Appendix A
Definitions and References

Acute: sudden and/or severe

Adverse Reaction: sudden physical or mental crisis as a reaction to a medication

Agent: medication, drug

Akathesia: inability to sit still, urgent need for movement to relieve anxiety

Anticonvulsant: medication to prevent or lessen seizures

Behavioral Therapy: talk therapy directed at changing thinking habits (like rational emotive therapy)

Chronic: constant condition, or always returning

Clinical: doctor works directly with each person, not research

Cognitive: thinking

Compliance: taking medication exactly as planned

Crisis: a peak in an illness

Delusion: a firmly held belief, not shared by other people, and not changed by logic

Depression: mood condition of uncontrollable sadness, worry, slowed motion

Decanoate: long duration medication injected into muscle

Disassociate: to become separated from reality

Disorder: permanent medical problem (like diabetes or mania)

Dosage: how much medication is taken at a time

Dysfunction: low or missing ability

Dystonia: muscle stiffness, a painful side effect

Edema: swelling due to fluid retention

Efficacy: how well a treatment works for a person

Episode: event, usually one in a series

EPS: extrapyramidal symptoms: a side effect of medication formulation: the combination of chemicals in a particular medication (see generic)

Gastrointestinal: stomach and intestines

Generic: medication made by other companies, may vary in strength compared to “brand”

Hallucination: hearing, seeing, touching, smelling or tasting unreal input

Hematological: blood tests

Hypnotic: very calming

Hypothermia: body temperature drops below normal

Hypothesis: an idea that has strong basis, but is unproven

Interaction: one agent may change the way another one works

Interpersonal relationships: getting along with other people

Lethargy: feeling of great tiredness

Maintenance dosing: to prevent the person from having an acute episode of the disorder

Malaise: tiredness, vague feeling of illness
Mania: mood condition of uncontrollable physical or mental activity

Medication: regimen overall medications, including kinds and amounts of each drug

Monitoring: watching and recording event

Mood: emotional state

Neuroleptic: a drug designed to treat an illness by calming the brain

NMS: Neuroleptic Malignant Syndrome: a rare, dangerous physical reaction to a psychotherapeutic medication

Non-compliance: inability or refusal to take treatment as prescribed

Obsession: unshakable focus on an idea, emotion or action (like jealousy)

Obsessive Compulsive Disorder: brain disruption causing repetitive ritual actions to relieve feelings of anxiety

Oculogyric: eyes are constantly moving

Orthostatic Hypotension: sudden drop in blood pressure

Paranoia: unbreakable, rigid belief of being persecuted

Polydipsia: drinking too much fluid, from being constantly thirsty

Polypharmacy: use of two or more medications for the same problem at the same time

PRN: take when needed

Psychomotor: movements caused by brain activity, not conscious will

Psychosis: loss of contact with reality, with delusions and hallucinations

 Psychotherapy: method of treating mental disorders by discussion and interaction

Psychotherapeutic: having an effect on the mind

Rehabilitation: bringing a person back to normal skills

Renal: kidneys

Schizophrenia: a group of mental disorders involving disturbances of thinking, mood and behavior; may be an altered view of reality, may include delusions and hallucinations. Mood changes include strange emotional responses and inability to relate to others. Withdrawn, childlike, and bizarre behavior may be noted.

Side Effect: not part of the desired medical effect

Sign: visible evidence of illness, such as a fever or hearing non-existent voices

STAT: emergency, act at once!

Stigma: unreasonable fear of people who are different than oneself

Symptom: the person's description of physical or mental illness; “the person is complaining that.”

Syndrome: a group of certain signs and symptoms that indicates a particular diagnosis.

Tardive Dyskinesia: temporary to permanent side effect of neuroleptic medications; involuntary tongue, eye, lip movement progressing to twisted body posture

Titration: in medicine, a gradual increase

Tolerance: becoming used to an unpleasant situation

Tonic: muscles are tightened up, not relaxed

Toxic: poisonous

Vasoconstriction: blood vessels change size to keep the blood pressure correct
Manual References


