



**Hand in Hand: A Training Series for Nursing Homes**

## **Glossary of Terms**

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## Glossary of Terms

Term	Definition
Abuse	The willful infliction of injury, unreasonable confinement, intimidation, or punishment with resulting physical harm, pain or mental anguish. This also includes the deprivation by an individual, including a caretaker, of goods or services that are necessary to attain or maintain physical, mental, and psychosocial well-being. This presumes that instances of abuse of all residents, even those in a coma, may cause physical harm, or pain or mental anguish. <sup>1</sup>
Adult protective services	Those services provided to ensure the safety and well-being of elders and adults with disabilities who are in danger of being mistreated or neglected, are unable to take care of themselves or protect themselves from harm, and have no one to assist them. <sup>2</sup> Generally based in State government or services.
AIDS-related dementia	The primary symptoms of AIDS-related dementia include cognitive impairment, such as the inability to concentrate and impaired short-term memory; motor dysfunction, including leg weakness, affected gait, and slow hand movements; and behavioral changes, such as depression, apathy, and social withdrawal. <sup>3</sup>

<sup>1</sup> 483.13(b) in the State Operations Manual

<sup>2</sup> [http://www.ncea.aoa.gov/NCEARoot/Main\\_Site/Find\\_Help/APS/About\\_APS.aspx](http://www.ncea.aoa.gov/NCEARoot/Main_Site/Find_Help/APS/About_APS.aspx)

<sup>3</sup> [http://the-aids-pandemic.blogspot.com/2008\\_09\\_01\\_archive.html](http://the-aids-pandemic.blogspot.com/2008_09_01_archive.html)

Term	Definition
Alois Alzheimer	In 1906, German psychiatrist and neuropathologist Alois Alzheimer summarized the case of Auguste Deter, who had told him early in her treatment, “I have lost myself.” She had been a normal, healthy woman, but beginning at age 51 she developed progressive memory lapses, disorientation, and aphasia (inability to use language), and she grew unable to care for herself, eventually dying at the age of 55. After her death, Alzheimer examined her brain under his microscope and described the plaques that had accumulated in the ordinarily empty space between nerve cells, and tangles of string-like substances, now known to be characteristic of the disease that bears Alzheimer’s name. <sup>4</sup>
Alzheimer’s disease	Alzheimer’s disease causes brain changes that gradually get worse. It’s the most common cause of dementia—a group of brain disorders that cause progressive loss of cognitive and social skills, severe enough to interfere with day-to-day life. In Alzheimer’s disease, brain cells degenerate and die, causing a steady decline in memory and mental function. <sup>5</sup>
Amyloid plaques	One of the hallmarks of Alzheimer’s disease is the accumulation of amyloid plaques between nerve cells (neurons) in the brain. Amyloid is a general term for protein fragments that the body produces normally. Beta amyloid is a protein fragment snipped from an amyloid precursor protein (APP). In a healthy brain, these protein fragments are broken down and eliminated. In Alzheimer’s disease, the fragments accumulate to form hard, insoluble plaques. <sup>6</sup>

<sup>4</sup> <http://www.nndb.com/people/217/000165719/>

<sup>5</sup> <http://www.mayoclinic.com/health/alzheimers-disease/DS00161>

<sup>6</sup> <http://www.ahaf.org/alzheimers/about/understanding/plaques-and-tangles.html>

Term	Definition
Auguste D	<p>In November 1901, German psychiatrist Alois Alzheimer encountered a woman named Auguste Deter (Auguste D, as she came to be known) who had been brought to Alzheimer's Frankfurt clinic by her husband.</p> <p>According to the husband, the couple had been harmoniously married since 1873, but he had recently noticed a gradual decline in his wife that went beyond short- and long-term memory loss. At the relatively young age of 51, she had become disturbingly absent-minded, making obvious mistakes in food preparation, neglecting her housework, stashing objects in nooks and crannies around their apartment, wandering aimlessly from room to room, and suffering from intense bouts of jealousy and paranoia.</p> <p>As the months went by, thoughts of Auguste D. stayed with Dr. Alzheimer. He recognized that Auguste D's case could prove to be of great scientific importance because of her young age. At 51, she was exhibiting the behavioral symptoms that one might expect to observe in a dementia patient in their seventh, eighth, or ninth decade.</p> <p>In 1906, Auguste D. passed away. Dr. Alzheimer performed an autopsy, finding a high volume of senile plaques and neurofibrillary tangles in the tissue of her brain. In November of that year, Dr. Alzheimer delivered a now famous lecture to the Assembly of Southwest German Psychologists in Tbingen. Alzheimer stood before nearly 90 of his colleagues in this lecture theatre and reported on the case of Auguste D, interspersing his lecture with wonderfully drawn slides of the plaques and tangles found in and on Auguste D's brain in postmortem investigation.<sup>7</sup></p>
Consistent assignment	<p>Residents see and receive care from the same caregivers (registered nurse, licensed practical nurse, direct care worker/certified nursing assistant) during a typical work week. Consistent assignment may also be called primary assignment.<sup>8</sup></p>

<sup>7</sup> <http://www.thirdage.com/caregiving/the-first-alzheimer-s-patient?page=1>

<sup>8</sup> <https://pioneernetwork.org/Consumers/PickerGlossary/>

Term	Definition
Corporal punishment	The infliction of physical pain or discomfort for discipline, correction, or control.
Covered individual	A “covered individual” is defined in section 1150B(a)(3) of the Act as anyone who is an owner, operator, employee, manager, agent or contractor of the LTC facility. <sup>9</sup>
Creutzfeldt-Jakob disease (CJD)	Creutzfeldt-Jakob disease is a rare, degenerative, invariably fatal brain disorder. It affects about one person in every one million people per year worldwide; in the United States there are about 200 cases per year. CJD usually appears in later life and runs a rapid course. Typically, onset of symptoms occurs about age 60, and about 90 percent of individuals die within one year. In the early stages of disease, people may have failing memory, behavioral changes, lack of coordination and visual disturbances. As the illness progresses, mental deterioration becomes pronounced and involuntary movements, blindness, weakness of extremities, and coma may occur. <sup>10</sup>
Crime	Section 1150B(b)(1) of the Act provides that a “crime” is defined by law of the applicable political subdivision where a long term care facility is located. Applicable facilities must coordinate with their local law enforcement entities to determine what actions are considered crimes within their political subdivision. <sup>11</sup>

<sup>9</sup> S&C: 11-30-NH, Revised 01.20.12

<sup>10</sup> [http://www.ninds.nih.gov/disorders/cjd/detail\\_cjd.htm](http://www.ninds.nih.gov/disorders/cjd/detail_cjd.htm)

<sup>11</sup> S&C: 11-30-NH, Revised 01.20.12

Term	Definition
Culture change	The common name given to the national movement for the transformation of older adult services, based on person-directed values and practices, where the voices of elders and those working with them are considered and respected. Core person-directed values are choice, dignity, respect, self-determination and purposeful living. Culture change transformation supports the creation of both long- and short-term living environments as well as community-based settings where both older adults and their caregivers are able to express choice and practice self-determination in meaningful ways at every level of daily life. Culture change transformation may require changes in organizational practices, physical environments, relationships at all levels and workforce models—leading to better outcomes for consumers and direct care workers without being costly for providers. <sup>12</sup>
Delirium	Delirium is a serious disturbance in a person's mental abilities that results in a decreased awareness of one's environment and confused thinking. The onset of delirium is usually sudden, often within hours or a few days. Delirium can usually be traced to one or more contributing factors, such as a severe or chronic medical illness, medication, surgery, or drug or alcohol abuse. The symptoms of delirium and dementia are similar, and input from a family member or caregiver may be important for a doctor to make a diagnosis. <sup>13</sup>

<sup>12</sup> <https://pioneernetwork.org/Consumers/PickerGlossary/>

<sup>13</sup> <http://www.mayoclinic.com/health/delirium/DS01064>

Term	Definition
Dementia	<p>The word dementia comes from the Latin de meaning “apart” and mens from the genitive mentis meaning “mind.” Dementia is the progressive deterioration in cognitive function—the ability to process thought (intelligence).<sup>14</sup></p> <p>Dementia isn't a specific disease. Instead, dementia describes a group of disorders affecting intellectual and social abilities severely enough to interfere with daily functioning. There are many causes of dementia. Alzheimer's disease is the most common cause of a progressive dementia.</p> <p>Memory loss generally occurs in dementia, but memory loss alone doesn't mean you have dementia. Dementia indicates problems with at least two brain functions, such as memory loss and impaired judgment or language. Dementia can make someone confused and unable to remember people and names. They also may experience changes in personality and social behavior.<sup>15</sup></p>
Early-onset Alzheimer's disease (also known as younger-onset Alzheimer's disease)	<p>Of all the people who have Alzheimer's disease, only about five percent develop symptoms before age 65. So if 4 million Americans have Alzheimer's, at least 200,000 people have the early-onset form of the disease. Early-onset Alzheimer's has been known to develop between ages 30 and 40, but that's very uncommon. It's more common to see someone in his or her 50s who has the disease.<sup>16</sup></p>

<sup>14</sup> <http://alzheimerscareathome.com/2011/11/what-is-dementia-what-causes-dementia-symptoms-of-dementia/>

<sup>15</sup> <http://www.mayoclinic.com/health/dementia/DS01131>

<sup>16</sup> <http://www.mayoclinic.com/health/alzheimers/AZ00009/METHOD=print>

Term	Definition
Frontotemporal dementia	<p>Frontotemporal dementia (frontotemporal lobar degeneration) is a term for a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain—the areas generally associated with personality, behavior and language.</p> <p>In frontotemporal dementia, portions of these lobes atrophy or shrink. Signs and symptoms vary, depending upon the portion of the brain affected. Some people with frontotemporal dementia undergo dramatic changes in their personality and become socially inappropriate, impulsive or emotionally indifferent, while others lose the ability to use and understand language.</p> <p>Frontotemporal dementia is often misdiagnosed as a psychiatric problem or as Alzheimer’s disease. But frontotemporal dementia tends to occur at a younger age than does Alzheimer’s disease, typically between the ages of 40 and 70.</p> <p>Frontotemporal dementia includes Pick’s disease, primary progressive aphasia, and semantic dementia.<sup>17</sup></p>
Huntington’s disease	<p>Huntington’s disease is an inherited disease that causes the progressive breakdown (degeneration) of nerve cells in the brain. Huntington’s disease has a broad impact on a person’s functional abilities and results in movement, thinking (cognitive) and sometimes psychiatric disorders.</p> <p>Most people with Huntington’s disease develop signs and symptoms in their 40s or 50s, but the onset of disease may be earlier or later in life. When disease onset begins before age 20, the condition is called juvenile Huntington’s disease. Earlier onset often results in a somewhat different presentation of symptoms and faster disease progression.</p> <p>Medications are available to help manage the symptoms of Huntington’s disease, but treatments can’t prevent the physical, mental and behavioral decline associated with the condition.<sup>18</sup></p>

<sup>17</sup> <http://www.mayoclinic.com/health/frontotemporal-dementia/DS00874>

<sup>18</sup> <http://www.mayoclinic.com/health/huntingtons-disease/DS00401>

Term	Definition
Lewy body dementia	<p>Lewy body dementia is a common type of progressive dementia. In addition to the decline in mental ability, it may also cause visual hallucinations, which may take the form of seeing shapes, colors, people or animals that aren't there.</p> <p>Another indicator of Lewy body dementia may be significant fluctuations in alertness and attention, which may include daytime drowsiness or periods of staring into space. And, like Parkinson's disease, Lewy body dementia can result in rigid muscles, slowed movement and tremors.<sup>19</sup></p>
Long term care ombudsman	<p>Long-Term Care Ombudsmen are advocates for residents of nursing homes, board and care homes, assisted living facilities and similar adult care facilities. They work to resolve problems of individual residents and to bring about changes at the local, state and national levels to improve care. While most residents receive good care in long-term care facilities, far too many are neglected, and other unfortunate incidents of psychological, physical and other kinds of abuse do occur. Thus, thousands of trained volunteer ombudsmen regularly visit long-term care facilities, monitor conditions and care, and provide a voice for those unable to speak for themselves. This program was established in the Older Americans Act.<sup>20</sup></p>

<sup>19</sup> <http://www.mayoclinic.com/health/lewy-body-dementia/DS00795>

<sup>20</sup> [http://www.aoa.gov/aoaroot/Press\\_Room/Products\\_Materials/fact/pdf/LTC\\_Ombudsman\\_Program\\_2011.pdf](http://www.aoa.gov/aoaroot/Press_Room/Products_Materials/fact/pdf/LTC_Ombudsman_Program_2011.pdf)

Term	Definition
Mandated reporter	<p>As a healthcare professional, you are required by law to report situations in which there is reasonable cause to suspect abuse.</p> <p>As established by Section 6703 (b)(3) of the Patient Protection and Affordable Care Act of 2010, reasonable suspicion of crime must be reported to <b>both</b> the State Agency and local law enforcement. CMS recommends documenting your submission to the administrator for your records. Section 1150B established two time limits for the reporting of reasonable suspicion of a crime, depending on the seriousness of the event that leads to the reasonable suspicion:</p> <ol style="list-style-type: none"> <li>1. Serious Bodily Injury—2 Hour Limit: If the events that cause the reasonable suspicion result in serious bodily injury to a resident, the covered individual shall report the suspicion immediately, but not later than 2 hours after forming the suspicion.</li> <li>2. All Others—Within 24 Hours: If the events that cause the reasonable suspicion do not result in serious bodily injury to a resident, the covered individual shall report the suspicion immediately, not later than 24 hours after forming the suspicion.</li> </ol>
Mental abuse	Includes, but is not limited to, humiliation, harassment, threats of punishment or deprivation. <sup>21</sup>
Mild cognitive impairment	Mild cognitive impairment (MCI) causes a slight but noticeable and measurable decline in cognitive abilities, including memory and thinking skills. A person with MCI is at an increased risk of developing Alzheimer's or another dementia. <sup>22</sup>
Misappropriation of resident property	The deliberate misplacement, exploitation, or wrongful, temporary or permanent use of a resident's belongings or money without the resident's consent. <sup>23</sup>

<sup>21</sup> 483.13(b) in the State Operations Manual

<sup>22</sup> <http://www.alz.org/dementia/mild-cognitive-impairment-mci.asp>

<sup>23</sup> 483.13(c) in the State Operations Manual

Term	Definition
Neglect	Failure to provide goods and services necessary to avoid physical harm, mental anguish, or mental illness. <sup>24</sup>
Neurofibrillary tangles	Neurofibrillary tangles are insoluble twisted fibers found inside the brain's cells. These tangles consist primarily of a protein called tau, which forms part of a structure called a microtubule. The microtubule helps transport nutrients and other important substances from one part of the nerve cell to another. In Alzheimer's disease, however, the tau protein is abnormal and the microtubule structures collapse. <sup>25</sup>
Parkinson's disease	<p>Parkinson's disease is a progressive disorder of the nervous system that affects movement. It develops gradually, often starting with a barely noticeable tremor in just one hand. But while tremor may be the most well-known sign of Parkinson's disease, the disorder also commonly causes a slowing or freezing of movement and balance problems.</p> <p>The face of a person with Parkinson's disease may show little or no expression and the arms don't swing when they walk. Speech often becomes soft and mumbling. Parkinson's symptoms tend to worsen as the disease progresses.</p> <p>While there is no cure for Parkinson's disease, many different types of medicines can treat its symptoms.<sup>26</sup></p>
Person-centered care	Person-centered care is an approach to care that focuses on the voices of individuals and those working closest with them. It involves a continuing process of listening, trying new approaches, seeing how they work and changing routines and organizational approaches in an effort to individualize and de-institutionalize the care environment (e.g., a long term care facility). <sup>27</sup>

<sup>24</sup> 483.13(c) in the State Operations Manual

<sup>25</sup> <http://www.ahaf.org/alzheimers/about/understanding/plaques-and-tangles.html>

<sup>26</sup> <http://www.mayoclinic.com/health/parkinsons-disease/DS00295>

<sup>27</sup> <http://www.pioneernetwork.net/Consumers/PickerGlossary/>

Term	Definition
Physical abuse	Includes hitting, slapping, pinching and kicking. It also includes controlling behavior through corporal punishment. <sup>28</sup>
Retaliate against an employee	The term “retaliate against an employee” is referenced in Section 6703(d)(1)(A) of the Act and states: When the employer discharges, demotes, suspends, threatens, harasses, or denies a promotion or any other employment-related benefit to an employee, or in any other manner discriminates against an employee within the terms and conditions of employment because the employee has met their obligation to report a suspicion of a crime. <sup>29</sup>
Serious bodily injury	The term “serious bodily injury” is defined in section 2011(19)(A) of the Act (as added by section 6703(a)(1)(C) of the Affordable Care Act) as an injury involving extreme physical pain; involving substantial risk of death; involving protracted loss or impairment of the function of a bodily member, organ, or mental faculty; or requiring medical intervention such as surgery, hospitalization, or physical rehabilitation. <sup>30</sup>
Sexual abuse	Includes, but is not limited to, sexual harassment, sexual coercion, or sexual assault. Sexual abuse happens to people of all ages. Sexual abuse occurs when there is sexual contact and the resident does not, or is not able to, provide consent. It includes unwelcome sexual advances, unwanted touching, requests for sexual favors, offensive sexual comments, rape (generally defined as forced or nonconsensual sexual contact) and sodomy (generally defined as forced or nonconsensual oral or anal sex). <sup>31</sup>

<sup>28</sup> 483.13(b) in the State Operations Manual

<sup>29</sup> S&C: 11-30-NH, Revised 01.20.12

<sup>30</sup> S&C: 11-30-NH, Revised 01.20.12

<sup>31</sup> 483.13(b) in the State Operations Manual

Term	Definition
Vascular dementia	<p>Vascular dementia is a general term describing problems with reasoning, planning, judgment, memory and other thought processes caused by brain damage from impaired blood flow to your brain.</p> <p>Vascular dementia may develop after a stroke blocks an artery in the brain, but strokes don't always cause vascular dementia. Whether a stroke affects thinking and reasoning depends on the stroke's severity and location. Vascular dementia also can result from other conditions that damage blood vessels and reduce circulation, depriving the brain of vital oxygen and nutrients.</p> <p>Factors that increase the risk of heart disease and stroke—including high blood pressure, high cholesterol and smoking—also raise vascular dementia risk. Controlling these factors can help lower the chances of developing vascular dementia.<sup>32</sup></p>
Verbal abuse	<p>The use of oral, written or gestured language that willfully includes disparaging and derogatory terms to residents or their families, or within their hearing distance, regardless of their age, ability to comprehend, or disability. Examples of verbal abuse include, but are not limited to, threats of harm; saying things to frighten a resident, such as telling a resident that he/she will never be able to see his/her family again.<sup>33</sup></p>
Visuospatial skills	<p>This group of cognitive functions is how the brain and body analyze and understand space (i.e., the world around you). It includes mental imagery and navigation, distance and depth perception, and visuospatial construction. Visuospatial functions represent the brain's highest level of visual processing, and require the proper functioning of the parietal cortex, in the upper part of the brain.<sup>34</sup></p>

<sup>32</sup> <http://www.mayoclinic.com/health/vascular-dementia/DS00934>

<sup>33</sup> 483.13(b) in the State Operations Manual

<sup>34</sup> <http://www.braincenteramerica.com/visuospa.php>

Term	Definition
Wernicke-Korsakoff syndrome	Wernicke's encephalopathy is a degenerative brain disorder caused by the lack of thiamine (vitamin B1). It may result from alcohol abuse, dietary deficiencies, prolonged vomiting, eating disorders, or the effects of chemotherapy. <sup>35</sup>

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<sup>35</sup> [http://www.ninds.nih.gov/disorders/wernicke\\_korsakoff/wernicke-korsakoff.htm](http://www.ninds.nih.gov/disorders/wernicke_korsakoff/wernicke-korsakoff.htm)

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