Proper Medical Terms for Activity Charting

**Symbols**
# = Pound
@ = at

**A**
a (with a line above it) = before
A and D = Admission and Discharge
A/E = Above the Elbow
AAD = Assistant Activity Director
AAROM = Active Assisted Range of Motion
AAT = Activity as Tolerated
ac = Before meals
ACC = Activity Consultant Certified
Active = The act of initiating and sustaining involvement in an activity or social interaction; opposite of passive. Because active is such a general term it is frequently used as a qualifying adjective (i.e. active treatment, active participation, etc.)
Activities = Any endeavor other than routine ADL's, in which a resident participates that is intended to enhance his/her sense of well being & to promote or enhance physical, cognitive & emotional health. These include but are not limited to activities that promote self-esteem, pleasure, comfort, education, creativity, success & independence. ADL-related activities such as manicures/pedicures, hair styling & makeovers maybe considered part of an activity program.
activity terms= activity terms are abbreviations used in the field of activities -- i.e. OOB-out of bed, OOP- out on pass, A- active, P- passive, etc.
AD = Activity Director Qualified
ADC = Activity Director Certified
AD/TXC = Activity Director/ Texas Certified
ADL's = Activities of Daily Living
ad lib = as desired, as much as possible
Admin = Administrator; supervises the entire facility and deals with all staff issues and operations of the facility.
ADON = Assistant Director of Nursing
AK = Above the Knee
AMA = Against Medical Advice
ARD = Assessment Reference Date

**B**
B & B = Bowel & Bladder
Bedfast = A person who is unable to get or be out of bed except for ADL's only.
BID = Twice per day
BKA = Below the Knee Amputation
BM = Bowel Movement
BP = Blood Pressure

**C**
c (with a line over it) = with
c/o = complains of
CA = Cancer
CAA = Care Area Assessment Process
CAD, CHD or CAD = Coronary Heart Disease (or Coronary Artery Disease)
CC = Chief Complaint
CP = Care Planning, also know as Care Plan- Establishing a course of action that moves a resident toward a specific goal utilizing individual resident strengths & interdisciplinary expertise; crafting the "how" of resident care.

CMS = Center for Medicaid and Medicare- The federal agency responsible for administering the Medicaid and Medicare programs. Previously known as HCFA, CMS is part of the U.S. Department of Health and Human Services.

CEU = Continuing Education Unit- CEUs are awarded by professional organizations or universities to individuals who participate in structured educational programs such as a conference or workshop.

COTA = Chronic Obstructive Pulmonary Disease

CP = Cerebral Palsy

**D**
DAT = Dementia of the Alzheimer's Type
d/c = discontinue
Example: Res. is refusing to attend act. Current CP goal will be d/c.
d/t = due to
DHHS = Department of Health and Human Services
DJD = Degenerative Joint Disease
DNR = Do Not Resuscitate
DON = Director of Nursing
DX = Diagnosis

**E**
ENT = Ears, Nose, Throat
ER = Emergency Room
ETOH = Alcohol Abuse

**F**
FH = Family History
f/x = fracture

**G**
Gait = The manner or style of walking includes, rhythm, cadence and speed of walking. Also see unsteady.
GERD = Gastro-Esophageal Reflux Disease
Gross Motor Skills = Skills involving coordination of large muscle groups in activities such as walking, throwing, kicking, or maintaining balance.

**H**
HOH = Hard of Hearing
HR = Heart Rate
Hx = History

**I**
In-Rm = A resident that is independent, involved in and around the facility, but not necessarily in activity groups. This type of resident is content and has no interest in activities so the AD should offer this resident in-rm visits, supplies, and inform them of any special activities etc..
I & O = Intake or Input & Output

**L**
Liquid Diet = A diet consisting of foods that can be served in liquid or strained form, plus custards, puddings, and similar foods. It is prescribed after certain types of surgery and in some infectious and inflammatory conditions.
**M**
M.S. = Multiple Sclerosis
MD = Doctor of medical profession; Medical Doctor
MDS = Minimal Data Set- a minimal assessment of the resident.
Mechanically Altered Diet = A diet specifically prepared to alter the texture or consistency of food in order to facilitate oral intake. Examples include soft solids, pureed foods, ground meat, and thickened liquids. A mechanically altered diet should not automatically be considered a therapeutic diet.
Medicaid = A joint Federal and State government program to pay medical costs for the poor.
Medicare = A Federal government program to provide health insurance for everyone over the age of 65.
Meds = Medicines
MRSA = Methicillin Resistant Staphylococcus Aureus (staph infections)

**N**
N/A = Not Applicable
N/C = No Complaints
NIDDM = Non-Insulin Dependent Diabetes Mellitus
NKA = No Known Allergies
noc (t) = night
NPO = Nothing by mouth
NWB = Non-Weight Bearing

**O**
1:1’s or One-to-One = A resident that is unable to or refuses to attend activities outside of their room. A resident that is bedfast, refuses to attend/participate, large groups make him/her nervous, hostile, argues with other residents, etc.
O2 = Oxygen
OBRA = The Ombibus Budget Reconciliation
OBS = Organic Brain Syndrome
OD = Right Eye
OOB = Out of Bed
OOF = Out of Facility
OOP = Out on Pass
OOR = Out of Room
OS = Left eye
OT = Occupational Therapy
OTC = Over the Counter
OU = Both eyes
Ox (number) = Orientated x (people, place & time)

**P**
p.c. = after meals
PMH = Past Medical History
PO = By mouth
PPS = Prospective Payment System
prn = as needed
pt = patient
PT = Physical Therapist or Pulmonary Therapy

**Q**
q = every
g4h, q6h = every 4 hours, every 6 hours etc.
qd = every day
QI = Quality Indicators
qid = four times a day
QOL = Quality of Life- The resident’s perception of overall gratification within their life within the facility. A standard of quality of life for the resident, focuses on physical status and abilities, psychological well-being, and socialization.

**R**
R/T = Related To
RAI = Resident Assessment Instrument
RAP = Resident Assessment Protocol
RBC = Red Blood Cell Count
RN = Registered Nurse
RO = Reality Orientation
ROM = Range of Motion
RT = Recreational Therapist
Rx = Treatment/Therapy/Prescription

**S**
SOB = Shortness of Breath
Socialization Activities = A type of activity that promotes camaraderie and boosts the resident's self-esteem.
Soft Diet = Diet containing low-residue, easily digested, soft foods, such as milk, cheese, custards, strained vegetables, potatoes, rice, breads, and ground meats; advised for those with acute infections or intestinal disorders.
STAT = immediately

**T**
Therapeutic Diet = A diet ordered to manage problematic health conditions. Therapeutic refers to the nutritional content of the food. Examples include, calorie-specific, low-salt, low-fat, lactose-free, & no added sugar diets, as well as those requiring supplements during meals.
tid = three times a day
TO = Telephone Order
TR = Therapeutic Recreation
tw = twice a week
Tx = Treatment

**U**
UTI = Urinary Tract Infection

**V**
Validation Therapy = Developed to use in long term care facilities, residents “validate” their feeling and needs.
V-FIB or VF = Ventricular Fibrillation
VO = Verbal or Voice Orders

**W**
WBC = white Blood Cell Count
W/C = Wheelchair
wk = week
wkly = weekly
w/o = with out
wt. = Weight

**Y**
Yrs = Years
**X**

x = Times

Example: Res. will participate in group act. 3xwkly.