

KS5 HSC GLOSSARY OF TERMS

Abstract thinking the ability to solve problems using imagination, without needing a practical context

Abuse an action deliberately intended to cause harm or distress

Accountable must justify actions

Acquired when a condition occurs during the lifetime of an individual

Act a law agreed on by Parliament and the King

Active immunity where the immune system is activated and makes its own antibodies

Active listening fully engaging while being spoken to with the intent to fully understand the other person

Acute care short-term care for a severe episode of illness or serious injury

Acute conditions illnesses or episodes of care that are severe and sudden in onset, often needing urgent or short-term medical attention

Adaptive immune system specifically targets the pathogen that is causing the infection; often referred to as the specific immune system

Advocate an individual who expresses another individual's views and wishes when the first individual is no longer able to do this for themselves. This can be a trained professional, or the individual's family or friend

Aerobic respiration a cellular process that releases energy from glucose molecules using oxygen; takes place in the mitochondria

Ageing population when a population has an increasing number of older people and a decreasing number of younger people

Aim a long-term goal or purpose, expressed as a desired outcome to provide an overall direction

Akaryotic having no cell structure, no cytoplasm and no organelles, consists of nucleic acid and a protein coat

All-cause mortality deaths registered for any cause

Alveoli air sacs inside the lungs; the site of gas exchange

Anabolic metabolic reactions that involve making larger molecules from smaller ones, using energy

Anabolism the building up of complex molecules, using the energy released in catabolism

Anaerobic respiration a cellular process that releases energy from glucose without using oxygen; takes place in the cytoplasm of a cell

Angioplasty a common operation for heart surgery that involves using a balloon to widen blocked or narrow arteries

Antagonistic pairs two muscles that work in opposition to each other

Antenatal medical care provided to a woman before the birth of her child

Antibodies Y-shaped immunoglobulin proteins made by 'plasma cells derived from B-lymphocytes that can bind to proteins on the surface of pathogens to destroy them as part of the defense against disease mechanism

Antibody large protein that recognises antigens and helps remove them; different antibodies recognise specific antigens

Antigen a molecule that provokes an immune response, such as toxin, bacteria or viruses that come from outside the body; protein molecules on the surface of a microorganisms that are specific to that organism

Antimicrobial a drug or substance that can destroy harmful microbes

Antimicrobial resistance when bacteria, fungi, parasites and viruses no longer respond to antimicrobial medicines

Anti-vaxxer a person who is opposed to vaccination

Apoptosis a form of programmed cell death that occurs in multicellular organism

Artificial intelligence (AI) technology that enables machines to simulate human intelligence so that computer systems can perform complex tasks, such as reasoning, making decisions or solving problems

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without human input

Aseptic technique a strict set of rules to prevent contamination with pathogens during medical procedures

Asthma attack a sudden worsening of asthma symptoms leading to breathlessness, severe coughing and a rapid heartbeat

Atheroma fatty deposits that form in arteries

ATP adenosine triphosphate is a chemical that stores and releases the energy obtained from glucose during respiration; often called the energy currency molecule

Autoimmune disease T-lymphocytes are unable to recognise cells belonging to the body and destroy them

Autonomic nervous system the part of the nervous system that controls bodily functions that are not consciously controlled, such as the heartbeat and breathing

Autonomy the ability to make your own independent decisions about what actions to take

Axial skeleton the central part of the skeleton, made up of the bones in the skull, ribcage and vertebral column

Basal metabolic rate (BMR) the energy required for basic life-sustaining functions, such as breathing, circulation and digestion

Contagious spread easily from one person to another, usually by direct contact

Correlation a relationship between two or more factors

Crescent-shaped resembling the new moon in shape

Cryoprecipitate a frozen blood product prepared from blood plasma

Cultural competence the ability of individuals, organisations and systems to effectively interact and work with people from diverse cultural backgrounds

Datasets large amounts of data

Deficiency the absence of a particular nutrient in the body, due to a lack in the diet or conditions that prevent nutrients being absorbed from the diet

Dementia a group of diseases that cause a decline in cognitive function

Demographic data statistical data gathered on the population, such as age, race, gender, socio-economic status, birth rates and death rates

Demographically representative a sample of people that reflects the population on key indicators such as ethnicity, gender, income and marital status

Demographics statistics about the population and particular groups within it; for example, age, income and education

Denature having the molecular shape permanently changed, leading to the molecules not being able to function

Deprivation where individuals or groups do not have the things or conditions necessary for the basics of life

Detained forcing someone to remain in a setting

Determinants factors that significantly affect an outcome

Development changes in a person's skills, abilities and capabilities as they grow

Developmental norms the skills that are expected to develop by a particular stage in life

Diaphragm a dome-shaped muscle attached to the lower ribs and separating the thorax from the abdomen

Diffusion a physical process that refers to the net movement of molecules from a region of high concentration to one of lower concentration

Digital platform an electronic tool for communication

Dignity recognising and valuing the worthiness of every individual

Direct payments cash payments, rather than care services provided to individuals by their local authority to give individuals control over their support package

Disclosure revealing information previously unknown

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Discrimination treating a person or group of people differently from others

Diversity a variety or range of things; to value diversity is to respect and value the cultures and beliefs of other people

Domiciliary care provided in an individual's own home

Down syndrome a range of conditions resulting from the inheritance of an additional chromosome-21

Droplets tiny drops of moisture produced when a person breathes out or sneezes; if that person is infected, these droplets may contain bacteria or virus particles that could infect another person

Dynamic lighting a lighting system that increases or decreases the lighting level based on the time of the day

Ebola virus disease a severe disease caused by the Ebola virus, a member of the filovirus family, which occurs in humans and other primates; the disease was identified in 1976

Elasticity the ability to resume the normal shape after being stretched or compressed

Elastin a stretchy protein that can stretch and shrink back to shape, so is found in tissues in the body that need stretchiness, such as lungs, bladder and large blood vessels

Empathy the ability to understand another person's point of view, by placing yourself 'in their shoes' and imagining what they are feeling or thinking

Employment status legal status at work, such as employer, employee, self-employed

Empowering making someone feel they are confident and in control of their life

Empowerment supporting people to take control of their lives and futures by taking a full part in discussions and decisions about actions that impact their lives, including their care and treatment

Endemic a disease or condition regularly found among particular people or in a certain area or region

Endocrine gland a gland that secretes a hormone directly into the blood and not into a duct

End-of-life care support for people who are in the last months or years of their life, helping them to live as well as possible and to die with dignity

Enzyme a biological catalyst that alters the rate of a chemical reaction (usually speeding them up) but remains unchanged at the end of the reaction

Epidemic an outbreak or increase of an infectious disease that spreads quickly and affects many people in a community at the same time

Epidemiological relating to the branch of medicine that deals with the incidence, distribution and control of diseases

Epidemiologist scientist who studies patterns of diseases within populations by analysing data to find out what causes disease outbreaks (epidemics)

Immunity having adequate body defenses to fight infection and disease; the ability of an organism to resist an infecting agent, due to presence of memory cell

Immunocompromised having a weakened/less efficient immune system, for example due to being HIV positive, taking immunosuppressant drugs following transplant surgery, having treatment with chemotherapy for cancer, following another infection or having neutropenia (lack of certain white blood cells)

Impact assessment formal, evidence-based procedures used to assess potential social, environmental and economic effects of public health policy proposals

Inactivated (vaccine) a 'killed' or 'inactivated whole-cell' vaccine, which involves a dead virus or bacterium that the immune system still regards as harmful, triggering a pathogen-specific immune response

Inclusion involving individuals in their own care and support instead of excluding them from making their own choices and decisions

Inclusive including everyone or everything

Incontinent having little or no control over urination or defecation

Infecting agent an organism that infiltrates another living organism (the host) and causes an infectious

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disease; an infecting agent may be a virus, bacterium, fungus or parasite

Infectious diseases illnesses caused by pathogens, for example bacteria and viruses that enter the body, multiply and cause an infection

Infective dose amount of pathogen needed to cause an infection in the host

Infographic collection of images and data visualisations, with minimal text, to give an easy-to-understand overview of a topic

Infringe limit or undermine something

Innate immune system the body's first line of defence against pathogens; often referred to as the 'non-specific' immune system

In-patient person undergoing treatment or a procedure that requires a stay in hospital overnight

Institutionalisation where an individual becomes unable to live independently because they are used to living in an institution

Insulin a hormone that helps glucose move into your cells and is also a medication for some people with diabetes

Integrated care provided to individuals that is co-ordinated and joined up across different health and social care services to provide better care

Integrated Care Boards (ICBs) NHS organisations responsible for planning health services within their Integrated Care System area

Integrated Care Partnership (ICP) a joint committee of NHS organisations, local authorities, the voluntary sector, social care providers and other partners with roles in improving local health and wellbeing, who come together to develop long-term strategies to improve health and social care services

Integrated Care Systems (ICSs) statutory partnerships that bring together various organisations to plan, commission and provide health and care services in a local area

Intercostal muscles two sets of muscles that run obliquely at right angles to each other between the ribs

Internal environment the blood, tissue fluid, body cell contents and all the metabolic processes taking place inside the body

Intersectionality how factors such as race, gender, sexual orientation, disability and socio-economic status intersect to shape individuals' experiences and needs

Interstitial between the cells

Islets of Langerhans groups of two types of specialised endocrine cells in the pancreas; alpha cells secrete glucagon and beta cells secrete insulin

Jargon special words or expressions used by a profession or group that are difficult for others to understand

Kinship care when a family member or friend becomes a child's official foster carer

Labelling applying the stereotypical view of a particular group and ignoring individual differences

Legal obligation a legal duty to perform, or not perform, a particular action

Legal rights the rules set by a legal system about what a person is entitled to, such as the protection of property or person

Legibility the quality of being clear enough to read

Legislation the process of making or applying laws or Acts of Parliament

Leukaemia a type of cancer that affects the production and function of blood cells

Levelling up creating opportunities for everyone

Life expectancy the average length of time a person is expected to live

Lifelong learning the ongoing process of acquiring knowledge, skills and experiences

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throughout life

Live (attenuated) vaccine a vaccine created by reducing the virulence of a pathogen, but keeping it viable

Lymph tissue fluid that has entered the lymph vessels

Macronutrients nutrients made up of larger molecules and needed in larger amounts in the diet, mainly carbohydrates, proteins and fats

Outpatient person undergoing treatment or a procedure that does not require a hospital stay

Oxyhaemoglobin form of haemoglobin in red blood cells where oxygen molecules have attached themselves to the iron atoms in the haemoglobin molecules; this oxygenated form of haemoglobin gives blood its characteristic bright red colour

Palliative care specialist care for individuals with serious or terminal illnesses, which aims to provide relief from symptoms and reduce stress for patients and their families

Pandemic an epidemic that spreads over a whole country or the world at a particular time, affecting a large proportion of the population of each country

Passive immunity where ready-made antibodies are passed from mother to baby through the placenta or through breastfeeding

Pathogen a bacterium, virus or other microorganism that can cause diseases

Pathogenic capable of causing disease

Perinatal care period of time care is provided for a woman, from the beginning of pregnancy to up to a year after giving birth

Peristalsis muscular contractions of the circular and longitudinal muscle in the gut wall that push food along the alimentary canal

Personal protective equipment (PPE) equipment used to prevent or minimise exposure to hazards

Personalisation an approach to care that recognises people as individuals with their own strengths and preferences and putting them at the centre of their care

Pessimistic tending to expect bad things to happen

Phagocyte a white blood cell that can engulf and ingest microorganisms, or other harmful material

Phagocytosis the process of destruction of foreign bodies by which phagocytes ingest or engulf other cells or particles, secreting enzymes to break them down

Photosynthesis the process by which plants, algae and some bacteria use sunlight as a source of energy to synthesise organic molecules from carbon dioxide and water; chlorophyll traps the light energy and enables the process to be carried out

Plasma proteins carry out several tasks, including regulating the blood's osmotic pressure, transporting hormones and other chemicals, and helping form blood clots

Policies a set of general guidelines that outline a service's goal/plans

Policies overarching statements that define the goals and values of a care service; written to fulfil legal or, ligations

Postnatal after the birth of a baby

Preconceptions beliefs formed about something before you have enough information or experience

Prejudice predetermined opinion of a person or group of people that is not based on reason or actual experience

Prevalence the number of people affected at a particular time

Preventative care care and education that aims to ensure people remain healthy and are made aware of the factors that can lead to illness and poor health

Proactive taking steps to make something take place instead of waiting for it to happen

Procedures written instructions that give step-by-step instructions, which care staff must follow in specific situations to implement agreed policies

Professional detachment being able to provide appropriate care objectively without becoming emotionally involved

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Prokaryotic cells that have cell surface membranes, cytoplasm and a cell wall, but do not have a proper nucleus containing DNA; their DNA floats free in the cell's cytoplasm

Prophylactic a preventive measure

Protocols the correct conduct and procedures that should be followed

Psychologist a person who studies the human mind, emotions and behaviour

Psycrophiles bacteria that grow best within a temperature range of -5 to 20 °C

Puberty a period of rapid growth during which adolescents become biologically able to sexually reproduce

Public health measures to prevent disease, prolong life and promote health among the population as a whole

Public Health England (PHE) was the lead organisation for public health in England but transferred its health protection functions to the UK Health Security Agency (UKHSA) in September 2021 as a part of the public health reform in the UK

Pulmonary connected to the lungs

Qualitative a form of research that gathers and analyses non-numerical data to gain an understanding of attitudes, beliefs and behaviours

Qualitative data information that cannot be given a numerical value

Quantitative the use of data that is number based, that is countable and measurable, providing data on how many, how much or how often something occurs

Quantitative data information that can be given a numerical value; data that can be measured or counted

Reverter an inhaler containing steroid drugs that reduce swelling and inflammation in the airways

Symbiotic an interdependent relationship between organisms of different species

Tender a formal process where businesses are invited to bid for contracts from other organisations that need specific services on an ongoing basis

Thermophiles bacteria that grow at temperatures above 45 °C

Thoracic duct largest lymph vessel in the body

Tissue fluid extracellular fluid that bathes cells; it comes from the fluid part of blood that has been forced out of blood capillaries and later goes back into the blood capillaries or the lymph system

Toxoid {vaccine} contains a chemically altered toxin made by the bacterium or virus that the immune system responds to, preventing the harmful effects of the infection

Trachoma a bacterial eye infection that can lead to blindness or visual impairment

Tranexamic acid medication used to treat or prevent excessive blood loss from major trauma, postpartum bleeding, surgery, tooth removal, nosebleeds and heavy menstruation

Transient ischaemic attack {TIA} a disruption to the blood supply in small blood vessels in the brain, often called a mini-stroke

Trend a general direction in which something is developing or changing

Tumour a lump in a tissue formed from a mass of cells that are dividing uncontrollably

Unconscious bias beliefs that individuals hold about certain groups of people without consciously realising it

United Nations a global organisation that aims to maintain international peace and security, discuss common problems and find shared solutions

Vaccine a substance used to stimulate immunity to a particular infectious disease

Validity how accurately a method measures what it is intended to measure

Values principles and standards that we use to guide our thoughts, decisions and behaviour

Vascular dementia symptoms include problems with language, memory and thought processes caused by problems in the blood supply to the brain, for example through stroke

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Vasoconstriction narrowing of blood vessels near the surface of the skin to prevent heat energy being transferred to the surroundings

Vasodilation widening of the-blood vessels near the surface of the skin to allow more heat energy to be transferred to the surroundings

Verbal communication the ability to explain and present ideas clearly through the spoken word and to listen carefully to other people

Voluntary sector, sometimes known as the 'third sector', the voluntary sector is made up of charities and voluntary organisations focused on providing services and other forms of direct support and advice to the groups they help

Water-stressed areas or countries where water is scarce

Welfare state a system set up by individual governments to protect the health and wellbeing of the population

Whistleblowing mechanism by which staff (or a member of the public) can voice their concerns or report wrongdoings without fear of repercussions

Written communication information, thoughts and ideas conveyed through letters, emails and reports etc.

Zoonotic disease a disease that can be transmitted to humans from animals

