

## Welcome to the School of Nursing at the Johns Hopkins University!

As a faculty who coordinates one of your first semester courses I am making available to you some helpful and useful information. I have included it below for your reading pleasure! There are two documents: the “**B.U.R.P.S.**” list (**Building and Understanding Roots, Prefixes and Suffixes) and **Talk like a Nurse**. This document lists many (not all) of the medical terms used in your first semester classes and I believe will ease your transition into a new way of speaking.**

### **THE B.U.R.P.S LIST**

**Purpose:** To become proficient in **B**uilding and **U**nderstanding **R**oots, **P**refixes and **S**uffixes

**Rationale:** Building and understanding medical terminology is simpler when the words are broken down into roots, prefixes and suffixes.

#### **Steps:**

- Review the B.U.R.P.S. tables and try to determine the definitions of the examples
- Notice the overlap among the three groups of roots, prefixes and suffixes
- Make new words by changing one part of the word. For example, if an appendectomy is the removal of the appendix, then a nephrectomy is the removal of a kidney. Tachycardia is a fast heart rate and tachypnea is a fast respiration rate.

**Helpful Note:** R/T means “related to”

### **TALK LIKE A NURSE**

**Purpose:** To become familiar with acronyms commonly used by health care providers

**Rationale:** Different professions have unique languages; medicine and nursing are no exceptions. The acronyms below are used in verbal and written communication in health care settings.

#### **Steps:**

- Review the attached list of acronyms (then you can start to critique shows like “*House*” and “*Gray’s Anatomy*” for accuracy!)
- Notice that some acronyms have two different meanings; e.g., ROM stands for “range of motion” and “rupture of membranes” - be careful when using abbreviations
- Take the Self Assessment after reading the approved terms, found in Blackboard

**NOTE:** *All institutions have a list of accepted and “do not use” abbreviations. Always check with the institution before using an abbreviation.*

## THE B.U.R.P.S LIST

### I. Roots

#### R/T Body Parts

Root	Meaning	Example(s)
Angi(o), Vas(o)	Blood vessel	Angioplasty, vasoconstriction
Brachi(o)	Arm	Brachial
Bucc(o)	Cheek	Buccal
Cardi(o)	Heart	Cardiopathy
Carp(o)	Wrist	Carpal tunnel syndrome
Cephal(o)	Head	Cephalic
Colp(o)	Vagina	Colposcopy
Crani(o)	Skull	Craniotomy
Cyst(o)	Bladder	Cystoscopy, cystitis
Cyto	Cell	Cytology, cytomegaly
Dactyl(o)	Finger, toe	Polydactyly
Encephal(o)	Brain	Encephalitis
Enter(o)	Intestine	Enteritis
Gloss(o)	Tongue	Glossitis, glossopharyngeal
Hemo, sanguin(o)	Blood	Hemolytic, serosanguinous
Hyster(o)	Womb, uterus	Hysterectomy
Mast(o), mamm(o)	Breast	Mastitis, mammography
Men(o)	Month, r/t menses	Menopause, menarche, dysmenorrhea
Nephr(o), Ren(o)	Kidney	Nephrectomy, renal
Oophor(o)	Ovary	Oophorectomy
Ophthalm, Ocul(o)	Eye	Ophthalmoscope, ocular
Ot(o), Auri, Aud	Ear	Otitis, auricle, audiometer
Phleb(o), Ven(o)	Vein	Phlebitis, venous
Pod	Foot	Podiatrist
Rhin(o)	Nose	Rhinoplasty, rhinorrhea
Salping(o)	Fallopian tube	Salpingectomy, salpingitis
Thorac(o)	Chest	Thoracotomy, thoracic
Thromb(o)	Clot	Thrombosis, thrombolytic

#### Other Roots

Root	Meaning	Example(s)
Gluc(o)	Sweet, sugar	Glucose, glucometer
Hydr(o)	Water	Hydrocephalus, hydrophobia
Lact(o)	Milk	Lactosuria, lactating
Lip(o), adip(o)	Fat	Lipoma, adipose
Therm	Heat	Hyperthermia

### II. Prefixes

#### R/T Colors

Prefix	Meaning	Example(s)
Erythr(o)	Red	Erythema, erythrocyte
Leuk(o), leuc(o)	White	Leukocytes, leukemia
Cyan(o)	Blue	Cyanosis
Melan(o)	Black	Melanin
Cirrh(o)	Yellow	Cirrhosis

**R/T Descriptions**

Prefix	Meaning	Example(s)
Ankyl(o)	Stiff, fixed, crooked	Ankylosis
Sten(o), Stric	Narrow	Stenosis, stricture
Ortho	Straight position	Orthopnea, orthopedic
Kypho	Bent, crooked	Kyphoscoliosis, kyphosis
Pseudo	False	Pseudostrabismus, pseudoaneurysm

**R/T Measurements**

Prefix	Meaning	Example(s)
Macro	Large	Macrophage, macrocephaly
Micro	Small	Microscopic, microorganism
Poly, Hyper, Multi	Many, much	Polydypsia, hyperthyroidism, multiple
Brady	Slow	Bradypnea
Tachy	Fast	Tachycardia
Oligo, Hypo	Few	Oliguria, hypothermia
Iso	Equal	Isometric, isotonic
Diplo, Ambi	Both, double	Diplopia, ambidextrous
Hemi	Half	Hemiplegia, hemisphere
Pan	All	Pansystolic, pancytopenia

**R/T Positions**

Prefix	Meaning	Example(s)
Pro, Ante, Pre	Before	Prodromal, antepartum, precapillary
Post	After	Postnatal, posterior
Super, supra	Above	Superior, supraclavicular
Sub	Below	Submandibular, subcutaneous
Dors(o)	Back	Dorsoflexion, dorsal
Retro	Backwards	Retrograde, retrosternal
Para	Beside	Paramedic, paranasal
Re	Again	Rehydrate, recuperate
Later(o)	Side	Lateral
Medi(o)	Middle	Medial, mediastinum
Schizo	Split	Schizophrenia
Inter	Between	Intercostals, interdigital
Heter(o)	Different	Heterogeneous
Hom(o)	Same	Homozygous
Ad(o)	Towards	Adduction, adhesion, adrenal
Ab(o)	Away from	Abduction, abnormal
Anti, Contra	Against	Antigen, contraception
Endo, In, Intra	In, within, inside	Endocarditis, inhale, intrapartum
Ex(o), Ec(to)	Out	Exhale, ectopic
Epi	Upon, above	Epidermis, epigastric, epiglottis
Dia, Trans	Through	Diameter, transfusion
Peri, Circum	Around	Perinatal, circumcision
Sinister(a)	Left	OS (oculus sinister – left eye)
Dextr(o)	Right	OD (oculus dexter – right eye)

**R/T the Body**

Prefix	Meaning	Example(s)
Aden(o)	Gland	Adenoma, adenoids
Arthr(o)	Joint	Arthritis, arthroscopy
Cervic(o)	Neck	Cervical, cervicitis
Costo	Rib	Costochondritis, costovertebral
Cyto	Cell	Cytology, cytomegaly
Derm	Skin	Dermatitis, dermatological
Gastr(o)	Stomach	Gastritis, gastrointestinal
Glosso	Tongue	Glossopharyngeal, glossitis
Heme	Blood	Hematuria, hematemesis, hemangioma
Hepat(o)	Liver	Hepatitis, hepatocellular
Lingu	Tongue	Lingual, linguistic
Litho	Stone	Lithotomy, lithotripsy
My	Muscle	Myoma, myalgia
Myo, myel	Marrow	Myelitis
Neuro	Nerve	Neuromyalgia
Oto	Ear	Otitis, otolaryngology
Opti, Ocu	Eye	Optician, ocular
Osteo	Bone	Osteoarthritis, osteopenia
Pneum(o), Pulm	Lung	Pneumothorax, pulmonary
Psycho	Mind	Psychology, psychopath, psychosomatic
Rhino	Nose	Rhinorrhea, rhinitis
Thor(a)	Chest	Thoracic, thoracentesis
Vasc	Vessel	Vasculitis

**Other Prefixes**

Prefix	Meaning	Example(s)
A(n)	Without	Anemia, avascular
Auto	Self	Autoimmune
Dys	Difficult, painful	Dyspnea, dysuria
Gravida	Pregnant, heavy	Gravidity
Neo	New	Neonatal, neoplasm

**III. Suffixes****R/T Surgery**

Suffix	Meaning	Example(s)
Centesis	Tap, puncture	Thoracentesis
Ectomy	Removal	Mastectomy, appendectomy
Lysis	Separate, destroy	Hemolysis
Ostomy	Form an opening	Colostomy
Otomy	Cut into	Tracheotomy, craniotomy
Plasty	Repair	Rhinoplasty

**R/T Diseases**

Suffix	Meaning	Example(s)
Algia	Pain	Arthralgia, myalgia
Cele	Hernia, swelling	Hydrocele, cystocele
Emia	Blood	Leukemia, anemia
Gen	Producing	Carcinogen, allergen
Itis	Inflammation	Appendicitis, hepatitis

Megaly	Enlargement	Splenomegaly, hepatomegaly
Oid	Resemble	Fibroid, keloid
Oma	Tumor	Adenoma, myoma
Osis	Abnormal condition	Dermatosis
Pathy	Disease	Neuropathy, psychopathology
Penia	Deficiency	Cytopenia, thrombocytopenia
Phagia	Eating	Dysphagia
Phasia	Speech	Aphasia, dysphasia
Plegia	Paralysis	Paraplegia, quadriplegia
Phobia	Fear	Acrophobia, agoraphobia
Pnea	Air, breathing	Apnea, dyspnea, orthopnea
Rrhage	Burst forth	Hemorrhage
Rrhea	Flow, discharge	Diarrhea
Sclerosis	Hardening	Atherosclerosis
Spasm	Contraction	Bronchospasm
Troph(o)	Nourishment	Atrophy, hypertrophy
Uri(a)	Urine	Nocturia, dysuria

### Other Suffixes

Suffix	Meaning	Example(s)
Gram	Picture, record	Electrocardiogram
Ology	Study of	Pathology, dermatology
Phon(o)	Sound	Egophony, bronchophony
Scope	Inspect	Microscope, laproscopic

## TALK LIKE A NURSE

<b>A-P</b>	anterior-posterior	<b>BUN</b>	blood urea nitrogen
<b>ASA</b>	acetylsalicylic acid (aspirin)	<b>BX</b>	biopsy
<b>A&amp;W</b>	alive & well	<b>c̄</b>	with (cum)
<b>bid</b>	2x/day (bis in dies)	<b>CA</b>	cancer
<b>BKA</b>	below-the-knee amputation (AKA-above)	<b>CABG</b>	coronary artery bypass graft
<b>BM</b>	bowel movement	<b>CAD</b>	coronary artery disease
<b>BMI</b>	body mass index	<b>CAGE</b>	cut down, annoyed, guilty, eye opener
<b>BMR</b>	basal metabolic rate	<b>CAM</b>	complementary alternative medicine
<b>BPH</b>	benign prostatic hypertrophy	<b>CBC</b>	complete blood count
<b>BR</b>	bed rest	<b>CBE</b>	clinical breast exam
<b>BRP</b>	bathroom privileges	<b>CC</b>	chief complaint
<b>BS</b>	bowel sounds	<b>cc</b>	cubic centimeter
<b>BSE</b>	breast self-examination	<b>CHF</b>	congestive heart failure
<b>BSO</b>	bilateral salpingo-oophorectomy	<b>cm</b>	centimeter

<b>CN</b>	cranial nerve	<b>ETOH</b>	ethanol (alcohol)
<b>CNS</b>	central nervous system	<b>FB</b>	foreign body
<b>C/O</b>	complains of	<b>FBS</b>	fasting blood sugar
<b>Copd</b>	chronic obstructive Pulmonary Disease	<b>FUO</b>	fever of unknown origin
<b>C&amp;S</b>	culture & sensitivity	<b>FX</b>	fracture
<b>Csf</b>	cerebrospinal fluid	<b>GERD</b>	gastroesophageal reflux disease
<b>Ct</b>	computed(computerized) tomography	<b>GI</b>	gastrointestinal
<b>Cta</b>	clear to auscultation	<b>GU</b>	genitourinary
<b>Cts</b>	carpal tunnel syndrome	<b>H&amp;P</b>	history and physical
<b>Cva</b>	cerebrovascular accident (stroke)	<b>HA</b>	headache
<b>Cxr</b>	chest x-ray	<b>HBP</b>	high blood pressure
<b>D/C</b>	Discharge, Discontinue	<b>Hct</b>	hematocrit
<b>D &amp; C</b>	dilatation and curettage	<b>HEENT</b>	head, eyes, ears, nose, throat
<b>DFA</b>	difficulty falling asleep	<b>hgb</b>	hemoglobin
<b>DJD</b>	degenerative joint disease	<b>Hib</b>	hemophilus influenza B
<b>DM</b>	diabetes mellitus	<b>h/o</b>	history of (or Hx)
<b>DNR</b>	do not resuscitate	<b>HOB</b>	head of bed
<b>DOA</b>	dead on arrival	<b>HPI</b>	history of present illness
<b>DOB</b>	date of birth	<b>HRT</b>	hormone replacement therapy
<b>DOE</b>	dyspnea on exertion	<b>hs</b>	hour of sleep, bedtime
<b>DPT</b>	diphtheria-pertussis-tetanus (vaccine)	<b>HTN</b>	hypertension
<b>DSM</b>	diagnostic & statistical manual	<b>I &amp; D</b>	incision and drainage
<b>DTR</b>	deep tendon reflexes	<b>IM</b>	intramuscular
<b>DVT</b>	deep vein thrombosis	<b>I &amp; O</b>	intake and output
<b>Dx</b>	diagnosis	<b>IV</b>	intravenous
<b>ECG</b>	electrocardiogram (or EKG)	<b>IVP</b>	intravenous pyelogram
<b>ED</b>	emergency department	<b>JCAHO</b>	Joint Commission on Accreditation of Healthcare Organizations
<b>EEG</b>	electroencephalogram-gram	<b>JVD</b>	jugular venous distention
<b>EMA</b>	early morning awakening	<b>KUB</b>	kidney, ureter and bladder (x-ray)
<b>ENT</b>	ears, nose, and throat	<b>KVO</b>	keep vein open
<b>EOM</b>	extraocular muscles or movement	<b>LE</b>	lower extremities
<b>ERT</b>	estrogen replacement therapy	<b>LFTs</b>	liver function tests
<b>ESR</b>	erythrocyte sedimentation rate	<b>LMP</b>	last menstrual period
<b>ESRD</b>	end-stage renal disease	<b>LNMP</b>	last normal menstrual period

<b>LOC</b>	loss <u>or</u> level of consciousness	<b>PND</b>	paroxysmal nocturnal dyspnea <u>or</u> post nasal drip
<b>LP</b>	lumbar puncture	<b>PNS</b>	peripheral nervous system
<b>MI</b>	myocardial infarction (heart attack)	<b>PPD</b>	purified protein derivative (TB skin test)
<b>MMR</b>	measles, mumps, and rubella (vaccine)	<b>pr</b>	per rectum
<b>MMSE</b>	mini mental state exam	<b>PRN</b>	as needed (pro re nata)
<b>MRI</b>	magnetic resonance imaging	<b>PROM</b>	passive range of motion <u>or</u> premature rupture of membranes
<b>MS</b>	mental status or multiple sclerosis	<b>PSA</b>	prostate specific antigen (test)
<b>NAD</b>	no acute or apparent distress	<b>PT</b>	physical therapy
<b>NGT</b>	nasogastric tube	<b>PTA</b>	prior to admission
<b>NKA</b>	no known allergies	<b>PUD</b>	peptic ulcer disease
<b>NKDA</b>	no known drug allergies	<b>PVD</b>	peripheral vascular disease
<b>NPO</b>	nothing by mouth (non peros)	<b>q4h</b>	every 4 hours
<b>NSAID</b>	nonsteroidal anti-inflammatory drug	<b>q6h</b>	every 6 hours
<b>NSR</b>	normal sinus rhythm	<b>qam</b>	every morning
<b>NSS</b>	normal saline solution	<b>qd</b>	every day**
<b>NV</b>	nausea/vomiting	<b>qh</b>	every hour
<b>NVD</b>	nausea, vomiting, diarrhea	<b>qhs</b>	every night
<b>NWB</b>	non-weight bearing	<b>qid</b>	4x/day
<b>OA</b>	osteoarthritis	<b>qod</b>	every other day**
<b>OC</b>	oral contraceptives	<b>RA</b>	rheumatoid arthritis <u>or</u> right atrium
<b>od</b>	right eye (ocular dexter)	<b>RBC</b>	red blood cell
<b>OOB</b>	out of bed	<b>REM</b>	rapid eye movements
<b>os</b>	left eye (ocular sinister)	<b>RLQ</b>	right lower quadrant (RUQ, LLQ, LUQ)
<b>OT</b>	occupational therapy	<b>R/O</b>	rule out
<b>OTC</b>	over-the-counter	<b>ROM</b>	range of motion <u>or</u> rupture of membranes
<b>ou</b>	both eyes	<b>ROS</b>	review of systems
<b>̄p</b>	after	<b>RRR</b>	regular rate & rhythm
<b>p.c.</b>	after meals	<b>R/T</b>	related to
<b>PCN</b>	penicillin	<b>̄s</b>	without (sans)
<b>PE</b>	physical examination <u>or</u> pulmonary embolism	<b>SBE</b>	subacute bacterial endocarditis
<b>PERRLA</b>	pupils equal, round, reactive to light and accommodation	<b>SC</b>	subcutaneous
<b>PID</b>	pelvic inflammatory disease	<b>Sig</b>	label
<b>PMH</b>	past medical history	<b>SL</b>	sublingual
<b>PMI</b>	point of maximal impulse (apical pulse)	<b>SOB</b>	shortness of breath
<b>S/P</b>	status post (after)		

<b>sp.gr.</b>	specific gravity	<b>UE</b>	upper extremities
<b>S.Q.</b>	subcutaneous(ly)	<b>URI</b>	upper respiratory infection
<b>S/S</b>	signs and symptoms	<b>UTI</b>	urinary tract infection
<b>STAT</b>	immediately	<b>VS</b>	vital signs
<b>STS</b>	serological test for syphilis	<b>VSS</b>	vital signs stable
<b>Sx</b>	symptoms	<b>WBC</b>	white blood cell
<b>TCDB</b>	turn, cough, deep breathe	<b>WD/WN</b>	well developed, well nourished
<b>TIA</b>	transient ischemial attack (mini stroke)	<b>WF/BF</b>	white female/black female
<b>tid</b>	3x/day	<b>WM/BM</b>	white male/black male
<b>TM</b>	tympanic membrane	<b>WNL</b>	within normal limits
<b>TMJ</b>	temporomand-ibular joint	<b>y/o</b>	years old
<b>TNTC</b>	too numerous to count	<b>△</b>	change
<b>TPN</b>	total parenteral nutrition	<b>** appear on the JCAHO “Do Not Use” list – should write out “daily” or “every other day”</b>	
<b>TURP</b>	transurethral resection of prostate	<b>Caution against using: &lt; or &gt;</b>	
<b>TSE</b>	testicular self- examination		
<b>UA</b>	urinalysis		