

### Laboratory Terminology

Lab Test	Normal Range	Definition
WBC (White Blood Cells)	4,000–11,000/ $\mu$ L	Indicates immune response.
RBC (Red Blood Cells)	4.2–5.9 million/ $\mu$ L	Carries oxygen in the blood.
Hemoglobin (Hgb)	12–18 g/dL	Oxygen-carrying protein in RBCs.
Hematocrit (Hct)	37–52%	Percentage of RBCs in blood.
Platelets	150,000–400,000/ $\mu$ L	Essential for blood clotting.
Glucose (Fasting)	70–100 mg/dL	Blood sugar level.
Sodium ( $\text{Na}^+$ )	135–145 mEq/L	Regulates fluid balance.
Potassium ( $\text{K}^+$ )	3.5–5.0 mEq/L	Important for heart and muscle function.
Calcium ( $\text{Ca}^{2+}$ )	8.5–10.2 mg/dL	Vital for bones, muscles, and nerves.
Chloride ( $\text{Cl}^-$ )	96–106 mEq/L	Helps maintain acid-base balance.
BUN (Blood Urea Nitrogen)	7–20 mg/dL	Indicates kidney function.
Creatinine	0.6–1.3 mg/dL	Waste product filtered by kidneys.
INR (International Normalized Ratio)	0.8–1.1	Monitors blood-thinning therapy.
PT (Prothrombin Time)	11–13.5 sec	Measures clotting ability.
aPTT (Activated Partial Thromboplastin Time)	25–35 sec	Evaluates intrinsic clotting pathway.
AST (Aspartate Aminotransferase)	10–40 U/L	Enzyme indicating liver damage.
ALT (Alanine Aminotransferase)	7–56 U/L	Liver-specific enzyme.
Albumin	3.5–5.0 g/dL	Protein made by the liver.
Bilirubin (Total)	0.1–1.2 mg/dL	Byproduct of RBC breakdown.
pH (Arterial Blood Gas)	7.35–7.45	Measures blood acidity/alkalinity.

## Phlebotomy Terminology

<b>Term</b>	<b>Definition</b>
Phlebotomy	The process of making an incision in a vein to draw blood.
Venipuncture	The puncture of a vein, typically to withdraw blood or administer medication.
Tourniquet	A device used to apply pressure to a limb or extremity to restrict blood flow.
Lancet	A small, sharp instrument used to puncture the skin for capillary blood sampling.
Vacutainer	A blood collection tube used with a double-ended needle for drawing blood.
Hemolysis	The destruction of red blood cells, which can affect lab results.
Anticoagulant	A substance that prevents blood clotting, often found in collection tubes.
Serum	The liquid portion of blood after clotting has occurred.
Plasma	The liquid portion of blood that contains clotting factors.
Capillary Puncture	A method of collecting blood from a finger or heel.
Gauge	The size of a needle; smaller numbers indicate larger diameters.
Order of Draw	The recommended sequence for filling blood collection tubes to avoid contamination.
Labeling	The process of identifying a blood sample with patient information.
Basal State	The body's resting metabolic state, typically after 12 hours of fasting.
Fasting	Abstaining from food and drink (except water) before a blood test.
Centrifuge	A machine that spins blood samples to separate components.
Specimen	A sample of blood or other material taken for analysis.
Biohazard	A biological substance that poses a threat to health.
Inversion	Gently turning a blood tube to mix additives with the sample.
Needle Stick Injury	Accidental puncture of the skin by a used needle, posing infection risk.

## Spirituality and Stress Terminology

Term	Definition
Agnostic	A person who believes that nothing is known or can be known of the existence or nature of God.
Atheist	A person who disbelieves or lacks belief in the existence of God or gods.
Connectedness	A sense of being connected to others, nature, or a higher power.
Faith	Strong belief or trust in someone or something, often without logical proof.
Holistic	An approach that considers the whole person, including physical, mental, and spiritual aspects.
Hope	A feeling of expectation and desire for a certain thing to happen.
Inner strength and peace	A sense of calm and resilience that comes from within.
Meaning and purpose in life	The sense that life has value and direction.
Self-transcendence	The ability to go beyond oneself and connect with something greater.
Spiritual distress	A disruption in the life principle that pervades a person's entire being and transcends the person's biologic and psychosocial nature.
Spiritual well-being	A state of wellness that involves a sense of peace and contentment stemming from an individual's relationship with the spiritual aspects of life.
Spirituality	A broad concept involving a sense of connection to something bigger than oneself.
Transcendence	Existence or experience beyond the normal or physical level.
Alarm stage	The initial reaction to stress, activating the fight-or-flight response.
Allostasis	The process by which the body responds to stressors to regain homeostasis.
Allostatic load	The wear and tear on the body due to chronic stress.
Appraisal	The evaluation of a situation to determine its significance for well-being.
Burnout	A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.
Compassion fatigue	Emotional strain of exposure to working with those suffering from the consequences of traumatic events.
Coping	The process of managing stressful circumstances.
Crisis	A turning point in a person's life that produces significant change or disruption.
Crisis intervention	Short-term help to individuals experiencing an event that produces emotional, mental, physical, and behavioral distress.
Developmental crises	Crises that occur as a person moves through the stages of life.
Ego-defense mechanisms	Unconscious psychological strategies used to cope with reality and maintain self-image.
Exhaustion stage	The final stage of stress response, where the body's resources are depleted.
Fight-or-flight response	A physiological reaction to perceived harmful events, attacks, or threats to survival.
Flashbacks	Recurrent and vivid recollections of a traumatic event.
General adaptation syndrome (GAS)	A three-stage response to stress: alarm, resistance, and exhaustion.
Mindfulness	A mental state achieved by focusing awareness on the present moment.
Posttraumatic stress disorder (PTSD)	A mental health condition triggered by experiencing or witnessing a traumatic event.
Primary appraisal	The initial evaluation of whether an event is irrelevant, benign-positive, or stressful.
Resistance stage	The second stage of stress response, where the body attempts to resist or adapt to the stressor.
Secondary appraisal	The evaluation of one's ability to cope with a stressful event.
Situational crises	Unexpected crises that arise suddenly in response to external events.
Stress	A state of mental or emotional strain resulting from adverse or demanding circumstances.
Stressors	Events or conditions that cause stress.