

# ***Glossary of Terms***

## **A**

### **Abuse**

Causing someone harm - emotionally, physically, psychologically, institutionally, financially, sexually etc.

### **Accreditation**

The formal recognition of the compliance with a standard

### **Acute**

Health problem that lasts for a short while from which the person recovers

### **Adapt**

When someone fits in with new circumstances, situations etc.

### **Adaptive skills**

The skills that people use every day to go about their normal routines and tasks of life

### **Adjustment**

That which is necessary to adapt to and/or make change.

### **Admission**

The formal commencement of providing care provision

### **Advocate**

Someone who is formally designated to speak up for the interests of someone else

### **Agenda behaviour**

When someone follows a particular routine (agenda) that they would have adopted in the past

### **Aggression**

Actively making a forceful approach towards someone else to exert desires over someone else

### **Agitation**

Signs that show someone is becoming excited, troubled, irritated, aggressive etc.

**AIDS**

Acquired Immune Deficiency Syndrome (AIDS), caused by the Human Immunodeficiency Virus (HIV) which attacks the body's immune system, making its ability to fight infection difficult

**Airborne transmission**

Transmission of infection from one thing to another by being breathed in from the air

**Ambulation**

Being able to move, walk about

**Amputation**

The cutting-off (removing) of a part of the body, usually a limb

**Anaemia**

Body tissues are starved of oxygen because the number of red blood cells that carry the oxygen around the body have been reduced

**Anatomy**

The study of parts of the body

**Angina**

Chest pain due to restricted blood supply to heart muscles. It is usually relieved by rest and if prescribed, GTN sprays or tablets. For people who suffer regular attacks, they may be prescribed slow release patches. Some example of things that might trigger an attack are stress, eating a very large meal and sudden energetic exercise

**Anorexia**

Psychological illness that causes people, often girls and young women, to starve themselves to look thin

**Antibiotics**

Drugs that kill microorganisms

**Antibody**

A protein produced by the body to fight infection

**Antiseptic**

Substance that reduces the growth of microorganisms

**Anus**

The area where the large intestine opens to exit the body

**Anxiety**

When someone starts to become uneasy in their own mind

**Aorta**

The artery from which blood leaves the heart

**Aphasia**

A condition whereby someone finds it difficult to put their thoughts into words

**Arteries**

Blood vessels; they carry oxygenated blood around the body and, therefore, flow away from the heart

**Arthritis**

Joint inflammation that impairs movement and causes pain

**Aspirate**

To breathe in

**Assault**

To physically make contact with someone else's body without consent and with the probable intention of inflicting harm

**Assertive**

Being obviously confident

**Assessment**

Evaluation of a need or requirement

**Assumption**

Believing something to be right or wrong without checking it

**Asthma**

Characterised by a person being unable to breathe properly because spasms cause the airway to constrict

**Audiologist**

Assists people with hearing improvements - hearing aids etc.

**Autism**

A condition where someone has withdrawn into a world of their own, often accompanied by social difficulties. The behaviour will vary greatly from mild, where someone may appear to have difficulties socialising, to severe, where the person appears locked in a world of their own

**Autoclave**

A machine that sterilises medical equipment using steam pressure

**Autonomy**

Making your own decisions for yourself

**B****Bacteria**

A microorganism that, given time in the presence of nutrients, moisture and the correct temperature can multiply outside living cells

**Barrier**

Something that separates one thing from another

**Bereavement**

The process of grieving after a loved one has died or someone has undergone a major change in their life e.g. having bad health that has made them dependent on others

**Biohazards**

Anything of a biological, chemical etc. nature that could put someone at risk

**Bladder**

Where the body stores urine

**Bladder training**

A plan of care that helps someone regain control of their urination

**Blood pressure**

The pressure of the blood in the arteries

**Body fluids**

Liquids that are secreted from the body such as blood, mucus, semen, urine etc. and that have a capability of harbouring infection

**Body language**

The non-verbal signals we give out and/or receive to/from other people

**Boundaries**

The lines that one must not cross - personally, morally, ethically etc.

**Brace**

An aid that supports and/or strengthens a part of the body

**Bulimia**

Similar to anorexia but, the sufferer binge eats, then makes themselves vomit to get rid of the food

## C

**Cardiac arrest**

This is when the heart is unable to function; it is a life-threatening situation. The heart may stop totally or go into a situation where it is just quivering or pulsating in such a way that it is not actually pumping blood around the body. A cardiac arrest may be caused for various reasons. Some examples are: sudden loss of circulating blood, injury, vessels supplying the heart have been damaged or blocked by heart disease, infection that may stop the heart working properly, overdoses of some drugs or chemicals, and electric shocks which may have stopped the heart or changed its rhythm

**Cardiopulmonary resuscitation (CPR)**

A procedure that maintains breathing and circulation when someone has had a cardiac arrest

**Care plan**

An interdisciplinary written document that records the well-being of a person and documents goals and objectives for the development of their well-being; it is an "active" document

**Care worker**

A person who provides care and support for another person formally in a paid role

**Carer**

A person who provides care and support for another person often a family member

**Catheter**

A tube that drains fluid from a person's body

**Congestive Cardiac Failure (CCF)**

A condition where the heart is not functioning properly. It is caused by a build-up of fluid in the lungs

**Cerebral palsy**

Before or during birth, the central nervous system is damaged and as such, affects well-being

**Cerebral vascular accident (CVA)**

Another name for a stroke

**Challenging behaviour**

Behaviour that is seen as overtly disruptive, whether the person presenting the behaviour or not is aware of it, such that it may/does disturb others

**Chemical restraint**

Medication used to sedate someone

**Chiropodist**

(see Podiatrist)

**Cholesterol**

A substance that is found in cells and body fluids

**Chronic**

An illness or condition that has no current cure and is ongoing, usually for a long time

**Circulation**

The flow of blood around the body

**Clarify**

Making sure something is understood

**Clinical procedure**

A clinical/medical/care activity involving a care worker and/or carer

**Clinical waste**

Waste that is contaminated in any way with body fluid or material

**Clostridium Difficile (C.Diff)**

An organism that multiplies in the gut if other normal gut flora is destroyed by antibiotics. It causes a potentially serious and sometimes life-threatening bowel infection through the release of toxins, called 'pseudo-membranous colitis' characterised by explosive, 'greeny' diarrhoea. Spores are released into the air when the resident has diarrhoea. These spores are resistant to chemicals, so the environment and your hands must be washed thoroughly with soap and water

**Colonisation**

Where pathogens are present on the body but do not cause adverse effects in the tissues or symptoms of infection

**Closed questions**

Questions that are most likely to end in "yes" or "no"

**Commensal**

A commensal organism is one that can be described as 'normal flora'. It lives in association with another without harming it. Some commensals can be beneficial to the host e.g. gut flora.

**Communicable Disease**

A disease that is highly infectious through person to person contact

**Cross Infection**

The passing of infection from one person to another

**Coercion**

Making someone do something against their will

**Cognitive difficulty**

A condition whereby thinking and memory skills have been impaired

**Colostomy**

A surgical opening in the skin from the colon or bowel to help someone defecate using a tube and bag

**Comatose**

When someone is unconscious

**Commode**

A type of chair with a hole in the seat and a chamber pot underneath the hole. This is often used for people who find it difficult to walk to the toilet. This can be at home or in a care setting. The commode needs to be cleaned regularly to prevent infection

**Communication**

The verbal and non-verbal sending and/or receipt of messages, sharing of information and ideas etc. between persons

**Competency**

Being able to demonstrate adequate capability based upon combinations of knowledge, experience and training

**Complementary treatment**

Usually a non-drug mode of treatment; this may include things like aromatherapy, massage, and music therapy

**Compress**

A hot or cold pad that is put against part of the body or it may refer to pressure being applied to an area

**Confidentiality**

Keeping information private

**Confront**

To challenge someone with something

**Congenital disability**

A condition that exists at birth but is not necessarily genetic

**Consent**

The agreement of a person to allow another person to do something for/with/to them

**Constipation**

When bowel movement is slowed down. Consequently, the person finds it difficult to expel faeces regularly and/or with ease

**Context**

The situation and/or background in which something said has its meaning

**Continence**

The ability to control urinating or defecating

**Contracture**

A deformity as a result of muscle that becomes permanently shortened, or due to scar tissue

**Convalescent**

Gradual recovery of health and strength after illness

**COPD**

Chronic obstructive pulmonary disease

**Culture**

The beliefs, practices as well as racial and religious traits that make a group distinctive

**Cystic fibrosis**

The lungs generate thick secretions which requires drainage or the person would drown in their own fluid

# D

## **Dehydration (see hydration)**

This occurs if someone does not have enough fluid in their body. In severe dehydration, it can be life-threatening

## **Decontamination**

Includes cleaning, disinfection and sterilisation to reduce or remove the potential for the spread of infection from surfaces, the environment and equipment

## **Delusion**

When someone thinks that a thought they have had is real when it is not

## **Dementia**

A worsening condition due to brain illness that affects mental and physical ability

## **Depression**

The feeling of emptiness, hopelessness that someone is experiencing which makes them very “down”

## **Dermatitis**

Inflammation of the skin

## **Deteriorate**

Get worse

## **Development**

This may have several meanings:

The changes that occur as an illness progress or changes. It may be used as a term for when new research identifies a new treatment, drug or practice for certain conditions. It also is used as staff gains new skills and knowledge i.e. ‘staff development’

## **Developmental disability**

A condition that causes a person to develop less well as others which impairs their ability to cope with daily living

## **Diabetes**

The body does not produce enough insulin which is needed to convert food into fuel. This affects the sugar level of the person and their well-being

## **Diarrhoea**

The frequent passing of loose, almost liquid stools

**Diastolic pressure**

The second/bottom reading of blood pressure which shows the heart's blood pressure when the heart is resting

**Dietician**

Someone who provides specialist advice on nutrition needs

**Dignity**

The feeling that conveys the sense of self-worth

**Direct transmission**

Direct transfer of microorganisms from one thing to another

**Directive**

An instruction that must be complied with

**Disability**

Society shapes ideas about what is "normal". Disability is the loss of ability according to that which is seen as "normal" ability by society

**Discharge**

The formal ending of providing care provision

**Disclosure**

Telling another person about something

**Discrimination**

The unfair/prejudiced action of against someone because of a characteristic of someone

**Disinfectant**

Usually a chemical; it inactivates microorganisms

**Distraction**

Where a person's attention is drawn away from one thing to another

**Diversity**

That there are many different people, beliefs, views, cultures etc. It relates to what makes us an individual, where we come from how we feel and act, our previous life experiences etc.

**Down's Syndrome**

A condition present from birth that results in learning disability and sometimes, heart problems as well

**Drape**

Cover up

**Dysarthria**

A muscle problem which makes it difficult for a person to speak

**Dyslexia**

A person has difficulty with reading, writing and/or numeracy

**Dysphagia**

A condition that causes difficulty chewing as well as swallowing food and drink

**Dysphasia**

The sufferer understands what is going on around them but loses their ability to write and/or speak, either partially or fully. The frustration this causes can often be seen in challenging behaviour

## E

**Elimination**

Getting urine and/or faeces out of the body

**Emotional needs**

To be needed, loved, respected and valued as an individual

**Empowerment**

Enabling people to make their own decisions for themselves

**Enabling**

Helping, encouraging, supporting someone to do something for themselves with and/or without appropriate aids etc.

**Epilepsy**

A condition whereby a disorder of the central nervous system can cause seizures. There may be developmental problems as well

**Equal opportunities**

Ensuring every person has equal access to the same opportunities

**Equality**

Being available to equal opportunity

**Equity**

The state of fairness

**Ergonomics**

Studying the relationship of job tasks and the worker's capabilities with a view to developing a worker-friendly environment

**Ethics**

Awareness and application of issues that have rights, wrongs and moral dilemmas

## F

**Facilitate**

To make something more possible to happen

**Faecal impaction**

If constipation is not put right, the faeces "compact" in the rectum

**Foreskin**

The skin that covers the end of the penis when someone has not been circumcised

**Foundation**

The structured training period, generally for new staff, to ensure they genuinely understand and can demonstrate competency in the main aspects of their duties and job description

**Fowler's position**

The position of sitting upright, usually in bed

## G

**Geriatrician**

A person who specialises in the medical condition of elderly people

**Gerontology**

The study/field of understanding that deals with aging

**Glaucoma**

An eye disorder that can result in blindness

**Grievance**

A formal complaint

**Guilt**

A feeling that someone has when they believe that they have done something wrong

**Grief**

The process people go through after a loss i.e. death, loss of job, loss of life as they knew it

## H

**Hallucination**

When someone hears and/or sees something that is not there

**Health promotion**

The active encouragement of others to improve their health and providing ways to do it

**Heart attack (myocardial infarction, abbreviated to MI)**

Heart muscles do not receive their blood supply which means they cannot function properly and oxygen cannot be pumped around the body effectively. In severe cases, the person will collapse. Before a collapse, they often feel a “crushing” feeling in the chest, pain down the left arm and sometimes their back or up onto their neck. The damage to the heart muscle may be small and often, the person will make a good recovery or it may be so extensive that the person is unable to be save

**Heimlich manoeuvre**

The technique that is used to release a foreign body from someone’s airway when they are choking. Now, this technique is referred to as ‘abdominal thrusts’

**Hemiplegia**

This is a weakness down one side of the body, caused by damage to the brain. People often associate this with stroke victims but it can be caused by other injuries to the brain or pressure from a brain tumour

**Hepatitis**

A virus that affects the liver which can cause death

**Hierarchy**

An organised ranking within an organisation or social group

**High blood pressure**

(see hypertension)

**HIV (see AIDS)**

A viral infection transmitted by direct contact with body fluids

**Hydration (see dehydration)**

Maintaining an adequate fluid level

**Hypertension**

High blood pressure that often results in stroke

**Hypothermia**

A person is not kept warm enough and their body temperature drops below 35.0°C, causing their body to shut down

**I****Identity**

How a person comes to understand themselves in the context of society around them

**Inflammation**

A response to infection or other injury characterised by swelling, heat, pus (containing bacteria), redness and pain

**Localised Infection**

Infection confined to and affecting only a specific area of the body

**Ileostomy**

The surgical opening of the ileum (see stoma)

**Impairment**

The loss or making worse of something

**Incident**

Something that happens which is unusual

**Incontinence**

Not being able to control urinating or defecating

**Independent**

When someone is not dependent upon someone else; a person can do something for themselves

**Indirect transmission**

Transmission of microorganisms from one thing to another via a third party, such as hands, equipment etc.

**Individuality**

The sense of self that a person develops as their life experiences grow and change which is shaped by their beliefs, age, class, circumstances etc.

**Infection**

A condition whereby a microbiological agent becomes established on or in a host causing adverse effects

**Infection control**

Methods to prevent the spread of infection

**Informed consent**

The recipient has knowingly understood what the giver seeks to do, the implications of them doing it, and has consented for the giver to do it

**Insomnia**

Not being able to sleep

**Insulin**

A hormone that contributes to the breaking down of carbohydrates in the body

**Interdisciplinary**

Where two or more “agencies” work together in the provision of someone’s care

**Internalisation**

Learning that is deeply understood and, therefore, unlikely to be forgotten - at least not for some time

**Invasive**

Entry into the body

**J****Judgement**

A decision that is made about someone or something

**K**

## L

### **Labelling**

Applying stereotypical ideas to individuals rather than groups

### **Labia**

The outer and inner fatty areas found around the vulva of a woman's genitals

### **Listening**

Actively engaging the mind to understand what someone else is seeking to communicate in order that their communication is accurately understood

## M

### **Mask**

A covering that protects the face and/or mouth

### **Menopause**

The stage of a woman's life where hormonal changes occur

### **Mercury**

A silvery metallic element that is often used in medical and scientific instruments - it is extremely poisonous

### **Microorganisms**

Viruses, bacteria etc. that cannot be seen by the eye

### **Mobility**

How capable someone is for moving about themselves

### **Motor neurone disease**

Motor nerve cells are impaired which weakens them and they gradually waste away, affecting the person's mobility, swallowing, breathing etc.

### **Motor skills**

The abilities regarding physical skills and abilities

### **Methicillin Resistant Staphylococcus Aureus (MRSA)**

A strain of S. Aureus that has developed resistance to many antibiotics, including flucloxacillin which is usually used to treat infection caused by the S. Aureus. S. Aureus is common bacteria often found on the skin and carried in the throats and air passages of many people without necessarily causing them any harm. Many people are colonised

with MRSA but few are infected. Those particularly at risk to infection are those who have recently undergone surgery or have invasive devices. It is most commonly spread by direct contact, so hands should be decontaminated with antibacterial soap or alcohol gel after delivering care to someone with MRSA

### **Multiple sclerosis**

A progressive disease that affects nerve fibres which causes gradual disabling

## **N**

### **Need**

Something that is necessary to/for someone

### **Negligence**

The failure to act in what would be considered a proper and professional manner by a group of reasonably minded people

### **Non-pathogenic**

Microorganisms that do not cause infection

### **Non-verbal communication**

Sending and/or receiving messages without using words

### **Normalisation**

Creating situations where a person can develop and function as close to that which would be considered “normal” by society in general

## **O**

### **Obesity**

Being so overweight that health is severely at risk

### **Objective**

Information that is factual and can be observed

### **Outbreak of Infection**

The occurrence of two or more related cases of the same infection or where the number of infections is more than would normally be expected

**Occupational therapist**

Someone who helps a person use their hands and arms better, their primary role being to assist people to undertake day-to-day activities as best they can for themselves with or without suitable aids

**Oedema (edema)**

Fluid builds up which causes swelling, typically in the legs and ankles

**Open questions**

Questions that are not easily answered with a “yes” or “no”; they need to be answered more “openly” and fully

**Optician**

Assists people with eyesight improvements - spectacles etc.

**Oral**

A procedure involving the mouth

**Orientation (see Induction)**

The rapid awareness programme adopted by a care provider to assist generally new staff, to understand their basic responsibilities and how they are applied usually for the first few days

**Osteoarthritis**

Joint inflammation because of “wear and tear” of the joint

**Osteoporosis**

Where bones have become weak and brittle because of loss of minerals, particularly calcium

**Ostomy**

When the body is opened up surgically to make an opening in the skin from the intestine

**Outbreak**

A sudden, often unexpected, rapid increase of a disease or illness

# P

## **Palliative care**

Special care provision that focuses on maximising comfort and often, pain relief and symptom control when someone's illness is beyond a cure. It uses a holistic approach to help support a person and people around them when faced with life-limiting illnesses

## **Paranoia**

The sufferer wrongly believes that other people are a threat to them. They can become very anxious or agitated and might retaliate to what they think has happened to them

## **Paraphrasing**

Repeating back, in summarised form, what someone has communicated with a view to test understanding

## **Parkinson's Disease**

A condition of the central nervous system (neurological) that impairs mobility (motor skills) and can eventually impair speech, daily activities, eating etc.

## **Pathogenic**

Microorganisms that can produce disease

## **Perineal**

The area between and around a person's anus and genitals

## **Personal**

When something is private

## **Perspiration**

The salty fluid that is secreted by the sweat glands

## **Pharmacist**

A person who specialises in the understanding of drugs and their application

## **Physical needs**

The need for food, water, warmth, shelter etc.

## **Physical restraint**

The act of stopping someone from carrying out an activity by positioning a barrier or holding

## **Physical therapist**

Someone who helps people retain and/or improve their overall physical abilities

**Physiotherapist**

Different from an occupational therapist; the physiotherapist specifically seeks to develop movement and mobility to improve a person's own capabilities

**Prompting**

Encouraging someone to do something for themselves; reminding

**Prosthesis**

An aid that is made to replace a missing part of the body

**Protein**

Amino acids that are necessary for us to survive; a nutrient that comes from food which builds and repairs cells and tissue

**Protocol**

A written way of doing something which often links to policies and procedures

**Psychiatrist**

Primarily works with mental illness whereas a psychologist is more generally involved in human behaviour

**Psychologist**

Primarily works with behaviour whereas a psychiatrist is more specifically involved in mental illness

**Psychosocial**

The matters affecting the relationship between a person's mental/psychological state and their social interactions

**Pulse**

The measure of heart beat/heart rate

## Q

**Questions**

Questions can be used to find out information. They can be 'open' or 'closed'  
Open questions are when you ask something to encourage an answer that is more than just a 'yes' or 'no' response. This is often used when obtaining information for care planning or finding out the views of others.

Closed questions only allow for limited answers such as 'yes' and 'no.'

Questions can be in written or oral form when checking someone's knowledge or understanding

# R

## **Recognition**

Acknowledgement of importance

## **Recreational therapy**

Working with a person to help them remain active

## **Rectal**

A procedure involving the rectum (a person's bottom)

## **Reflection**

Consciously reviewing thoughts and actions to understand them better

## **Reflective listening**

A technique to test understanding by asking the last few words someone said

## **Rehabilitation**

Helping someone get back to the way they were

## **Reprisal**

Retaliating against someone for something they have done

## **Respect**

Being held in high regards or being care for in a dignified way; taking someone's wishes/views into account when providing a service

## **Respite**

A period of rest that is, in this context, made available to people, often family, who have been caring for someone

## **Restoration**

Helping someone regain as much independence and mobility as possible

## **Restorative**

That which is designed to help someone back to health

## **Resuscitate**

Reviving someone who appears to be dead

## **Retaliation**

Getting revenge against someone for doing something

## **Risk management**

The active planning, organisation, control and review of matters that could result in liability with a view to reducing and preventing that liability from arising

# **S**

## **Safety**

Free from harm, danger or threat

## **Scrotum**

The bag that holds a man's testicles

## **Secretions**

Substances that come out of the body such as saliva, mucus, perspiration etc.

## **Sedate**

Calm someone with drugs

## **Self-abuse**

Abuse that a person directs towards themselves

## **Self-determination**

The freedom to make your own choices

## **Self-esteem**

The extent to which we value ourselves in relation to our own expectations of ourselves—how we feel about ourselves

## **Shock**

A condition where not enough oxygen gets to the vital organs of the body which causes failure to function properly

## **Sign**

Something that can be seen

## **Significant other**

A person who is important to someone else e.g. a family member, partner, or close friend

## **Socialisation**

Learning and developing the ways of the world, accepted values etc. of the society we are in

**Speech therapist**

Their primary role is to help someone with communication difficulties to understand and be understood in order to communicate better

**Standard (Universal) Precautions**

Actions taken to create a barrier between oneself and other's body fluids in order to prevent the spread of infection. These actions should be taken by everybody, everywhere, every time. These include handwashing, use of PPE, waste disposal, laundry handling, safe use and disposal of sharps, decontamination of equipment and the environment as well as understanding and awareness of the risks.

**Status**

Rank in relation to other people

**Stereotype**

A fixed (and generally assumed) idea of what is supposed to represent a group people - their behaviour, attitudes etc.

**Stoma**

An opening made by surgery to help someone eliminate (see elimination)

**Stool**

Another name for faeces

**Stress**

Physical and/or emotional reaction that causes mental tension

**Stroke**

When the supply of blood to the brain is interrupted

**Stump**

The part of a body left after some of it has been removed

**Sub-acute care**

Care that is provided to people who are not so ill as to be in hospital but too ill to be at home

**Subjective**

Something that has been guessed at. It is not objective and is not necessarily factual i.e. an opinion

**Sundown syndrome**

A condition where a person's mood and sometimes behaviour changes as the day becomes later, often as it starts to become dark

**Supine position**

The position when someone is lying on their back

**Supplement (food)**

A concentrated nutrient given to someone to “add value” to their meals

**Symptom**

Something felt by someone but cannot be seen by someone else

**Systemic Infection**

Infection affecting the whole system of the body

**Systolic pressure**

The first/top reading of blood pressure which shows the heart’s blood pressure when the heart is beating

## T

**Tuberculosis (TB)**

Infectious bacterial disease that mainly affects the lungs

**Tolerate**

When someone has to put up with (endure) someone else

**Transfer**

When someone moves from one place or one position to another

**Transient organism**

An organism that is easily acquired on the hands through touch and transferable to another person or surface

**Tympanic temperature**

The temperature of the eardrum

## U

**UICPs**

The universally accepted principles and practices that prevent the spread of infection

**UTI**

An abbreviation for urinary tract infection

**URTI**

An abbreviation for upper respiratory tract infection

**Urethra**

The passage (canal) that carries urine from the bladder so that a person can urinate

**Urination**

The passing of urine out of the body

**Urine**

The liquid waste that is secreted by the kidney before being stored in the bladder

**V****Validate**

To prove that something is right

**Value base**

The agreed and recognised values that guide behaviour

**Values**

The beliefs that people have about what is important to them

**Virus**

A microorganism that is only capable of reproduction within living cells

**Vital signs**

The aspects (signs) that are necessary for life and therefore, good health. These include blood pressure, pulse, respiration and temperature

**W****Wandering**

The (seemingly) pointless movement from one place to another

**Whistle-blowing**

Making misconduct known to a higher authority in order for its exposure to bring a halt to the misconduct

**X****X-ray**

An examination that uses radiation to look at structures like bones in the body

**Y****Z**