

Resources

In this section you will find a number of resources and additional information that can be of assistance when providing palliative care to someone who is First Nations, Inuit or Métis. This information includes pain and symptom management support, services provided by the Canadian Cancer Society, a listing of online videos and helpful websites, and additional information on regional palliative services and networks.

Palliative Pain & Symptom Management Consultation (PPSMC)

Palliative Pain and Symptom Management Consultants work at the community level. PPSMCs are nurses with palliative care expertise and training.

Palliative Pain and Symptom Management Consultants provide support to service providers in home care agencies (CCACs and contracted providers), long-term care homes, community support services and primary care. They provide consultation, education, mentorship and linkages to palliative care resources across the continuum of care. Specifically, they:

- Assist service providers in the application of the Model to Guide Hospice Palliative Care, assessment tools and best practice guidelines
- Offer consultation to service providers in person, by telephone, by videoconference or through e-mail regarding care, e.g., assessment and management of pain and other symptoms
- Provide case-based education and mentoring for service providers
- Help build capacity amongst front line service providers in the delivery of palliative care
- Link providers with specialized hospice palliative care resources

They do not provide direct client/patient assessment or care planning. As part of an education/coaching activity with a service provider a client/patient may be present, however, the service provider remains the one responsible for the care. The service does not include responding to inquiries or education activities for the general public.

Ontario Cancer Symptom Management Collaborative

Cancer pain and symptom management in the Regional Cancer Programs (hospitals) is coordinated through the Ontario Cancer Symptom Management Collaborative. It involves all Regional Cancer Programs in promoting earlier identification, documentation and communication of patients' symptoms. This improvement initiative leads to better symptom management and collaborative care planning, which improves the patient experience across the cancer journey, aligning with the fourth goal of the Ontario Cancer Plan. More information is available at:

<https://www.cancercare.on.ca/cms/one.aspx?portalId=1377&pageId=57595>

On the Cancer Care Ontario – Ontario Cancer Symptom Management Collaborative, symptom management videos are also available by clinical program (systemic treatment, surgical oncology and radiation treatment).

Regional Cancer Programs

The Regional Cancer Programs are important partners in working together to support First Nations, Inuit and Métis access to cancer treatment and services. A total of 13 Regional Cancer Programs, located in regional cancer centre hospitals across Ontario, provide prevention and screening, supportive care, treatment (surgery, radiation therapy and chemotherapy) and end-of-life care. Many of the Regional Cancer Programs are working in partnership with First Nations, Inuit and Métis communities and the Aboriginal Cancer Control Unit of Cancer Care Ontario to develop Aboriginal Regional Cancer Plans to make the cancer system work better for First Nations, Inuit and Métis people. Some of their services are described below under General Resources.

General Resources

The following is a listing of online videos and websites with helpful information for First Nations, Inuit and Métis families and communities related to palliative care and cancer. This section includes a listing of hospices and palliative care networks in the regions and concludes with a listing of links to additional resources.

VIDEO

Cancer Care Ontario and Canadian Cancer Society:

“In Our Own Words: The Cancer Journey,” Aboriginal Cancer DVD

This video was produced by the Canadian Cancer Society and partners in 2008 to demystify cancer and provide culturally appropriate cancer information through the voices of First Nations, Métis, and Inuit cancer survivors. The DVD is intended to enable First Nations, Métis, and Inuit to become more knowledgeable and less fearful about cancer treatment. It can be used for public education sessions either alone or as a kick-off to a cancer education series.

Part 1: Diagnosis - <https://www.youtube.com/watch?v=7fvPD03NunE>

Part 2: Treatment - <https://www.youtube.com/watch?v=JAhSvaULFyo>

Part 3: Prevention - <https://www.youtube.com/watch?v=zxBxZx31ObE>

Canadian Partnership Against Cancer:

“The Truth of It” Video Series

This series of videos features interviews with cancer survivors and caregivers from across Canada, including 12 First Nations, Inuit and Métis cancer patients.

http://www.cancerview.ca/cv/portal/Home/FirstNationsInuitAndMetis/Welcome/Information/CommunityOfKnowledge/StoryTellingFullLengthVideos?_afLoop=1727889107420000&lang=en&_afWindowMode=0&_adf.ctrl-state=zpbmieb59_186

Canadian Virtual Hospice:

The Canadian Virtual Hospice has produced a series of short videos featuring Rosella Kinoshameg and Dr. Carrie Bourassa sharing Indigenous cultural perspectives:

- **Rosella Kinoshameg**, RN, Trainer, Chair of Aboriginal Interest Group, Canadian Hospice Palliative Care Association:

“First Nations Teachings: Listening with the Eyes, Ears and Heart”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Rosella+Kinoshameg++Listening+with+the+eyes+ears+and+heart.aspx

“First Nations Teachings: Eastern and Western Door and Butterfly Story”

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http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Rosella+Kinoshameg+Eastern+and+Western+Door.aspx

“Gaps in Palliative Care Capacity in First Nations Communities”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Rosella+Kinoshameg+Gaps+in+capacity.aspx

- **Dr. Carrie Bourassa**, PhD. First Nations University of Canada

“The Importance of Family and Community”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Carrie+Bourassa+The+importance+of+family+and+community.aspx#video_content_details

“Why are there 40 people in the room”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Carrie+Bourassa+Why+are+there+40+people+in+the+room.aspx#video_content_details

“Grief and Aboriginal People”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Carrie+Bourassa+Grief.aspx#video_content_details

“Role of Elders at end of life”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Carrie+Bourassa+Role+of+elders+at+end+of+life.aspx#video_content_details

“Sacred Objects”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Carrie+Bourassa+Sacred+objects.aspx#video_content_details

“The privilege of caring”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Melanie+MacKinnon+The+privilege+of+caring.aspx#video_content_details

“An innovative model for engaging First Nations in developing Community Care services”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Holly+Prince+An+innovative+model+for+engaging+First+Nations+in+developing+Community+Care+services.aspx#video_content_details

First Nations University:**“Completing the Circle” video series**

First Nations University produced a series of videos for Canadian Virtual Hospice called “Completing the Circle”: Healing Words About End of Life Spoken to Aboriginal Families (Part 1 and Part 2), and “End of Life Care with Aboriginal Families.”

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Support/The+Gallery/First+Nations+Inuit+Metis/Completing+the+Circle+End+of+Life+Care+with+Aboriginal+Families.aspx

Thunder Bay Regional Health Sciences Centre:**“Early Detection: The Path to a Good Life”**

This video was produced through the Northern Cancer Fund of the Thunder Bay Regional Health Sciences Foundation in partnership with the Chiefs of Ontario and Cancer Care Ontario. It features the personal story of Ontario Regional Chief Stan Beardy, a colorectal cancer survivor.

<http://www.tbrhsc.net/goodlife/>

WEBSITES**Bereaved Families of Ontario**

- Bereaved Families of Ontario has eleven regional affiliates across the province. These affiliates provide peer to peer grief and bereaved support to families and individuals in their communities through a self-help, mutual aid model. BFO affiliates are located in Cornwall, Durham, Halton-Peel, Hamilton-Burlington, Kingston, Southwest, Midwest, Ottawa Region, Peterborough, Toronto and York Region. Links to a specific affiliate can be found at

<http://www.bereavedfamilies.net/about.htm>

Bereavement Ontario Network

- Bereavement Ontario Network is a diverse group of organizations across the province working in the field of grief, bereavement, and mourning. BON encourages information sharing and networking and public awareness of issues related to death and dying. Member organizations including hospices and counselling agencies involved in bereavement support. BON-affiliated organizations are located across Ontario. More information can be found at the following link

<http://www.bereavementontarionetwork.ca/>

Canadian Cancer Society – Ontario Region

- The Ontario region of the Canadian Cancer Society has an interactive website that allows you to look up programs, services and support groups in your area by postal code – the community Services Locator:
<http://info.cancer.ca/CSD/searchCon.aspx?id=3172&Lang=E&sri=N>.
- Some of the programs include wigs and turbans to cancer patients experiencing hair loss; temporary breast prosthesis; transportation; peer support for people living with cancer, family members and friends; and local peer support programs: one-to-one visiting, phone support, transportation assistance, cancer information, outreach.

Canadian Hospice Palliative Care Association

- CHPCA is a national organization committed to advancing quality end-of-life hospice palliative care in Canada. Many resources are available on this website.
www.chpca.net
- CHPCA produced " *A Caregiver's Guide: A Handbook About End-of-Life Care*," Macmillan, Karen et. al., © 2004, The Military and Hospitaller Order of St. Lazarus of Jerusalem. It can be downloaded free of charge on the following website:
http://www.stlazarus.ca/english/news_pages/caregiversguide.html.

Canadian Partnership Against Cancer

- "First Nations, Inuit and Métis Action Plan on Cancer Control", June, 2011 (culturally responsive resources is one of their priorities).

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<http://www.partnershipagainstcancer.ca/priorities/first-nations-inuit-metis-cancer-control/>

- In 2013, Canadian Partnership Against Cancer completed the “First Nations Cancer Control in Canada Baseline Report.” Toronto.

http://www.cancerview.ca/idc/groups/public/documents/webcontent/first_nations_cc_baseline.pdf

- CPAC is working with Inuit organizations to complete an Inuit cancer baseline report (2014).

Canadian Virtual Hospice

- This website contains extensive information and resources on hospice and palliative care including symptoms, questions and answers about death and dying, and an online discussion forum.

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics.aspx

Cancer Care Ontario

- Cancer Care Ontario is the provincial agency responsible for continually improving cancer services. As the government’s cancer advisor, Cancer Care Ontario works to reduce the number of people diagnosed with cancer, and make sure patients receive better care every step of the way.
- The Aboriginal Cancer Control Unit works to improve cancer care for First Nations, Métis and Inuit people and enhance access to culturally sensitive cancer services, support, and health education.
- The CCO website contains credible information on cancer, treatment and risk management and numerous tools to support prevention and supportive care including palliative care.

www.cancercare.on.ca

Hospice Palliative Care Ontario

- HPCO’s website contains an interactive search function to allow people to locate hospice palliative care providers and related services close to their community.

HPCO also has a variety of publications available for sale, from starting up a home hospice program to volunteer training modules.

<http://hpcoco.ca/publications/>

Improving End-of-Life Care in First Nations Communities

- This is a website hosted by the Centre for Education and Research on Aging and Health (CERAH) at Lakehead University. It contains information for and about a research project involving four First Nations partners, three in Ontario and one in Manitoba, who are developing palliative and end-of-life care programs and resources in their communities.
<http://pubweb.lakeheadu.ca/~eolfn/>

Library page: In this section you will find culturally relevant resources and information relating to palliative care.

http://pubweb.lakeheadu.ca/~eolfn/?page_id=199

Saint Elizabeth First Nations, Inuit and Métis Program

- The Saint Elizabeth First Nations, Inuit and Métis Program, in partnership with First Nations, Inuit and Métis communities across Canada is developing a First Nations Supporting Caregiver Course. The goal of this project is to respond to a significant gap in education and support programs for caregivers in First Nations communities. One of the key strategies to overcome this is to equip community-based health care providers with the knowledge and support they need to confidently provide caregiver education and support to caregivers within their own communities. To learn more about the SE FNIM Program and the course visit their website at: <http://www.saintelizabeth.com/FNIM/Home.aspx>

@YourSide Colleague® Cancer Care course

- @YourSide Colleague is a secure web-based learning and knowledge sharing program that reflects the latest evidence and leading practices and offers around-the-clock access to a virtual support network of peers and experts. @YourSide Colleague is built on collective wisdom and collaboration, enhancing the quality of care at a local level and reducing the sense of isolation health providers may experience in rural, remote and isolated communities. All of the First Nations courses are developed specifically with and for health-care providers working in First Nations communities.

The @YourSide Colleague First Nation Cancer Care Course is a joint initiative of Saint Elizabeth and the Canadian Partnership Against Cancer. The course allows community-based health-care providers to navigate through cancer topics at their own pace, 24 hours a day, seven days a week, without having to leave their communities. Along with opportunities to share and learn with colleagues, participants have access to both clinical and non-clinical specialists for ongoing support and education. The @YourSide Colleague Cancer Care Course currently reaches more than 270 First Nations communities and

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organizations and over 800 health-care providers across Canada and is provided at no charge to First Nations communities.

<http://www.atyourside.ca/>

Métis Nation of Ontario

- The Metis Nation of Ontario Healing and Wellness Branch facilitates and coordinates activities to address the holistic needs of the Métis Nation in Ontario at the provincial, regional and local levels. Holistic Aboriginal health includes the physical, mental, emotional, spiritual and cultural aspects of life. Through an understanding of self, a vision of wellness balances body, mind and spirit and is promoted through the healing continuum.

The Branch actively seeks to partner with Aboriginal and non-Aboriginal people and governments that recognize and respect the diverse lifestyles and traditions of Aboriginal people regardless of residency and status. Appropriate levels of financial and human resources will be secured for Aboriginal-designed, developed and delivered programs and services that respect and promote community responsibility, autonomy and local control.

<http://www.metisnation.org/programs/health--wellness>

PDF Links

Canadian Association of Psychosocial Oncology: The Emotional Facts of Life with Cancer

<http://capo.ca/docs/bookletREVISED.pdf>

Indigenous Perspectives on Death and Dying (from the Education Program in End-of-Life Care, D. Longboat, University of Toronto)

<http://www.cme.utoronto.ca/endoflife/Slides/PPT%20Indigenous%20Perspectives.pdf>

Canadian Virtual Hospice - When Death is Near

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Final+Days/When+Death+Is+Near.aspx

Canadian Virtual Hospice - Children at the Bedside

http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Final+Days/Children+at+the+Bedside+of+a+Dying+Family+Member+or+Friend.aspx

A Guide to Advance Care Planning (Government of Ontario)

<http://www.seniors.gov.on.ca/en/advancedcare/index.php>

Speak-Up – End-of Life Care www.advancecareplanning.ca

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What Every Older Canadian Should Know About Powers of Attorney (for financial matters and property) and Joint Bank Accounts

http://www.seniors.gc.ca/eng/working/fptf/brochure_attorney.pdf

Powers of Attorney and “Living Wills”, Questions and Answers (Government of Ontario)

http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/brochures_and_forms.asp

Powers of Attorney (Government of Ontario)

<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poakit.asp>

Regional Cancer Programs, Aboriginal Navigators

- The Regional Cancer Programs provide a range of services to promote access of programs and services for clients and families living with cancer.
- Supportive services include professional counsellors to help people adjust to living with cancer and manage issues, practical problems and ways of coping. They can assist with making temporary housing and travel arrangements, applying for income replacement benefits and grief support.
- Aboriginal Navigators in regions with a significant First Nations, Inuit and Métis population are building supportive relationships with First Nations, Inuit and Métis communities and assisting these clients and families to achieve better access to services.

Additional Resources by Region

NORTH WEST	
Regional Cancer Program	North West Regional Cancer Program, Thunder Bay Regional Health Sciences Centre (807) 684-7200 http://www.tbrhsc.net/programs_and_services/cancer_care.asp
Online Resource	“Your Patient Journey”: Orientation handbook for cancer centre clients. http://www.tbrhsc.net/programs_and_services/cancer_care/Your%20Patient%20Journey.pdf My Cancer Guide: Detailed cancer information http://nw.mycancerguide.ca/menu

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<p>Palliative Care</p>	<p>St. Joseph’s Care Group, Thunder Bay (807) 343-2431 ext. 2337 http://www.sjcg.net/</p> <p>Lake of the Woods District Hospital, Kenora (807) 468-9861 ext. 2339 http://www.lwdh.on.ca/index.php/programs-and-services/patient-care/palliative-care.html</p> <p>La Verendrye General Hospital, Riverside Health Care, Fort Frances (807) 274-3261 http://www.riversidehealthcare.ca/laverendrye-hospital/about-us</p> <p>Area hospitals: Atikokan, Geraldton, Marathon, Nipigon</p>
<p>Hospice</p>	<p>Hospice Northwest (Thunder Bay) (807) 626-5570 http://hospicenorthwest.ca</p> <ul style="list-style-type: none"> • Regional Offices: Longlac (807) 876-2271 Geraldton (807) 854-1862 ext. 138 Marathon (807) 229-1740 ext. 284 Terrace Bay (807) 825-3273 ext. 136 Nipigon (807) 887-3026 <p>Kenora-Rainy River District Palliative Care Volunteer Program (807) 468-4454 http://www.kenoradistricthomes.ca/krdpc/html/modules.php?name=Section4&op=show&pid=5</p>
<p>End-of-Life Care</p>	<p>NWO End of Life Care Network http://www.nwoendoflifecare.ca/</p>
<p>NORTH EAST</p>	
<p>Regional Cancer Program</p>	<p>Northeast Cancer Centre, Health Sciences North, Sudbury (705) 522-6237 Toll Free 1-877-228-1822 http://www.hsnsudbury.ca/portalen/~/rcp/home/tabid/84/default.aspx</p>
<p>Online Resource</p>	<p>Your First Appointment http://www.hsnsudbury.ca/portalen/rcp/ProgramsServices/YourFirstAppointment/tabid/891/Default.aspx</p> <p>Transportation Assistance – Northern Health Travel Grant http://www.hsnsudbury.ca/portalen/rcp/GeneralPatientInformation/NorthernTravelGrant/tabid/144/Default.aspx</p>
<p>Palliative Care</p>	<p>Palliative Care http://www.hsnsudbury.ca/PortalEn/ProgramsServices/PalliativeCare/tabid/120/Default.aspx</p>

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	<p>In Patient Oncology http://www.hsnsudbury.ca/portalen/rcp/ProgramsServices/InpatientOncology/tabid/900/Default.aspx</p>
Hospice	<p>Maison Vale Hospice http://maisonsudburyhospice.org/en</p> <p>Warmhearts Palliative Caregivers Sudbury/Manitoulin http://www.warmhearts.ca/publications/Caregiver%20booklet.pdf</p> <p>Algoma Residential Community Hospice, Sault Ste. Marie http://www.archhospice.ca/</p>
End-of-Life Care	<p>Near North Palliative Care Network http://nnpcn.com/</p>
NORTH SIMCOE MUSKOKA	
Regional Cancer Program	<p>Simcoe Muskoka Regional Cancer Program, Royal Victoria Regional Health Centre, Barrie (705) 728-9802 http://www.rvh.on.ca/</p>
Online Resource	<p>Cancer support resources http://www.rvh.on.ca/UserFiles/File/Cancer%20Program/SMRCP%20brochures/Cancer%20Care%20Services%20Summary.pdf</p> <p>My Health Diary: for patients undergoing cancer treatment http://www.rvh.on.ca/UserFiles/File/Cancer%20Program/SMRCP%20brochures/Patient%20Symptom%20Diary%20-%20online%20version.pdf</p>
Hospice	<p>Hospice Simcoe (Barrie) http://www.hospicesimcoe.ca/</p> <p>Hospice Georgian Triangle (Collingwood) http://www.hospicegeorgiantriangle.com/</p> <p>Hospice Muskoka (Bracebridge) http://www.hospicemuskoka.com/</p> <p>Hospice Orillia http://hospiceorillia.org/</p> <p>Hospice Parry Sound http://www.parrysoundhospice.ca/our-services</p>

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End-of-Life Care	North Simcoe Muskoka Palliative Care Network http://www.palliativecarenetworksm.ca/
CHAMPLAIN REGION	
Regional Cancer Program	Champlain Regional Cancer Centre, The Ottawa Hospital (613) 737-7700 https://www.ottawahospital.on.ca/
Online Resource	Pamphlets & Guides – General Cancer Information and Cancer Specific Information https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Programs/CancerProgram/PatientResources/PamphletsAndGuides
Palliative Care	Bruyère Continuing Care at Élisabeth Bruyère Hospital http://www.bruyere.org/
Hospice	Hospice Care Ottawa http://www.hospicecareottawa.ca/ Cornwall Hospice http://cornwallhospice.com/
End-of-Life Care	Champlain Hospice Palliative Care Program: http://www.alavidapalliativehelp.ca/en/
SOUTH EAST	
Regional Cancer Program	Cancer Centre of Southeastern Ontario, Kingston General Hospital (613) 544-2630 http://www.krcc.on.ca/patient_visitor/patient_visitor_introduction.asp
Palliative	Palliative Medicine & Supportive Care http://www.krcc.on.ca/programs_and_services/palliative_care.asp
Hospice	Hospice Kingston http://www.hospicekingston.ca/ Hospice Quinte (Belleville) http://hospice-quinte.ca/ Heart of Hastings Hospice http://www.heartofhastingshospice.ca/
End-of-Life Care	South East Hospice Palliative Care Network http://southeastlhin.on.ca/Page.aspx?id=9594
CENTRAL EAST	
Regional Cancer Program	Lakeridge Health, R.S. McLaughlin Durham Regional Cancer Centre, Oshawa (905) 576-8711 http://www.lakeridgehealth.on.ca/en/ourservices/cancercare.asp

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Online Resource	Questions about Palliative Care http://www.lakeridgehealth.on.ca/en/ourservices/Palliative-Care.asp
Palliative	Lakeridge Health – Inpatient Palliative Care (Bowmanville, Oshawa & Port Perry) http://www.lakeridgehealth.on.ca/en/ourservices/inpatientpalliativecare.asp Lakeridge Health – Outpatient Palliative Care (Bowmanville, Oshawa & Port Perry) http://www.lakeridgehealth.on.ca/en/ourservices/Outpatient-Palliative-Care.asp
Hospice	Hospice Peterborough www.hospicepeterborough.or The Bridge Hospice, Warkworth http://www.thebridgehospice.com/ Hospice Kawartha Lakes, Lindsay http://www.hospicekl.ca/services.html
End-of-Life Care	Central East Hospice Palliative Care Network http://www.centraleasthin.on.ca/GetInvolved.aspx?id=12934
HAMILTON NIAGARA HALDIMAND BRANT	
Regional Cancer Program	Juravinski Regional Health Sciences Centre, Hamilton (905) 387-9495 http://www.icc.hhsc.ca/body.cfm?id=22
Online Resource	Patient and Family Handbook http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/PatientFamilyHandbookJCC-th.pdf
Palliative Care	Hamilton Health Sciences, St. Peter’s Hospital http://www.hamiltonhealthsciences.ca/workfiles/St_Peters/SPH%20PC%20Program%20-%20Referral%20Q%20%20A%20final.pdf Niagara Health System, Walker Family Cancer Centre http://www.niagarahealth.on.ca/en/palliative-care
Hospice	Daval Hospice, Niagara Falls http://davalhospice.ca/ Dr. Bob Kemp Hospice, Hamilton http://kemphospice.org/ Hospice Waikato, Hamilton http://www.hospicewaikato.org.nz/ Stedman Community Hospice, St. Joseph’s Lifecare Centre, Brantford http://www.sjlc.ca/

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End-of-Life Care	HNHB Hospice Palliative Care Network http://www.hnhbhpc.net/
SOUTH WEST	
Regional Cancer Program	London Regional Health Sciences Centre (519) 685-8500 http://www.lhsc.on.ca/Patients_Families_Visitors/LRCP/Supportive_Care/index.htm
Online Resource	Video Library for Cancer Resources http://www.lhsc.on.ca/Patients_Families_Visitors/LRCP/Video/index.htm
Palliative Care	St. Joseph's Health Care, London http://www.sjhc.london.on.ca/complex-care/palliative-care Area hospitals include: Chesley, Durham, Goderich, Hanover, Ingersoll, Kincardine, Listowel, Walkerton, Wingham
Hospice	St. Joseph's Hospice, London http://www.sjhospicelondon.com/ Residential Hospice of Grey Bruce http://www.greybrucehospice.com/ Bruce Peninsula Hospice (Warton) http://www.bphospice.ca/
End-of-Life Care	Southwest Hospice Palliative Care Network http://www.swpalliativecare.ca/
ERIE ST. CLAIR	
Regional Cancer Program	Erie St. Clair Regional Health Sciences Centre, Windsor Regional Hospital (519) 253-5253 http://www.wrhc.on.ca/Site_Published/wrh_internet/cancercenteronnav.aspx?Body.QueryId.Id=7619&LeftNav.QueryId.Categories
Online Resource	About Your Cancer – What is Cancer? http://www.wrhc.on.ca/Site_Published/wrh_internet/wrccRichText.aspx?Body.QueryId.Id=27905&LeftNav.QueryId.Categories=680
Palliative Care	Windsor Regional Hospital, Complex Continuing Care Palliative Care Unit http://www.wrhc.on.ca/Site_Published/wrh_internet/WrccRichText.aspx?Body.QueryId.Id=28080&LeftNav.QueryId.Categories=684 Bluewater Health, Sarnia, Palliative Care Unit http://www.bluewaterhealth.ca/palliativecare
Hospice	Hospice of Windsor and Essex County

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	<p>http://www.thehospice.ca/</p> <p>St. Joseph Hospice Sarnia-Lambton http://www.stjosephshospice.ca/?q=about</p> <p>Chatham-Kent Hospice http://chathamkenthospice.com/</p>
End-of-Life Care	<p>Erie St. Clair End-of-Life Care Network http://esceolcn.ca/</p>
WATERLOO-WELLINGTON	
Regional Cancer Program	<p>Grand River Regional Cancer Centre (519) 742-3611 http://www.grhosp.on.ca/CancerProgram</p>
Online Resource	<p>Online Cancer Links http://www.grhosp.on.ca/CancerLinks</p>
Palliative Care	<p>Pain and Symptom Management/Palliative Care (PSM/PC) team http://www.grhosp.on.ca/palliativecare</p>
Hospice	<p>Hospice of Waterloo Region http://www.hospicewaterloo.ca/</p> <p>Woolwich Community Health Centre – Woolwich Hospice http://www.wchc.on.ca/</p>
End-of-Life Care	<p>Waterloo Wellington Integrated Hospice Palliative Care http://healthcareathome.ca/ww/en/Getting-Care/Getting-Care-in-Community/ww-hospice-palliative-care</p>
CENTRAL WEST AND MISSISSAUGA HALTON	
Regional Cancer Program	<p>Carlo Fidani Regional Cancer Centre http://trilliumhealthpartners.ca/patientservices/cancerservices/Pages/Carlo-Fidani-Peel-Regional-Cancer-Centre.aspx (416) 813-1100 ext. 4439</p>
Online Resource	<p>Patient Resource Centre http://trilliumhealthpartners.ca/patientservices/cancerservices/Pages/resources-for-patients.aspx</p>
Palliative Care	<p>Psychosocial Oncology Team http://trilliumhealthpartners.ca/patientservices/cancerservices/Pages/Psychosocial-Oncology-and-Supportive-Care.aspx</p> <p>Inpatient Oncology</p>

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	<p>http://trilliumhealthpartners.ca/patientservices/cancerservices/Pages/oncology.aspx</p> <p>Palliative Care http://www.mhwcancer.ca/TheCancerJourney/Pages/Palliative-Care.aspx</p>
Hospice	<p>Ian Anderson House http://www.ianandersonhouse.com/index.html</p> <p>Heart House Hospice http://www.hearthousehospice.com/</p> <p>Acclaim Health http://www.acclaimhealth.ca/about-us/</p> <p>Dorothy Ley Hospice http://www.dlhospice.org/en/</p>
End-of-Life Care	<p>Central West Palliative Care Network http://www.cwpcn.ca/</p>
CENTRAL	
Regional Cancer Program	<p>Stronach Regional Cancer Centre, Southlake Regional Health Centre (Newmarket) (905) 895-4521 http://www.southlakeregional.org/Default.aspx?cid=10&lang=1</p>
Online Resource	<p>Patient Resources http://www.southlakeregional.org/Default.aspx?cid=333&lang=1</p>
Palliative Care	<p>Psychosocial Oncology & Palliative Care Program http://www.southlakeregional.org/Default.aspx?cid=543&lang=1</p>
Hospice	<p>Doane House Hospice http://www.doanehospice.org/</p> <p>Hospice King-Aurora http://www.hospicekingaurora.com/</p> <p>Hill House Hospice http://hillhousehospice.com/aboutus.html</p> <p>Hospice Georgina http://www.hospicegeorgina.com/</p> <p>Bereaved Families – York Region http://www.bfoyr.com/index.html</p>

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End-of-Life Care	<p>PalCare Network for York Region http://www.palcarenetwork.org/index.html</p>
TORONTO CENTRAL	
Regional Cancer Program	<p>Odette Cancer Centre, Sunnybrook Health Sciences Centre (416) 480-5000 http://sunnybrook.ca/content/?page=odette-cancer-centre</p> <p>Princess Margaret Hospital, University Health Network (416) 946-4501 http://www.theprincessmargaret.ca/en/Pages/Default.aspx</p>
Online Resource	<p>Managing Cancer Fatigue http://health.sunnybrook.ca/cancer-fatigue/</p> <p>Patient & Family Education on Cancer http://sunnybrook.ca/content/?page=cancer-patient-education</p> <p>Patient & Visitor Clinic Information (by care group type) http://sunnybrook.ca/content/?page=OCC-Patients</p> <p>Patient & Family Libraries' Online Catalogue http://www.theprincessmargaret.ca/en/PatientsFamilies/library/opac/Pages/search-pf-library.aspx</p>
Palliative Care	<p>Sunnybrook Palliative Care Consult Team & unit http://sunnybrook.ca/content/?page=palliative-care-consult-team</p> <p>Princess Margaret Palliative Care Clinic http://www.theprincessmargaret.ca/en/PatientsFamilies/ClinicsAndCentres/PallClinic/Pages/about-us.aspx</p>
Hospice	<p>Hospice Toronto http://www.hospicetoronto.ca/</p> <p>Kensington Hospice http://www.kensingtonhealth.org/index.php?page=hospice</p> <p>Dorothy Ley Hospice http://www.dlhospice.org/en/index.asp</p> <p>Additional hospices listed here: http://www.sickkids.ca/ProgramsandServices/Palliative-and-Bereavement-Care/Services/Hospices/index.html</p>

Glossary of Medical Terms

Never be afraid to ask a medical caregiver for the definition of a term. They learned what the word meant when they studied so they can easily explain it to you too.

*The following list includes medical and legal definitions, descriptions of various medical specialists, and common abbreviations used on medical charts and prescriptions. For a complete definition use a more extensive standard medical or legal dictionary.**

A

abnormal Something is not considered 'normal'. For example, a temperature is abnormal if it is below or above the typical level.

abscess A sac of pus formed by the breakdown of infected or inflamed tissue.

a.c. Abbreviation or short-form for Before meals.

acupressure A method of pain relief using finger pressure on the same points used in acupuncture.

acupuncture Chinese medical practice of inserting needles through the skin in specific points to restore the balance of a body's energy flow.

acute Condition with symptoms that develop quickly, are severe, but do not last long. Opposite to chronic condition.

acute care facility Hospitals and medical centers where patients come for relatively quick care for sudden illness, surgery, testing or treatment. Opposite is chronic or long-term care or hospice facilities.

addiction Uncontrollable craving for a substance with an increasing tolerance and physical dependence on it.

adjuvant treatment An added treatment to what is already being done.

advance directives One of two types of legal documents that either give specific instructions or name a substitute decision maker. They may describe what medical treatments a person does, or does not, want under certain circumstances.

adverse effect Negative side effects of a treatment or medication. **allergist** A doctor who also specializes in the treatment of allergies.

allergy A reaction substances that may cause a rash, swelling or more serious physical response.

alopecia Temporary or permanent loss of hair (may occur as a side effect of chemotherapy).

ambulatory The ability of someone to walk. Ambulatory centers refer to health care facilities where people go for part of a day for treatment.

amyotrophic lateral sclerosis (ALS) A deterioration of the spinal cord that results in the wasting away of muscles. Also called Lou Gehrig's Disease.

analgesic A pain-relieving drug.

anaphylaxis An exaggerated, often serious, allergic reaction to proteins and other substances.

anemia A decrease in red blood cells or in the hemoglobin content of the red corpuscles. The normal count is 4.0 to 6.0 x10¹².

anesthesia Total or partial loss of sensation from an injection, ingestion or inhalation of a drug. General anesthetics put a patient to sleep for a short time. Local anesthetics numb an area of your body without putting you to sleep (e.g., dentist's anesthetic for a tooth filling).

anesthesiologist A doctor specializing in providing an anesthetic during surgery and monitoring the patient's vital signs.

aneurysm A swollen or distended area in a blood vessel wall.

angina The pain that results from not enough blood going to the heart.

angiogram X-ray studies in which a dye is injected into the bloodstream to detect abnormalities in blood vessels, tissues and organs.

anorexia The loss of appetite experienced by most people near the end of their lives.

antacid A substance that neutralizes acid.

antibiotic Drugs that check the growth of bacteria but do not work against viruses.

antibody A substance produced in our bodies to fight against bacteria.

anticonvulsant A medication used to prevent seizures.

antitussive A drug used to relieve coughing

apnea Extended periods when breathing stops during sleep.

apoplexy (See stroke)

arrhythmia An abnormal heartbeat.

aspiration Fluid that gets into the lungs.

asthma A tightening of the air passages that leads to wheezing and difficult breathing.

assets All of a person's properties, including real estate, cash, stocks and bonds, art, furniture etc., and claims against other people (e.g., loans).

asymptomatic Someone without any symptoms.

atrophy A wasting or withering away of part of the body.

autopsy An examination of a dead body to determine the cause of death; the post-mortem ordered by the coroner or medical examiner.

B

barbiturate A type of sleeping pill.

barium enema Radiopaque barium (visible by x-ray) is put into the lower bowel (colon) and rectum by an enema for an x-ray. Also called a Lower GI Series.

bedsore A sore that develops when pressure causes inadequate blood circulation to the skin. For persons confined to bed, good skin care, repositioning, cushioning and some limited

activity are the best treatment. Also called decubitus ulcers.

beneficiary Person who receives a benefit from a will, insurance policy or trust fund.

benign Non-malignant self-limiting condition that is not life threatening.

b.i.d. abbreviation or short-form for Twice a day.

biopsy An examination of body tissue with a microscope to help in diagnosis. Tissue is removed from the body by surgery, insertion of a needle into tissue and other methods.

blood gas test A blood test to determine the level of oxygen and carbon dioxide in the blood.

blood pressure Measures the force of the blood coming from the heart against the walls of the blood vessels. (See hypertension) The measurement is recorded as two numbers; e.g., 130/80.

bolus An amount given all at once.

bone marrow test A needle is inserted into a bone (hipbone or breastbone) to remove a sample of bone marrow for diagnostic purposes e.g., to diagnose leukemia, aplastic anemia.

brain scan Also called carotid angiogram. A radioactive substance is injected into a neck artery for a brain x-ray using a scanning camera.

C

CAT (or CT) Scan A computerized axial tomography scan. X-rays of the body or head are taken using a computer to give a slice-by-slice view of the area.

CCU (Coronary Care Unit) Unit in a hospital which provides intensive care to heart patients.

cancer A malignant tumour that tends to invade healthy tissue and spread to new sites.

candidiasis A fungal infection known as ‘thrush’ in one’s mouth, throat, esophagus or other dark, moist areas (e.g., vagina).

carbohydrates Best source of energy for your body. Found in most foods but especially sugars and starches. If you eat too much, however, your body changes and stores them as fats.

carcinogenic Something that can cause cancer.

cardiac Refers to the heart.

cardiac surgeon Doctors specializing in heart surgery.

cardiologist Doctor specializing in the diagnosis and treatment of heart conditions.

cardiovascular surgeon Doctor specializing in surgery of blood vessels of the heart.

caregivers Include professional health care providers and volunteers. Primary caregiver is usually a family member or close friend who provides most of the physical care for a person at home (e.g., wife, husband, lover, best friend).

catheter A plastic or rubber tube that puts in or takes out fluids from your body. A common example is a bladder catheter (Foley) to allow urine to leave the bladder freely.

c.c. Abbreviation for Cubic centimetre; also can mean with meals or food.

cerebral palsy Impaired muscular power and coordination from failure of nerve cells in the brain.

chemotherapy Drug therapy against infection or cancer that can destroy bacteria or dangerous cells.

cheyne-stoking A pattern of breathing where the respiration rates increase and then decrease followed by increasing periods of not breathing.

chiropractor Doctors without a medical degree specializing in manipulation of the spine; cannot prescribe medication or perform surgery.

chronic A prolonged or lingering condition.

clinical nurse specialist (CNS) A registered nurse with a Master's Degree in Nursing who specializes in one aspect of health care and is involved in research and teaching.

codicil An appendix or supplement to a will (e.g., to change the name of your beneficiary).

colostomy A surgical opening from the body surface (usually through the abdomen) into the colon which acts as an artificial anus. Colostomy bags collect the body's waste. Depending on a patient's condition a colostomy may be temporary or permanent.

coma A deep, prolonged unconsciousness.

competence Legal competence to make decisions for one's self is difficult to determine because incompetence may not be permanent and definitions of legal competence depends on where one lives.

complementary therapies Includes therapies like: acupuncture, aroma therapy, art, autosuggestion, biofeedback, chiropractic, herbal, homeopathy, music, naturopathy, osteopathy and therapeutic touch.

congenital Something present since birth.

COLD (Chronic Obstructive Lung Disease) (See COPD)

conjunctivitis A redness and irritation of the thin membrane that covers the eye.

COPD (Chronic Obstructive Pulmonary Disease) Includes illnesses like emphysema. Also called COLD for chronic obstructive lung disease.

coronary Refers to the blood vessels that supply the heart.

CPR Cardiopulmonary resuscitation is used on patients who are not breathing and have no pulse. Trained professionals or volunteers use artificial respiration (mouth-to-mouth breathing) and manually pump the patient's heart by compressing the chest with their hands to simulate a regular pulse.

culture A test for infection or organisms that could cause infection.

CVA (Cerebrovascular accident) Also called a stroke. **cystoscopy** A long flexible tube, attached to a miniature camera, is passed through the urinary tract into the bladder.

D

d. Abbreviation or short-form for Give.

dd. in d Abbreviation for From day to day.

dec. Abbreviation for Pour off.

decubitus ulcer (See bedsore)

dehydrated Lack of moisture in the body.

E

EMG (Electromyography) Test to evaluate the electrical activity of nerves and muscles.

emesis Vomiting.

emp abbrev. As directed.

empiric Based on experience.

emphysema A condition of the lungs with labored breathing and increased risk of infection. The lungs lose their elasticity and function.

endocrinologist A specialist in diagnosing and treating disorders of the endocrine glands (glands affecting hormones) and their secretions.

endoscopic exam Using a thin, lighted tube to examine an internal part of the body.

enema A fluid injected into the rectum to clean out the bowel or to give drugs.

enteral Something given by way of the intestines.

epidural anesthesia Medication given through a thin tube into your spine. Common in woman having babies as it allows the mother to be alert with pain relief.

estate All of one's assets and liabilities, especially those left by a deceased.

executor The person named in a will to dispose of the assets and pay, from estate funds, the liabilities of a deceased.

executrix The female noun for executor.

F

family Includes people who are part of one's immediate family and those we define as members of our family through friendship and love. In legal terms, each province and state has different definitions that may restrict family members to biologically related members.

family practitioner Doctor who diagnoses and treats the general illnesses and problems of patients and refers them to a specialist when necessary.

febris Latin for fever.

feces Waste product resulting from a bowel movement.

fibrillation Irregular heart beat or an involuntary muscle contraction.

G

gastroenterologist Doctor specializing in the digestive system: esophagus, stomach and bowels.

geneticist Specialist in genetic diseases - hereditary disorders and abnormalities.

geriatrician (gerontologist) Specialist in the diagnoses and treatment of illnesses in older people.

GI (Gastrointestinal) Series An x-ray examination of the esophagus, stomach, colon and rectum.

GI Series-Lower (See barium enema)

gm. abbrev. Grams.

gr. abbrev. Grains.

gtt. abbrev. Drops.

H

h abbrev. Hour.

hallucination The feeling of seeing or hearing something that is not there.

hematologist Doctor specializing in conditions of the blood.

hematoma Swelling caused by bleeding into tissues as in a bruise.

hemiplegia One-sided paralysis of the body, usually from a stroke. A right-sided paralysis indicates left-sided brain damage.

hemoglobin The protein in red blood cells that carry oxygen to the body tissues. The normal count is 12-18 g/dL.

hemorrhage Extensive abnormal bleeding.

heparin lock A needle is placed in the arm with blood thinner to keep the blood from clotting inside the needle or tubing.

hepatoma Cancer or tumor of the liver.

hereditary Something inherited from parents.

high blood pressure (See hypertension)

Hodgkin's disease A form of lymphoid cancer that has high fever, enlarged lymph nodes and spleen, liver and kidneys and a dangerously lowered resistance to infection.

hormone A glandular excretion into the blood that stimulates another organ.

hospice (See palliative care) Also name for a free-standing institution where palliative care is given to people with a terminal illness. Programs often have major home care component and may also be part of an established institution such as a hospital.

h.s. abbrev. At bedtime, before retiring. From the Latin hora somni.

Huntington's chorea A hereditary condition with symptoms of uncontrolled movements and progressive mental disorder.

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hypercalcemia/hypocalcemia Too high (more than 10.5 mg/dL), or too low (less than 8.8 mg/dL), calcium level in the blood.

hyperkalemia/hypokalemia Too high (more than 5.0 mEq/L), or too low (less than 3.8 mEq/L), potassium level in the blood.

hyponatremia/hyponatremia Too high (more than 145 mEq/L), or too low (less than 136 mEq/L), sodium (salt) level in the blood.

hypertension High blood pressure. The systolic number (the top one) is usually above 140 mmHg and the diastolic number (the lower one) is usually above 90 mmHg. Can lead to a stroke, heart failure or other serious condition if not treated. The pressure measures the force of the blood expelled from the heart against the walls of the blood vessels.

hypnotic A drug used to induce sleep.

hypnotism A treatment that puts a patient into a sleep-like trance to enhance memory or make the person susceptible to suggestion. Can be used in pain relief and to eliminate some negative habits.

hypotension Low arterial blood pressure.

hypoxia Low oxygen level in the blood.

I

I&O abbrev. Intake and output refers to fluids into and out of body.

iatrogenic disease A condition caused by a doctor or a hospital stay.

ICU (Intensive Care Unit) Unit within a hospital where seriously ill or post-operative patients receive intensive care.

incontinence Lack of bladder or rectal control.

in d abbrev. Daily. From the Latin in dies.

idiopathic Unknown cause.

infarct Death of tissue because of lack of blood supply.

infarction Blockage of a blood vessel especially the artery leading to the heart.

infection Inflammation or disease caused when bacteria, viruses and other micro organisms invade the body.

infectious disease Disease which is passed from one person to another person.

inflammation Swelling or irritation of tissue.

insomnia An inability to sleep.

intern A recent medical school graduate undergoing supervised practical training.

internist Doctor who specializes in the non-surgical treatment of the internal organs of the body.

intramuscular Something (e.g., medication) given into a muscle. (See blood pressure)

IV abbrev. Intravenous in which a needle is kept within a vein for the injection of

medication or blood.

intraperitoneal Into the abdominal cavity.

intubate Putting a tube into a person's airway to help them breathe.

invasive procedure Anything that punctures, opens or cuts the skin.

L

laxative A drug that causes bowel movements.

lethargy Sleepiness.

leukemia Cancer of white blood cells in which these cells reproduce abnormally.

liabilities Debts owed to others such as a loan, mortgage, utility bills, credit card payments, etc.

life-sustaining procedures These may include artificial means of keeping someone hydrated and fed, CPR, blood transfusions and mechanical ventilation.

life-threatening illness Any condition or disease that can lead to a sudden or quicker-than-expected death.

lipid Fat.

living will A form of advance directives that lists what life-sustaining treatments the person does, or does not, want in situations listed in the document.

lumbar puncture A diagnostic procedure in which a hollow needle is inserted between two lumbar vertebrae in the spinal cord to remove some spinal fluid.

lymph glands Nodes of tissue that provide a system of protection against bacteria and other attacks against the body's immune system.

M

m et n abbrev. Morning and night.

malaise A vague feeling of discomfort; feeling bad.

malignant Progressive or terminal condition.

malnutrition Insufficient consumption of essential food elements whether by improper diet or illness.

mammography An x-ray of the breasts to detect tumors.

meningitis Inflammation of the membranes covering and protecting the brain and spinal cord.

metastasis The spreading of an infection or cancer from the original area to others in the body.

mg. abbrev. Milligrams.

MI abbrev. Myocardial infarction; a heart attack.

mor dict abbrev. In the manner directed.

morbidity Serious disease; an undesired result or complication.

mortality Death or death rate.

mobility The ability to move.

MRI abbrev. Magnetic resonance imaging; a picture of the body that uses magnetic energy rather than x-ray energy.

multiple sclerosis A degenerative disease of the central nervous system where parts of the brain and spinal cord harden.

muscular dystrophy A degenerative muscle disease in which muscles waste away.

myalgia Muscle aches.

N

nasogastric tube A tube from the nose to the stomach to give nutrition and medication.

neoplasm A tumor or a new growth of abnormal tissue where cells multiply. (See cancer).

nephrologist Doctor specializing in kidney conditions.

neurologist Doctor specializing in the nervous system.

neurosurgeon Doctor specializing in surgery of the nervous system.

non rep abbrev. Do not repeat.

nosocomial pneumonia Pneumonia acquired in the hospital.

notarize A notary public authenticates or attests to the truth of a document (e.g., attests that a document was signed by a particular person).

notary public A public officer (can be a lawyer) who certifies documents, takes affidavits and administers oaths.

nurse practitioner Registered Nurse who has received additional training in order to perform more specialized care than other nurses.

O

o abbrev. None.

obstetrician/gynecologist Doctor specializing in conditions of the female reproductive system. Obstetricians specialize in pregnancies and births.

occlusion Closing or an obstruction.

oncology The study of tumors or cancer

oncologist Doctor specializing in tumors and cancer.

ophthalmologist Doctor who specializes in diseases of the eye.

opioids These drugs come from opium. They are generally used to relieve severe pain.

Heroin, methadone and morphine all come from the opium plant.

optician Non-doctor trained in filling prescriptions for eyeglasses and contact lenses.

optometrist Non-doctor trained to measure vision and make eyeglasses and contact lenses.

orthopedist Doctor specializing in bones.

osteopathy Diagnosis and treatment of disorders by manipulative therapy, drugs, surgery,

proper diet and psychotherapy.

osteoporosis The bones become weaker because of a loss of calcium.

otolaryngologist A specialist in conditions of the ear, throat and nose.

P

palliative care Treatment to relieve symptoms, rather than cure, a disease or condition.

Includes meeting the physical, emotional, spiritual and information needs of patients. Also called hospice care.

paracentesis Fluid drainage by inserting a tube into the body.

parenteral Administration of medication or nutrition into the body by injections.

Parkinson's disease A progressive nervous disease. Symptoms are muscular tremor, slowing of movement, partial facial paralysis and impaired motor control.

pathogenesis The initial cause of a disease.

pathologist Doctor who examines tissue and bone to diagnose if there is a malignancy. They also perform autopsies.

pathology The scientific study of disease.

patient Someone who receives treatment. Sometimes called client, consumer or customer.

pc abbrev. After meals.

pediatrician Doctor specializing in the care of children.

per os (po) abbrev. By mouth.

percutaneous Through the skin.

pH test Determines the degree of acidity or alkalinity in the urine.

pharmacokinetics Study of how the body absorbs, distributes and gets rid of a drug.

phlebitis Irritation or inflammation of a vein.

physiatrist Doctor specializing in rehabilitative therapy after illness or injury.

physician A medical doctor as opposed to doctors with a Ph.D.

placebo A substance containing no medication. It can help a patient who believes that it will work. A practical and effective treatment for some people.

plasma The liquid part of blood (55% of total volume).

plastic surgeon Doctor specializing in reconstructive and cosmetic surgery.

platelets Small particles in the blood that help with blood clotting.

pneumonia An acute or chronic disease which inflames the lungs and fills them with fluid.

p.o. abbrev. By mouth. From the Latin per os.

podiatrist Non-doctor who specializes in the care, treatment and surgery of feet.

powers of attorney There are two main types of legal powers of attorney documents that a person signs to delegate legal decision making to one or two people of their choice. The first gives someone financial and legal decision-making power from the time the document is signed

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until the document is revoked by the patient, and the second gives all health care related decisions

away only if the patient cannot speak for themselves at the time. It is advisable to separate the two types of documents so that one person is not responsible for all decisions and not in a conflict of interest.

primary caregiver (See caregiver)

prn abbrev. Give as needed, as often as necessary.

proctologist Doctor specializing in diagnoses and treatment of disorders and diseases of the anus, colon and rectum.

prognosis (Px) A prediction of the future course of a condition or illness based on scientific study. It is only a prediction and should not be accepted as fact.

prophylaxis A drug given to prevent disease or infection.

prosthesis An artificial substitute for a part of the body such as an arm or leg.

protocol A plan of study.

psychiatrist Doctor who specializes in the diagnosis and treatment of emotional and medical disorders.

psychologist A professional with a Ph.D. in psychology who diagnoses and treats psychological disorders. They may not prescribe medication.

pt abbrev. Patient.

pulmonary Refers to the lungs.

Px abbrev. Prognosis.

Q

q abbrev. Every.

q.d. abbrev. Every day; daily.

q.h. abbrev. Every hour. From the Latin quaque hora.

q.i.d. abbrev. Four times a day. From the Latin quater in die.

qn abbrev. Every night. From the Latin quaque nox.

qod abbrev. Every other day.

qs abbrev. Proper amount, quantity sufficient.

quack Opportunist who uses questionable or worthless methods or devices in diagnosing and treating various diseases.

ql abbrev. As much as desired. From the Latin quantum libet.

R

radiation therapy X-ray or cobalt treatment.

radiologist Doctor who interprets X-rays. Sub-specialties include nuclear medicine and

angiography.

radiology A branch of science using radiant energy, as in x-rays, especially in the diagnosis and treatment of disease.

recombinant New combinations of genes.

refractory Not responding to treatment.

regimen A program or set of rules to follow for treatment of a condition.

relapse The return or reappearance of a disease.

remission Disappearance of evidence of cancer or other diseases.

renal Refers to the kidneys.

rep abbrev. Repeat.

resect Remove or cut out surgically.

resident Doctor receiving specialized clinical training.

respirologist Specialist who diagnoses and treats diseases of the lungs and respiratory (breathing) system.

respite care Time away for rest. This might mean that a family caregiver goes away for a few days or that the person who is ill goes to a hospice program.

rheumatologist Specialist who diagnoses and treats rheumatic diseases that cause by inflammation or pain in the joints and muscles.

Rx abbrev. Prescription or therapy.

S

satiety (early) Feeling full or bloated quickly after eating very little food.

sedative A medication to calm a person or make them less anxious.

senility Loss of mental ability and memory (especially of recent events).

shiatsu (See acupressure)

shock Sudden, acute failure of the body's circulatory function.

sig abbrev. Write, let it be imprinted.

somnolence Sleepiness.

spinal tap (See lumbar puncture)

standard of care A treatment plan which the majority of health care providers accept as appropriate.

stat abbrev. Right away. From the Latin statim.

stomatitis Mouth sores or inflammation of the mouth.

stroke Sudden loss of muscular control, sensation and consciousness caused by the rupture or blocking of a blood vessel in the brain.

subclavian Under the collarbone.

subcutaneous Often refers to medication placed under the skin by a needle.

sublingual Often refers to medication placed under the tongue.

substitute decision maker This person is chosen by a patient in an advance directive document to make decisions about health care and treatment when a patient cannot speak for themselves.

supine Lying on the back.

supportive care General medical care that treats symptoms; not intended to improve or cure the underlying disease or condition. Sometimes called palliative care although not limited to people with a terminal or life-threatening illness.

suppository A medication given in solid form and inserted into the rectum or vagina. Dissolves into a liquid by body heat.

surgeon Doctor who treats a disease by surgery. Surgeons generally specialize in one or more types of surgery.

symptom An indication of a certain condition or disease.

symptomatic Having symptoms.

syndrome A group of symptoms that indicate a specific disease or condition.

systolic Top number in blood pressure; refers to the contraction phase of a heartbeat.

T

TENS Trans-cutaneous electrical nerve stimulation. A device that provides mild amounts of electrical stimulus to different parts of the body as a way to reduce pain.

temperature Normal oral temperature is 97-99° Fahrenheit or 36-37.2° Celsius. Changes +/- one degree during the day.

terminal illness Often classified as any illness that will lead to death soon. The length of time used is often between 3-12 months.

thoracic surgeon Doctor who specializes in chest surgery.

thrombosis Blood clotting within blood vessels.

t.i.d. abbrev. Three times a day. From the Latin tres in die.

titration Gradual change in drug dose to determine the best effect or dose of a drug.

tolerance Drug tolerance is when there is increased resistance to the usual effect of a drug as a result of long-term use.

topical On the skin or surface.

toxicity Side effects or undesirable effects of a drug.

toxin A poison or harmful agent.

transdermal Through the skin.

trauma An injury or wound.

tumor (See neoplasm)

Tx abbrev. Treatment.

U

ultrasound scan A picture of internal organs using high frequency sound waves.

urine Liquid released when bladder empties.

urologist Doctors specializing in urinary tract and male prostate gland diseases plus male sexual dysfunction.

ut dict abbrev. As directed.

V

vascular surgeon Doctor specializing in blood vessel surgery.

venipuncture Going into a vein with a needle.

vital signs Measurement of temperature, pulse, respiration rate and blood pressure.

vomiting Reflex action that contracts stomach and ejects contents through the mouth.

W

WBC White blood cells that fight infection. The normal count is 5,000 to 10,000.

X

x-ray Electromagnetic radiation used to create pictures of the body's internal structures.

x-ray dye A substance injected into a vein before an X-ray to highlight an area for examination. May cause an allergic reaction.