Academic Success: A measurement including any/all of the following examples for students: testing scores, GPA, individual course grades, teacher evaluations, assignment grades, etc.

Accreditation Council for Continuing Medical Education (ACCME): The ACCME sets and enforces standards in physician continuing medical education within the United States.

Action Research Principles: These are a set of principles defining what participatory action research is, and what it is not (McTaggart, 1991).

Adult Education: The planned fostering of learning about depression that includes program design, pedagogy and evaluation of learning.

Adult Learning: The process by which adults learn to understand depression as a problem of brain chemistry rather than a personality flaw.

Ageism: Discriminatory concept which defines older people as different from the rest of society.

Agent Orange: A dioxin created by the Monsanto and Dow Corporation used as a defoliate in Vietnam and Indochina.

Aging: A process of human maturation that has the potential for an elder to demonstrate the highest forms of wisdom and beingness. An aging individual can be an integrated model of graciousness, wide perspective, non-reactivity, sagacity, humour, compassion, and relationality. At its best, aging can become saging. Sages garner respect, are sought out for counsel, and reap the benefits of simultaneous giving and receiving, as does the community.

Altruism: Unselfish interest in the welfare of others, virtue, impeccability, honor, integrity, kindliness, graciousness, goodwill, good-heartedness, charity, good-will, self-sacrifice, generosity, humility.

Ambiguity: Indirectness, reticence, lack of clarity, confused message, double meaning, extended meaning, equivocation, capable of being understood in more than one way.

American Board of Family Medicine (ABFM): The ABFM promotes excellence in medical care through educational and scientific initiatives. Through certification and maintenance of certification programs the ABFM establishes, maintains, and measures the high standards of excellence in the specialty of Family Medicine.

American Board of Medical Specialties (ABMS): The ABMS assists the 24 approved medical specialty boards in the development and use of standards in the ongoing evaluation and certification of physicians.

Amorphus: Not crystalized, unclear, obscure, not transparent, indistinct, muddiness; vague, enigmatic.

Anxiety: According to Bandura (1988) anxiety is a state of anticipatory apprehension over possible harmful happenings. The Beck Anxiety Inventory (BAI) described anxiety as “a subjective disorder affecting emotional, physiological and the cognitive abilities of an individual to perform the activities of daily living leading to the poor performance of daily activities” (Beck et al. 1988, p. 1).
**Archival Data:** Information that is archived or housed post data analysis.

**Artistic and Technical Writing:** English teachers often design rubrics which incorporate both artistic and technical writing when evaluating student essays. Artistic writing focuses on the writer’s tone of word choice, also known as voice, while technical writing focuses on the writer’s specificity of word choice.

**Arts-Informed Research:** A qualitative research tradition that aims to enhance understanding of the human condition through creative processes and forms in order to be more accessible to diverse makers and audiences. Creativity and the arts may be incorporated in data collection, analysis, and dissemination, providing a space for ambiguity, inclusivity, and diverse ways of knowing.

**Assets:** These are the stock of wealth of a household or other unity and include the resources or advantages within a community such as valuable qualities, people and objects, gifts, skills, capacity. In summary, within a community context, assets may be seen as various forms of capital within a community (Haines, 2009).

**Attachment Bonding:** The foundation of all things human. Early attachment bonding experience dictates the nature of the trust and security relationship between unconditionally loving, warmly attuned and resonant parents or caregivers and the child. Lacunae in early attachment bonding experience, which are unfortunately all too common, create individuals who react to hurts and unwanted experiences with a survival orientation, and who are not aligned with feelings of inner security, serenity, and the reality of what is actually happening. Such individuals, who are most of us, are arrested at a point in their maturation. This “stuckness” compromises lifelong learning.

**Basic (Functional) Literacy:** “Sufficient basic skills in reading and writing to be able to function effectively in everyday situations” (Nutbeam, 2000).

**Behavior Changes:** Behavior changes occur when people put forth a conscious effort to make lifestyle changes to improve health. Medical doctor Hilary Tindle researched patient outlook in medicine; it is true that some people make negative choices to deal with stress, such as the numbing strategies Brene Brown researched, while other people make positive choices to deal with stress, such as following the exercise and nutrition recommendations suggested by experts at the American College of Sports Medicine. Ultimately the choice of which behavior changes to implement in order to cope with stress belongs to each individual.

**Bereavement:** The act or event of separation or loss that results in the experience of grief (American Board of Funeral Service Education, 2009).

**Bloom’s Taxonomy Verbs:** The Bloom’s Taxonomy Verbs are verbs that identify and describe the cognitive, affective, and psychomotor domains used in the development of courses and course objectives. The verbs help educators to focus on the three domains in their course development and course objectives in order to provide quality education to learners, assess the learners work, and perform formative and summative evaluations in order to assign a grade to the learners work (Gronlund & Waugh, 2009; McKenchie & Svinicki, 2006; Oermann & Gaberson, 2006). The verbs describe the clinical skills tasks to be performed in the instructions for the students in didactics and the nursing clinical practice.

**Board Certification:** Board certification in the United States is a voluntary process that demonstrates a physician’s exceptional expertise in a particular specialty and/or subspecialty of medical practice (ABMS, 2011). Family physicians are board certified by the American Board of Family Medicine.

**Capacity Development:** A participatory process that utilizes experience to collectively construct tacit and intimate knowledge.

**Caretaking:** The act of looking after others’ well-being (including children and/or the elderly) within the home.

**Chronic Conditions:** “Those conditions that last a year or more and require ongoing medical attention and/or limit activities of daily living” (Anderson & Horvath, 2004).
**Clinical Practice:** The practice of medicine by medical practitioners that involves the diagnosis, treatment, and management of patients’ medical conditions.

**CME Activity:** The actual learning activity that contains all the elements of the course: learning objectives, faculty, program content, assessment materials, and so on.

**CME Professional:** A person working in the field of CME who adheres to the ethics and standards of the profession and practices the competencies relating to his/her job or volunteer position (NCCMP, 2013).

**CME Provider:** The entity responsible for creating the CME activity.

**Collaborative Inquiry:** Inquiry ‘with’ rather than ‘on’ people, emphasizing the active engagement of participants as fully engaged collaborators who participate in determining the goal, direction and process of the inquiry.

**College:** An institution of higher education typically offering certificates, two-year degrees, and four-year degrees.

**Communicable Diseases:** An illness due to a specific infectious agent or its toxic products that arises through transmission of that agent or its products from an infected person, animal or inanimate reservoir to a susceptible host; either directly or indirectly through an intermediate plant or animal host, vector or the inanimate environment. (Synonym: infectious disease).

**Communicative (Interactive) Literacy:** “More advanced cognitive and literacy skills which, together with social skills, can be used to actively participate in everyday activities, to extract information and derive meaning from different forms of communications, and to apply new information to changing circumstances” (Nutbeam, 2000).

**Community:** A dynamic entity that is in a constant process of growth and development, and a containment structure that is built in such a way as to support creative action, interaction, and inner work. Community comes together because the members can identify with each other. A living community is in an ongoing process of culture and value development. Core to the philosophy of community is the valuing of the human dimension, its connections and growth.

**Community Capacity Building:** A process by which community capacity (what a community is capable of) is increased. It builds on the combination of commitment, resources, and skills deployed to build on community strengths to effect change on behalf of the community.

**Community Development:** This can be seen as both a process and as an outcome and involves managing community change that engages citizens in dialogue on specific issues affecting them. They decide and implement together what must be done (Ferguson & Dickens, 1999; Vincent II, 2009).

**Community Education:** Education within the community, for the community, by the community; usually associated with community-based non-formal adult education.

**Community Health:** A field of public health, is a discipline which concerns itself with the study and improvement of the health characteristics of biological communities (Marcus, 1992).

**Community Health Board (CHB):** A voluntary, community-based board regulated by the Nova.

**Community Health Impact Assessment (CHIA):** A strategy to increase public understanding of the broad determinants of health and to bring the health concerns of the public forward in discussions of public policy.

**Community Health Impact Assessment Tool (CHIAT):** A resource (document, checklist, or other means) created by a community to facilitate the systematic undertaking of a community health impact assessment.

**Congruence:** Agreeing, harmonious, of the same mind, a mirror image, united, saying and doing the same thing, walking the talk and talking the same as one walks.
Continuing Medical Education (CME): The process within the scope of family medicine that provides information and activities designed to maintain and improve the ability of family physicians to provide high-quality patient care. CME encompasses all the areas usually encountered by family physicians necessary to carry out these responsibilities (AAFP, 2008).

Course: An academic unit typically consisting of an established curriculum or focus of study.

Critical Challenges: Issues of utmost important that need to be addressed to ensure the smooth running of any implemented program.

Critical Literacy: “More advanced cognitive skills, which together with social skills, can be applied to critically analyze information, and to use this information to exert greater control over life events and situations” (Nutbeam, 2000).

Critical Reflection: The intentional attempt to uncover assumptions that guide actions by viewing one’s practice through the lenses of autobiographical experience, students’ eyes, colleagues’ perceptions and theory.

Critical Thinking: Critical thinking might be a reflective process where thinkers need to fill the gaps of understanding the assumptions associated with the topic being explored (Brookfield, 1995, 2013). Furthermore, Brookfield (1987) defined the concept of critical thinking as “a process that might be a result or a reaction to a positive or a negative event or situation in one’s life” (p. 23). Those events for instance, were positive or negative triggers because they stimulated personal emotions that motivated critical and reflective thinking for the thinker. The thinker with negative triggers might develop critical action and analysis with active inquiry in order to resolve the problem, if the thinker had the skills and courage (Brookfield, 1987). Paul and Elder (2006) defined critical thinking as “the art of thinking about thinking while thinking in order to make things better” (p. xxii). Nosich (2009) described critical thinking as “a concept that cannot be achieved by reading alone but by thinking, hearing the lecture and reasoning as one is writing and using standards that will lead to a conclusion” (p. 3).

Curricular Guide: Refers to the creative interventions to develop a curriculum addressing grief and loss therapy (Buser, Buser, & Gladding, 2005).

Data: Information collected during a research effort.

Data Collection: The act of capturing information during the research process.

Debriefing: Like pre briefing, debriefing is also a facilitator-led learning group post use of HPS in a suitable learning laboratory classroom environment where the students and their facilitator(s) sit for a round table conference, and make eye contact as they discuss students’ feelings, and reflect on their actions and decision-making activities during the HPS clinical scenarios (Cant & Cooper, 2010, 2011; Nehring & Lashley, 2010). The debriefing discussions focus on giving the students opportunities to ventilate their emotional feelings about their clinical decision-making, the good and the bad decisions they made, and the mistakes they made with the answers they chose that killed their mannequin patients in the learning laboratory.

Depression: A highly contested term, “depression” typically refers to psychic suffering that persists over time and results in marked functional impairment. Conventionally viewed through a medical lens, this suffering may lead to medical diagnosis (via the Diagnostic and Statistical Manual - DSM) and treatment through psychotherapy, pharmaceuticals, and/or electroshock.

Determinants of Health: The range of personal, social, economic and environmental factors which determine the health status of individuals and populations.

Disclosure: The methodology of using narrative disclosure of a teacher’s own struggles with depression as a teaching approach.

Disorienting Dilemma: An incident or experience outside a person’s control that triggers transformation (Mezirow, 1978). Critical reflection and transformation can happen all at once (“epochal” transformation), or gradually overtime (“incremental” transformation) (Mezirow, 2000).

Distance Education: The United States Distance Learning Association (USDLA) defines dis-
distance education as: “A generic, all-inclusive term used to refer to the physical separation of teachers and learners. (2) [Distance Education, Distance Learning, Distributed Learning] The application of information technology (and infrastructure) to educational and student-related activities linking teachers and students in differing places. (3) The student and instructor are physically separated by any distance. All communications are mediated by some type of electronic means in real or delayed time. Location is of no significance. (4) The organizational framework and process of providing instruction at a distance. Distance education takes place when a teacher and student(s) are physically separated, and technology (i.e., audio, video, and computers, print) is used to bridge the instructional gap. (5) The organizational framework and process of providing instruction at a distance. Distance education takes place when a teacher and student(s) are physically separated, and technology (i.e., voice, video, data, or print) is used to bridge the instructional gap” (Simonson, 2008).

**District Health Authority (DHA):** The administrative unit mandated by the Nova Scotia Health Authorities Act (2001) to govern, plan, manage, monitor, evaluate and deliver health services in each of the nine Nova Scotia health districts. Two-thirds of the board of directors of each DHA is comprised of people nominated by Community Health Boards in the district.

**Effective Teacher:** A physical education teacher that engage in reflection, ask questions about how, why, and what they are doing in their classes; engage in planning, assessing, and teaching in a cyclical manner and they know the content of what is being taught and how to teach such content.

**Empathy:** A concern and caring for others.

**Engagement:** “The degree to which the person is involved in the transition process.” (Marineau, 2005).

**Ethic of Caring:** An sense of obligation that motivates individuals to assist and care others.

**Etiology:** The medical causation of a particular condition, in this case depression.

**Evidence Based Decision-Making:** The use of current best evidence, both qualitative and quantitative, in making policy. When used in combination with good reasoning, it answers the question: “Why did you decide that?”

**Exercise:** By taking the time to exercise, people receive numerous benefits which improve health. Experts at the Mayo Clinic and the American College of Sports Medicine list specific exercise guidelines discussed in this chapter of the intensity and frequency of exercise for people to follow to achieve the best results.

**Facilitation:** Make comprehensible, interpret, clarify, state plainly, make easily understood, help explain, help implement learning.

**Family Medicine:** The medical specialty that provides continuing, comprehensive health care for the individual and family. The specialty integrates the biological, clinical, and behavioral sciences. The scope of family medicine encompasses all ages, both sexes, each organ system, and every disease entity (AAFP, 2010).

**Family Physician:** Physician specialists who possess distinct attitudes, skills, and knowledge that qualify them to provide continuing and comprehensive medical care, health maintenance, and preventive services to each member of the family, regardless of sex, age, or type of problem, be it biological, behavioral, or social. These specialists, because of their background and interactions with the family, are best qualified to serve as patient advocates in all health-related matters, including the appropriate use of consultants, health services, and community resources (AAFP, 2009).

**Federation of State Medical Boards (FSMB):** The FSMB (2010) represents the 70 medical and osteopathic boards of the United States and its territories. The FSMB leads by promoting excellence in medical practice, licensure, and regulation as the national resource and voice on behalf of state medical and osteopathic boards in their protection of the public.

**Frame of Reference:** The structures of assumptions through which we understand our experiences (Mezirow, 1997).
General Literacy: “The ability to read, write, and speak in English, and to compute and solve problems at levels of proficiency necessary to function on the job and in society, achieve one’s goals, and develop one’s knowledge and potential” (National Institute for Literacy, 1991, p. 6).

Grades: A measurement of student academic success on an assignment, test, etc. typically provided by an instructor/teacher or automated system.

Grief: An emotion or set of emotions due to a loss (American Board of Funeral Service Education, 2009).

Habits of Mind: Deeply embedded, almost invisible, assumptions are automatically absorbed from the society around us—including family, community, and culture (Mezirow, 1991).

Healthcare Provider: Any person or entity that provides healthcare services to individuals, including hospitals, health clinics, outpatient centers, physicians, physician assistants, nurses, social workers, health educators, pharmacists, technicians, etc.

Health Education and Promotion: A wide variety of approaches to promoting health and well-being in a variety of settings.

Health Impact Assessment (HIA): Any combination of procedures or methods by which a proposed program or policy may be judged as to the effect(s) it may have on the health of the population.

Health Literacy: “The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions” (IOM, 2004, p. 32).

Health Literacy Intervention: Policies, procedures, and processes designed to mitigate the effects of low health literacy on patient-provider communication.

Health Outcomes: “A change in the health status of an individual, group, or population which is attributable to a planned intervention or series of interventions, regardless of whether such an intervention was intended to change health status” (WHO, 1998, p. 10).

Health Promotion: The process of enabling people to increase control over the determinants of health and thereby improve their health. Participation is essential to sustain health promotion action.

Health Status: “A description and/or measurement of the health of an individual or population at a particular point in time against identifiable standards, usually by reference to health indicators” (WHO, 1998, p. 12).

Healthy Public Policy: Public policy that is characterized by an explicit concern for health and equity, and by accountability for health impact. It aims to create a supportive environment to enable people to lead healthy lives.

Heart Failure (HF): “The leading cause of hospitalization among older individuals, and accounts for more than 1 million hospitalizations and readmissions each year in the United States” (Radhakrishnan & Jacelon, 2011).

Homelessness: A condition where an individual does not have a home or shelter in which to reside.

Human Development: A process of maturation that goes through different stages of accomplishment in terms of cognitive, affective, spiritual, moral, and social development. Developmental arrests can occur at any point, and will show up as calcified ego-development. This calcified ego-development attempts to protect the vulnerable inner core. Should there be no major disruption to the developmental process, human maturation can continue to move in the direction of continually evolving authenticity, relationality, and integration throughout the life span. It is more often the case that there are ruptures and insults to the process. The healing of these wounds is central to returning to the path of what is most natural to the person.

Human Patient Simulations: The literature defined HPS in nursing education as the act of performing the nursing psychomotor skills on the mannequins in simulated clinical environment (Gaba, 2004; Reese et al., 2010; Rothgeb,
The act of performing psychomotor skills uses diverse clinical scenarios in a safe clinical environment; an environment that encourages group learning, critical thinking, communication, collaboration, and clinical decision-making of the participants. There are low fidelity, high fidelity and full mission simulations in addition to real-life human volunteers for some nursing school learning laboratories. Simulators support the development of pre-planned scenarios that mimic a wide variety of clinical situations (Fanning & Gaba, 2007; Nehring & Lashely, 2004; Nehring, 2008).

**Information Behavior:** How people interact with information.

**Information Mediary (Infomediary):** An agent that facilitates the interaction between information and information seeker.

**Information Technology (IT):** IT (information technology) is a term that encompasses all forms of technology used to create, store, exchange, and use information in its various forms (business data, voice conversations, still images, motion pictures, multimedia presentations, and other forms, including those not yet conceived).

**Inner Work:** The practice of noticing the inner world experience of the practitioner, particularly in the egoic and psychological realms, using a variety of methods to work with what is found within, in the service of identifying, integrating and facilitating all marginalized and “detached” aspects of identity, being, and consciousness.

**Instrument:** A questionnaire, test, survey or device used to measure respondent choices.

**Instrument Design:** The decisions that have to made a priori, post hoc, and during the instrument construction.

**Intersection:** Connection; joining; fitting together.

**Item:** A question on an instrument.

**Item Responses:** Responses and alternative choices offered to respondents.

**Journal Writing:** The process of a person responding to prompts and writing about his or her thoughts and feelings. While journal writing is typically associated with writing classrooms, writing teachers including Julia Cameron, Natalie Goldberg, and Donald Murray advocate that journal writing can be done by anyone, anywhere. Journal writing can be adapted to create pain journals, where patients record the level of pain felt and the actions which caused the pain. Pain journals can subsequently be shared with medical professionals to enhance the healing process. Students in an English classroom, patients in a physical therapy clinic, and readers of this chapter in their living rooms can pick up a pen, paper, and just write.

**Lifelong Learning:** Involves a commitment that emerges naturally. Aware and self-reflective individuals continue to mature beyond the egoic stage of development and towards increasingly greater integration with self, other, the world, Nature, and Cosmos.

**Limited Health Literacy:** A literacy skill level that is below level three on the National Adult Literacy Survey. This skill level is lower than what is necessary to obtain, process, and understand basic health information and services to make appropriate health decisions.

**Maintenance of Certification (MoC):** MoC measures the six core competencies adopted by the ABMS and the American College of Graduate Medical Education in 1999: interpersonal and communication skills, professionalism, systems-based practice, practice-based learning, medical knowledge, and patient care. Involvement in MoC activities demonstrates a physician’s commitment to lifelong learning and competency in a specialty and/or subspecialty (ABMS, 2012).

**Maintenance of Licensure (MoL):** As a condition of license renewal or MoL, a physician must demonstrate commitment to lifelong learning that is objective, relevant to his or her area of clinical practice, and contributory to improved health care (FSMB, 2010).

**Materialistic Individualism:** The worldview that considers individuals as discrete, self-con-
tained, independent units of survival. Individuals operating within this worldview have a clear sense of a boundary between “me” and “not-me” or “self” and “other.” Moreover, such individuals see the world as strictly composed of matter, and hence measurable, controllable, predictable, and ultimately disposable.

**Maturation:** Growth, development, coming of age, growing up.

**Measurement:** The process of assessing methods of measuring mindfulness including psychometric properties such as validity and reliability.

**Medical Professionals:** Medical professionals, such as primary care doctors, specialists, physical therapists, and emotional therapists, provide support and consultation to patients about health issues. Medical doctors Hilary Tindle and Lissa Rankin discuss in their research that patients experience improved health when they have a positive outlook and a willingness to share their stories with their doctors.

**Meditation:** Meditation is concentrating on the breath, and watching one’s own mind and body exactly how they are in the present moment (Gunaratana, 2002).

**Metaphor:** A word or object that describes a subject by asserting that it is, on some point of comparison, the same as the otherwise unrelated object whose delineation leads to insights and understanding.

**Millennials:** People born between 1980 and 2000.

**Mindfulness:** A meditation practice that emphasizes both concentration and expansion of non-discursive awareness in the present moment, allowing one to both relax in and engage with the world within and without. As a Buddhist form of meditation, it is one of the seven factors of enlightenment, supporting personal and spiritual development.

**Mindfulness Based Stress Reduction:** Mindfulness practices focused on reducing stress including breathing, body scans and yoga.

**Mishnah:** “Repetition”, “to study and review”. It is the first major written redaction of the Jewish oral tradition called the Oral Torah; the first major work of Rabbinic literature.

**Misinformation:** Misinformation is false or inaccurate information that is spread unintentionally.

**Mobile Device:** A portable technological piece of equipment, usually with a computer chip or processing unit (e.g., handheld device, laptop, smart phone).

**Moral Development:** The development of values and ethics as prescribed by Piaget and Kohlberg.

**Narrative Inquiry:** Discussed in the field of research by F. Michael Connelly and D. Jean Clandinin, narrative inquiry is a qualitative interpretative form of research that focuses on the telling, retelling, and sharing of stories. Researchers who complete narrative inquiries interpret stories and search for common threads to find patterns. They are encouraged to tell their research stories in first person as they look back to find meaning in past stories and look forward to set future goals.

**National Adult Literacy Survey:** A comprehensive study of adult literacy first conducted in 1992 by the Educational Testing Services on behalf of the U.S. Department of Education. The study measured the English literacy skills of a random sample of individuals in the United States aged 16 years and older.

**New Adult:** Individuals who are 18 to 25 years old.

**Nonformal Education:** Organized educational activity that does not take place in the formal system and is intended to achieve learning objectives for a particular audience.

**Nontraditional Student:** Bean and Metzner (1985) define nontraditional students as a population including: Students age 25 or older, part-time enrolled students, commuter students.

**Nutrition:** When making healthy eating choices, people receive numerous benefits which improve health. Resources such as the food pyramid discussed in this chapter list the recom-
mended types and amount of foods to eat. Experts at the Mayo Clinic and the American College of Sports Medicine discuss how lifestyle influences the amount of calories a person should consume.

**Obesity:** Having excessive amounts of fat in the body that results in health problems such as heart disease, high blood pressure and diabetes.

**Paradigmatic Assumption:** An assumption that is so foundational that it is particularly hard to uncover and even harder to challenge.

**Participatory Action Research:** This is research involving those affected by the problem under investigation through a cyclical process of fact finding, action, reflection, leading to further inquiry and action for change. Emphasis is placed in dialoguing, critical reflection, co-learning and action to implement change (Minkler, 2000).

**Participatory Adult Education:** Adult education characterized by learner control and ownership over the learning objectives, learning processes, and learning outcomes which are usually facilitated by someone outside the learner group.

**Patient Outcomes:** The study of the quality and effectiveness of health care, as measured by a specified result.

**Pedagogical Content Knowledge:** Synergy between subject matter and effective teaching techniques to stimulate student learning (Shulman, 1987).

**PE Teacher:** A professional that teaches physical education classes in public or private schools.

**PE Teacher Candidate:** Student that is actively enrolled in the physical education teacher education program.

**Physical Activity:** Any movement performed by muscles that results in burning calories (or using energy).

**Physical Therapy Outcome Measures:** Tests used by physical therapists to measure the progress a patient makes, such as such as the DASH (Disabilities of the Arm Shoulder Hand), LEFS (Lower Extremity Functional Scale), NDI (Neck Disability Index), and Modified Oswestry (for back pain). Physical therapists choose which outcome measure to use based on the body part where the patient experiences pain.

**Play Therapy:** It is a developmentally responsive therapy approach to helping children cope with their feelings and emotions. Play is the natural language of children, and through play, they learn about themselves and the world around them (Shallcross, 2010).

**Population Health Approach:** Addresses the entire range of individual and collective factors that determine health—and the interactions among them. Population health strategies are designed to affect whole groups or ‘populations’ of people. The goals of a population health approach are to maintain and improve the health status of the entire population and to reduce inequities in health status between populations groups.

**Post Traumatic Distress Disorder:** A psychological stress disorder precipitated by a traumatizing event.

**Pre Briefing:** Pre briefing is a term describing a facilitator-led group’s learning of the outcomes of a course material and course topics before the use of HPS as a teaching strategy in the nursing learning laboratory environment. Both the facilitator and students, collaborate, communicate and contribute to the pre simulation review of their already assigned reading and assignment in their simulation tickets, before the use of HPS as a teaching and learning strategy (Cant & Cooper, 2010; Hayden, 2010; Nehring & Lashley, 2010; Reese et al., 2010; Rothgeb, 2008; Waxman, 2011).

**Presentational Knowing:** An intuitive grasp of patterns and wholes.

**Primary Data:** Information that is current post data analysis.

**Process Orientation:** A view that sees life experience in terms of ongoing flow and dynamic change. Its opposite is seeing life experience as discrete, fixed, and non-emergent. The feeling associated with the latter is fear. The feelings associated with the former are ease of being,
openness, exuberance, curiosity, a sense of possibilities, and a full range of emotions, thoughts, and body sensations.

**Public Health:** The science of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention (Association of Schools of Public Health).

**Qualitative Evidence:** Information which reflects the feelings, thoughts, meanings and understandings of people in order to gain understanding about why and how a situation is unfolding as it is.

**Quantitative Evidence:** Numerical information to estimate or measure the magnitude (size) of something.

**Reciprocal:** So related to each other that one helps to complete the other[s]; interrelated; interconnected; complementary; interdependent; interweaving.

**Reflective Practice:** Any practice, such as meditation, journaling, or movement that incorporates the dimension of stepping back, looking back and into the inner world, and “noticing” the effects of the experience on the practitioner through reflecting on the experience.

**Relationship:** A complex experience that involves authentic, multi-dimensional engagement with another, others, and/or the other-than-human. Such engagement is comprised of an integrated personal experience involving intellect, emotions, sensation, and life force. These dimensions are available within and between self and other(s). Each of us is in an ongoing process of developing the potential to actualize these possibilities.

**Reliability:** The consistency or dependability of an instrument.

**Respondents:** Those participants who answer an instrument.

**Scholarly Personal Narrative:** A form of dissertation that centers the personal narrative of the writer but that moves in and out of theoretical reflection.

**Scotia Health Authorities Act:** CHBs develop annual “community health plans” for submission to the District Health Authority. These plans include recommended priorities for the delivery of community-based health services and a list of initiatives recommended for the improvement of the health of the community.

**Seamful Inquiry:** A methodology that draws from feminist poststructural theory and qualitative arts-informed methods to examine power at the seams of daily life. Focusing on gaps and tensions within “official” and “unofficial” sites of power, between bodies and language, life stories and broader social forces, seamful inquiry incorporates open-ended art forms in data collection, analysis, and dissemination.

**Seamfulness:** A theory and methodology that resists traditional privileging of perfection, i.e., seamlessness, in research, pedagogy, and art. Seamfulness focuses on vulnerability and disruption as productive presence, naming normative limits as spaces for learning and transformation.

**Self-Actualization:** This high-level need refers to the human-being’s desire for self-fulfillment, namely, to the tendency for him/her to become actualized in what she/he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming.”

**Self-Cultivation:** The cultivating of mind and body, and their integration and coordination. It is associated with attempts to go beyond normal states of being, and enhancing and endless polishing of a person’s capacities and potentials.

**Self-Directed:** Directed or guided by oneself.

**Self-Directed Learning (SDL):** The process by which individuals take the initiative, with or without the help of others, in diagnosing their learning needs, formulating learning goals, identifying resources for learning, choosing and implementing appropriate learning strategies, and evaluating learning outcomes (Knowles, 1980).

**Self-Directed Learning Readiness (SDLR):** Term describing an adult’s ability to engage in SDL. Guglielmino (1977) identified eight factors necessary for SDLR.: (a) openness to learning, (b) self-concept as an effective learner, (c) initiative
and independence in learning, (d) informed acceptance of responsibility for one’s own learning, (e) love of learning, (f) creativity, (g) positive orientation to the future, and (h) ability to use basic study skills and problem-solving skills. Because there are different definitions of this construct, for the purposes of the study, Guglielmino’s definition was used.

**Self-Directed Learning Readiness Scale (SDLRS):** A quantitative tool of 58 Likert scale questions used to measure a person’s level of SDLR. It also is known as the LPA. The scale was developed by Guglielmino in 1977.

**Self-Efficacy:** Bandura (1997) defined self-confidence conceptually as a “belief in one’s capabilities to organize and execute the courses of action required to attain goals” (p. 3). For example, the courses of action for the undergraduate nursing students in this study were to learn and perform effective psychomotor skills in order to attain competency in clinical skills performance and clinical decision-making in the nursing learning laboratory setting before they transition to the real-life hospital setting.

**Self-Management:** The contexts of being a senior adult and the earlier stages of life differ and rebalancing the recurrence of emotional tensions first encountered in earlier life can facilitate self-awareness of ongoing lifespan psychodynamics and thereby lead to increased understanding and subsequent self-management.

**Senior Adult:** The group traditionally defined demographically age 65+.

**Simulation:** “Simulation is the imitation or representation of one act or system by another. Healthcare simulations can be said to have four main purposes – education, assessment, research, and health system integration in facilitating patient safety” The Society for Simulation In Healthcare, 2014, (http://ssih.org/about-simulation).

**Sleepiness:** A physiological state represented by depressed arousability and physiological reponsivity (Campos-Morales et al., 2005).

**Sleep Quality:** A measurement of sleep status that includes quantitative sleep aspects such as “sleep duration, sleep latency, or number of arousals,” and subjective aspects such as the “depth” or “restfulness” of sleep for individuals (Buysse, Reynolds, Monk, Berman, & Kupfer, 1988).

**Social Media:** Social media is the collective of online communications channels dedicated to community-based input, interaction, content-sharing and collaboration. Websites and applications dedicated to forums, microblogging, social networking, social bookmarking, social curation, and wikis are among the different types of social media.

**Society:** The aggregate of people living together in a more or less ordered community.

**Spirituality:** Regardless of religion, spirituality and a belief in a higher power can lead to increased health. In his research, medical doctor Eben Alexander discusses how the science of medicine coexists with spiritual beliefs to enable patients to have faith and hope for healing.

**Spreading Awareness:** To widely distribute knowledge about a certain topic with the aim of reaching the largest number of people possible.

**Story-Truth and Happening-Truth:** Happening-truth is an objective factual account of events which occurred. Story-truth, sometimes referred to as emotional truth, is a subjective reflection of a person’s thoughts and feelings about the same event when retelling that story. Writers such as Tim O’Brien, Natalie Goldberg, and Anne Lamott believe in the power of emotional truth that enables writers to switch back and forth from objective observations to subjective emotions when sharing a story.

**Story Sharing:** By sharing a story with a supportive audience, either in conversation or in writing, it frees the storyteller of unneeded physical and emotional stress caused by holding the story inside and worrying about it. In her research about vulnerability, Brene Brown argues it helps people to share stories instead of numbing pain with unhealthy choices.

**Stress:** Negative and positive experiences and effects associated with challenges and transition.

**Support Group:** A group of people with similar experiences and who provide emotional help and support to each other. This type of groups
could be led by a trained volunteer or a licensed counselor.

**Talmud:** Authoritative body of Jewish tradition.

**Tasks of Mourning:** Basic activities that are part of an overall process that can be called grief work (Canine, 1996).

**Telehealth:** As defined by the American Nurses Association, “the removal of time and distance barriers for the delivery of healthcare services or related healthcare activities” (Radhakrishnan & Jacelon, 2012).

**Telenursing:** The practice of nursing over distance using telecommunications technology (NCSBN, 1997).

**Transformative Learning:** Broadly defined as the process by which previous assumptions are brought to light and expanded/replaced in favor of new understandings (Mezirow, 1991), “a deep, structural shift in basic premises of thought, feelings, and actions” (O’Sullivan, 2003, p.326), as well an examination of how “uncritically accepted and unjust dominant ideologies are embedded in everyday situations” (Brookfield, 2000, p. 36).

**Transition:** According to Selder’s Theory (1989) a successful transition means becoming aware of the changed reality, whether in physical, mental or spiritual wellbeing, and in knowing what options are available.

**Urgent vs. Important:** Emotional therapist Mary Pipher and teacher Don Graves both discuss the type of choices people make of how they spend their time and the resulting increased or decreased energy experienced.

**US Department of Housing and Urban Development (HUD):** A Federal department that issues housing and other assistance for American citizens.

**US Department of Veterans Administration (VA):** A Federal department that assists veterans in terms of health, residence, and employment.

**Value Chain:** A value chain is the whole series of activities that create and build value at every step.

**Vietnam Veterans:** Those military troops drafted during the Vietnam War.

**Vietnam War:** A war or conflict the US was involved in within Indochina lasting over a decade and beginning in the 60s.

**Wanner-Bird Healing Survey for Pain Recovery:** An original survey designed by Dr. Eric Wanner and Dr. Jennifer Bird. This survey features both numerical subjective questions, where patients are asked to respond to statements by circling a number from 1-5, and written subjective questions that score patients’ written responses on a rubric with a score of 1, 3, or 5. The rubric incorporates both the technical and artistic dimensions of writing.

**Well-Being:** Positive perspective of health by multiple factors involving the individual, behavior, and the environment.

**Work Hours:** A measurement of the amount of time dedicated to completed tasks for a place of employment.

**Workplace Wellness:** Strategies applied in the workplace to promote health and well-being.

**Writing Voice:** Voice in writing describes how a writer uses word choice and tone to compose a journal entry or other written composition that reflects the personality of the writer. Just like each person has a unique speaking voice, each writer has a unique writing voice.

**Zine:** Nonprofessional, noncommercial self-published booklets on diverse topics of interest. A grassroots format which creators produce, publish and distribute themselves. Zines often present alternative viewpoints, a rough-edged aesthetic, and a commitment to the personal in creator’s lives.