1. **ALL – ACUTE LYMPHOID LEUKEMIA**

ALL is a type of cancer of the blood and bone marrow. The name “Acute” in ALL comes from the fact that the disease progresses rapidly and creates immature blood cells. It is the most common type of cancer in children and treatments result in a good chance of a cure. In adults, its chance of cure is greatly reduced.

The most common signs and symptoms are:

Bleeding of gums, Bone pain, Fever, Frequent infections, Frequent and severe nose bleeding, Lumps caused by swollen lymph nodes in and around neck, armpits, abdomen and groin, Pale skin, Shortness of breath, Weakness, fatigue or a general decrease in energy.

1. **ALS- Amyotrophic Lateral Sclerosis**

This is a progressive nervous system disease that affects nerve cells in the brain and spinal cord, causing loss of muscle control.

ALS is often called Lau Gehrig’s disease after the baseball player who was diagnosed with it. It affects nerve cells that control muscle movements like walking and talking. About 5%-10% of people with ALS cases are inherited. Most theories centre it on complex interaction between genetic and environmental factors.

It often begins with muscle twitching and weakness in a limb, or slurred speech and eventually affects control of the muscles needed to move, speak, eat and breath.

The disease has no cure.

Common signs and symptoms of ALS include:

Difficulty walking or doing normal daily activities, Tripping and falling, Weakness in legs, ankles and feet, Hand weakness and clumsiness, Slurred speech and trouble swallowing, Muscle cramps and twitching in arms, shoulders and tongue, Inappropriate crying, laughing or yawning, Cognitive and behavioural changes.

1. **AML- Acute Myeloid Leukaemia**

This is a type of blood cancer that starts in the bone marrow. It begins in cells that turn into white blood cells but it can start in other blood forming cells as well. It causes the bone marrow cells not to grow the way they are supposed to. These immature cells, called blasts, build up in the body.

AML spreads quickly to the blood and to other parts of the body like lymph nodes, liver, spleen, brain and spinal cord and testicles.

Signs and symptoms: Fatigue, fever, weight loss, loss of appetite, headaches, unusual bleeding, tiny red spots on skin, swollen gums, swollen liver and spleen and more infections than usual.

1. **ANC- Ante-Natal Care**

This is the routine of health control of presumed healthy pregnant women without screening, in order to diagnose diseases of complicating obstetric conditions without symptoms and to provide information about lifestyle, pregnancy and delivery.

It is recommended by WHO that women should start ANC at a gestational age of less than 12 weeks.

**Importance of ANC**

* To identify and manage obstetric complications such as pre-eclampsia, tetanus toxoid immunisation, intermittent preventive treatment for malaria during pregnancy and identification and management of infections including HIV and other STIs.
* It is an opportunity to promote use of skilled attendance at birth and healthy behaviour such as breastfeeding, early post-natal care and planning for optimal pregnancy spacing.

1. **ANS- Autonomic Nervous System**

This is part of the nervous system that supplies the internal organs, including the blood vessels, stomach, intestines, liver, kidneys, bladder, genitals, lungs, pupils, heart and sweat, salivary and digestive glands.

It has two main divisions: sympathetic and parasympathetic.

The ANS receives information about the body and external environment and it responds by stimulating body processes, usually through sympathetic division, or inhibiting them usually through the parasympathetic division. The two divisions work together to ensure the body responds appropriately to different situations.

Functions of ANS include controlling the blood pressure, heart and breathing rates, body temperature, digestion, metabolism, balance of water and electrolytes, production of body fluids, urination, defecation and sexual response.

1. **A&P – anatomy and Physiology**

Anatomy is the study of the structure and relationship between body parts

Physiology is the study of the functions of body parts and the body as whole.

Anatomy and physiology outlines the structure and functions of the body. It outlines basic pedagogy and theoretical concepts that are needed to work in nursing profession.

Systems studied are: integumentary system, reproductive system, skeletal system, cardiovascular system and lymphatic system.

1. **APGAR SCORE – Appearance Pulse Grimace Activity Respiration Score**

This is a quick test performed on a baby at 1 and 5 minutes after birth. The 1-minute score determines how well the baby tolerated the birthing process while the 5-minute score tells health care provider how well the baby is doing outside the womb.

It is only at rare conditions when it will be done 10 minutes after birth

The provider examines the baby’s: Breathing effort, Heart rate, Muscle tone, Reflexes, Skin colour.

Each category is scored with 0, 1, or 2, depending on the observed condition.

1. **ARDS- Acute Respiratory Distress Syndrome.**

ARDS occurs when fluid builds up in the alveoli in the lungs.

The fluid keeps one’s lungs from filling with enough air, which means less oxygen reaches the bloodstream. This deprives organs of oxygen they need to function. Severe shortness of breath, which is the main symptom, usually develops within a few hours or days after precipitating injury or infection.

Signs and symptoms include: severe shortness of breath, laboured and unusually rapid breathing, low blood pressure and confusion and extreme fatigue.

1. **ARV – Antiretroviral drug**

These are HIV drugs because HIV is a type of virus called retrovirus.

ARVs do not kill the virus, rather, they block different stages of the virus’s life cycle. By doing so, the virus is unable to replicate and make copies of itself. If treatment continues without interruption, the viral population will drop to a point where it is undetectable (meaning not zero but below the level of detection with current testing technologies)

1. **BCG**

This is a TB vaccine containing living, avirulent, bovine-strain tubercle bacilli (mycobacterium bovis. One dose is recommended in healthy babies as close to the time of birth as possible. In areas where tuberculosis is not common, only children at high risk are typically immunized, while suspected cases of tuberculosis are individually tested for and treated.