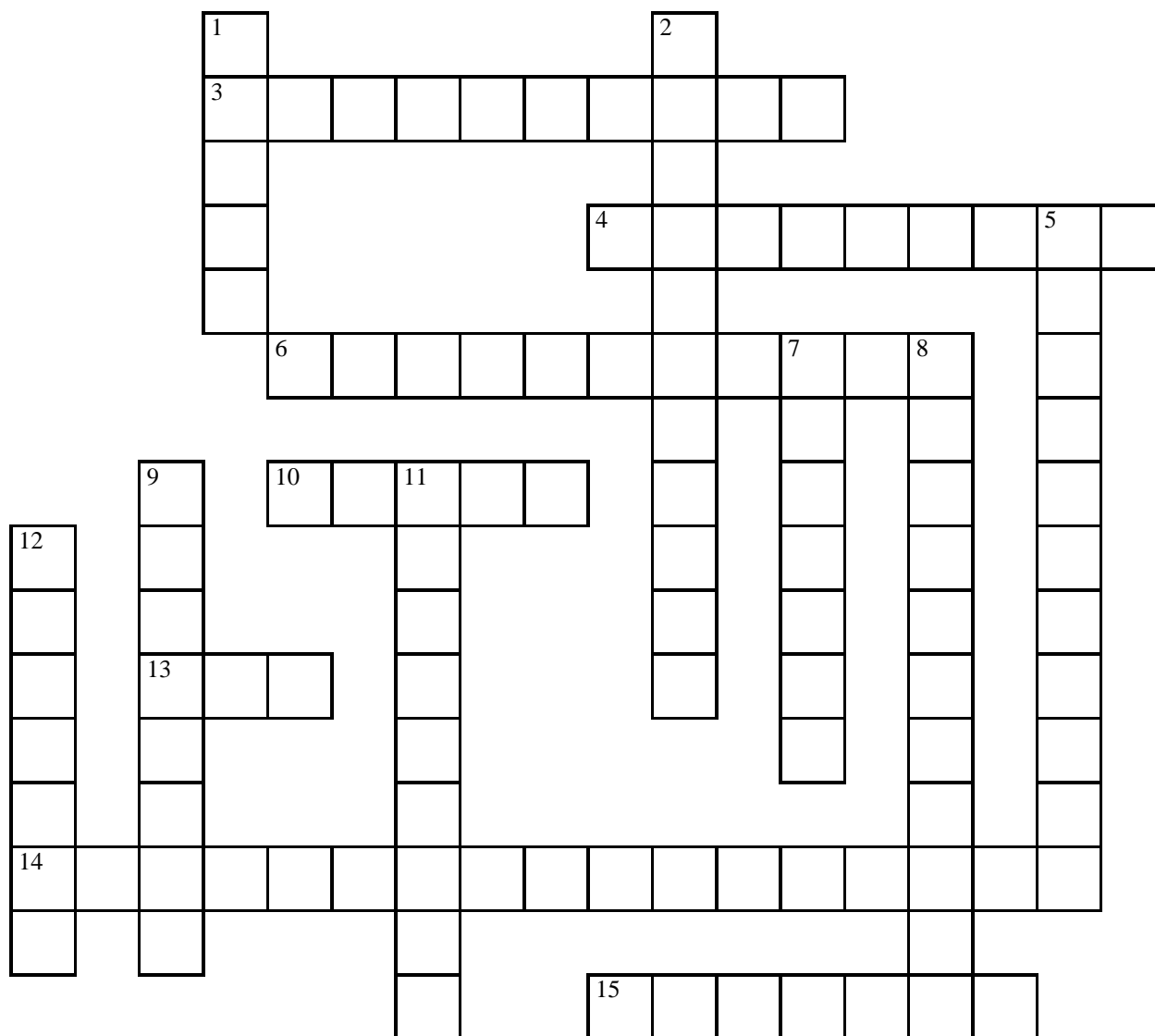
We value and appreciate your comments as a C.N.A. student and reader of this document. As we write, revise, and evaluate our documentation, your comments are the most valuable input we receive. If you would like to contact us with feedback regarding this reference, please use the following contact information:

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# Chapter 1: Long Term Health Care Facility (Part 1)



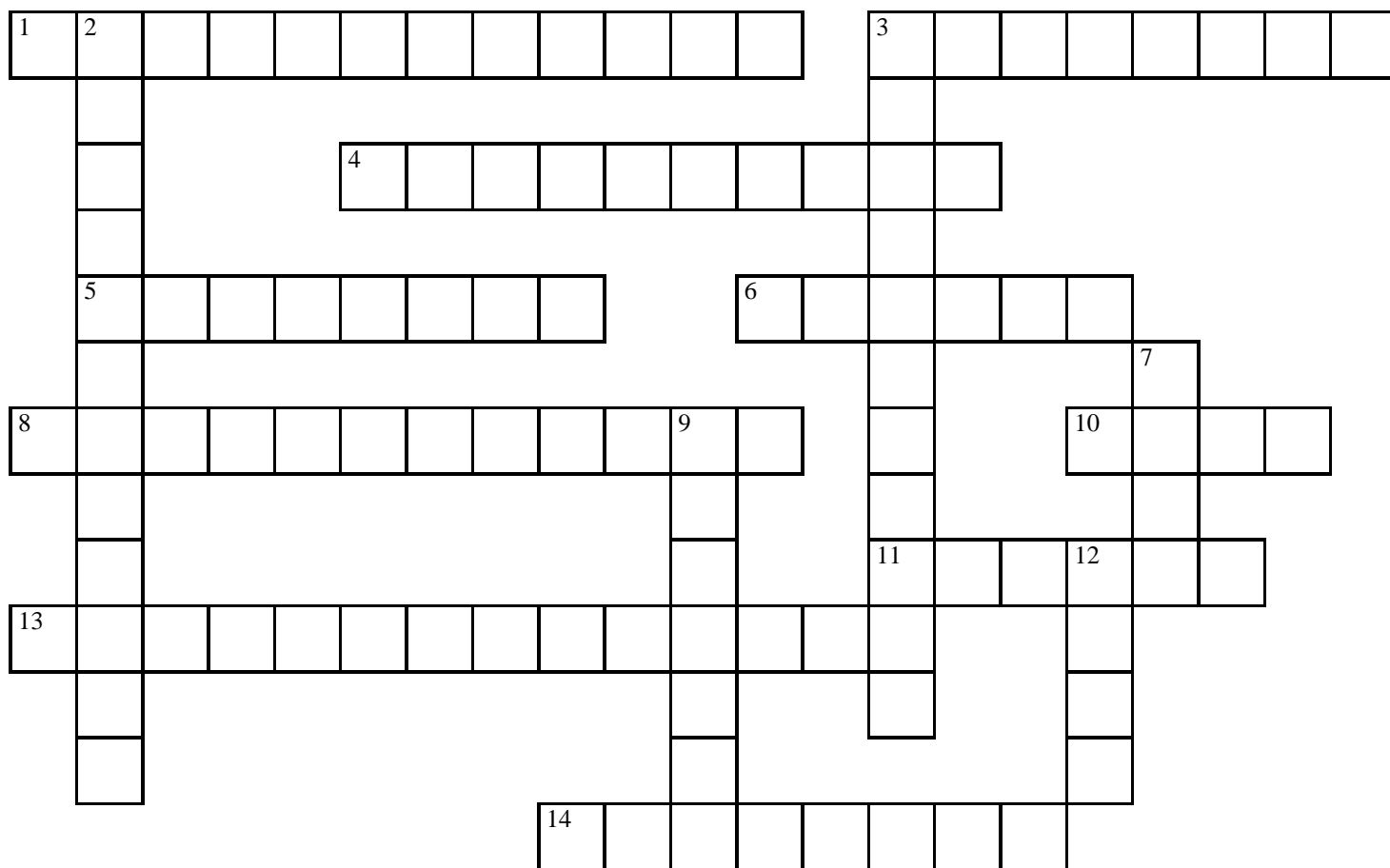
## ACROSS

- 3** Loss, something made worse
- 4** Administrative procedure for leaving a facility
- 6** Entering through the vein
- 10** A summary of the resident's medical records
- 13** Activities of Daily Living abbreviation
- 14** Involving 2 or more academic, scientific, or artistic disciplines
- 15** An interval of rest or relief

## DOWN

- 1** Bed \_\_\_\_\_ - sheets, pillow cases, mattress covers
- 2** Long term care facility in which people live
- 5** A branch of knowledge dealing with aging
- 7** Most desirable or satisfactory
- 8** \_\_\_\_\_ Other - a person who is very close and important to another person
- 9** \_\_\_\_\_ care provided to residents who do not need to be in the hospital
- 11** Administrative procedure for entering a facility
- 12** An ongoing illness or condition that does not have a cure

# Chapter 1: Long Term Health Care Facility (Part 2)



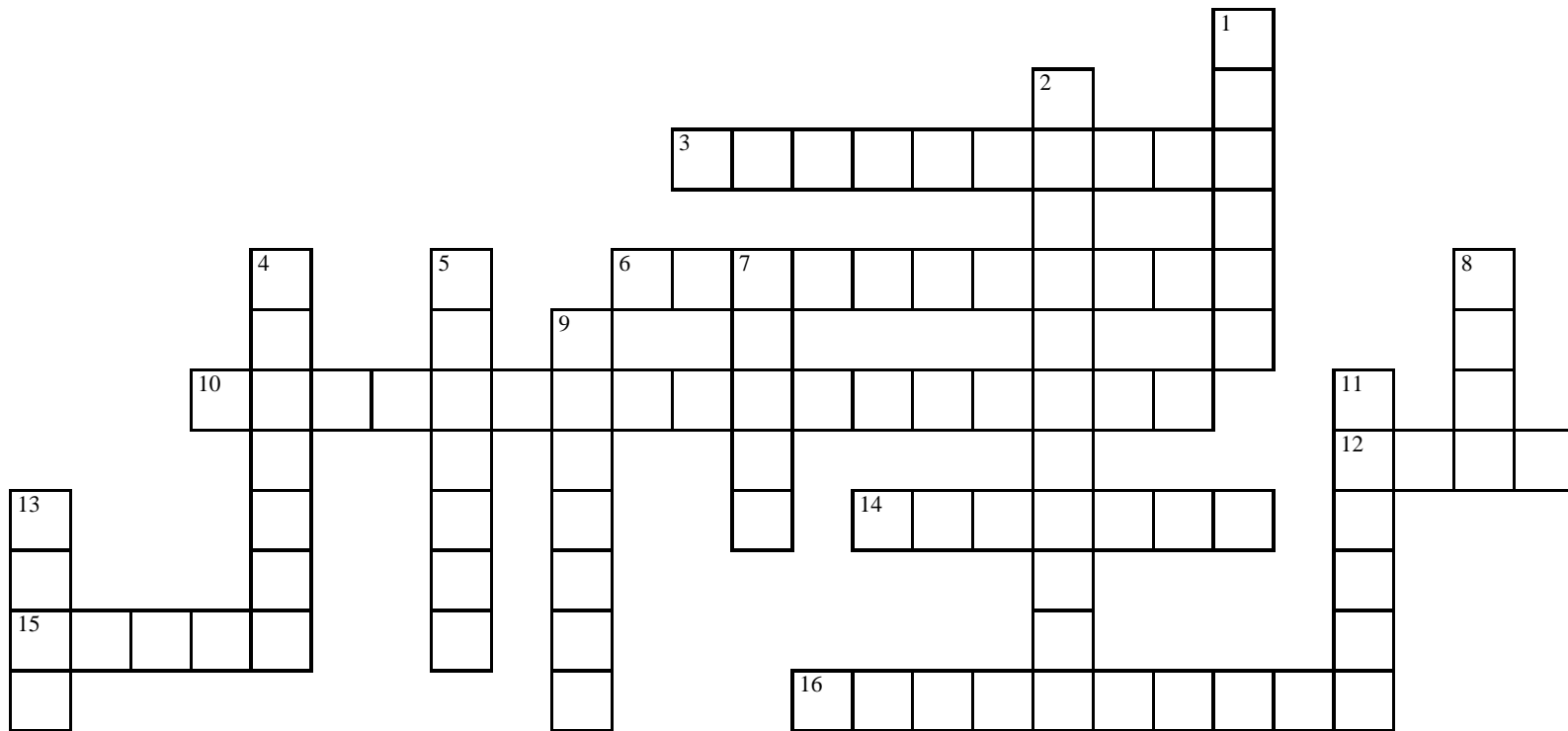
## ACROSS

- 1 \_\_\_\_\_ Therapist - works with the fine motor skills
- 3 Payments for insurance policies
- 4 \_\_\_\_\_ of Daily Living - tasks needed for daily living, like dressing, hygiene, etc.
- 5 To recognize as conforming with a standard
- 6 \_\_\_\_\_ Therapist - works with residents who have difficulty with speech
- 8 \_\_\_\_\_ Therapy - working with residents to help them stay active
- 10 The part that one plays in relationship to others
- 11 \_\_\_\_\_ Nurse - who has the day-to-day responsibility for supervising nurse assistants and resident care
- 13 Restoring to former health
- 14 \_\_\_\_\_ Therapist - works with residents to improve functional mobility

## DOWN

- 2 Recovering health and strength gradually after sickness and weakness
- 3 Personal choices or favorites
- 7 \_\_\_\_\_ Term Care Facility - part of the health care system that provides continuous supportive high level nursing
- 9 Study of body structures
- 12 \_\_\_\_\_ Management - process of limiting legal liability

# Chapter 2: Starting Your Job: What to Expect



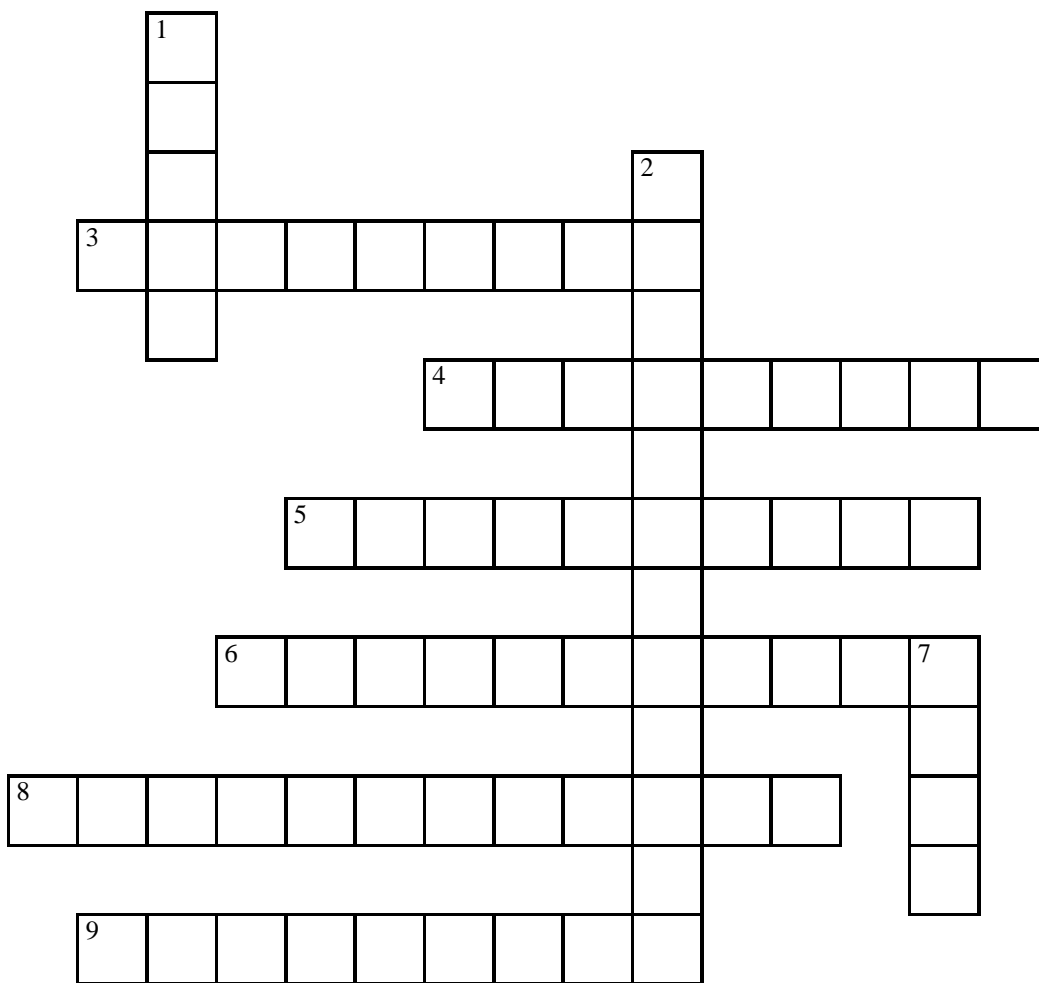
## ACROSS

- 3** \_\_\_\_\_ Nursing - approach in which nurse assistants have specific tasks rather than specific residents as the focus of care
- 6** To revive from apparent death
- 10** \_\_\_\_\_ Team - another name for the interdisciplinary team
- 12** \_\_\_\_ Nursing - approach in which the charge nurse is the team leader and makes nurse assistant assignments based on the needs for the shift
- 14** Customary beliefs, social forms, and traits of a racial, religious or social group
- 15** \_\_\_\_ Assistant - a trained member of the health care team who provides the majority of hands-on resident care
- 16** \_\_\_\_\_ Disease - a progressive, incurable disease that affects the brain and causes memory loss and eventual death

## DOWN

- 1** Beliefs people have about what is important to them
- 2** Deformity caused by a permanent shortening of a muscle or scar tissue
- 4** Pattern of activities you set with each resident individually
- 5** \_\_\_\_\_ Nursing - approach in which a registered nurse or licensed practical nurse has the primary responsibility for residents' needs and nurse assistants work with the nurse and care for the same residents
- 7** Scheduled period of work for a group of people
- 8** Occupational Safety and Health Administration abbreviation
- 9** Continually being aware
- 11** Knowledge, awareness, or study of good and bad, right and wrong and moral duty
- 13** Separate section of a building attached to the central section

# Chapter 3: Understanding Your Resident



## ACROSS

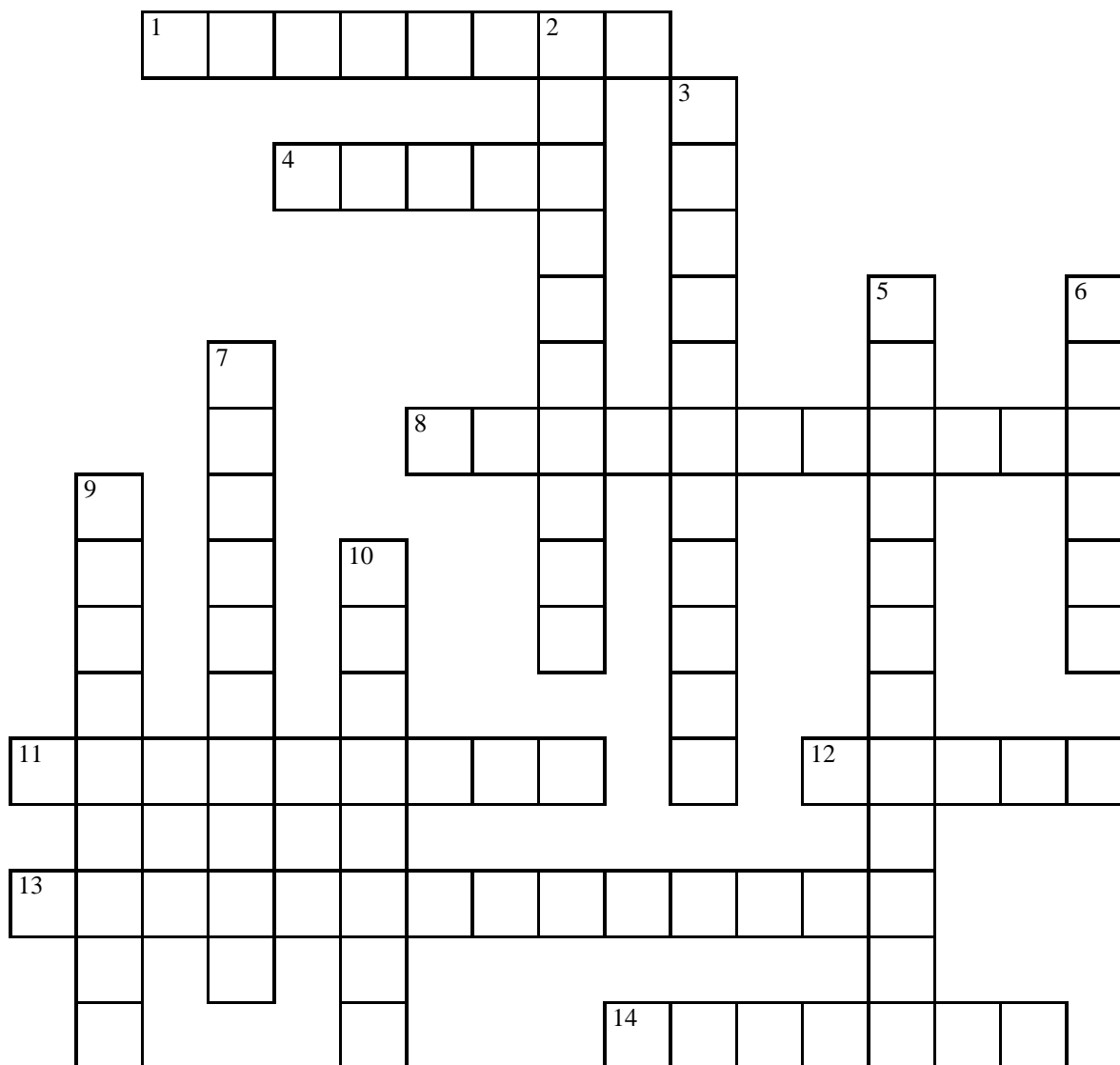
- 3 Being confident
- 4 Being whole or complete
- 5 Cutting a limb
- 6 To be acknowledged as important
- 8 Involving psychological and social aspects of mental health
- 9 A specific organized order or ranking

## DOWN

- 1 \_\_\_\_\_ Motor Skills - abilities in the larger physical skills (running, catching a ball, etc.)
- 2 Ability to produce or create something
- 7 Something necessary for a person

# Chapter 4: Understanding Resident's Rights

## (Part 1)



### ACROSS

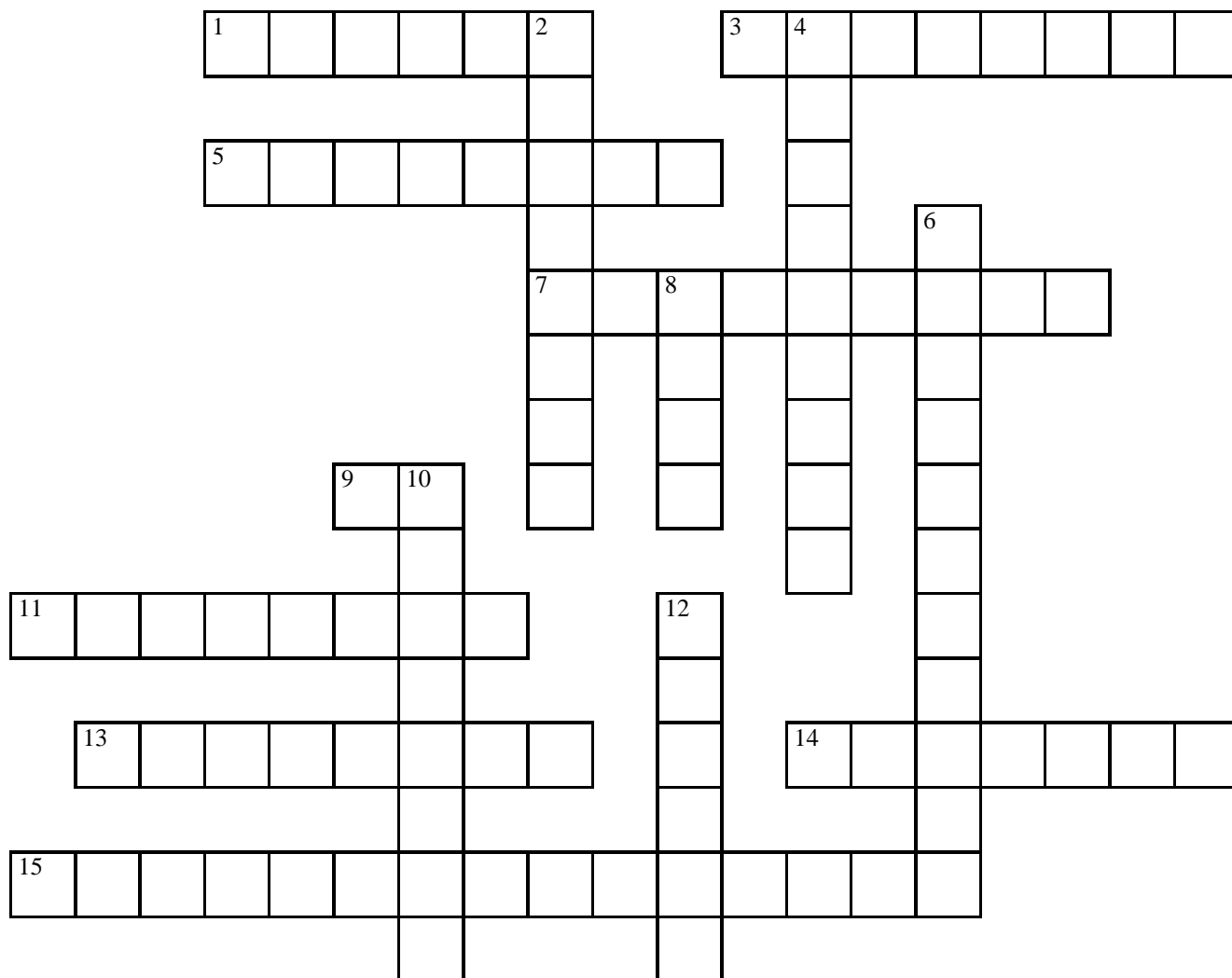
- 1 \_\_\_\_\_ Abuse - any action that causes actual physical harm
- 4 According to the law
- 8 Act of getting revenge or punishing a person for doing something
- 11 A formal complaint
- 12 \_\_\_\_\_ Negligence - any action that shows no concern for the resident's well being
- 13 A prejudiced or unfair action because of some characteristic of the person
- 14 Failure to do something that should have been done

### DOWN

- 2 A person's statement or intended legal action
- 3 Flow of blood throughout the body
- 5 Act of obstruction; preventing a person from doing something
- 6 \_\_\_\_\_ Abuse - any action that makes a resident fearful
- 7 Failure to act in the same way that a reasonable person with the same training would act in the same situation
- 9 Device used to restrict movement
- 10 \_\_\_\_\_ of Privacy - an interruption of a resident's right to privacy or intimacy

# Chapter 4: Understanding Resident's Rights

## (Part 2)



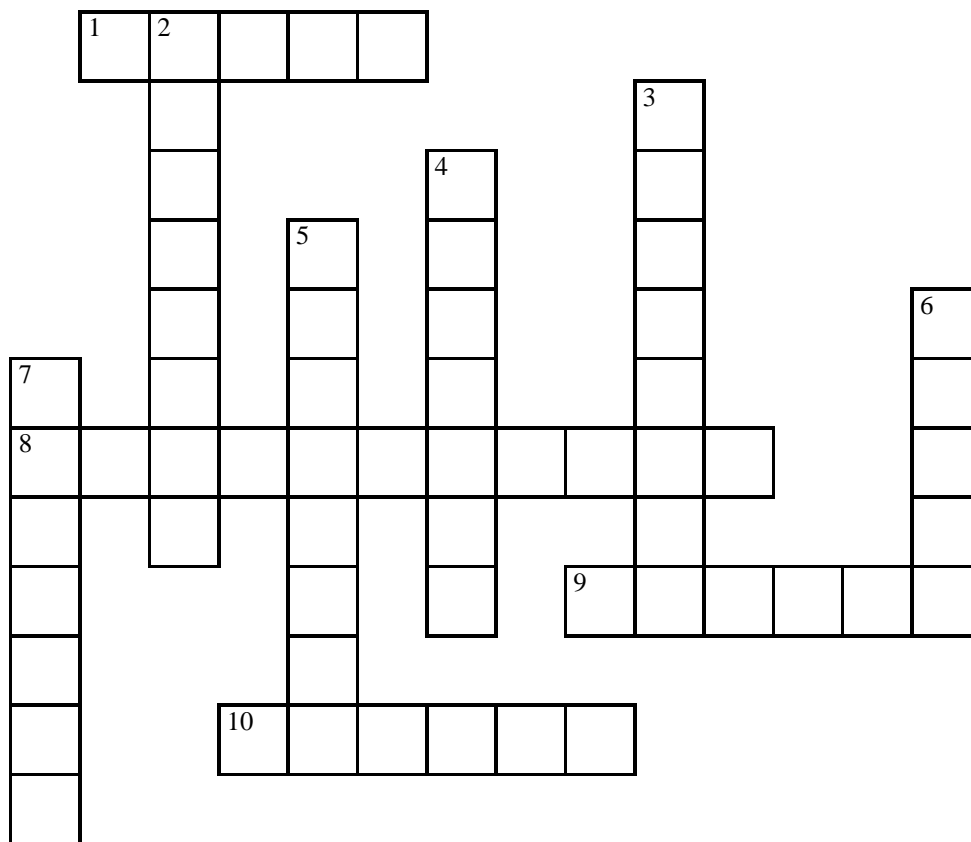
### ACROSS

- 1 Position, rank, or prestige in relation to other people
- 3 Making someone do something against their will, often by a threat
- 5 \_\_\_\_\_ Restraint - medication used to sedate a resident
- 7 \_\_\_\_\_ Rights - legal protections ensuring resident's physical and mental well-being
- 9 \_\_\_ Risk - has a probability of having some type of medical incident
- 11 \_\_\_\_\_ Punishment - physical punishment
- 13 Retaliation against or punishment of a person for doing something
- 14 Initial examination in a criminal procedure
- 15 Keeping information private

### DOWN

- 2 Making something safe
- 4 Person required by law to investigate complaints by residents or other violations of rights
- 6 \_\_\_\_\_ Seclusion - isolation of a resident against their will
- 8 \_\_\_ Determination - freedom to make your own choices
- 10 Move to another room in the facility
- 12 \_\_\_\_\_ Abuse - sexual acts with a resident including touching in an intimate or suggestive manner

# Chapter 4: Understanding Resident's Rights (Part 3)



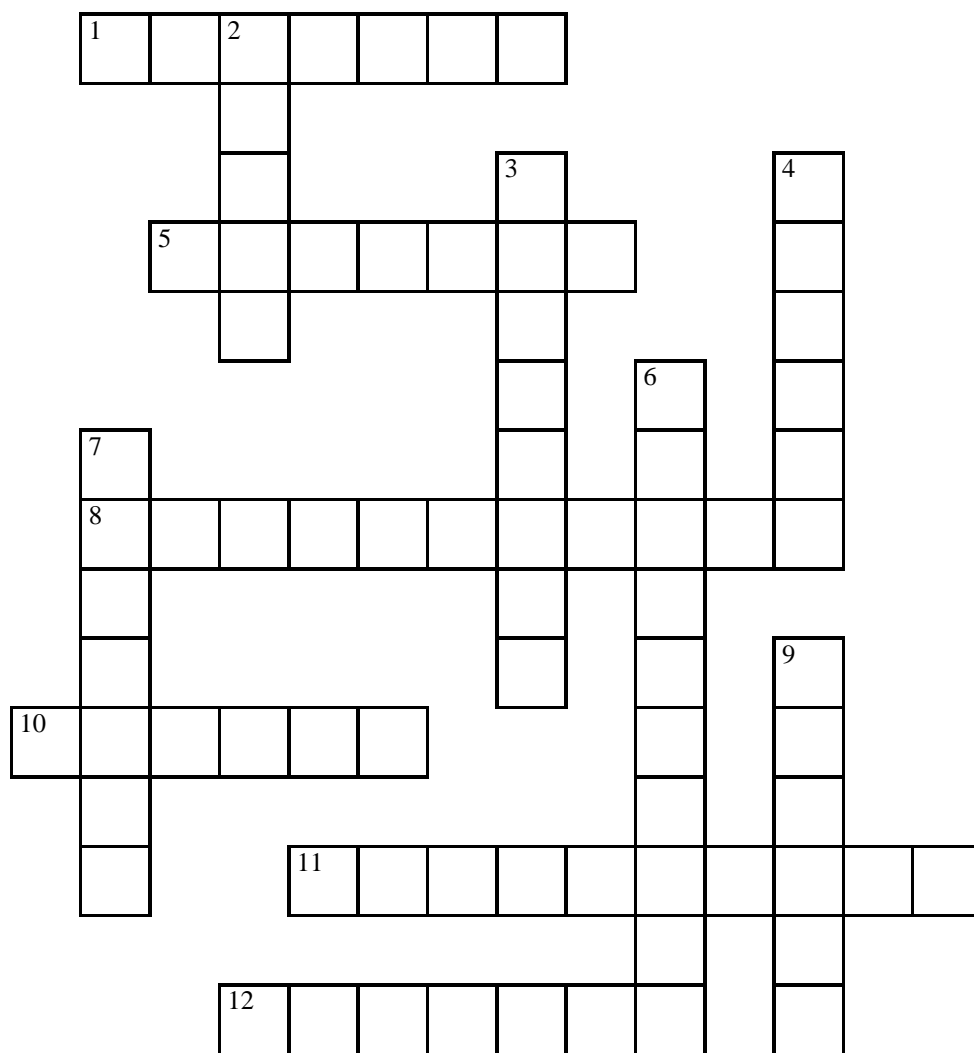
### ACROSS

- 1 Something one has a just or legal claim to
- 8 \_\_\_\_\_ Value - the value of the object comes not from the money it could be sold for but because of the associations and memories it has for the owner
- 9 To calm with drugs
- 10 \_\_\_\_\_ Abuse - using profanity to a resident, calling a resident names, yelling at a resident in anger

### DOWN

- 2 Something happens that is unusual; it could be medical or behavioral
- 3 Someone who takes the side of another person and speaks for them
- 4 Unlawful beating or use of force--or even touching someone without their consent
- 5 To make a person seem smaller or less important
- 6 To hurt, injure or damage
- 7 To touch the body of another person without consent

# Chapters 5 & 6: NA and Family Role



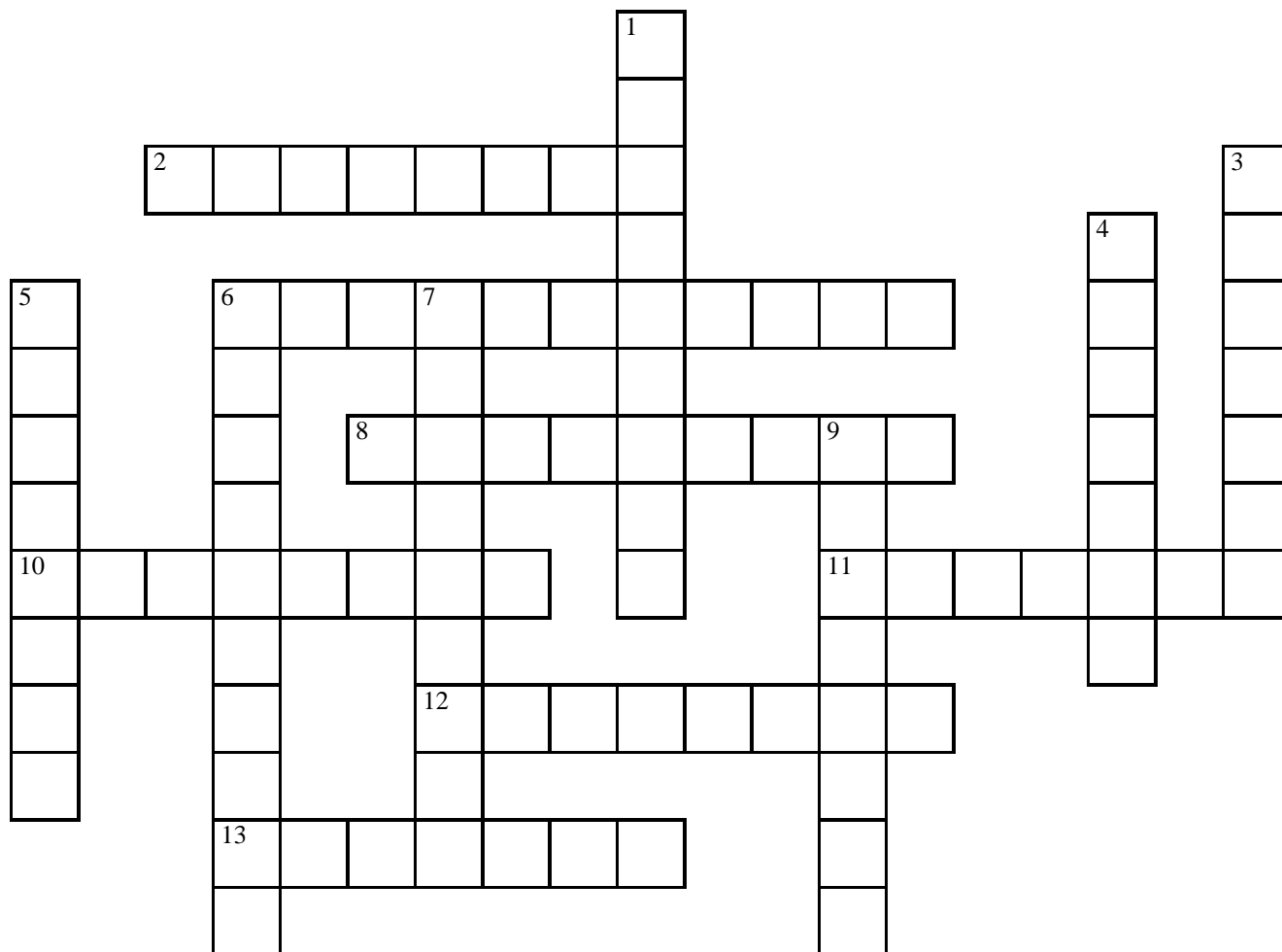
## ACROSS

- 1 A feeling that conveys self-worth
- 5 \_\_\_\_\_ Training - a care plan to help a resident regain voluntary control of urination
- 8 A choice, a different possibility
- 10 Physical or emotional reaction that causes mental tension
- 11 A mental image of something
- 12 Weakness

## DOWN

- 2 Negative feelings experienced by someone who has committed an offense or believes they have done something wrong to another person
- 3 Information received that is corrective or evaluative
- 4 \_\_\_\_\_ Minded - an attitude of seeing someone or something in only one way
- 6 A brief about quality care
- 7 A place where plants and animals are found growing naturally
- 9 A group of persons of common ancestry or associated by marriage; significant others, or persons important to the resident

# Chapter 7: Communication (Part 1)



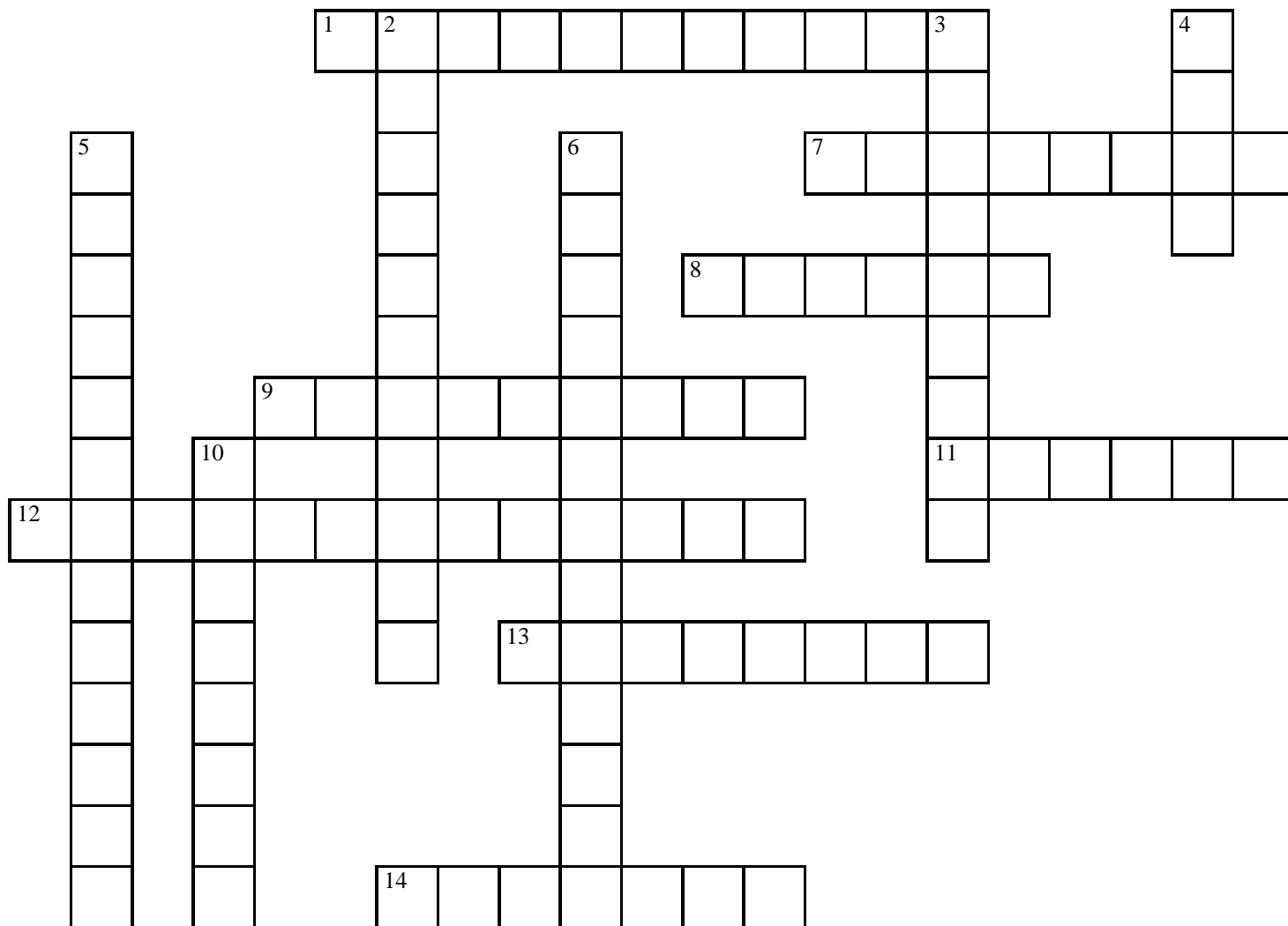
## ACROSS

- 2 A familiar name that family and friends use
- 6 Expressions of sympathy or sorrow
- 8 Escaping from an issue rather than dealing with it
- 10 A sign on or beside the door to a resident's room containing their name and other information
- 11 An actual event, thing or situation; fact
- 12 About to take place
- 13 Last name or family name

## DOWN

- 1 \_\_\_\_ Ended - questions that encourage residents to talk, rather than questions with yes or no answers
- 3 Make sure something is clearly understood
- 4 Condition in which a person has difficulty putting thoughts into words
- 5 Prove to be valid, sound or effective
- 6 An agreement in which both sides give up something
- 7 Anything that distracts a person's attention
- 9 Being so short or brief that you are not polite

# Chapter 7: Communication (Part 2)



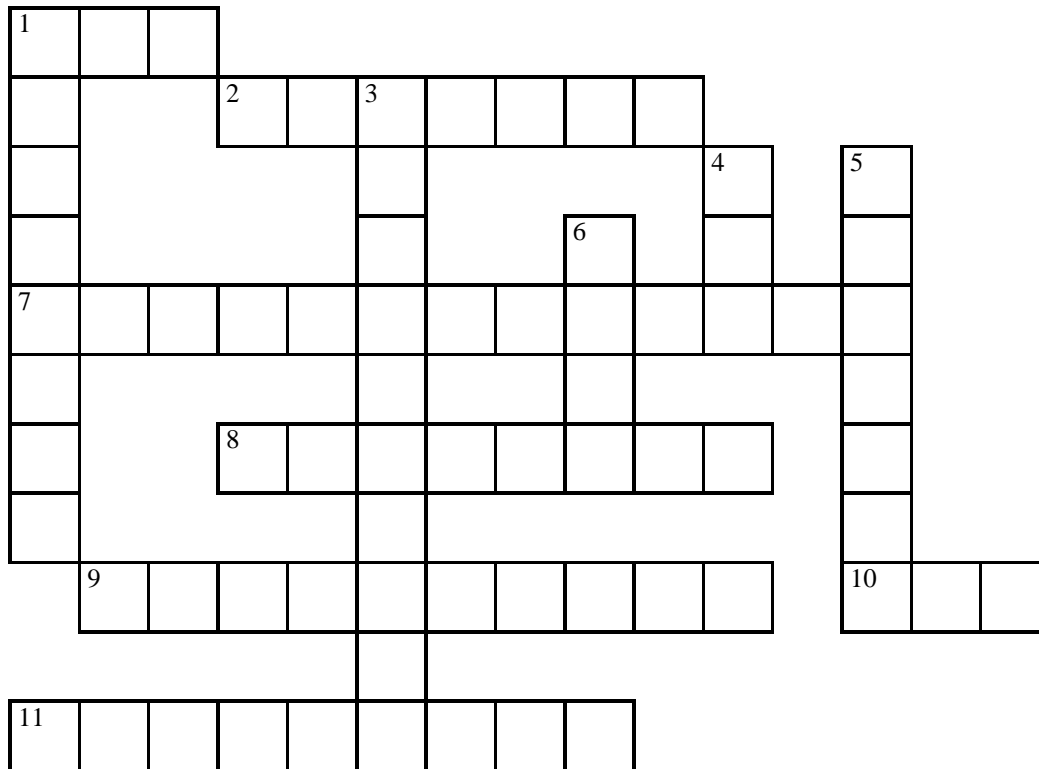
## ACROSS

- 1** Trying to beat another person to some goal or in a game
- 7** \_\_\_\_\_ Resolution - use of effective communication to resolve problems
- 8** \_\_\_\_\_ Imagery - relaxation technique using words and music
- 9** Something that is difficult but important
- 11** To evaluate or determine person's strengths and limitations
- 12** Sending and receiving messages verbally and nonverbally
- 13** To face with a challenge
- 14** The whole situation, background, or environment that gives meaning to someones words

## DOWN

- 2** To be shown something new; ability to identify person, place, and time
- 3** \_\_\_\_\_ Communication - sending and receiving messages without the use of words
- 4** The art of saying the appropriate and polite thing at the right time
- 5** The act of working together
- 6** Someone who insists you do everything in a certain way and the same way every time
- 10** Smiling in a way that gives the impression you are superior to another person

# Chapter 8: Documentation Principles



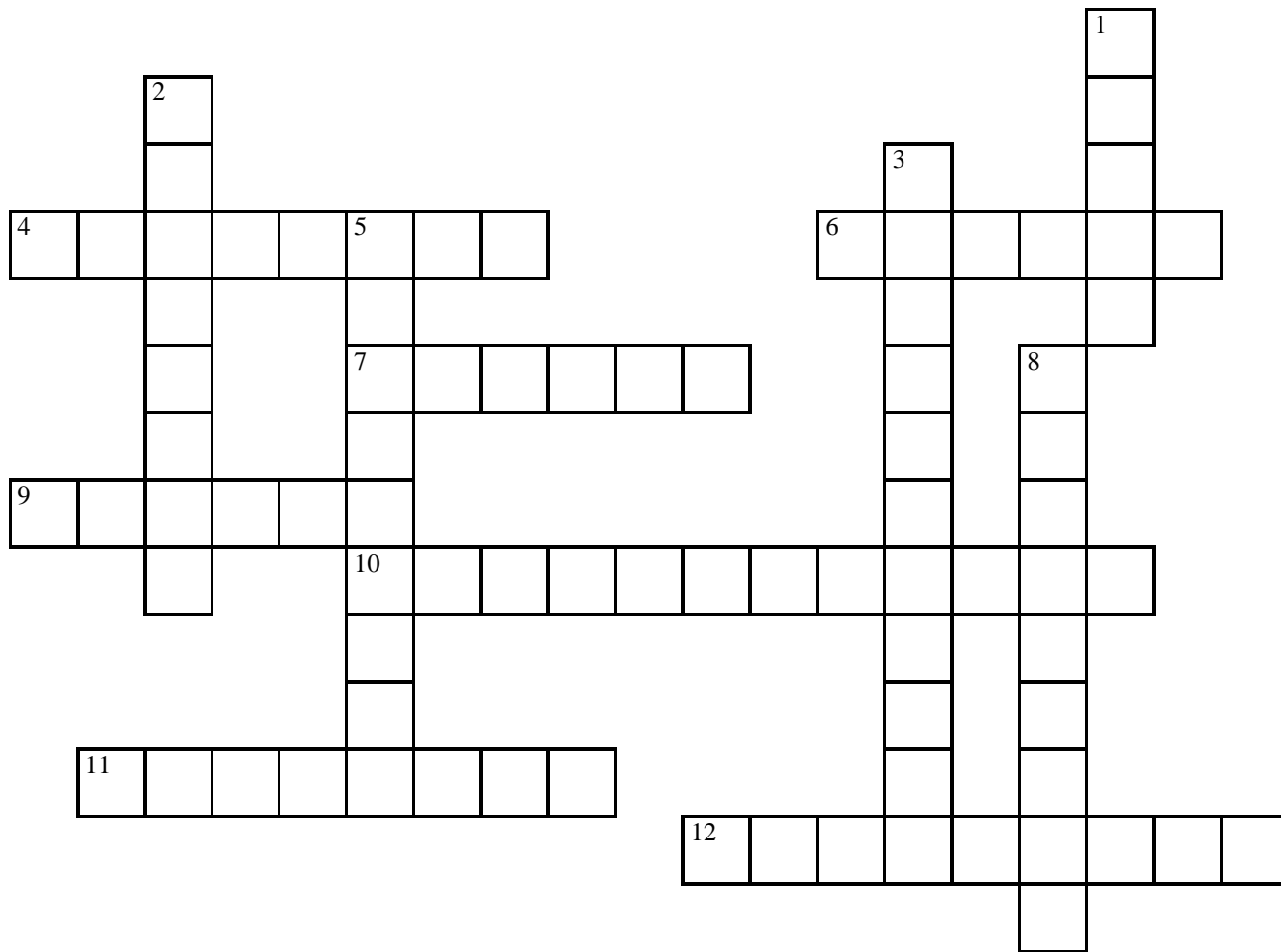
## ACROSS

- 1** Resident Assessment Protocol abbreviation
- 2** \_\_\_\_\_ Indicators - outcomes or a summary of the entire facility's MDS information
- 7** Written reports that the facility maintains
- 8** \_\_\_\_\_ Assessment Protocol - section of the RAI that includes a more detailed assessment of problem areas
- 9** Guess or hunch about what you observe
- 10** Minimum Data Set abbreviation
- 11** Information that can be observed; factual; not subjective

## DOWN

- 1** \_\_\_\_\_ Assessment Instrument - an assessment tool used in long term care that facilitates to document key information about residents
- 3** An evaluation of a patient or condition
- 4** Resident Assessment Instrument abbreviation
- 5** \_\_\_\_\_ Data Set - resident information on the RAI
- 6** \_\_\_\_\_ Plan - a written, interdisciplinary document developed for each resident, listing the resident's needs and goals as well as the actions and approaches that staff will take to help the resident to meet their goals

# Chapter 9: Prevention and Control of Infection (Part 1)



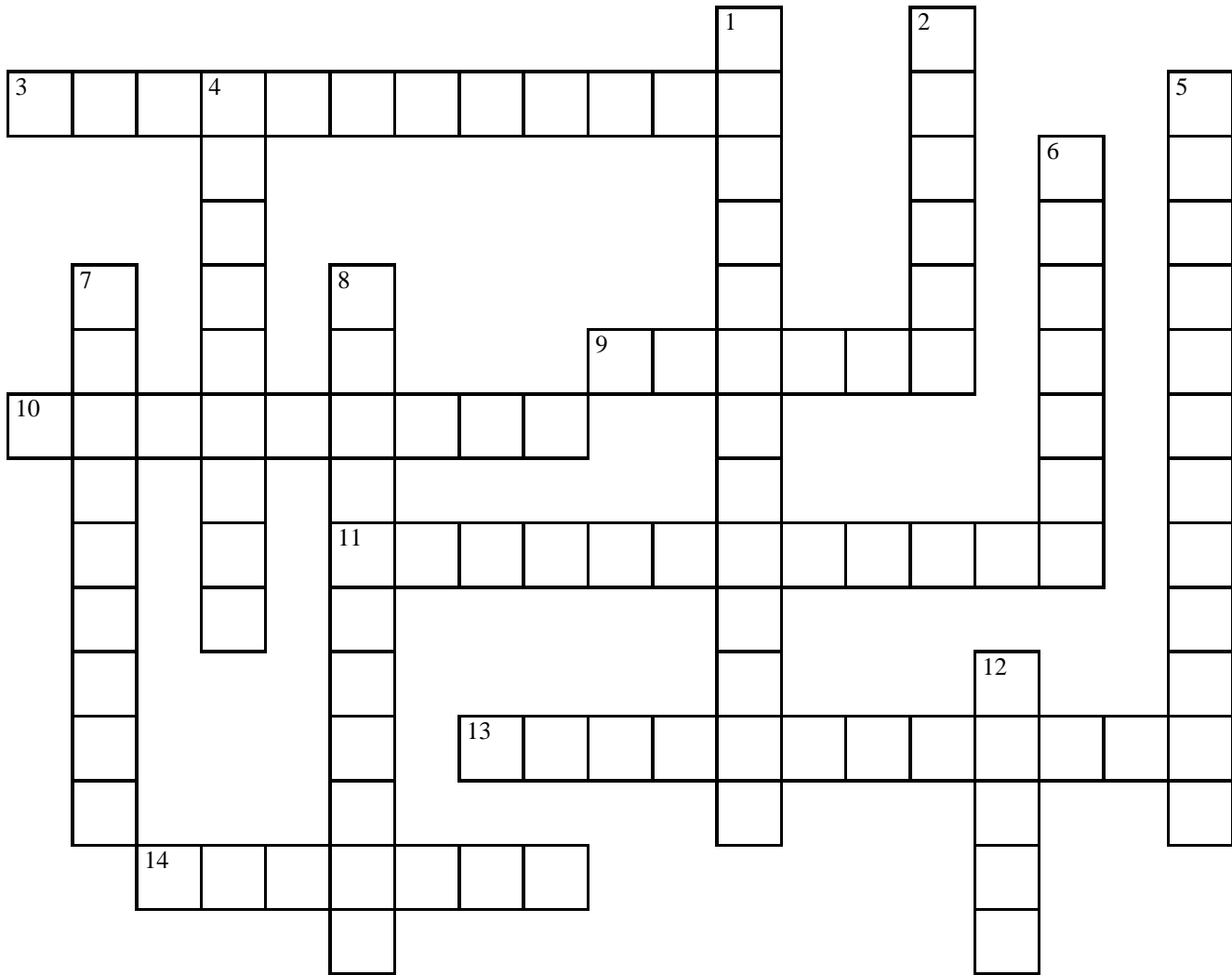
**ACROSS**

- 4 A chronic, contagious venereal infection that is sexually transmitted
- 6 A type of microorganism like yeast and mold
- 7 A thin, flexible covering commonly made of latex rubber, worn over the penis to reduce the risk of pregnancy
- 9 \_\_\_\_\_ of Exit - a route by which microorganisms leave the body
- 10 Administration of a vaccine to make the person immune (not susceptible) to a specific infection
- 11 \_\_\_\_\_ Precautions - activities based on recommendations of CDC for facilities to use in handling blood, body fluids, etc. to prevent infection
- 12 A person, animal or environment in which an infectious agent lives

**DOWN**

- 1 A type of microorganism that survives only in living things
- 2 A condition of being in direct or indirect contact with an infectious microorganism
- 3 \_\_\_\_\_ Host - a person who is not resistant to infection by a microorganism
- 5 \_\_\_\_\_ Response - a response to infection that occurs in a specific body area
- 8 A machine used to sterilize instruments and supplies with steam under pressure

# Chapter 9: Prevention and Control of Infection (Part 2)



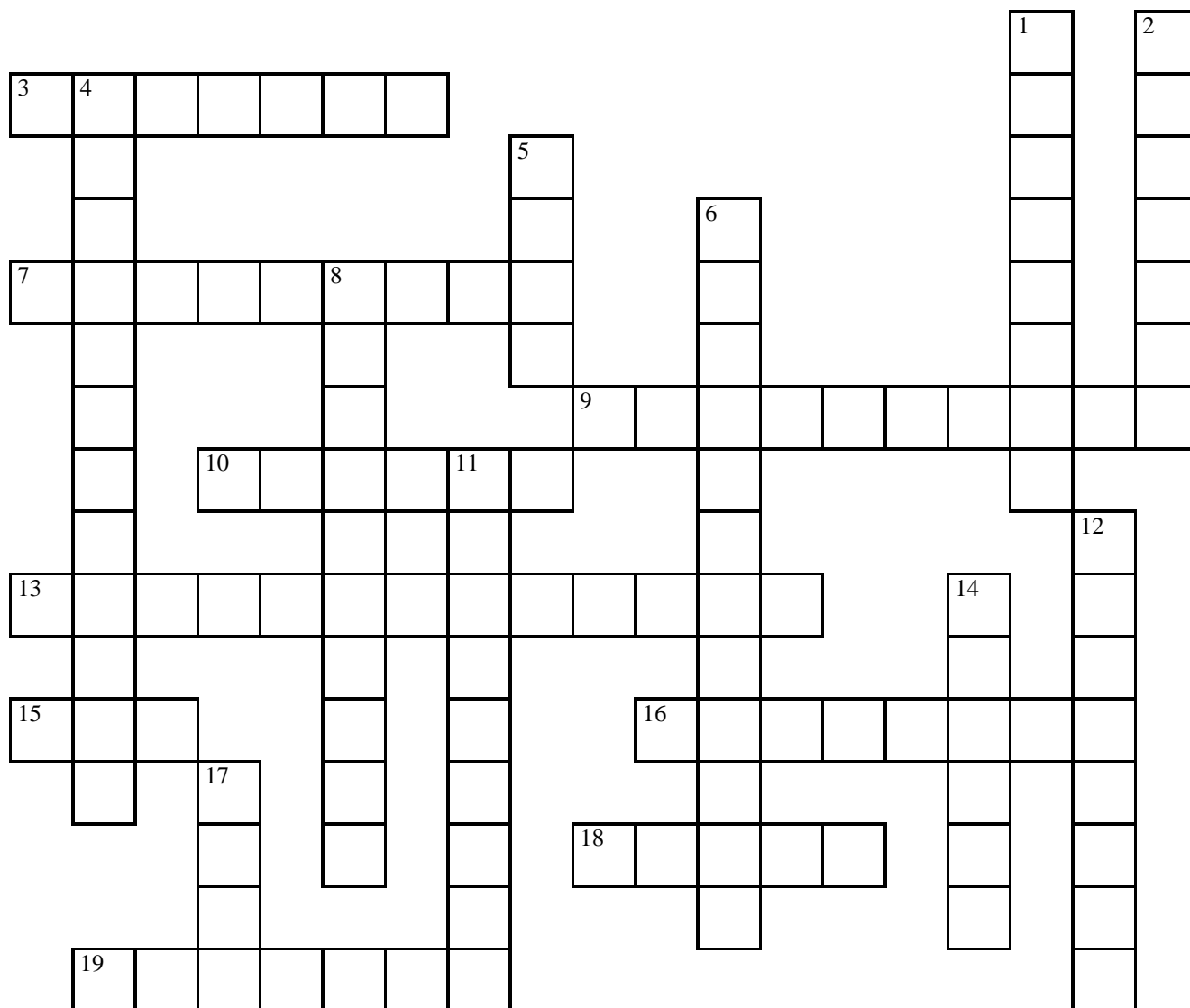
## ACROSS

- 3** An agent that inactivates microorganisms on inanimate objects
- 9** \_\_\_\_\_ Response - an infection that causes no signs or symptoms in the body
- 10** Condition produced when an infective agent becomes established in or on a suitable host
- 11** Anything that is harmful or potentially harmful to humans or the environment
- 13** Caused by disease
- 14** \_\_\_\_\_ Pox - contagious disease caused by a virus

## DOWN

- 1** Elimination or destruction of all microbial life
- 2** \_\_\_\_\_ Transmission - direct transfer of microorganisms from one person to another
- 4** Contagious viral disease which has a sudden onset, fever and severe aches and pains
- 5** Disease that is spread from one person to another
- 6** Contagious disease caused by a virus, which produces red spots on the skin
- 7** Contagious bacterial venereal infection that is sexually transmitted
- 8** Drugs that reduce or kill microorganisms
- 12** Contaminated with germs

# Chapter 9: Prevention and Control of Infection (Part 3)



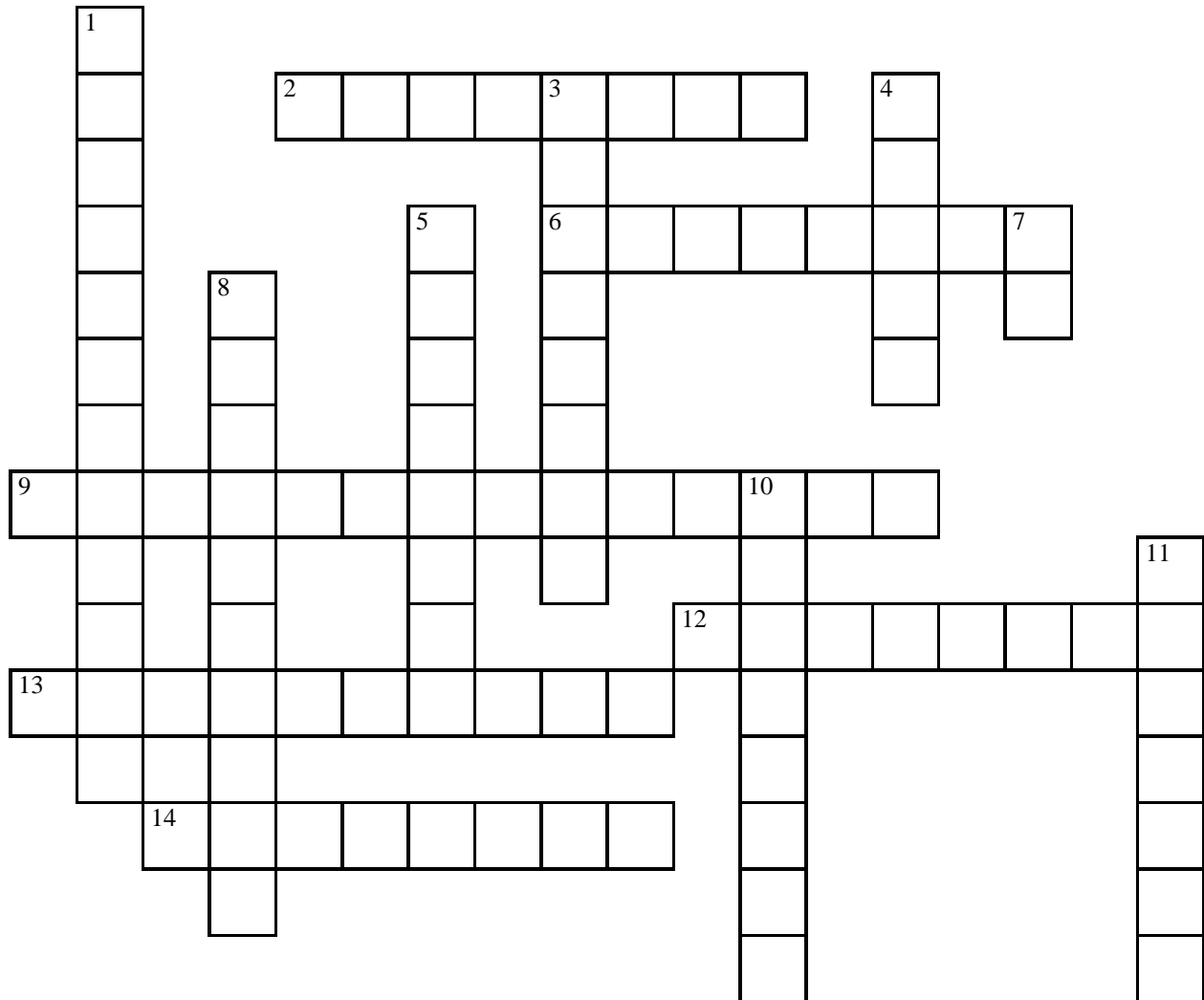
## ACROSS

- 3** Free of all germs
- 7** Infection of the liver
- 9** Microorganisms that can produce disease
- 10** Related to vomiting, as in an emesis basin
- 13** Microorganisms that do not cause infection
- 15** Human Immunodeficiency abbreviation
- 16** One-celled microorganism that may cause infection
- 18** Free of germs that cause infection or disease
- 19** Hormone involved in breaking down carbohydrates in the body

## DOWN

- 1** Infected, such as secretions or drainage
- 2** \_\_\_\_\_ Carrier - someone with an infectious disease who never gets well
- 4** Infectious, bacterial, communicable disease that primarily affects the lungs
- 5** Protective covering for the face
- 6** Impure or unclean
- 8** Part of the digestive tract through which food passes after leaving the stomach
- 11** Set apart from others
- 12** Something that enters the body
- 14** \_\_\_\_\_ of Entry - natural openings in the body where microorganisms can enter
- 17** Material Safety Data Sheets abbreviation

# Chapter 9: Prevention and Control of Infection (Part 4)



## ACROSS

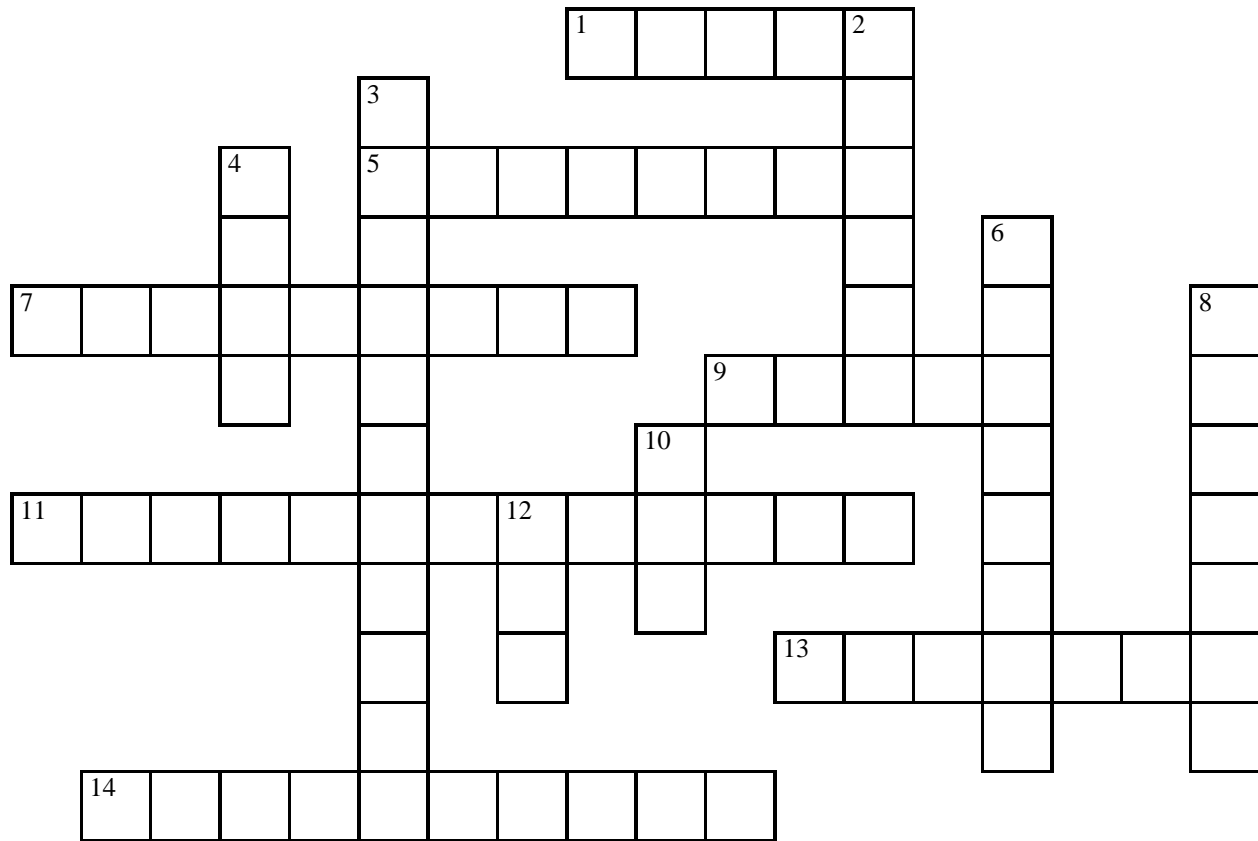
- 2 Transmission route of infection that occurs when the reservoir coughs microorganisms into the air and a susceptible host breathes them into the lungs
- 6 Transfer an infectious agent from one person or place to another
- 9 Viruses, bacteria, or fungi that cannot be seen with the naked eye
- 12 Very frequent and liquid stools
- 13 The prevention of disease by maintaining clean conditions
- 14 Type of protein that the body produces to fight infection or illness

## DOWN

- 1 \_\_\_\_\_ Transmission - the transmission of an infection while on the job
- 3 Sudden, dramatic increase in cases of a particular disease or harmful organisms
- 4 \_\_\_\_ Immunodeficiency Virus - viral infection transmitted by contact with blood
- 5 \_\_\_\_\_ Transmission - transmission of infection by an intermediate object such as food into the portal / entry of a susceptible host
- 7 Tuberculosis abbreviation
- 8 Substances such as saliva that come out of the body
- 10 Viral inflammation that affects the nerves in the skull and spine
- 11 Something that protects a person from an infectious microorganism



# Chapter 11: Aging Process and Disease Mgt. (Part 1)



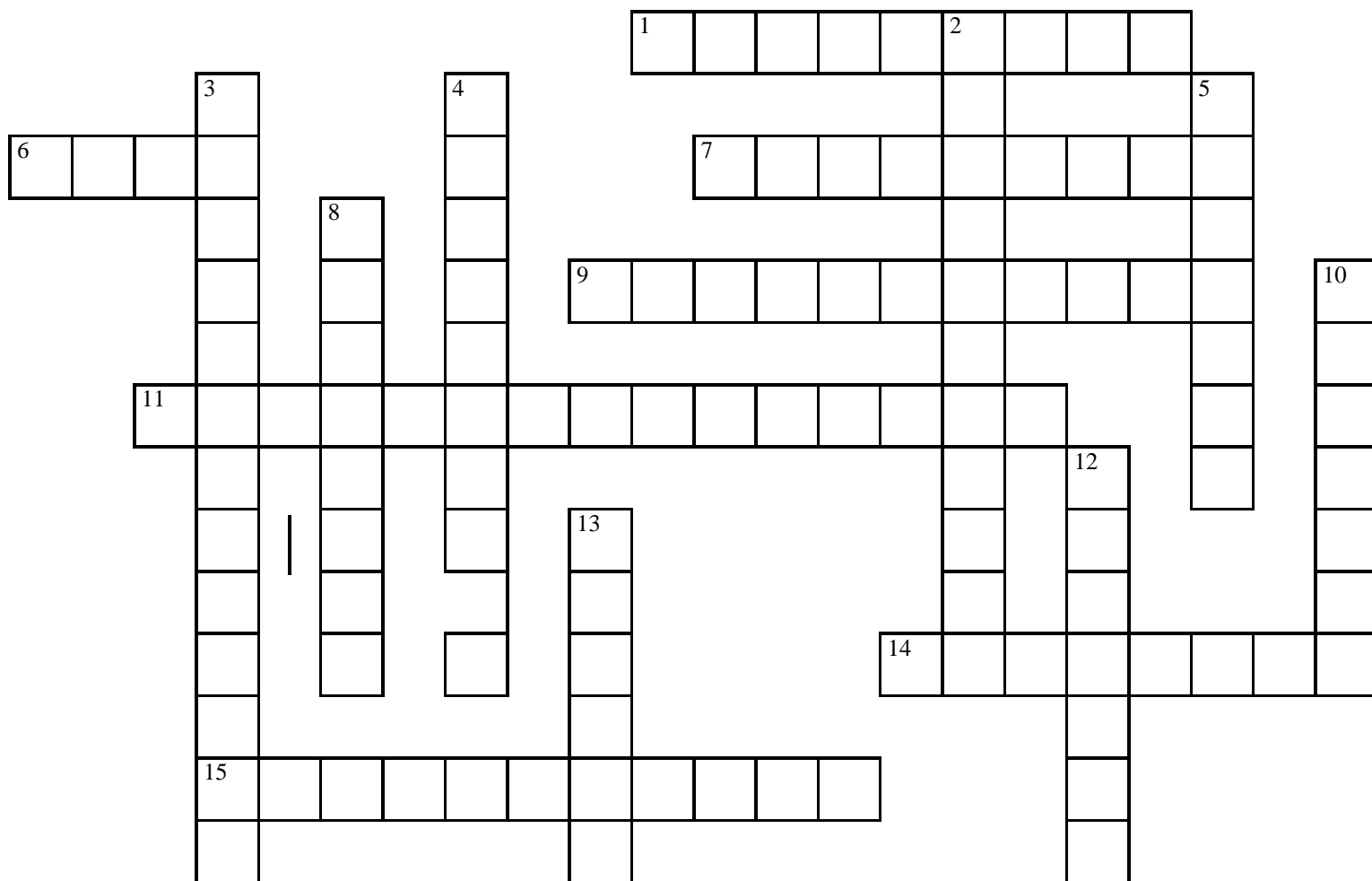
## ACROSS

- 1** Blood vessels that carry deoxygenated blood from the body back to the heart and lungs
- 5** A small tube to drain fluid
- 7** \_\_\_\_\_ Tubes - 2 tubes that carry egg cells from the ovaries to the uterus
- 9** Beginning of a disease or condition
- 11** A build-up of fluid in the brain specimen / 24 Hour Urine \_\_\_\_\_ - a collection of urine a resident voids in a 24 hour period
- 13** Air sacs in the lungs
- 14** \_\_\_\_\_ Catheter - a plastic tube inserted into the body to drain fluids

## DOWN

- 2** \_\_\_\_\_ Incontinence - a leakage of urine that happens when the person coughs
- 3** A medical therapy that originated in ancient China
- 4** A colored spot
- 6** Blood vessels that carry oxygenated blood to all parts of the body
- 8** \_\_\_\_\_ Obstructive Pulmonary Disease - chronic inflammatory disease of bronchial passages and lungs
- 10** Coronary Artery Disease abbreviation
- 12** A yellowish-white fluid formed when an infection is present

# Chapter 11: Aging Process and Disease Mgt. (Part 2)



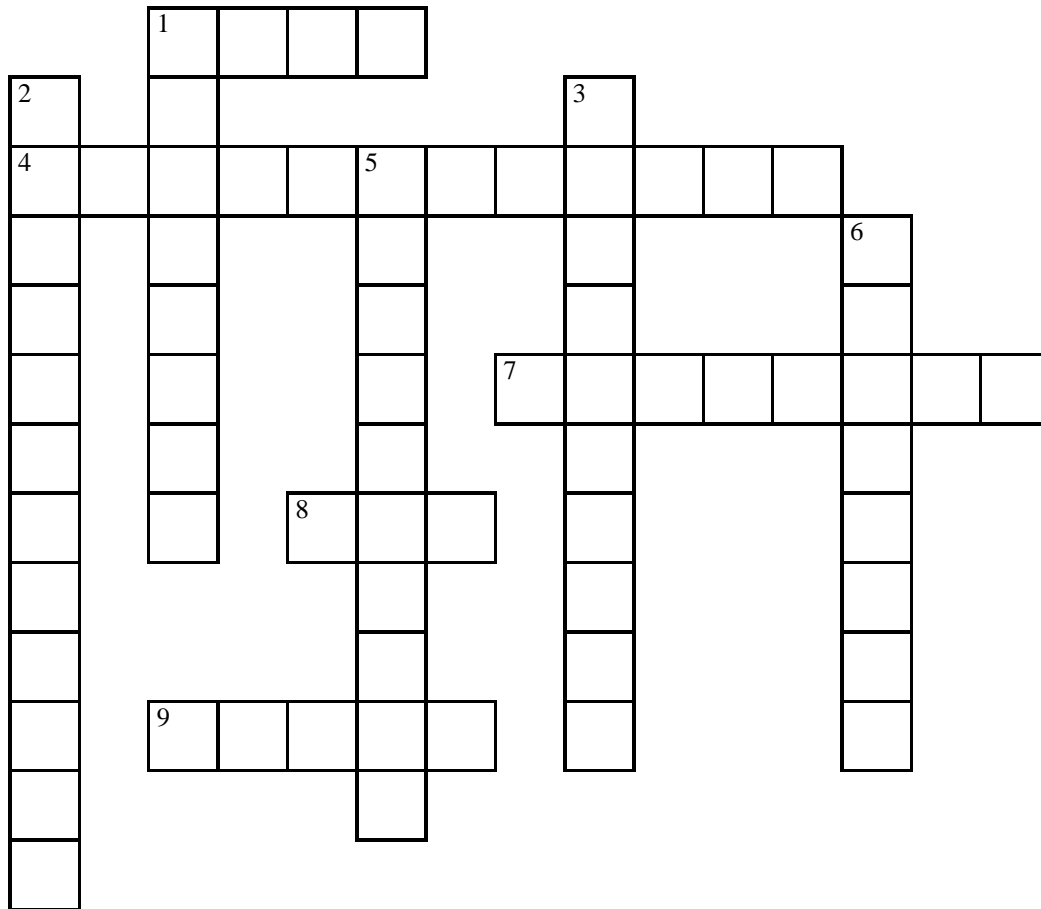
## ACROSS

- 1 Body system made up of many glands that secrete hormones
- 6 Body characteristic that can be observed objectively, such as a red rash or bruising
- 7 Body system that provides the body with a continuous supply of nutrients, fluid and removes waste products
- 9 Branches of each bronchus
- 11 Body system made up of bones, muscles, tendons, ligaments, and joints
- 14 Bluish or purplish discoloration of the skin caused by deficient oxygenation of the blood
- 15 Body system that provides sexual pleasure and allows for human reproduction

## DOWN

- 2 Body system that takes in oxygen (inhaling) and expels carbon dioxide (exhaling)
- 3 Body system made up of the skin, nails, and hair
- 4 Body system that includes the heart and blood vessels that carry oxygen and nutrients to the body and remove carbon dioxide
- 5 Body system of sense organs that gain information from the world outside the body
- 8 Broken bone
- 10 Body system made up of the brain, spinal cord, and nerves
- 12 Body system that helps maintain fluid balance and eliminates liquid wastes
- 13 Bottom part of the spine

# Chapter 11: Aging Process and Disease Mgt. (Part 3)



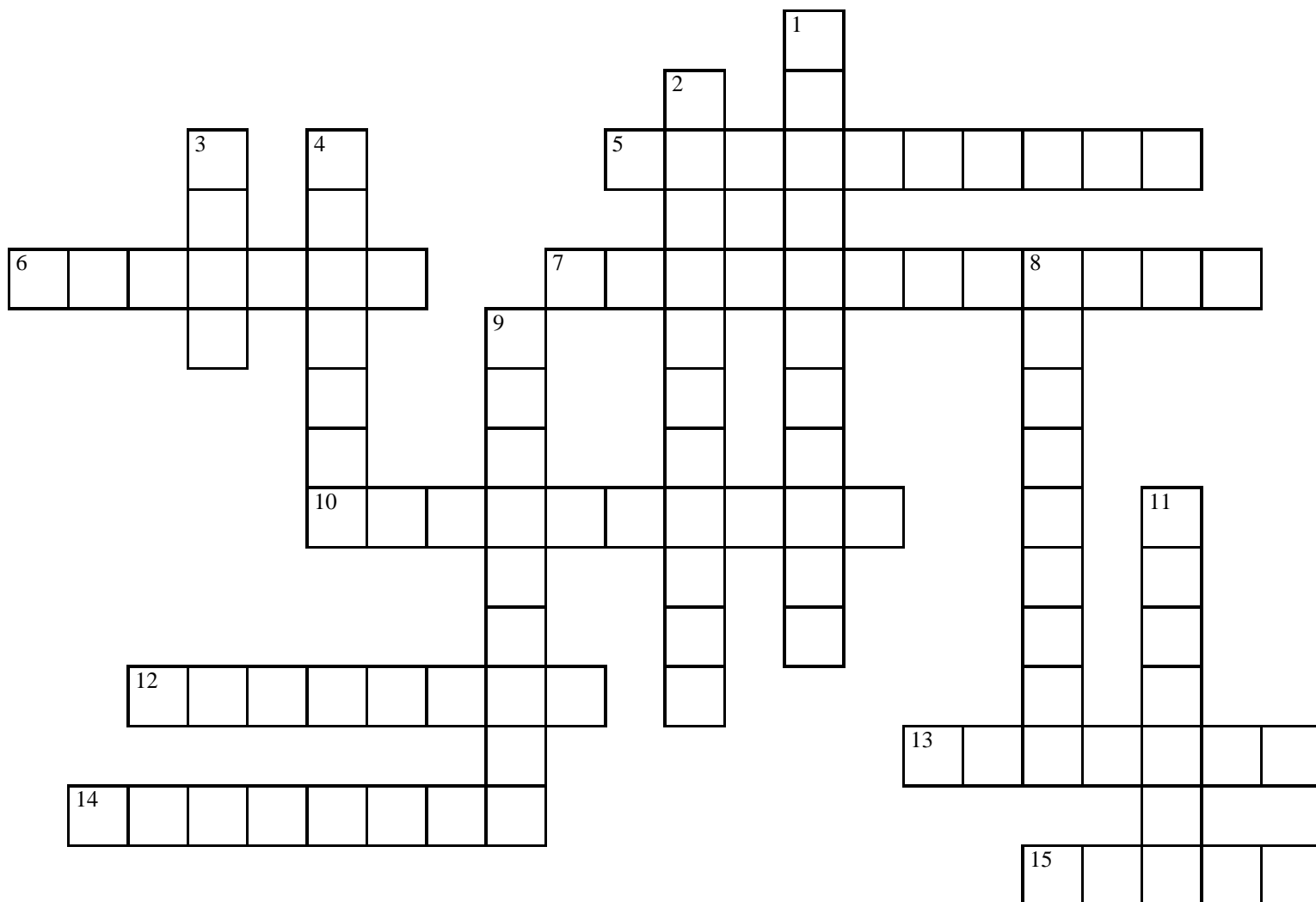
**ACROSS**

- 1 Chronic Obstructive Pulmonary Disease abbreviation
- 4 Condition in which bones become weak and brittle due to loss of minerals
- 7 \_\_\_\_\_ Vascular Accident - condition that occurs when blood flowing to the brain is interrupted
- 8 Congestive Heart Failure abbreviation
- 9 \_\_\_\_\_ Impaction - condition that may occur when constipation is not treated

**DOWN**

- 1 Cloudy film that develops in the lens of the eye and reduces sight
- 2 Condition in which bowel movement is delayed and feces are difficult to expel from the rectum
- 3 \_\_\_\_\_ Heart Failure - condition that occurs when the heart muscle weakens and the heart becomes ineffective in moving blood through the body
- 5 \_\_\_\_\_ Vascular Disease - condition that causes diminished blood flow to the arms and legs
- 6 \_\_\_\_\_ Artery Disease - condition that results from reduced flow through the coronary arteries, which nourish the heart

# Chapter 11: Aging Process and Disease Mgt. (Part 4)



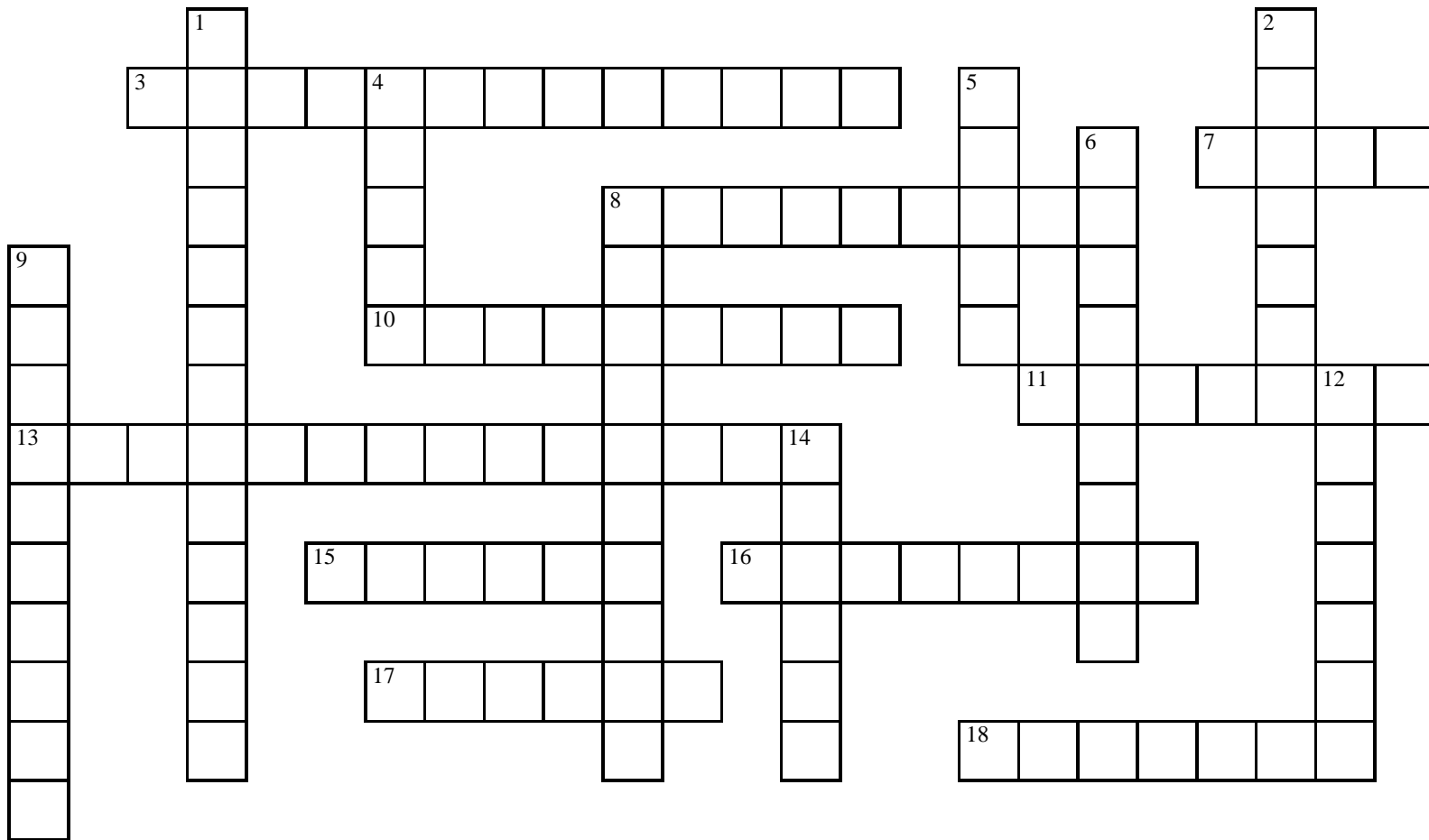
## ACROSS

- 5 Inflammation of the skin
- 6 Gland located in the neck that secretes hormones that help regulate metabolism
- 7 High blood pressure; leading cause of stroke
- 10 \_\_\_\_\_ Arthritis - inflammatory joint disease
- 12 Digestive system organ located near the stomach; its cells secrete insulin
- 13 Difficulty breathing edema swelling of parts of the body from fluid accumulation emesis vomit
- 14 \_\_\_\_\_ Transmitted Diseases - diseases that are acquired through sexual activity with an infected partner
- 15 External structure of the female sex organs

## DOWN

- 1 Enlarged blood vessels at the anus that look like flat or swollen tags of skin
- 2 Exchange of oxygen and carbon dioxide in the lungs
- 3 Horny bump on the skin caused by a virus
- 4 Elevated area of epidermis containing watery liquid
- 8 Glands that are located in the dermis and secrete oil
- 9 Gland located in the brain that secretes hormones and regulates other glands
- 11 Gland located on top of the kidneys that regulate metabolism

# Chapter 11: Aging Process and Disease Mgt. (Part 5)



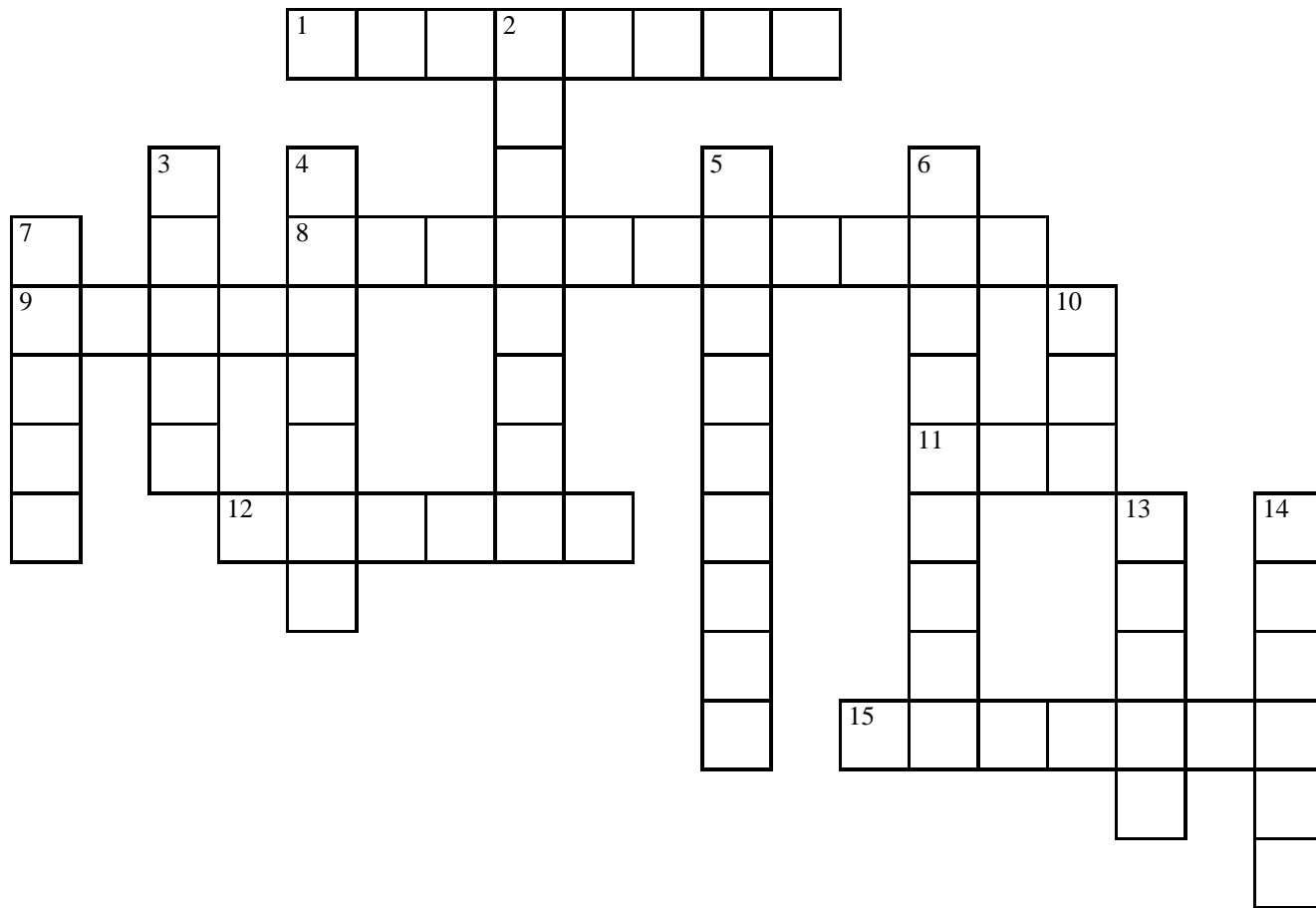
## ACROSS

- 3** Not disease-causing
- 7** \_\_\_\_ Fluids - natural fluids in the body, such as blood semen, and secretions which may transmit diseases
- 8** Lung infection
- 10** Joint inflammation that causes pain and limits movement in affected joints
- 11** Involving the heart
- 13** Joint inflammation caused by wear and tear of joint
- 15** Muscular reproductive organ in which the fetus develops during pregnancy
- 16** Key actions of an organ or body system
- 17** Muscular canal in the female leading from the uterus / involved in sexual intercourse, childbirth, and passage of menstrual flow
- 18** Operation; procedure done to the body

## DOWN

- 1** Nondrug or alternative treatments
- 2** Left and right airway passages to the lungs
- 4** Large artery by which blood leaves the heart
- 5** Male organ of sexual intercourse and urination
- 6** Medical treatment using x-rays
- 8** Neurological disease that affects motor skills
- 9** Lining beneath the epidermis
- 12** Muscle \_\_\_\_\_ - muscle wasting
- 14** Mucus from the lungs

# Chapter 11: Aging Process and Disease Mgt. (Part 6)



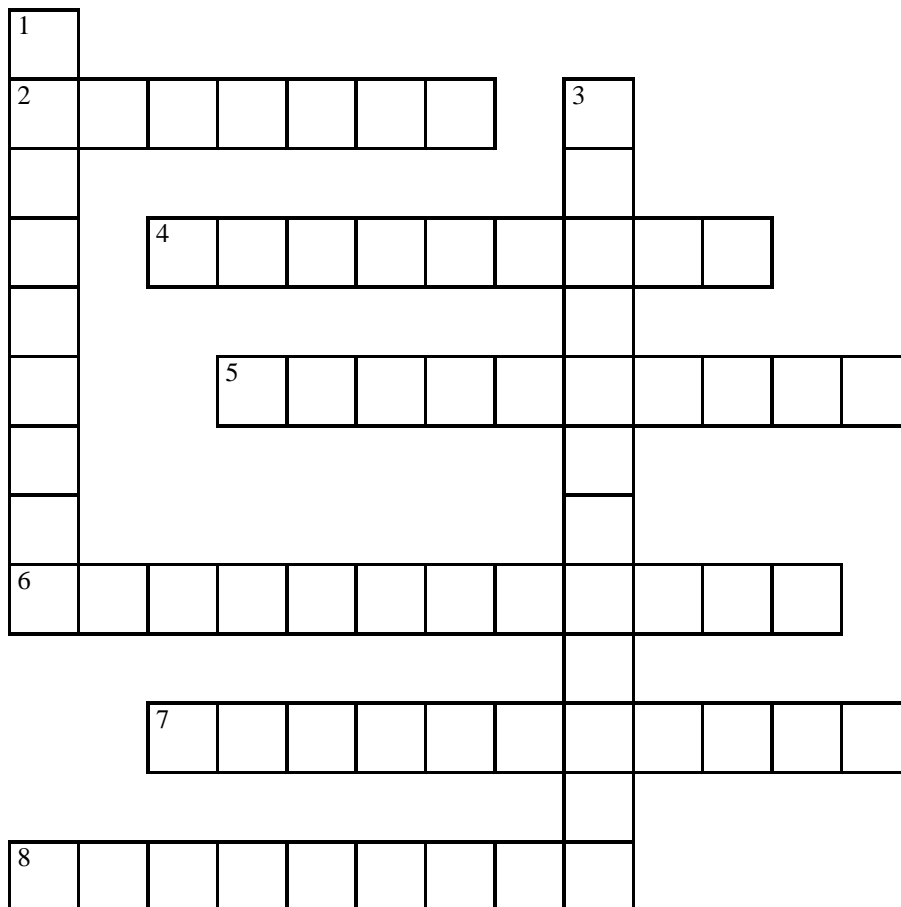
### ACROSS

- 1** \_\_\_\_\_ Maneuver - technique used to free a foreign object from the airway when a resident is choking
- 8** Process of moving air in and out of the lungs
- 9** Procedure that introduces fluid into the rectum to stimulate a bowel movement
- 11** Sexually Transmitted Disease abbreviation
- 12** The 2 oval glands that manufacture sperm cells and the male sex hormone testosterone
- 15** Something subjectively felt but not observable by another

### DOWN

- 2** \_\_\_\_\_ Sclerosis - progressive disabling disease that affects nerve fibers
- 3** Swelling because of fluid gain most commonly observed in the legs and ankles
- 4** Organs in the female's pelvic area that secrete hormones involved in sexual function and becoming pregnant
- 5** Refers to a tumor or condition that tends to spread abnormal cells
- 6** Surgical opening of the colon or bowel on the surface of the abdomen where fecal contents collect in an external appliance
- 7** Stool, bowel movement
- 10** Peripheral Vascular Disease abbreviation
- 13** Problem that begins rapidly and typically lasts 7-10 days; then the person recovers
- 14** Second layer of skin

# Chapter 11: Aging Process and Disease Mgt. (Part 7)



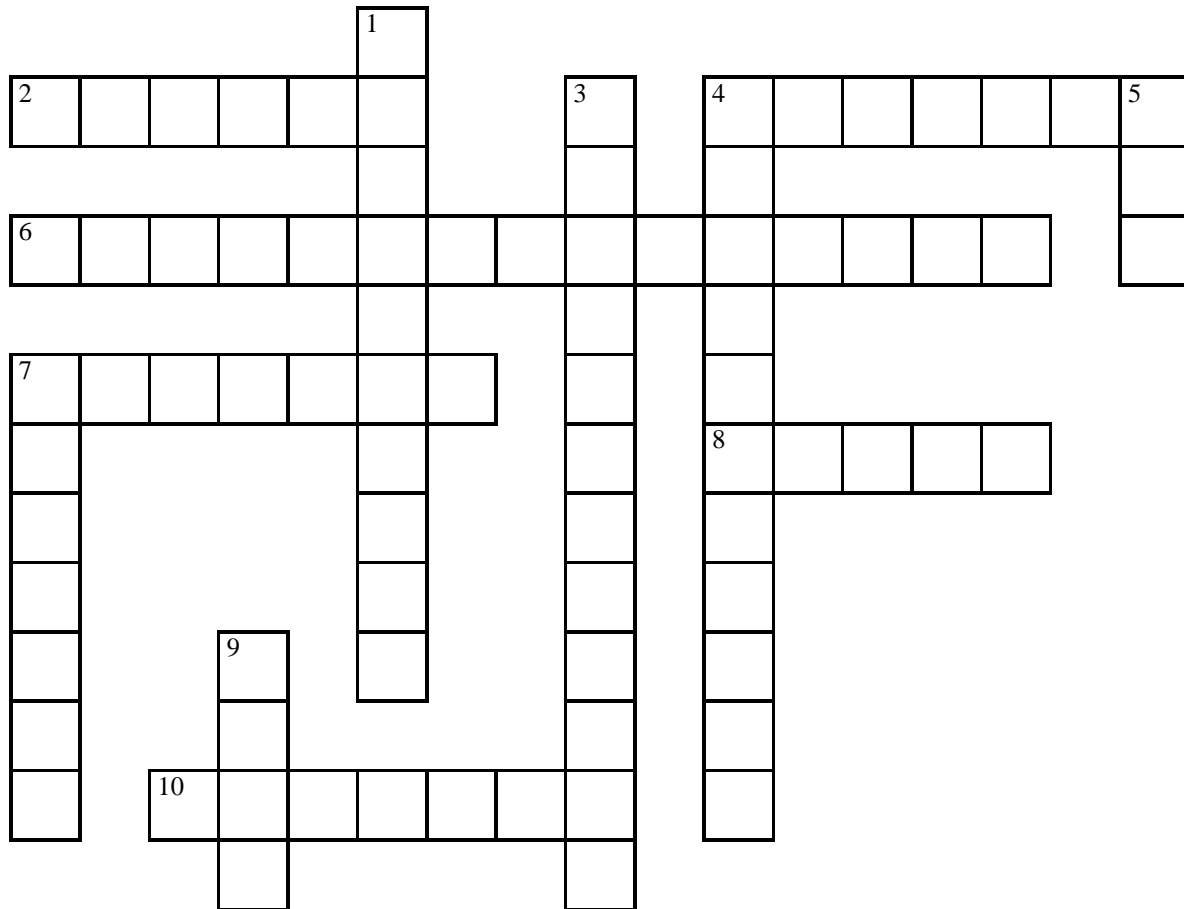
**ACROSS**

- 2 \_\_\_\_\_ Site - the first system or organ affected by cancer
- 4 The inability to see
- 5 The body's process of producing energy
- 6 Under the skin
- 7 Tiny blood vessels that connect arteries and veins, where oxygen is exchanged for carbon dioxide inside organs
- 8 The quality of being male or female

**DOWN**

- 1 Top or first layer of the skin
- 3 Use of chemical agent to treat or control disease

# Chapter 12: Emergency Care



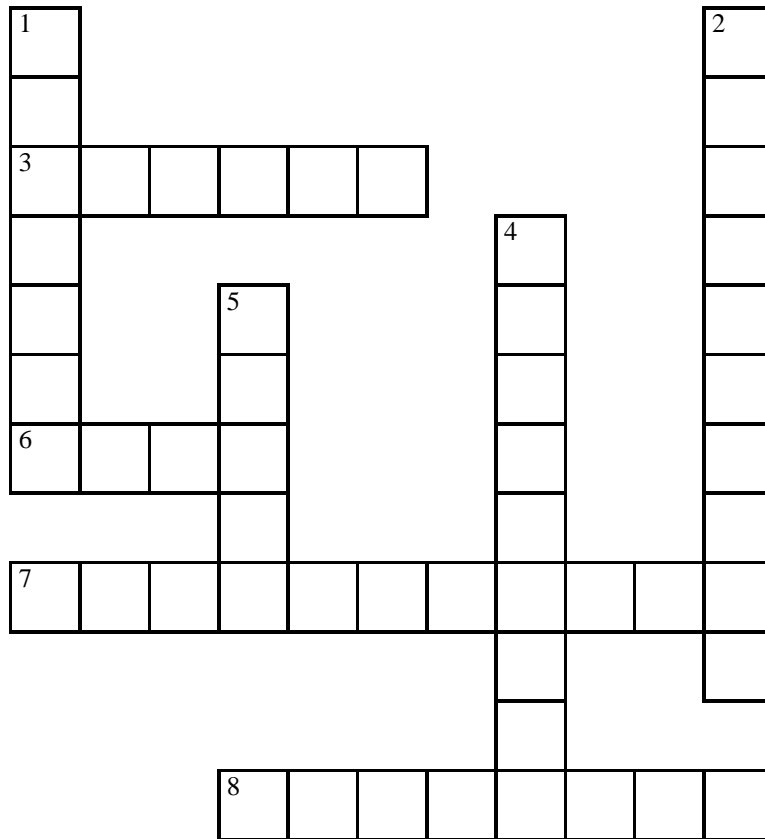
## ACROSS

- 2** Fatty deposits on blood vessel walls
- 4** \_\_\_\_\_ Arrest - the stoppage of the heart
- 6** \_\_\_\_\_ Resuscitation - procedure to maintain breathing and circulation in a person experiencing cardiac arrest
- 7** A condition resulting from an abnormality in the brain
- 8** A condition in which vital organs in the body are not getting enough blood and oxygen to maintain good function
- 10** Combination of amino acids that are essential for all living cells

## DOWN

- 1** Excessive loss of blood in a short period of time
- 3** Strong, rapid heart beats
- 4** A substance present in animal cells a body fluids
- 5** Cardiopulmonary Resuscitation abbreviation
- 7** Breastbone
- 9** A subtle sensation that often precedes a seizure

# Chapter 13: Themes of Care



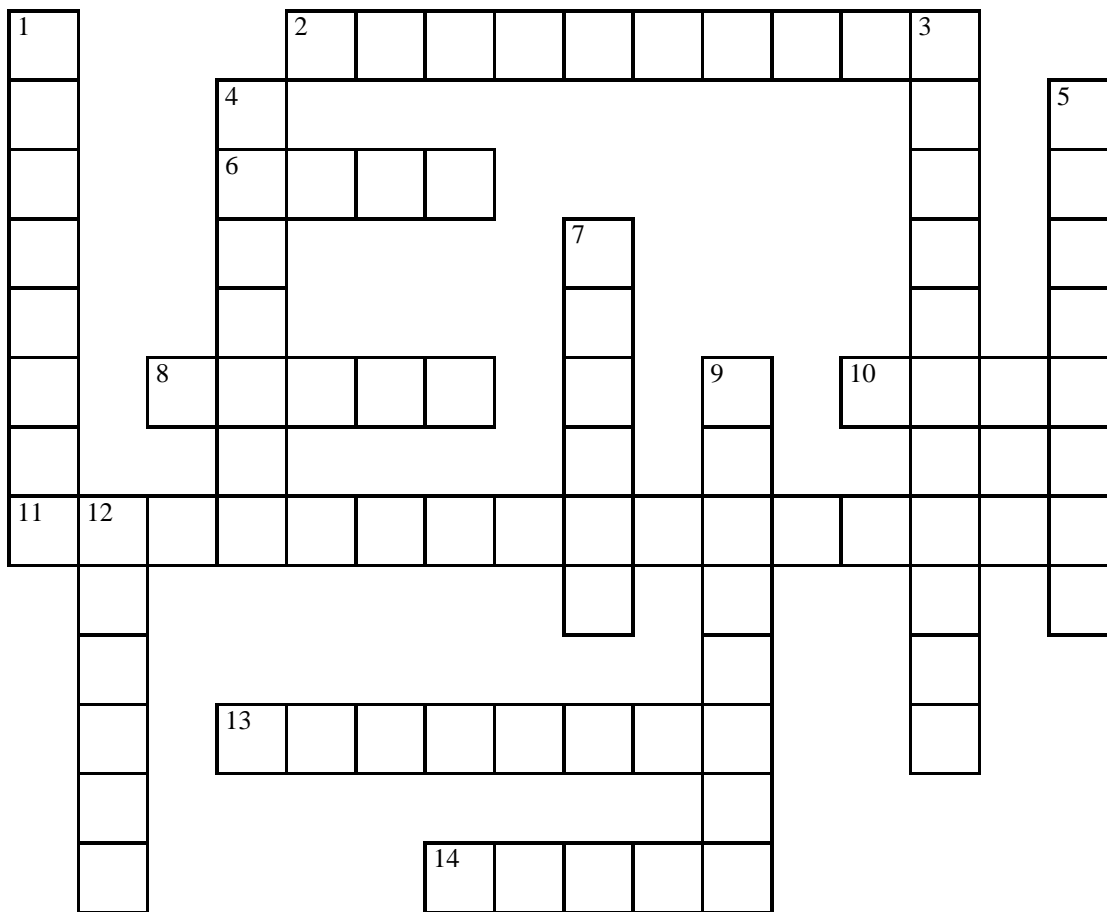
## ACROSS

- 3** Being free from harm or risk and secure from threats or danger
- 6** \_\_\_ Management - ability to organize activities and perform them efficiently
- 7** Recognizing and paying attention to details
- 8** Making decisions for oneself

## DOWN

- 1** To consider worthy of high regard
- 2** \_\_\_\_\_ Capabilities - working with a resident's own capabilities to their fullest
- 4** \_\_\_\_\_ Control - methods used to prevent the transmission of infection
- 5** Something practiced continually

# Chapter 14: Creating a Home for the Resident (Part 1)



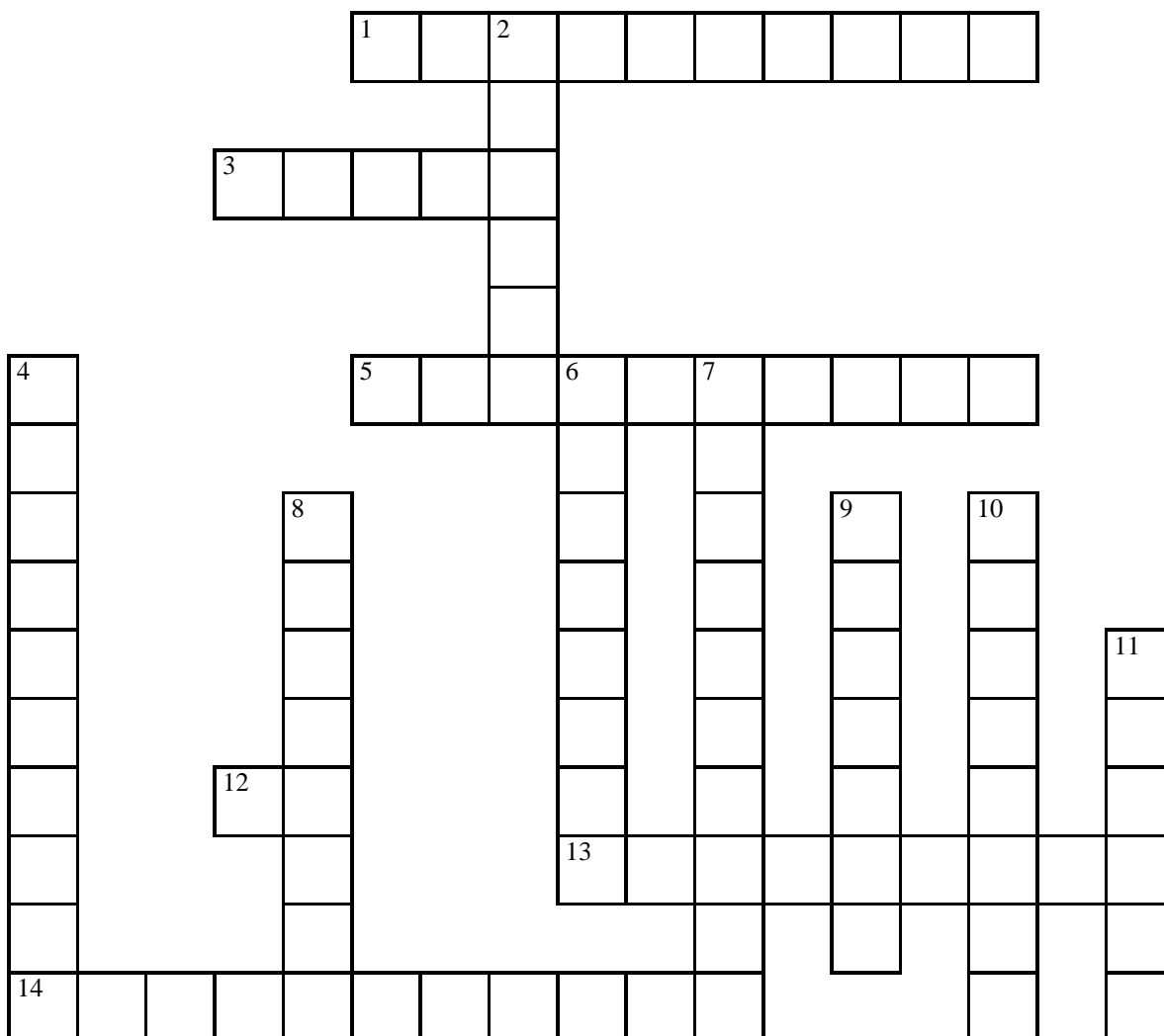
**ACROSS**

- 2** A correction or modification for actual conditions
- 6** \_\_\_\_ Alternative - an alternative environment in which a long term care facility is transformed from an institution that treats residents into a home
- 8** Measure of heart rate
- 10** By mouth
- 11** Instrument for measuring blood pressure (cuff and gauge)
- 13** Measurement of temperature of the eardrum
- 14** \_\_\_\_ Signs - necessary for life: temperature, pulse, respiration, and blood pressure

**DOWN**

- 1** False teeth
- 3** A degree of heat that naturally occurs in the body
- 4** A heavy, silvery, poisonous, metallic element that is liquid at ordinary temperatures, used in scientific instruments
- 5** Armpit
- 7** By rectum
- 9** A facility's official way of doing something, usually put in writing
- 12** A high-level plan for meeting goals, acceptable procedure

# Chapter 14: Creating a Home for the Resident (Part 2)



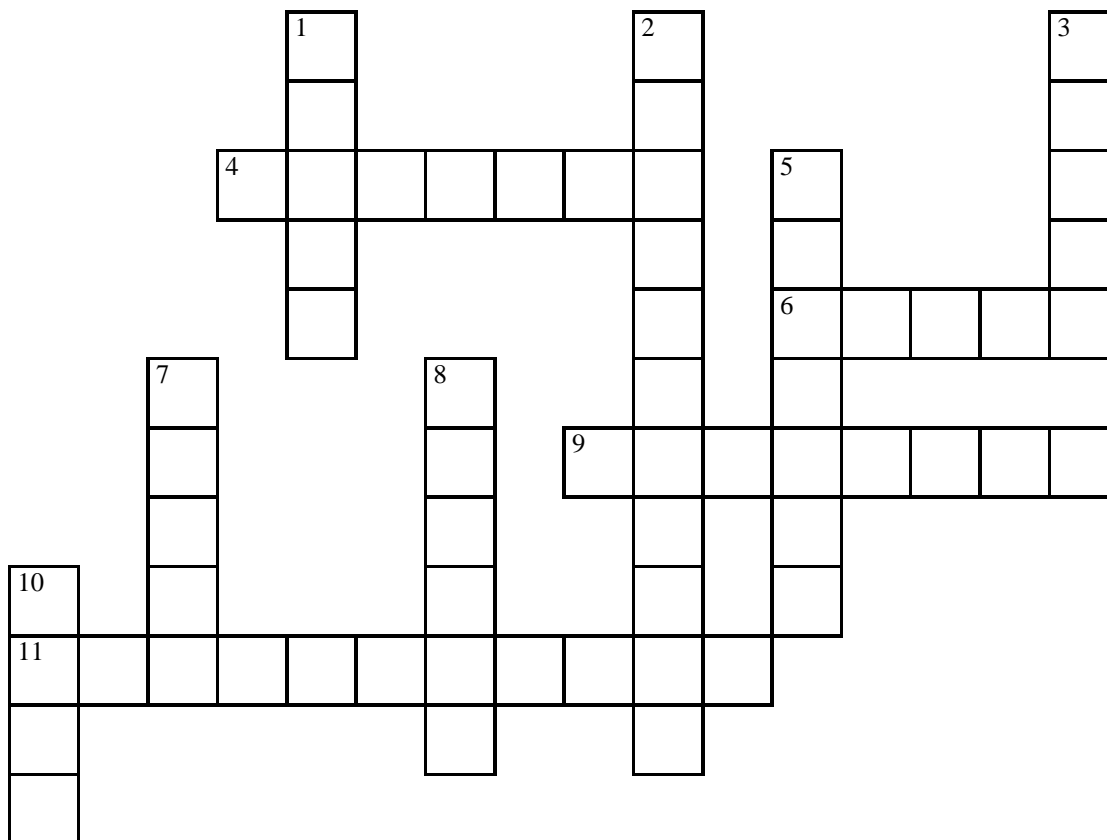
## ACROSS

- 1 The act of giving formal consent
- 3 \_\_\_\_\_ Pressure - pressure of blood in the arteries
- 5 \_\_\_\_\_ Stress Syndrome - reaction of an unprepared resident entering a long term care facility
- 12 Vital Signs abbreviation
- 13 \_\_\_\_\_ Pressure - the bottom number in the blood pressure reading; reflects the pressure of blood in vessels when the heart is at rest
- 14 To grow worse

## DOWN

- 2 Pulse felt at the inner wrist
- 4 \_\_\_\_\_ Bed - the bed is empty
- 6 \_\_\_\_\_ Bed - the resident is on the bed
- 7 To listen to body system sounds with a stethoscope
- 8 Process that occurs when a resident moves from one area to another
- 9 Use of touch to assess
- 10 \_\_\_\_\_ Pressure - the top number of the blood pressure, reflects pressure in vessels when the heart is beating
- 11 Pulse measured at the heart through auscultation

# Chapter 15: Moving and Positioning



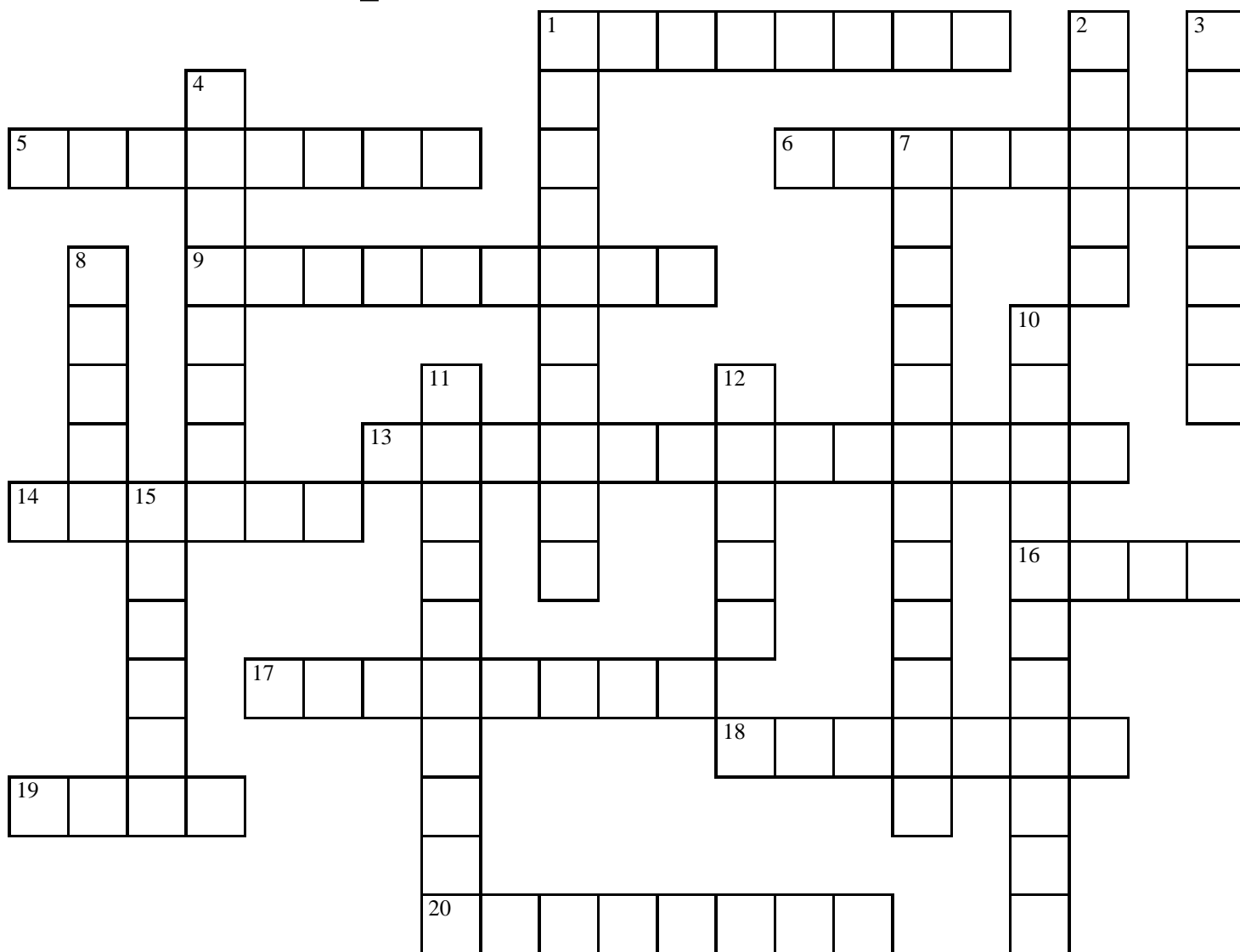
## ACROSS

- 4 \_\_\_\_\_ Position - sitting upright
- 6 Change to fit new conditions
- 9 Capability of moving or being moved
- 11 Not subject to control by others, not requiring something else

## DOWN

- 1 Lying flat, face down
- 2 The act of placing or arranging
- 3 To turn on
- 5 Easily broken or destroyed; delicate
- 7 Belt used for safety to transfer and ambulate residents (gait belt, transfer belt)
- 8 Lying on the back
- 10 An arm or a leg

# Chapter 16: Personal Care



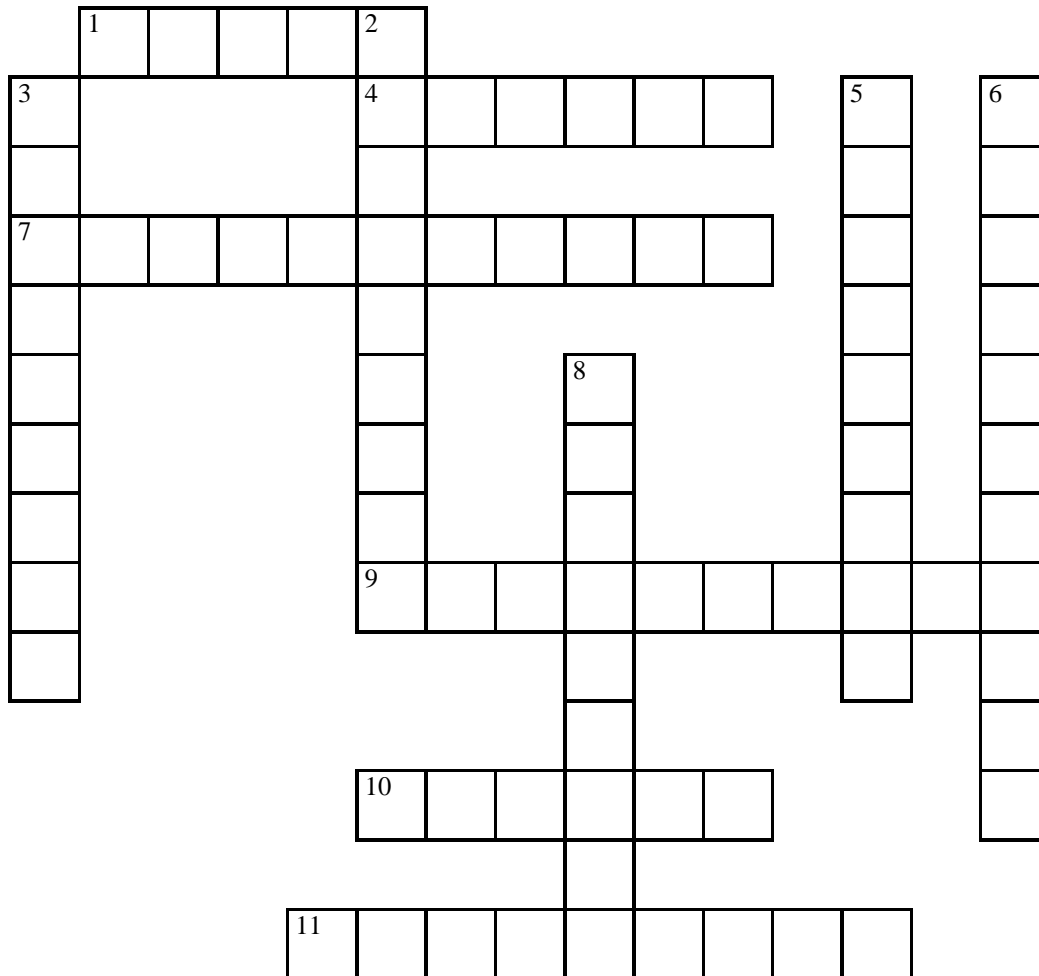
## ACROSS

- 1** Area of body between anus and the posterior part of the external genitals
- 5** To put up with, to endure
- 6** To breathe in or draw in by suction
- 9** To arouse a function
- 13** Not circumcised, the foreskin remaining at the tip of the penis
- 14** A thickened or hard area of skin
- 16** The posterior opening of the large intestine
- 17** A fold of skin that covers the tip of the penis in an uncircumcised male
- 18** The external pouch in males that contains the testes
- 19** A local hardening and thickening of the epidermis
- 20** Someone in a coma, unconscious

## DOWN

- 1** Physician specializing in the care and treatment of feet
- 2** To cover
- 3** The canal in males and females that carries urine from the bladder
- 4** Private , or referring to a person's body
- 7** A saline fluid secreted by sweat glands
- 8** The outer and inner fatty folds around the vulva
- 10** Referring to treatment
- 11** A substance that reduces the growth or action of microorganisms
- 12** The region of the pubes, genital area
- 15** Foam or froth when shaving cream or soap is mixed with water

# Chapter 17: Assisting with Nutrition



## ACROSS

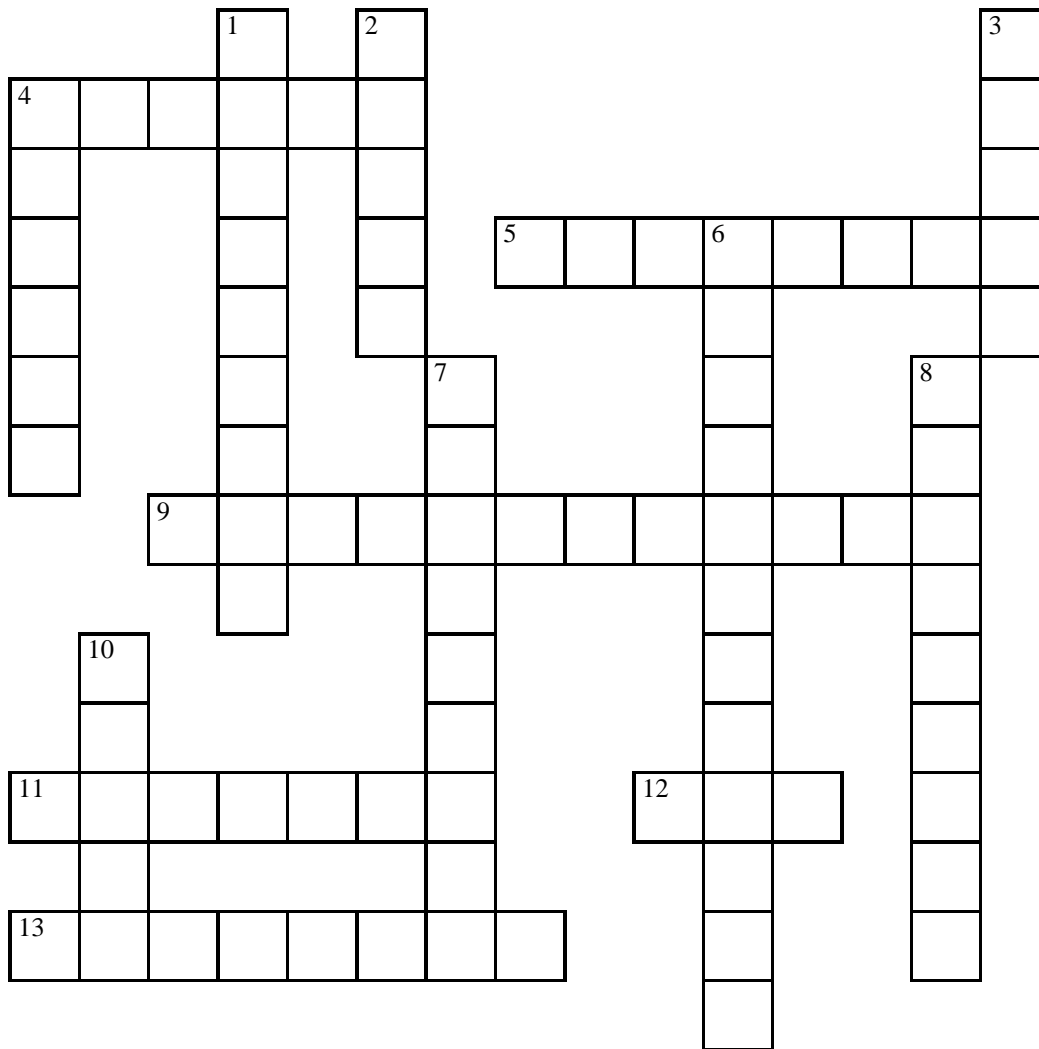
- 1 \_\_\_\_\_ Fluids - encourage fluid intake
- 4 Salt
- 7 Special diet that is a treatment for a disease or condition
- 9 A concentrated form of nutrition given to a resident in addition to their meals
- 10 A characteristic of skin that indicates hydration; tight skin that does not "tent" shows good hydration
- 11 Maintaining adequate fluid in the body

## DOWN

- 2 The muscular tube that leads from the mouth to the stomach
- 3 The act of nourishing or being nourished
- 5 Strengthened by adding some additional ingredient
- 6 A serious condition that can occur if a resident does not have adequate fluid intake
- 8 A condition that causes a problem chewing or swallowing food, liquid, or medication

# Chapter 18: Assisting with Elimination

## (Part 1)



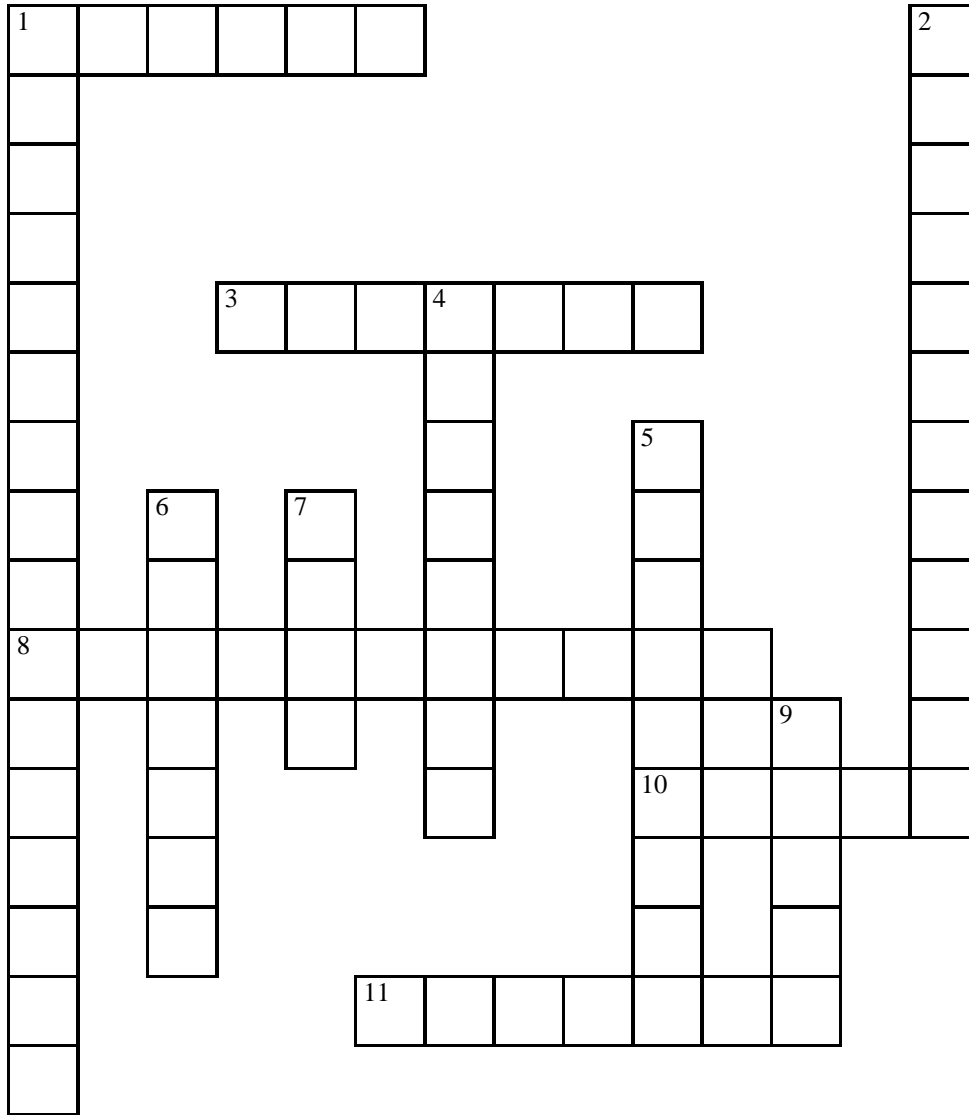
### ACROSS

- 4** Cannot be seen
- 5** A type of bedpan that is smaller and has a lower front lip so it is easier to slide under a resident
- 9** Inability to hold urine or stool
- 11** A box-like structure with a chamber pot under an open seat
- 12** Device placed in a toilet to collect urine
- 13** An organism living in or on another organism

### DOWN

- 1** A slippery substance such as petroleum jelly, which facilitates passage of instruments into body orifices
- 2** Human waste, feces from the bowel
- 3** Large and small intestines
- 4** A surgical opening from the intestine to the outside body
- 6** Less diluted, more intense in color
- 7** Able to control elimination of urine or stool
- 8** How often something happens, an habitual pattern
- 10** A surgically created opening

# Chapter 18: Assisting with Elimination (Part 2)



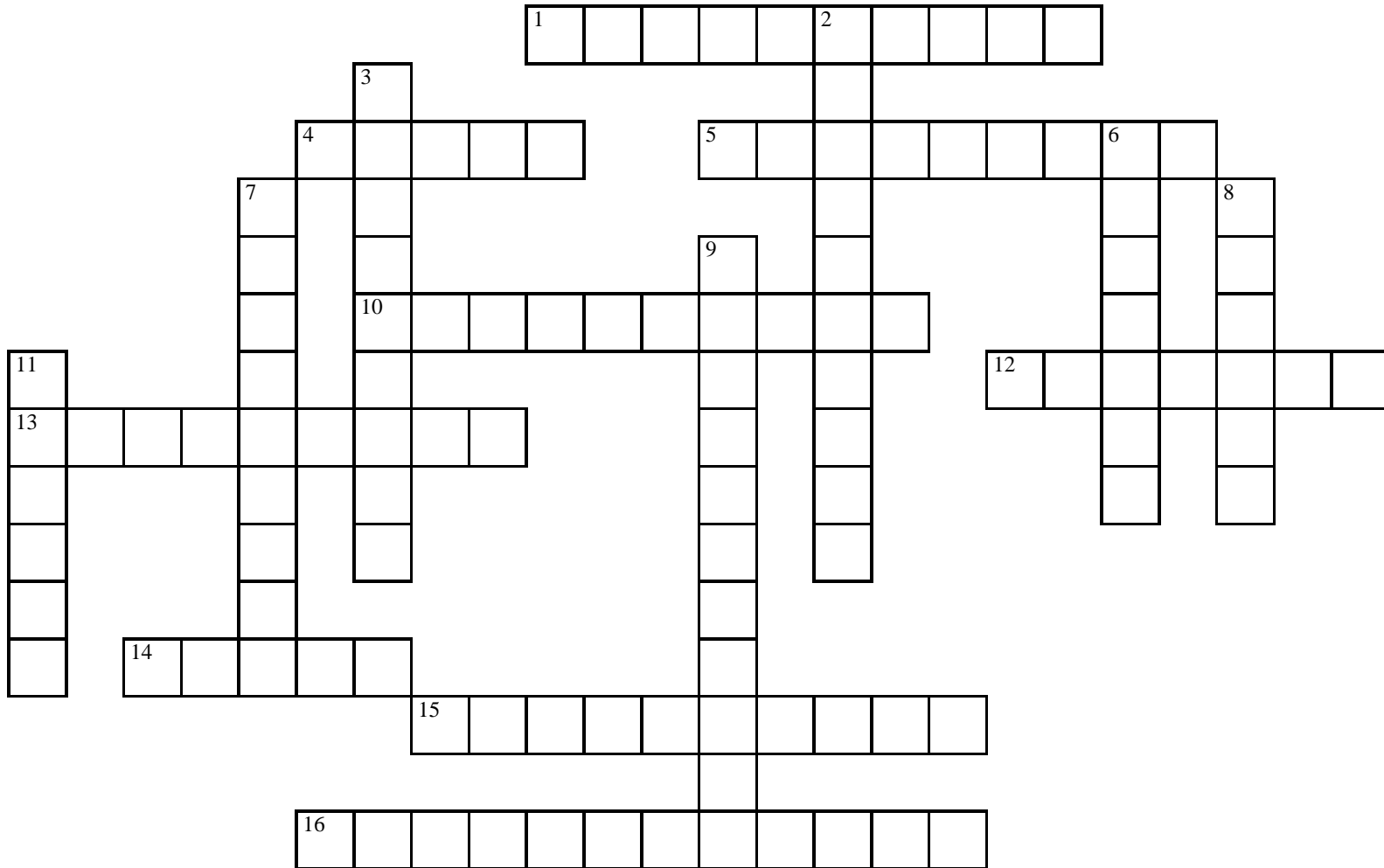
**ACROSS**

- 1 \_\_\_\_\_ Test - procedure for checking blood in the stool or vomit
- 3 Sac inside the body that holds urine
- 8 Process of ridding the body or urine or stool
- 10 Stool that looks black and sticky, usually because of bleeding
- 11 To study, to determine chemical parts or the presence of disease

**DOWN**

- 1 Related to the stomach and intestines
- 2 Ostomy done to divert a resident's urine
- 4 To have a bowel movement, to pass stool
- 5 Surgery that leads the opening of the ileum--a small part of the intestine to the stoma
- 6 To pass urine
- 7 To eliminate liquid or solid waste from the body which is commonly used to describe urination
- 9 Waste liquid secreted by the kidney

# Chapter 19: Restorative Activities (Part 1)



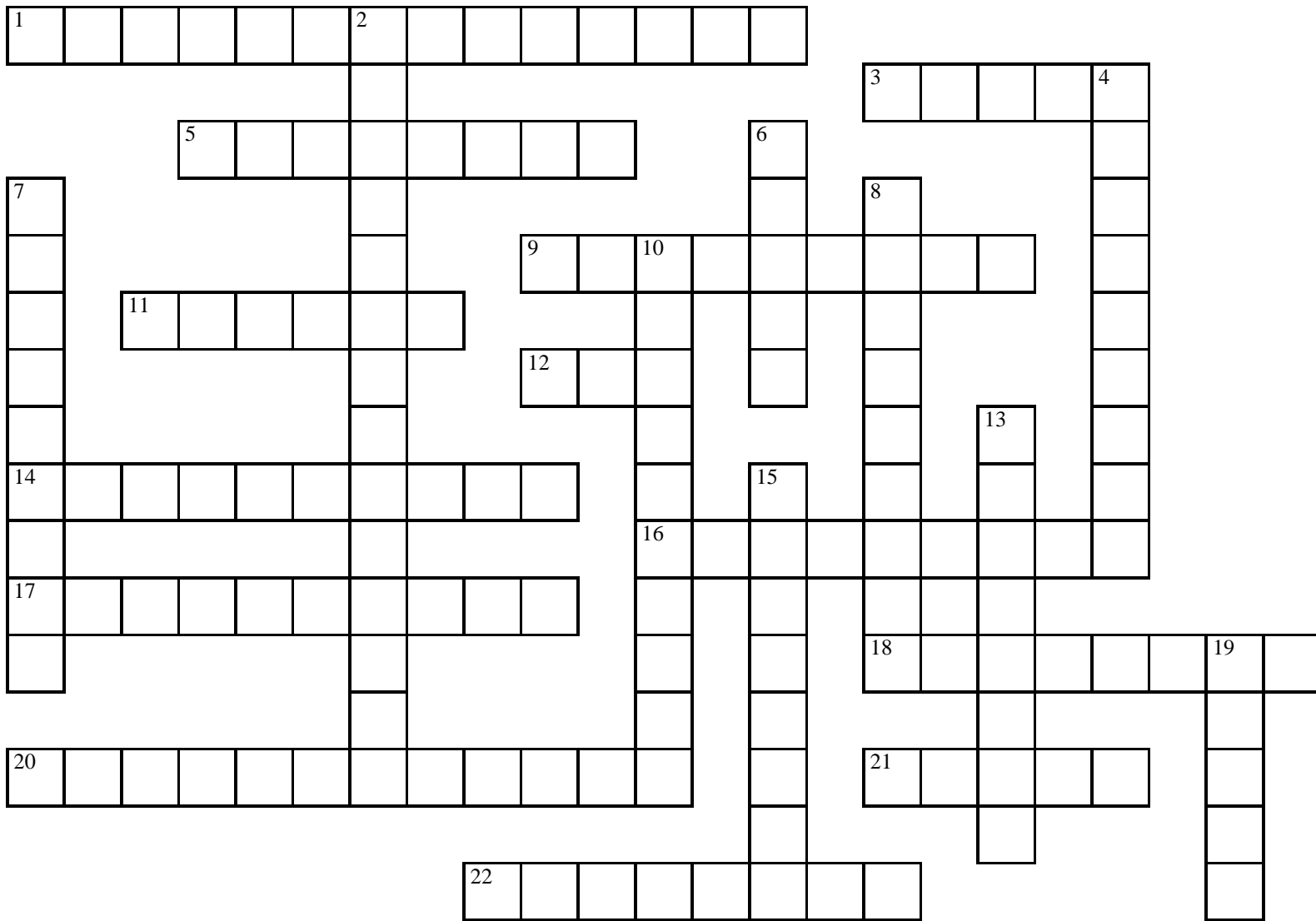
## ACROSS

- 1 Moving about; walking
- 4 Device that supports and strengthens a body part
- 5 A limb of the body
- 10 Device made to replace a missing body part or function
- 12 Bending of an extremity
- 13 Moving away from the body
- 14 \_\_\_\_\_ of Motion - extent to which a joint can be moved safely
- 15 Being able to do something
- 16 Bending the top of the foot up toward the face

## DOWN

- 2 \_\_\_\_\_ Limb - human-made leg or arm
- 3 Moving a person to action, helping a person remember something
- 6 A short horizontal bar suspended by two parallel ropes, used to pull oneself up in bed
- 7 Moving toward the body
- 8 Device to use to support or immobilize a body part
- 9 Designed to help one return to health and be as independent and functional as possible
- 11 \_\_\_\_\_ Deviation- moving the hand toward the thumb side

# Chapter 19: Restorative Activities (Part 2)



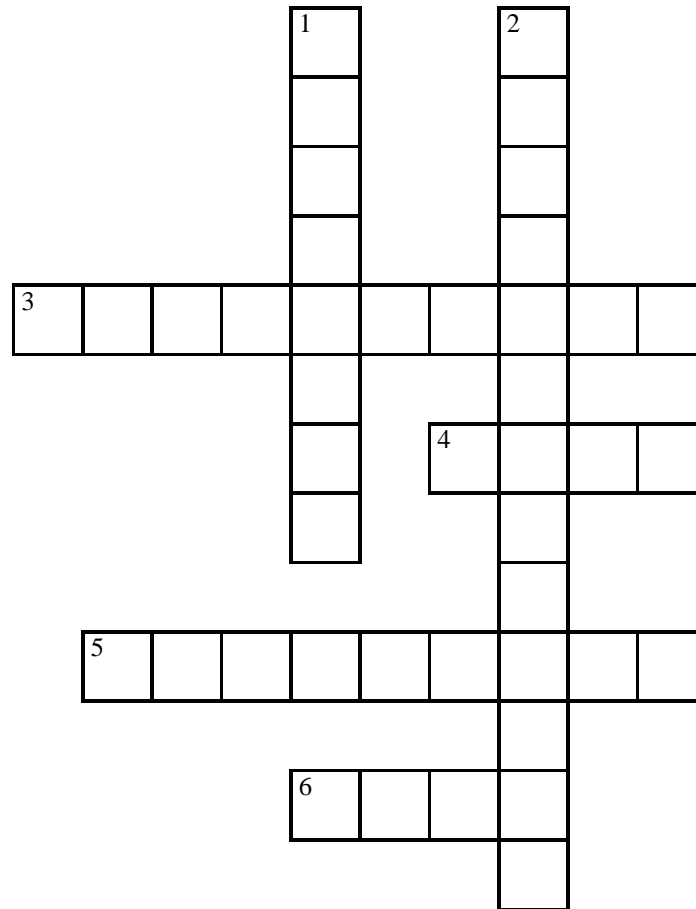
### ACROSS

- 1 Pointing the foot down, like stepping on a gas pedal
- 3 The amount of an extremity remaining after the rest is removed
- 5 \_\_\_\_\_ Device - supportive equipment made for a resident
- 9 To put in a straight line
- 11 To gain or reach again
- 12 Range of Motion abbreviation
- 14 Turning the palm up
- 16 Turning the bottom of the foot inward
- 17 Touching each finger-tip to the thumb
- 18 \_\_\_\_\_ Rotation - turning the shoulder out
- 20 Not subject to control by others
- 21 Telling or showing a resident the steps in a task
- 22 \_\_\_\_\_ Rotation - turning the shoulder in

### DOWN

- 2 The process of restoring to a former state
- 4 Turning the palm down
- 6 \_\_\_\_\_ Deviation - with the hand held at the same level as the forearm, moving the hand toward the little finger side
- 7 Straightening of an extremity
- 8 To strengthen by additional assistance
- 10 To prevent freedom of movement
- 13 To something in its existing state
- 15 Turning the bottom of the foot outward
- 19 Quick to perceive and act

# Chapters 20-21: Maintaining Skin Integrity, Pain Mgt., Sleep and Comfort



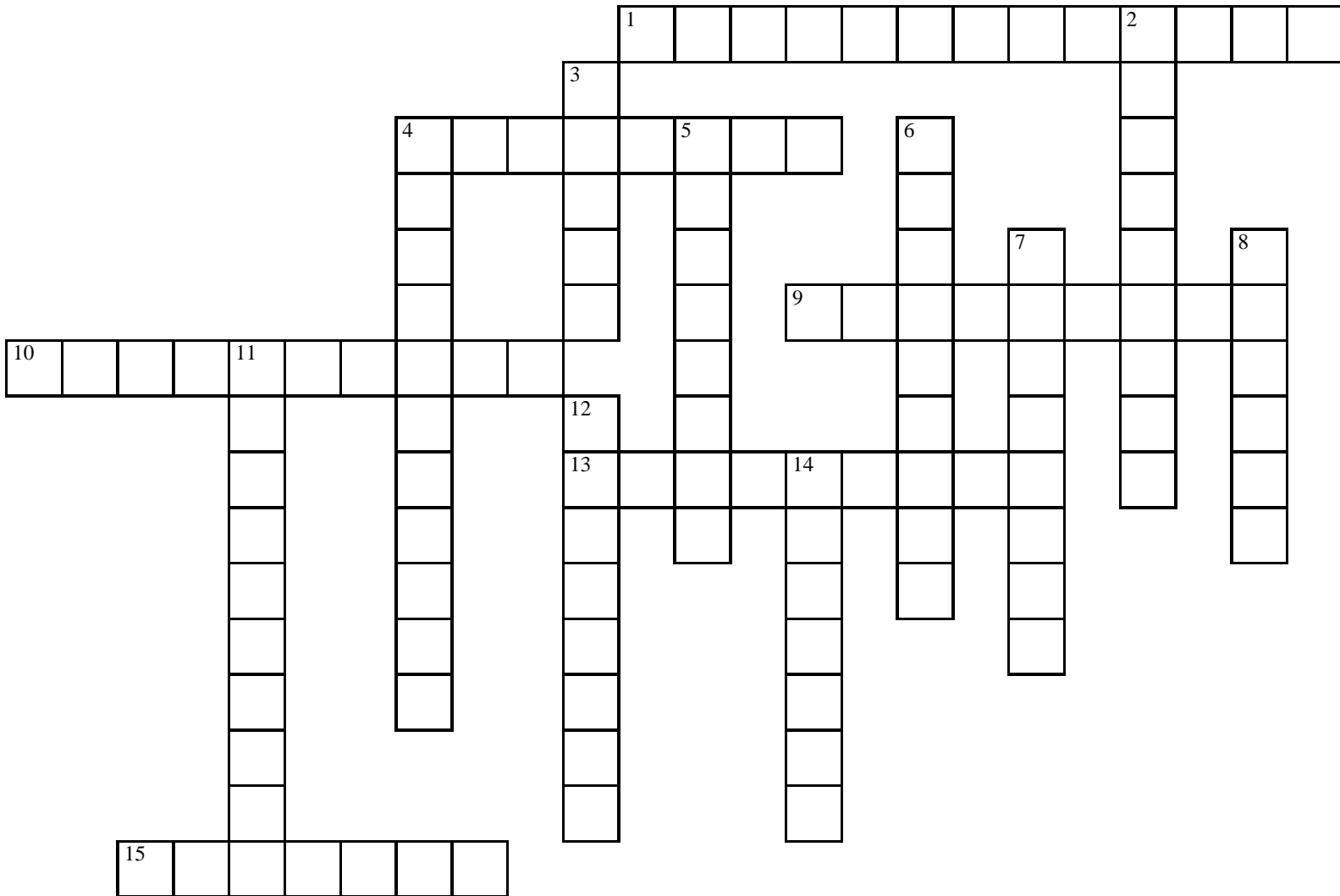
## ACROSS

- 3** Natural morphine-like substances released by the brain during exercise, which can alter one's feeling of pain
- 4** \_\_\_ Bath - special basin, often attached to a toilet, which is filled with water to allow a person to sit down to wash or soak their genital and perineal areas
- 5** \_\_\_\_\_ Ulcer - another name for a pressure ulcer, which is an opening or wound that appears in pressure areas of skin overlying a bony area in an immobile person
- 6** Bodily sensation that causes suffering and distress

## DOWN

- 1** Cloth or pad folded to press against part of the body
- 2** Factors that cause pain to occur

# Chapter 22: Care of Residents with Alzheimer's Disease and Related Disorders



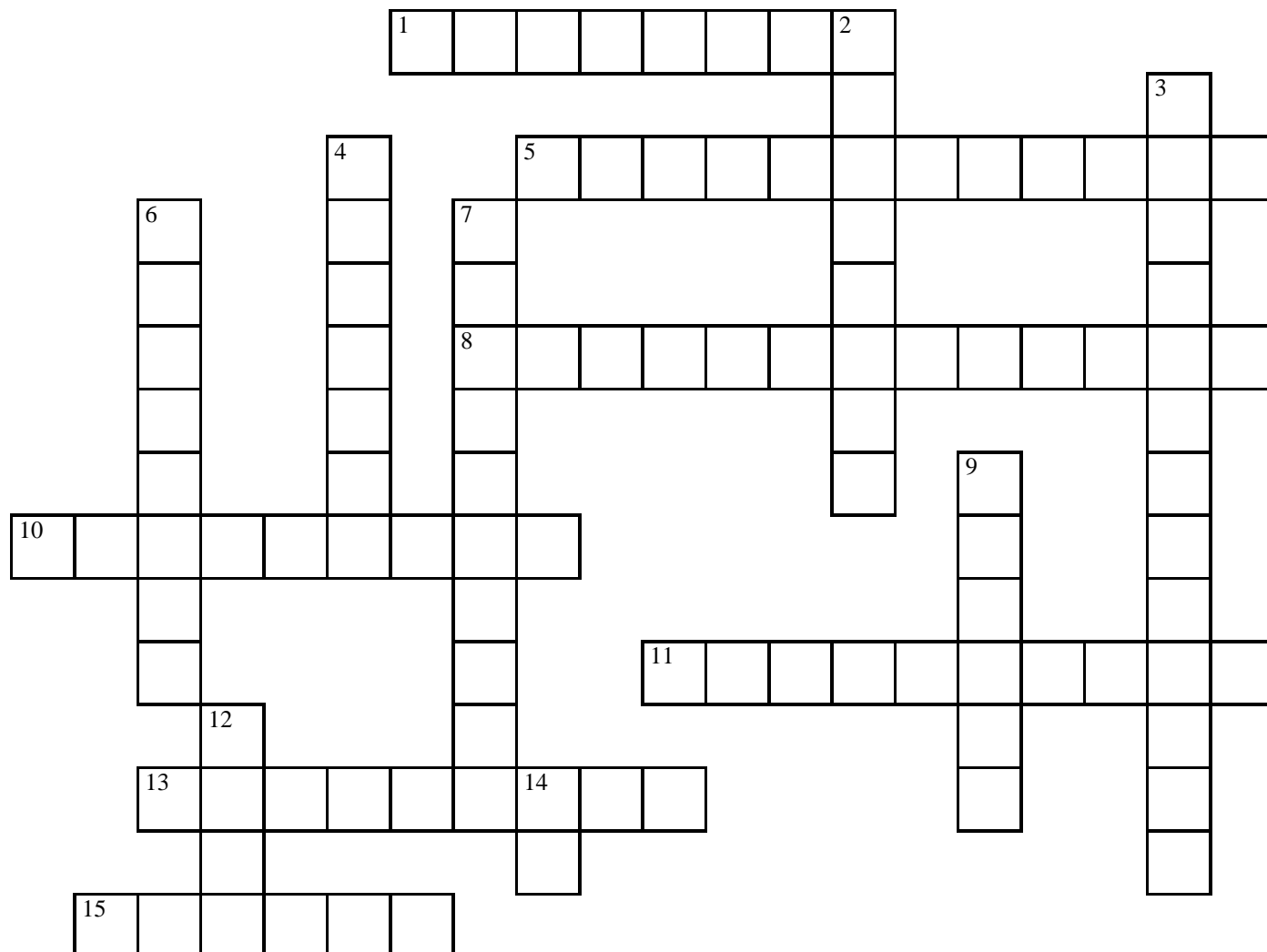
## ACROSS

- 1 Seeing or hearing things that are not really there
- 4 Thinking that one's false thought is real
- 9 Aimless movement from one place to another
- 10 \_\_\_\_\_ Symptoms - actions that are caused by a disease or condition
- 13 Movements that are irregular, rapid, or violent; state of excitement, often troubled
- 15 \_\_\_\_\_ Syndrome - situation later in the day when a resident may become irritable or combative, tearful or withdrawn

## DOWN

- 2 A method for reaching a desired goal
- 3 Infarct / damage to blood vessels that may cause a loss of function in a tissue or organ
- 4 Something that directs the resident's attention away from something
- 5 Inability to sleep enough
- 6 \_\_\_\_\_ Impairment - disruption in knowledge
- 7 Loss of mental functions such as memory
- 8 \_\_\_\_\_ Behavior - tending to follow a certain agenda
- 11 Confirmation of something
- 12 To increase to the maximum
- 14 An uneasiness of mind

# Chapter 23: Other Resident Populations



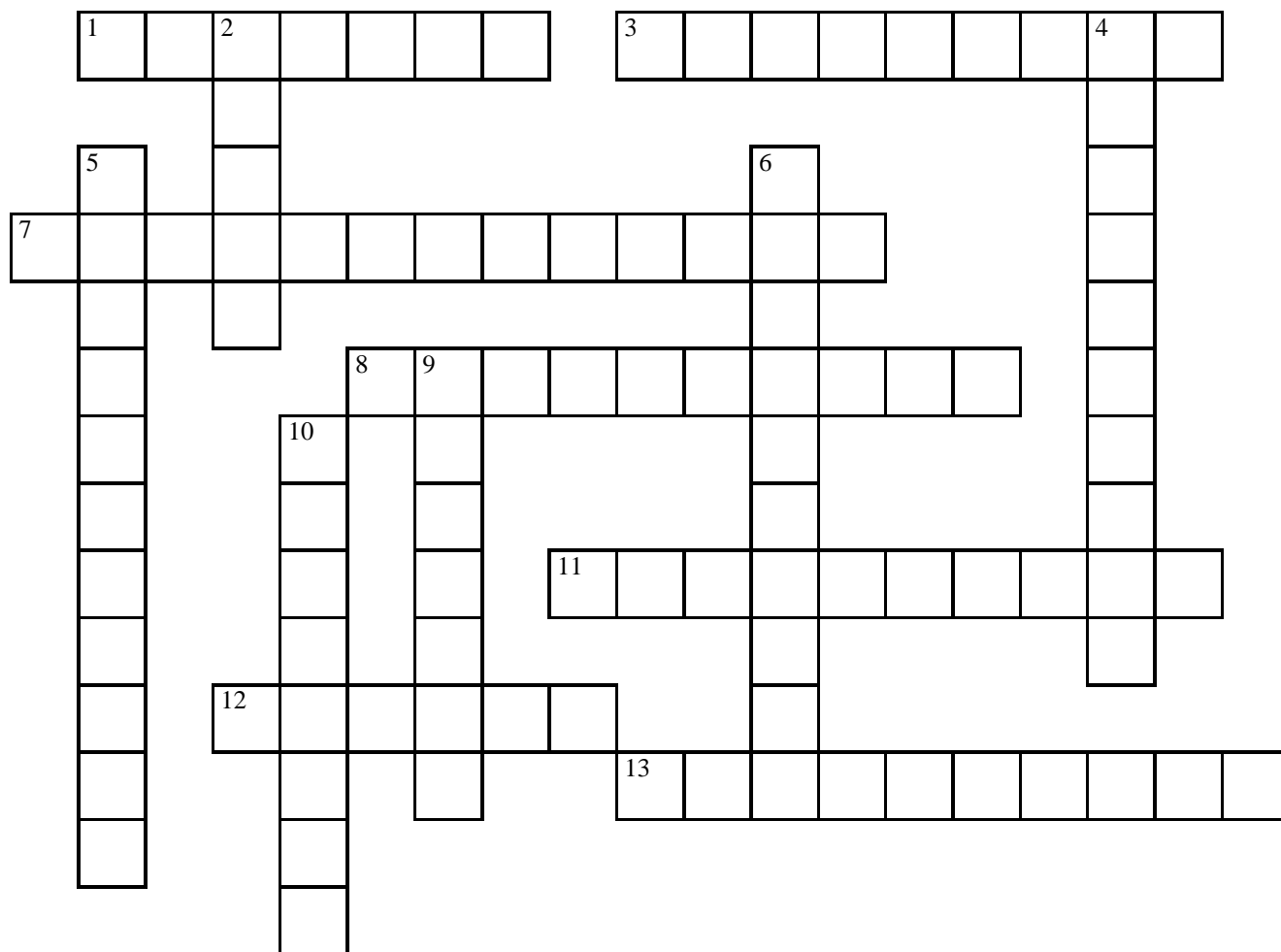
## ACROSS

- 1 Skills people use every day to live, work, and play
- 5 \_\_\_\_\_ Plan - Philosophy of care in which an individual with a developmental disability is educated to participate as fully as possible in all aspects of life
- 8 \_\_\_\_\_ Disability - chronic condition that a person develops from various causes, which prevents them from living independently
- 10 Loss of voluntary movement
- 11 Lack of full physical or mental function
- 13 Another name for Down Syndrome
- 15 \_\_\_\_\_ Retardation - condition in which the individual has significantly below-average intelligence

## DOWN

- 2 Disorder of the nervous system that causes seizures
- 3 Creation of an environment for individuals with developmental disabilities
- 4 \_\_\_\_\_ 21 Syndrome - another name for Down Syndrome
- 6 \_\_\_\_\_ Palsy - condition resulting from damage to the central nervous system before, during, or after birth
- 7 \_\_\_\_\_ Service Plan - plan of care that provides special accommodations and sets the priorities of care for the resident
- 9 Rare, severe disorder in which the child withdraws from the world
- 12 \_\_\_\_\_ Syndrome - condition in which a person is born with an extra chromosome
- 14 Test of a person's intelligence

# Chapters 24-27: End of Life and Being a Successful Nurse Assistant



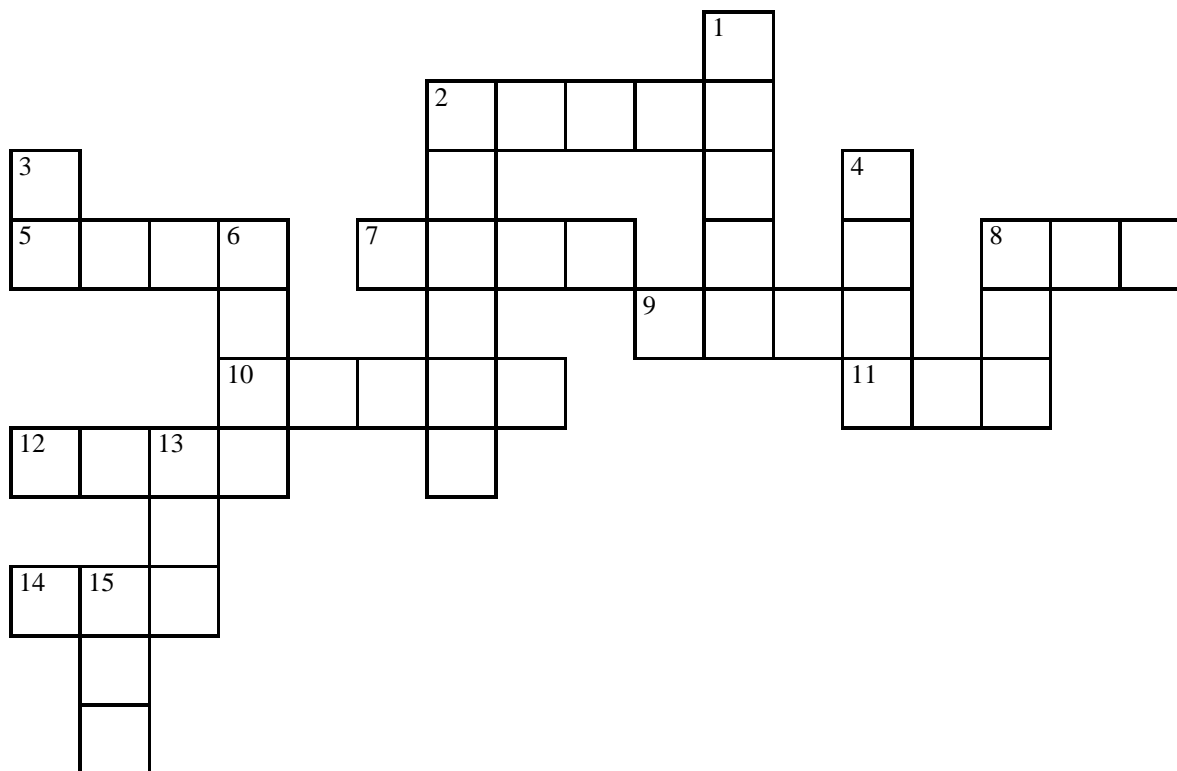
## ACROSS

- 1 Program with a specially trained interdisciplinary team that cares for a terminally ill resident who is expected to die within 6 months
- 3 Exercise that does not increase the supply of oxygen to body tissue
- 7 Rebirth in another form of life
- 8 Care focused on comfort and symptom relief
- 11 Behavior that is hurtful to others
- 12 \_\_\_\_\_ Will - legal document used by a resident to communicate their wishes about the care they want if they become incapacitated
- 13 Legally qualified

## DOWN

- 2 Surgical passage created between two blood vessels to move good from one part to another
- 4 Introductory action, such as the first step in an attempt to resolve an issue
- 5 Period of grief after a loved one dies
- 6 After death
- 9 Steady exercise that increases your heart rate and the amount of oxygen delivered to body tissue
- 10 Very important; a turning point or especially important period

# Abbr., Prefixes & Suffixes (Part 1)



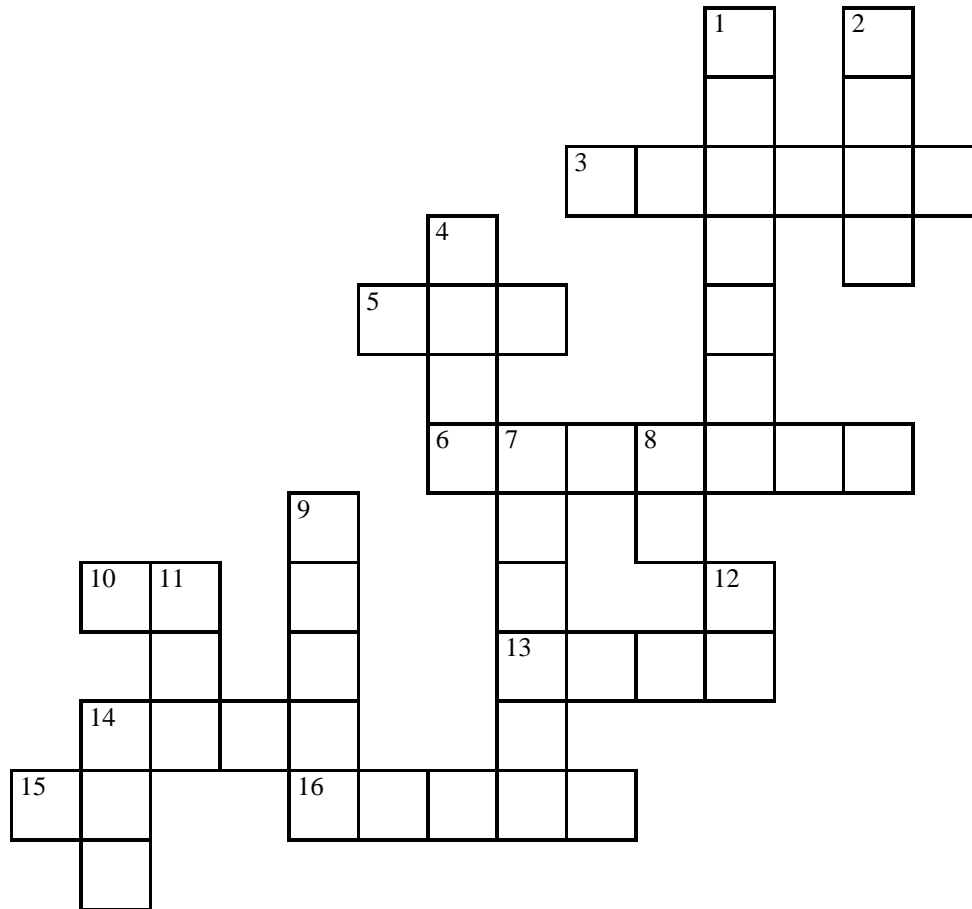
## ACROSS

- 2 Above, excessive (p)
- 3 After (a)
- 5 Cell (s)
- 7 Abnormal (p)
- 8 Activity of Daily Living (a)
- 9 Condition (s)
- 10 Condition of (s)
- 11 3 times a day (a)
- 12 Condition of the urine (s)
- 14 Administrator (a)

## DOWN

- 1 Across (p)
- 2 Control, stop (s)
- 3 After meals (a)
- 4 After, behind (p)
- 6 Blood condition (s)
- 8 Abdomen (a)
- 13 A condition (s)
- 15 Across, through (p)

# Abbr., Prefixes & Suffixes (Part 2)



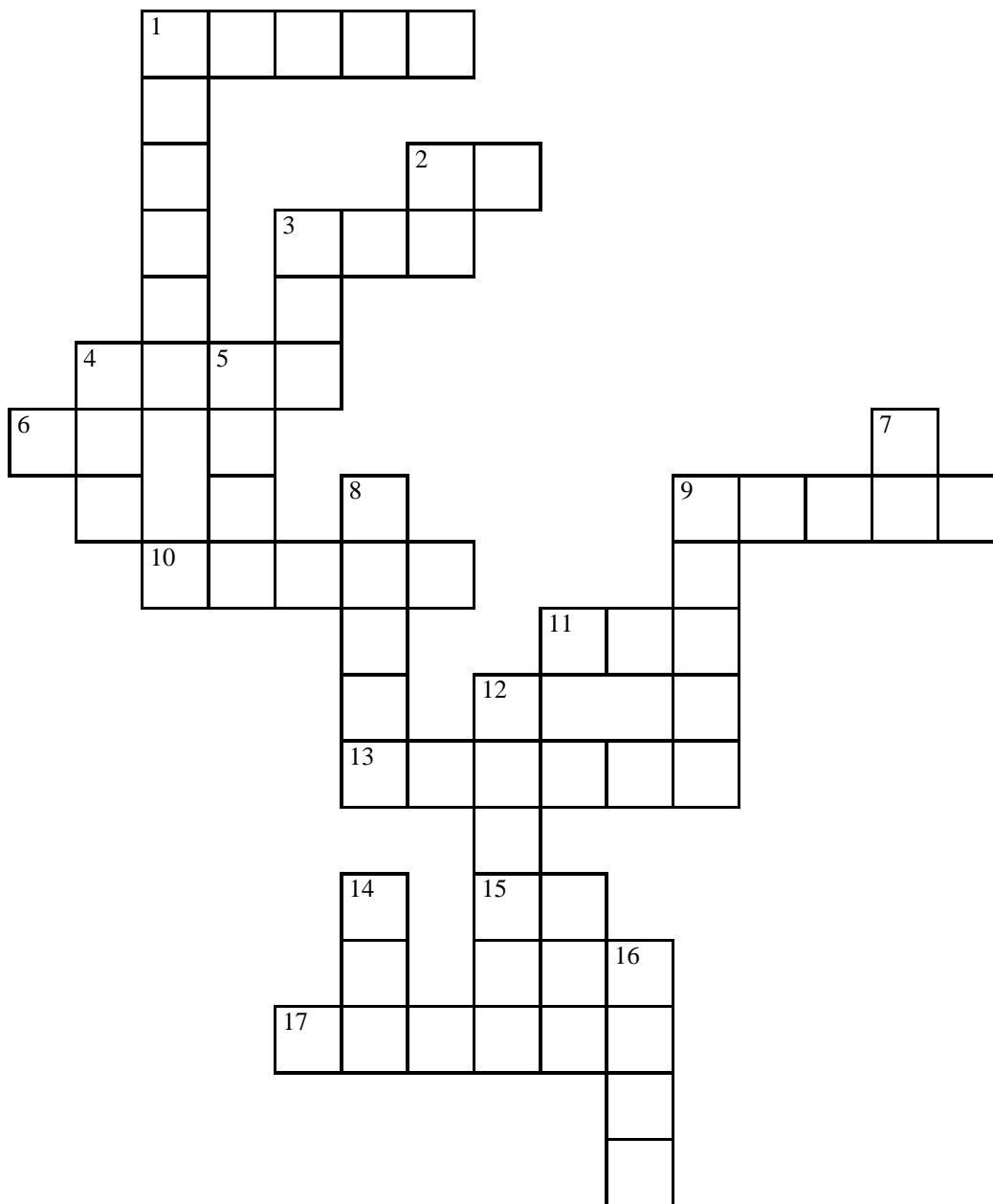
## ACROSS

- 3** Against (p)
- 5** Apart from, separate (p)
- 6** Dilation (s)
- 10** Apical (a)
- 13** Cut (s)
- 14** Against (p)
- 15** Afternoon evening (a)
- 16** Creation of opening (s)

## DOWN

- 1** Development (s)
- 2** Around, covering (p)
- 4** Cut, kill (s)
- 7** Around (p)
- 8** \_\_\_ lib - as desired (a)
- 9** Destruction of (s)
- 11** As needed (a)
- 12** Again, back (p)
- 14** Ambulate (a)

# Abbr., Prefixes & Suffixes (Part 3)



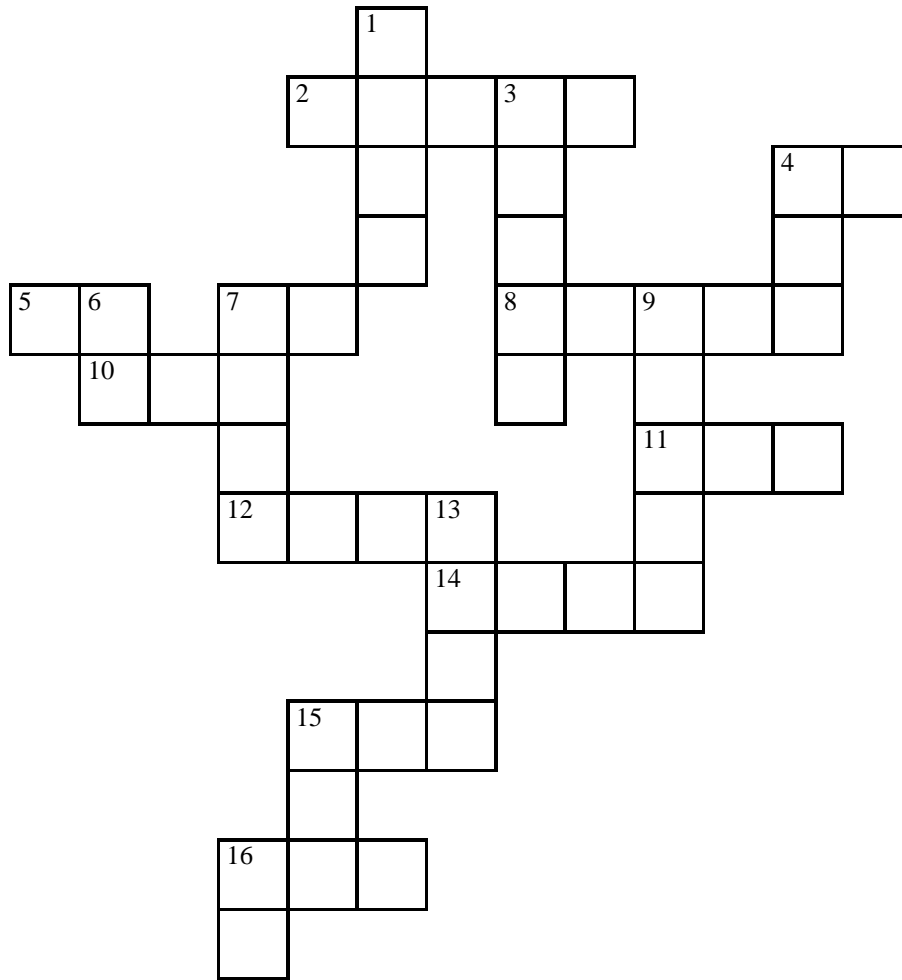
## ACROSS

- 1 Disease (s)
- 2 Away from (p)
- 3 Bedside commode (a)
- 4 As soon as possible (a)
- 6 Bowel movement (a)
- 9 Examination using a scope (s)
- 10 Backward (p)
- 11 Before, in front of (p)
- 13 Excessive flow (s)
- 15 Bedrest (a)
- 17 Enlargement (s)

## DOWN

- 1 Falling, sagging (s)
- 2 Before meals (a)
- 3 Bathroom privileges (a)
- 4 Amount (a)
- 5 Before (p)
- 7 Blood pressure (a)
- 8 Artery (p)
- 9 Examination instrument (s)
- 12 Exaggerated fear (s)
- 14 Before, in front of (p)
- 16 Below, deficient (p)

# Abbr., Prefixes & Suffixes (Part 4)



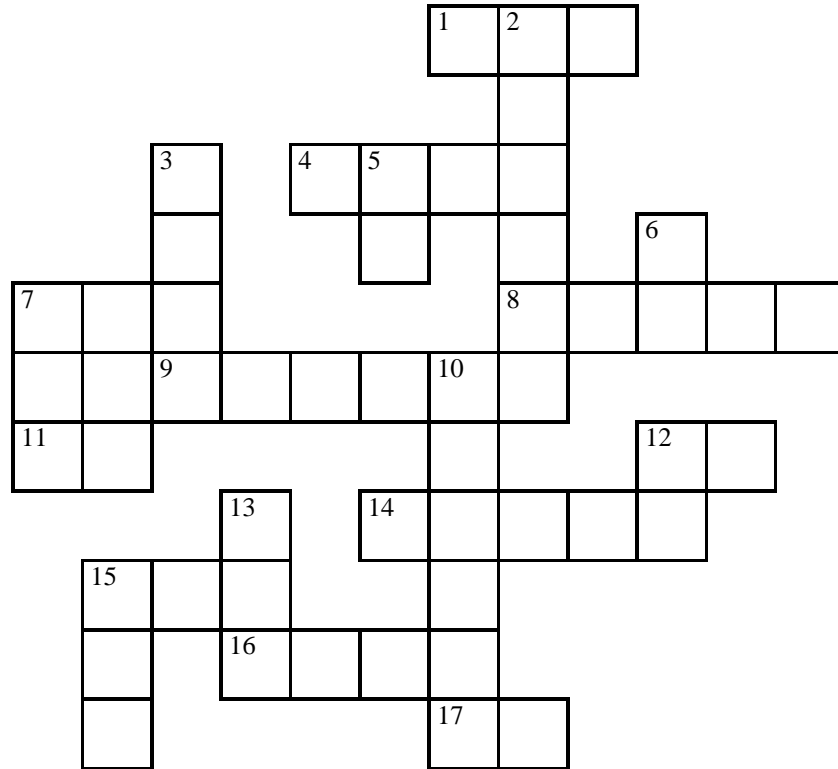
## ACROSS

- 2 Instrument for recording (s)
- 4 By mouth (a)
- 5 Every day (a)
- 7 Cubic centimeter (a)
- 8 Between (p)
- 10 Cerebrovascular accident; stroke (a)
- 11 Cardiopulmonary resuscitation (a)
- 12 Half (p)
- 14 Incision (s)
- 15 Difficult, abnormal (p)
- 16 Director of Nursing Service (a)

## DOWN

- 1 Dressing (a)
- 3 Lack (s)
- 4 By, through (p)
- 5 Every (a)
- 6 Discontinue stop (a)
- 7 Catheter (a)
- 9 Fast, rapid (p)
- 13 Inflammation (s)
- 15 Director of Nursing (a)
- 16 Down, away from (p)

# Abbr., Prefixes & Suffixes (Part 5)



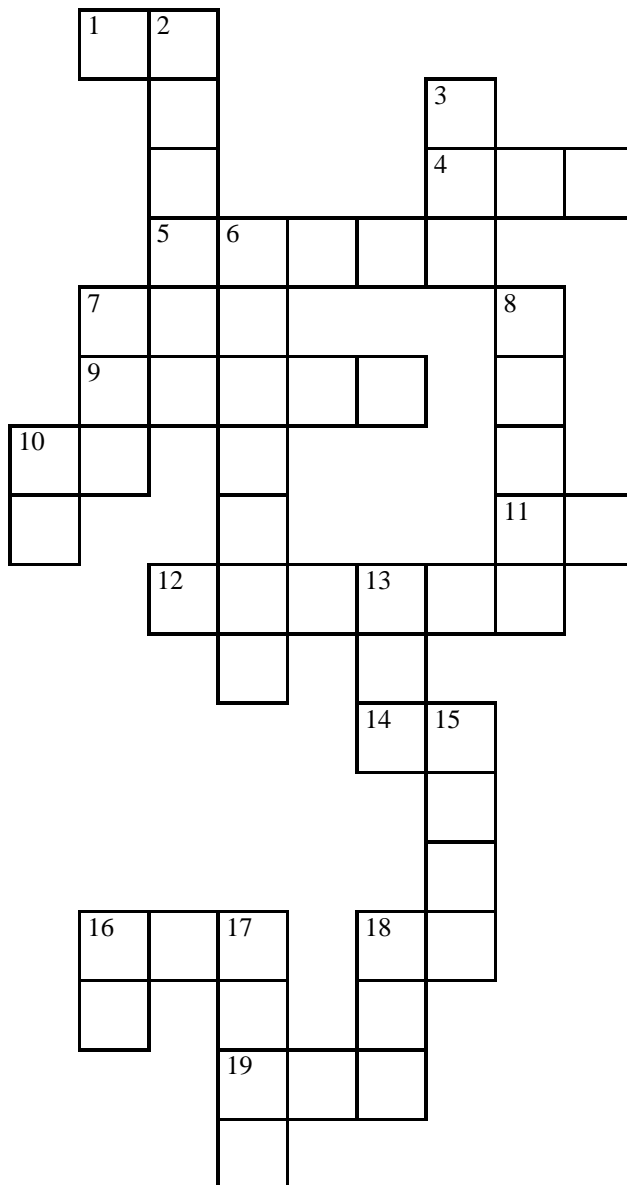
## ACROSS

- 1 Every other day (a)
- 4 Hundred (p)
- 6 Fahrenheit (a)
- 7 Four times a day (a)
- 8 Measurement (s)
- 9 Look into (s)
- 11 Height (a)
- 12 Headache (a)
- 14 Measuring instrument (s)
- 15 Hard of hearing (a)
- 16 Half, part (p)
- 17 Pertaining to (s)

## DOWN

- 2 Opening into (s)
- 3 Inside (p)
- 5 In, into, within (p)
- 6 Foot; feet (a)
- 7 Every 2 hours (a)
- 10 Paralysis (s)
- 12 Hour (a)
- 13 Every hour of sleep (a)
- 15 Head of bed (a)

# Abbr., Prefixes & Suffixes (Part 6)



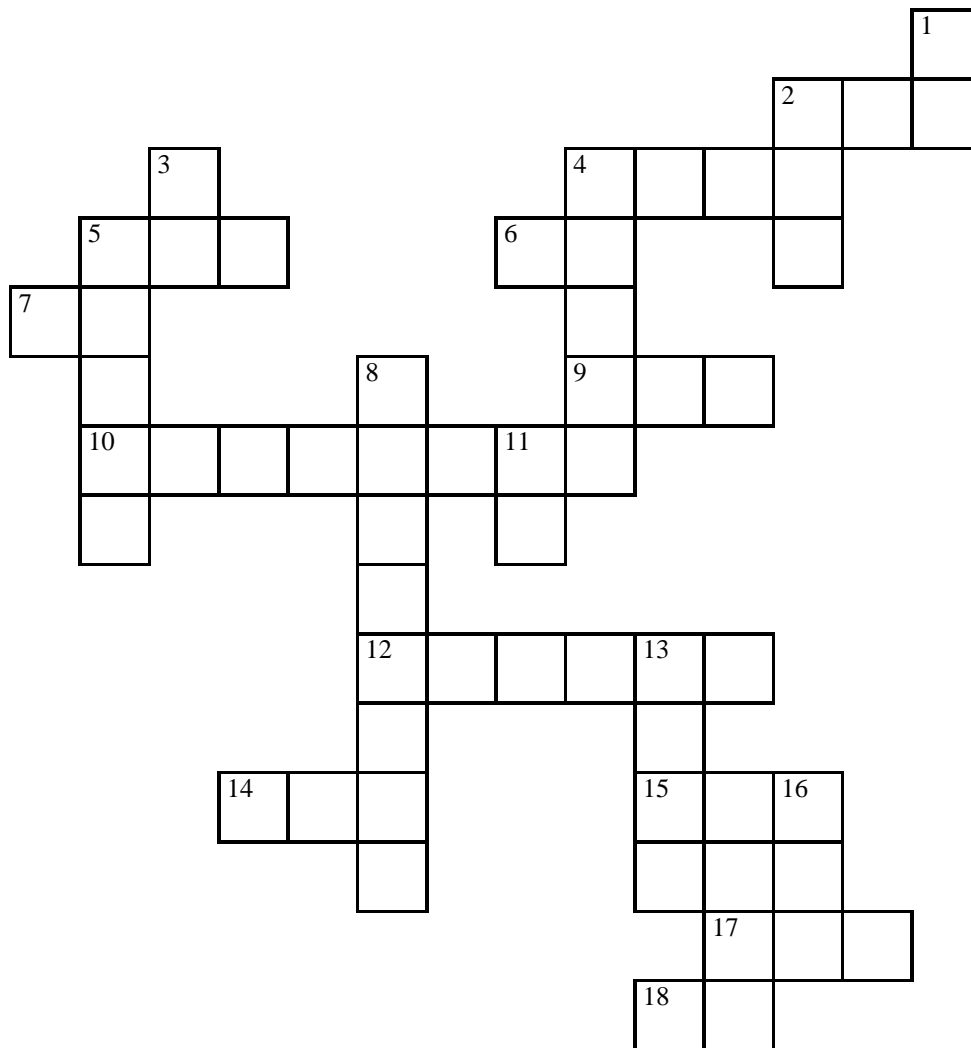
## ACROSS

- 1 Kilogram (a)
- 4 Intake and output (a)
- 5 Large (p)
- 9 Pertaining to pain (s)
- 10 Milliliter (a)
- 11 Into (p)
- 12 Midnight (a)
- 14 Left eye (a)
- 16 Interdisciplinary care plan (a)
- 18 Left (a)
- 19 Left upper quadrant (a)

## DOWN

- 2 Printed recording (s)
- 3 Life (p)
- 6 Pertaining to pain (s)
- 7 Illness, disease (p)
- 8 Producing (s)
- 10 Medical doctor (a)
- 13 New (p)
- 15 Immediately (a)
- 16 Intravenous (a)
- 17 Much, many (p)
- 18 Left lower quadrant (a)

# Abbr., Prefixes & Suffixes (Part 7)



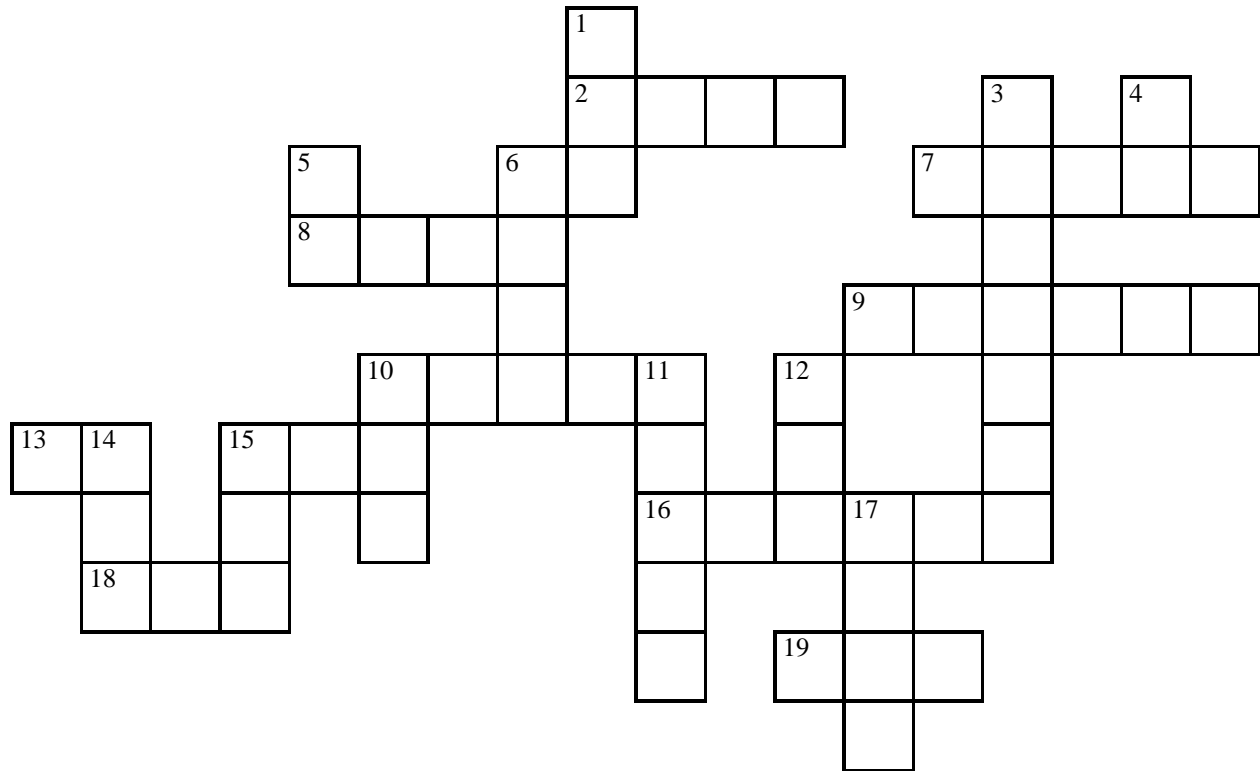
## ACROSS

- 2 No added salt (a)
- 4 Outer (p)
- 5 Radiation therapy (a)
- 6 Prescription (a)
- 7 Per or by rectum (a)
- 9 Range of motion (a)
- 10 Sensation (s)
- 12 Removal of (s)
- 14 One (p)
- 15 Not (P)
- 17 Out of bed (a)
- 18 Patient (a)

## DOWN

- 1 Hour of sleep bedtime (a)
- 2 Night (a)
- 3 Out, out from (p)
- 4 Outside of (p)
- 5 Profuse discharge (s)
- 8 Puncture and aspiration (s)
- 11 Not (p)
- 13 One, single (p)
- 16 Nothing by mouth (a)
- 17 Occupational therapy (a)

# Abbr., Prefixes & Suffixes (Part 8)



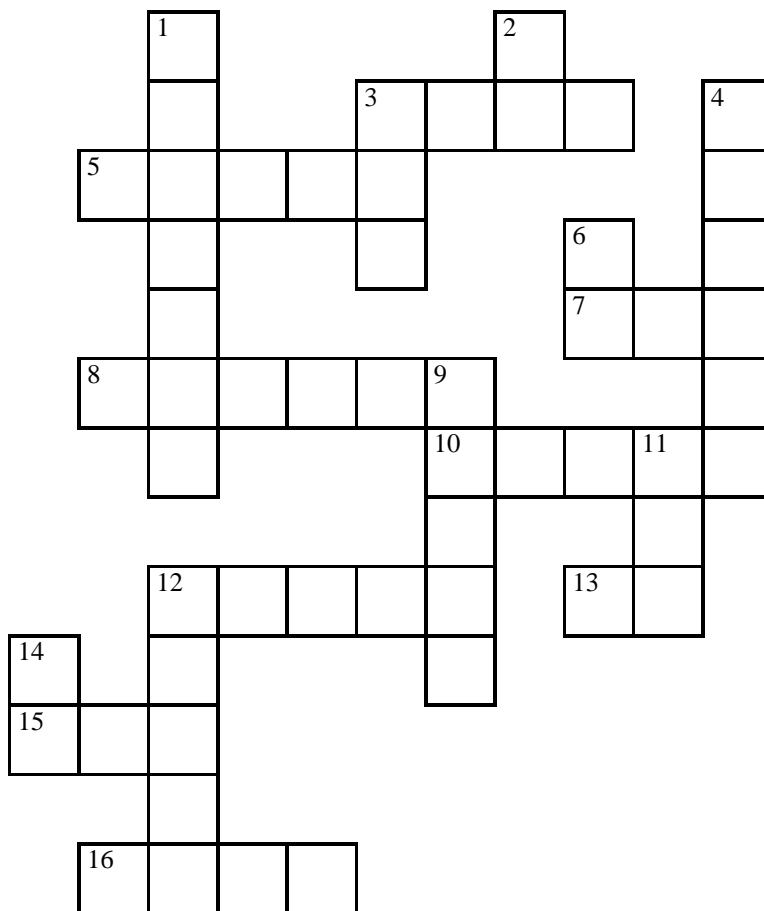
## ACROSS

- 2 Small (p)
- 6 Pound (a)
- 7 Slow (p)
- 8 Self (p)
- 9 Speaking(s)
- 10 Red (P)
- 13 Right (a)
- 15 Resident care plan (a)
- 16 Surgical repair (s)
- 18 Right upper quadrant (a)
- 19 Resident (a)

## DOWN

- 1 Shortness of breath (a)
- 3 Suturing (s)
- 4 Right eye (a)
- 5 Sodium; salt (a)
- 6 The study of (s)
- 10 Over, on (p)
- 11 Over, excessive (p)
- 12 Tumor (s)
- 14 Temperature, pulse, respiration (a)
- 15 Right lower quadrant (a)
- 17 Specimen (a)

# Abbr., Prefixes & Suffixes (Part 9)



## ACROSS

- 3 With (a)
- 5 Within (p)
- 7 Under (p)
- 8 Around (p)
- 10 Within (p)
- 12 Above, excessive (p)
- 13 Weight (a)
- 15 Water (a)
- 16 White (p)

## DOWN

- 1 Development (s)
- 2 Toward near (p)
- 3 With (p)
- 4 Exaggerated fear (s)
- 6 Vital signs (a)
- 9 Very small (p)
- 11 Radiation therapy (a)
- 12 Examination instrument (s)
- 14 Treatment or therapy (a)