“Success is not final; failure is not fatal: It is the courage to continue that counts.”

Stacie Patterson
NCAH CSP President

The NCAH CSP is an affiliated chapter of the International Association of Healthcare Central Service Materiel Management
Medical Terminology Review
Katrina Simpson, M.A., CST, CSPDT, CSIS

Objectives:
- Define prefix
- Define Suffix
- Define root words
- Discuss how medical terminology is utilized in the healthcare environment
- Discuss how combining vowels and forms are incorporated into medical terms
- Discuss why knowing medical terminology is important as a central services professional and discuss pertinent procedures related to medical terminology

Why Medical Terminology???
You may look at the title of this article and wonder, “Why is it necessary for me to understand medical terminology as a Central Services Professional”? Being in the profession of central services does not exclude you as being knowledgeable and proficient in medical terminology. In fact, you should be just as informed in this area of expertise as the surgeon! Central service professionals work timelessly gathering and distributing supplies, assembling trays, decontaminating equipment, building case carts through surgeon’s preference cards, and more. What the central service professional may not realize is they are using medical terminology subconsciously through all these tasks!

Think about it. When building a case cart, one of the first tasks includes identifying the name of the procedure. Let’s look at the term cholecystectomy, which may be a common procedure scheduled in your operating room. Cholecystectomy is a fancy medical term that describes the surgical removal of the gallbladder. A central services technician knowledgeable in medical terminology could effectively breakdown this term in order to ensure that the surgical team has all the necessary supplies needed to surgically remove the gallbladder. Surgical removal indicates an invasive procedure. This could alarm the central services technician that equipment or supplies utilized for this particular procedure may need to include a non-minimally invasive instrument set to successfully remove the gallbladder, such as an open cholecystectomy tray. This can be distinguished from a surgical procedure titled “laparoscopic cholecystectomy”, which may require minimally invasive supplies and/or equipment. Laparoscopic can be identified as a minimally invasive procedure in which a procedure is done with the assistance of viewing equipment such as a lens, light source, and camera. Again, knowing this information will save the central service technician from building case carts inaccurately.

Some fun facts regarding gallbladder disease are as follows and as stated by the American College of Sur-
geons (2015):
Up to 80% of patients with gallstones may go up to 20 years without any symptoms
Gallstones may be prevalent in Native Americans, pregnant women, and those whom have sickle cell disease and/or are overweight
Pain on the right side, may not be an indicator of gallbladder disease and may indicate ulcers, heart pain, or issues of the liver

The Prefix
Prefixes are commonly known as the word added to the beginning of a word. To be more specific, a prefix comes before the “root” and may be one or two syllables (IAHCSMM, 2016). The prefix is added to the root to alter the meaning. Prefixes can be used to indicate for numbers, quantities, position, and direction (Leonard, 2017). Prefixes that may indicate numbers include some of the following:

- **Uni** (one)
- **Bi** (two)
- **Tri** (three)
- **Tetra** (four)

The terms centi (one-hundredth) or milli (one-thousandth) can be used as prefixes as well. You may be familiar with these terms from learning the metric scales in grade school. Two common prefixes used to indicate quantities include: hyper (excessive or greater than normal) and hypo (beneath or below normal). Common prefixes describing position or direction include: ab (away from), ad (toward), pre (before), and peri or circum which indicates (around).

Finally, prefixes can also indicate color. When utilizing some prefixes the presence of a combining vowel may be present. Combining vowels are commonly used to ease the pronunciation of the medical term spoken. The combining vowel commonly used for this ease of pronunciation is the letter “o”. Take a look to see how the combining vowel is used in these examples to follow. Cyan/o indicates the color blue; while, leuk/o or albin/o indicates the color white. You may be familiar with the terms melan/o (black) or erythr/o as indicating the color red. When erythr/o is conjoined with the suffix cyte, we get
the term erythrocyte. In this example, you can clearly view how the combining vowel helps to ease the pronunciation of the term erythrocyte, pronounced [ih-rith-ruh-sahyt] according to (Dictionary.com, 2018). What other prefixes have you observed in the healthcare setting?

### Suffixes
The suffix can also be one or two syllables and can be viewed after the root of the word, which we will discuss in a few. The suffix also alters the meaning of the root. There is a wide-range of suffixes utilized in the healthcare environment today. Suffixes can be used to indicate a specialist or specialty, structure, procedure, symptom or diagnosis, or condition ((Leonard, 2017). You may already be familiar with many of these. Per Chobin (2016), these are a few suffixes listed in the literature:

- atresia (narrowing)
- cid (killing)
- ectomy (cutting out)
- gram (recording)
- itis (inflammation)
- scop (viewing)
- pathy (disease)

These are a few of the suffixes you may see in the central services department. It is necessary to be familiar with these terms to perform effectively as a central services professional as indicated earlier in this article.
cardi/o/logy, the root cardi pertains to the heart, which is known as the essential meaning of the medical term. Now, when we combine “cardi” with “o”, this makes a combining form in which the combining vowel “o” is attached to the root of the word. Adding the term “logy” creates the term cardiology, which, as a whole can be defined as the study of the heart. Here are a few known root words utilized in today’s healthcare setting:

- Aden (gland)
- Arthr (joint)
- Carcin (cancerous/cancer)
- Cephal (head)
- Cerebr (cerebrum)
- Derm (skin)
- Gastr (stomach)
- Hemat (blood)

Medical words are here to stay! It is important that you as the sterile processing professional stay up-to-date on common terms used. Remember, you are the heart of the hospital and are a huge contributor to providing effective, safe, patient care!

References

Notes
- Please submit your questions to Dear Steamie.
- Please allow six weeks for CEU processing and plan accordingly.
- Please print clearly when filling information in on your test sheets.
- Please make sure your email address is correct and legible.

“Autumn is a second spring when every leaf is a flower.”

Albert Camus
Oreo Stuffed Chocolate Chip Cookies

Ingredients
- 2 sticks softened butter
- 3/4 Cup packed light brown sugar
- 1 Cup granulated sugar
- 2 large eggs
- 1 Tablespoon pure vanilla
- 3 1/2 Cups all purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon baking soda
- 10 oz bag chocolate chips
- 1 bag Oreo Cookies, I used the double stuff

Directions
Preheat oven to 350°F. In a stand or electric mixer, cream butter and sugars until well combined. Add in eggs and vanilla until well combined. In a separate bowl mix the flour, salt and baking soda. Slowly add to wet ingredients along with chocolate chips until just combined. Using a cookie scoop take one scoop of cookie dough and place on top of an Oreo Cookie. Take another scoop of dough and place on bottom of Oreo Cookie. Seal edges together by pressing and cupping in hand until Oreo Cookie is enclosed with dough. Place onto a parchment or silpat lined baking sheet and bake cookies 9-13 minutes or until cookies are baked to your liking. Let cool for 5 minutes before transferring to cooling rack. Serve with a tall glass of milk. Enjoy!

Makes about 28 VERY LARGE cookies.

Per Serving: 265 Calories; 12g Fat (41.1% calories from fat); 3g Protein; 37g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 260mg Sodium.
Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 1 1/2 Other Carbohydrates.
Medical Terminology Review
Post-Test 2018

1. It is unnecessary for central service professionals to understand medical terminology.
   TRUE  FALSE

2. A type of minimally invasive procedure is the laparoscopic cholecystectomy.
   TRUE  FALSE

3. Being overweight or pregnant can be indicating factors of having gallstones.
   TRUE  FALSE

4. Prefixes are commonly known as the word added to the end of a word.
   TRUE  FALSE

5. The prefix “tetra” indicates the number three.
   TRUE  FALSE

6. A combining vowel may be used to ease the pronunciation of a medical term.
   TRUE  FALSE

7. A suffix is a term found at the beginning of a medical root word.
   TRUE  FALSE

8. Combining forms are typically attached to the root of the word.
   TRUE  FALSE

9. Derm is a root word that means inflammation of the skin.
   TRUE  FALSE

10. “I need a stat hematocrit!” The term “hemat” in this phrase can be referenced as blood.
    TRUE  FALSE

To receive one CEU credit, complete the quiz and send this page only, via normal mail:
Lana Haecherl
P. O. Box 568
Pineville, NC  28134-0568

Your certificate will be sent via email if your score is greater than 70%. If you are not a member of NCAHCSP, please include a fee of $25.00 along with your Membership Application, found on the website (www.ncahcsp.org). Please allow at least six weeks for processing.

CEU Expiration Date:  November 2, 2023

PRINT NAME CLEARLY:  
E-MAIL ADDRESS:  
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□ (New e-mail address)
Dear Steamie,

We were recently reviewing several of our IFU's and several of them state, "that these are the manufacturers recommendations and that parameters should be verified by the end user."

Can you explain the difference between Validation and Verification by SP Staff?

Thank you

Confused SPD Technician

This is a great question as reviewing and sometimes understanding a manufacturers IFU's can be overwhelming in their complexity or vague at best.

First, **Validation** can only be performed by manufacturers of medical devices with testing facilities that are subject to inspection by the FDA.

**Verification**, or end user verification, is verifying an already FDA validated process, by equipment used in your facility. If you are ever uncertain of an IFU, always contact the manufacturer for clarification.

Steamie
Meditation for Stress Relief

- Practice Makes Perfect, Make Time For Meditation Every Day.
- Start With The Breath.
- Let Go Of Any & All Frustrations.
- Pick A Specific Room In Your House To Meditate.
- Set Up A Peaceful Space.
- Make Sure To Not Be Distracted.
Future Education Meetings

► The Winter meeting will be held on February 15, 2019 at the Village Inn in Clemmons, NC.
► The Annual meeting will be held on April 17-19, 2019 at the Hilton in Myrtle Beach, SC.

Visit our website www.ncahcsp.org You’ll find details as well as brochures and registration information. We are now IAHCSMM (www.iahcsmm.org) affiliated!
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