

## **Fritz: Clinical Massage in the Healthcare Setting**

### Test Bank

#### Chapter 1: Massage and Healthcare: A Professional Perspective

##### **MULTIPLE CHOICE**

1. Which of the following would be the definition for approaches or therapies that are used instead of or in place of conventional medicine?
  - a. Alternative
  - b. Complementary
  - c. Hierarchy
  - d. Quackery

ANS: A

Definition of “alternative.” Complementary approaches are used *with* conventional methods.

PTS: 1                      DIF: 1

2. The judgments of right and wrong actions on issues that have implications in the professional setting are referred to as:
  - a. Etiquette.
  - b. Hierarchy.
  - c. Ethics.
  - d. Dilemmas.

ANS: C

Definition of ethics.

PTS: 1                      DIF: 1

3. Integrated medicine is:
  - a. Determining the joints to be adjusted and the line of drive (direction of dynamic thrust) they introduce into the joint complex.
  - b. Complementary therapies combined into the structure of conventional medical care.
  - c. A system in which mainstream medical care and complementary therapies are separated.
  - d. Claims that are made by a person or group on society, a group, or an individual.

ANS: B

Definition of integrated medicine.

PTS: 1                      DIF: 1

4. All of the following are accurate when working in the healthcare setting EXCEPT:
- Typically the target population is ill or injured; however, preventive healthcare is increasing as reflected in wellness programs and medical spas.
  - The more injured or ill the patient, the more intense and specific the massage application.
  - Massage should support, not interfere with, medical treatment.
  - Healing is a body, mind, and spirit process requiring a multidisciplinary approach.

ANS: B

The more ill or seriously injured a person, the more general and gentle the massage application.

PTS: 1

DIF: 2

5. Holistic health systems are typically based on the following beliefs EXCEPT:
- One's body has the power to heal itself.
  - Most health problems occur from a failure of the tissues, or the individual, to adapt to the biochemical, biomechanical, or psychosocial stressors of life.
  - Healing often involves using multiple techniques that involve the mind, body, and spirit.
  - Treatment is often delivered by protocol and not focused on the individual lifestyle of the patient.

ANS: D

Holistic or whole medicine systems are individualized based on the specifics relating to the patient.

PTS: 1

DIF: 2

6. Which of the following is best managed in a healthcare environment that promotes only complementary practices such as chiropractic care?
- Renal failure
  - Congestive heart failure
  - Cancer
  - Headache

ANS: D

The vast resources of the medical environment are best used to treat conditions found in answers a, b, and c, whereas headache can be muscle or lifestyle related.

PTS: 1

DIF: 3

7. Which of the following is considered a biologically based therapy?
- Tibetan medicine
  - Biofeedback
  - Herbal medicine
  - Massage

ANS: C

Answer a is an alternative health system, b is a mind body intervention, and d is a manipulative body-based therapy.

PTS: 1

DIF: 2

8. One of the main problems with integrating complementary care into the medical setting is:
- Healthcare insurance funding for services.
  - Willingness on the part of physicians.
  - Unethical business practices by massage therapists.
  - The desire among patients to receive services.

ANS: A

Most massage professionals are very ethical in business practices; many healthcare professionals are supportive of complementary healthcare approaches, especially if they are supervising its delivery; and patients often request complementary methods. Funding to pay for services appears to be the biggest hurdle.

PTS: 1

DIF: 2

9. When comparing educational training levels, currently a massage therapist with approximately 500 to 1,000 contact hours of education can be compared to which of the following healthcare professionals?
- Nurse practitioner
  - Physical therapy aide
  - Naturopath
  - Athletic trainer

ANS: B

The other professionals listed must have at least a master's degree.

PTS: 1

DIF: 1

10. Which of the following is NOT a historically or research-supported benefit of massage?
- Infection control
  - Circulation support
  - Comfort and pleasure
  - Pain management

ANS: A

Although it is important for a massage professional to practice infection control, this is not a benefit of massage.

PTS: 1

DIF: 1