

CHAPTER 01—HISTORY AND TRENDS OF HEALTH CARE

True / False

1. Diagnostic related groups (DRGs) are one way Congress is trying to control costs for government insurance plans such as Medicare and Medicaid.

- a. True
- b. False

ANSWER: True

2. Hippocrates developed an organized method to observe the human body and recorded the signs and symptoms of many diseases.

- a. True
- b. False

ANSWER: True

3. The most rapid growth in health care occurred during the 20th century.

- a. True
- b. False

ANSWER: True

4. A pandemic of the bubonic plague killed three quarters of the population of Europe and Asia in the 16th century.

- a. True
- b. False

ANSWER: False

5. Michelangelo and Leonardo da Vinci used dissection in order to draw the human body more realistically.

- a. True
- b. False

ANSWER: True

6. Holistic health care promotes physical, emotional, social, intellectual, and spiritual well-being.

- a. True
- b. False

ANSWER: True

7. Telemedicine uses video, audio, and computer systems to provide medical and/or health care services.

- a. True
- b. False

ANSWER: True

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8. Complementary therapies are methods of treatment used in place of biomedical therapies.

- a. True
- b. False

ANSWER: False

9. Every patient has the right to choose or refuse any type of health care.

- a. True
- b. False

ANSWER: True

10. In ancient times, a treatment for insanity and epilepsy was boring a hole in the skull, a process called trepanation.

- a. True
- b. False

ANSWER: True

11. The ancient Greeks were the first people to record health records.

- a. True
- b. False

ANSWER: False

12. The ancient Chinese began the development of sanitary systems by building sewers and aqueducts.

- a. True
- b. False

ANSWER: False

13. The ancient Romans believed in the need to treat the whole body by curing the spirit and nourishing the body.

- a. True
- b. False

ANSWER: False

14. The first hospitals were established in ancient Rome when physicians began caring for patients in their homes.

- a. True
- b. False

ANSWER: True

15. The average life span during the Middle Ages was 20 to 35 years.

- a. True
- b. False

ANSWER: True

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16. The Renaissance is often called the “rebirth of the science of medicine.”

- a. True
- b. False

ANSWER: True

17. William Harvey’s invention of the microscope is the basis of microbiology today.

- a. True
- b. False

ANSWER: False

18. During the Renaissance, the development of the printing press resulted in the publication of books that were used by students at medical universities.

- a. True
- b. False

ANSWER: True

19. Dorothea Dix founded the American Red Cross in 1881.

- a. True
- b. False

ANSWER: False

20. Francis Banting and Charles Best described the structure of DNA and how it carries genetic information.

- a. True
- b. False

ANSWER: False

21. Health care plans to help pay the costs of health care were started in the 19th century.

- a. True
- b. False

ANSWER: False

22. The first liver and lung transplants were performed in the 1940s.

- a. True
- b. False

ANSWER: False

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23. The World Health Organization (WHO) is an international agency sponsored by the United Nations to constantly monitor health problems throughout the world.

- a. True
- b. False

ANSWER: True

24. Vaccines to prevent cervical cancer and herpes zoster (shingles) were both approved by the FDA in 2006.

- a. True
- b. False

ANSWER: True

25. The H5N1 viruses have devastated bird flocks in Asia and other countries.

- a. True
- b. False

ANSWER: True

26. Because viruses are prone to mutation and exchanging genetic information, the creation of a new lethal virus can occur at any time.

- a. True
- b. False

ANSWER: True

Multiple Choice

27. Ways to promote physical wellness include ____.

- a. understanding personal feelings and expressing them
- b. being creative, logical, curious, and open-minded
- c. avoiding alcohol, tobacco, caffeine, drugs, and risky sexual behavior
- d. maintaining an optimistic outlook

ANSWER: c

28. Obtaining continual learning and using common sense are examples of ways to promote ____.

- a. spiritual wellness
- b. emotional wellness
- c. mental and intellectual wellness
- d. social wellness

ANSWER: c

29. Public health and sanitation systems were first developed by the ____.

- a. ancient Greeks
- b. ancient Egyptians
- c. ancient Chinese
- d. ancient Romans

ANSWER: d

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30. The Father of Medicine is _____.

- a. Hippocrates b. Aristotle
- c. Rhazes d. Galen

ANSWER: a

31. Bifocals for glasses were invented by _____.

- a. John Hunter b. William Harvey
- c. Roger Bacon d. Benjamin Franklin

ANSWER: d

32. A vaccination for smallpox was developed in 1796 by _____.

- a. James Lind b. Edward Jenner
- c. Gabriel Fallopius d. Joseph Priestley

ANSWER: b

33. Disinfectants and antiseptics were first used to prevent infection during surgery by _____.

- a. Dr. James Simpson b. Joseph Lister
- c. Louis Pasteur d. Dr. Philippe Pinel

ANSWER: b

34. The founder of the American Red Cross in 1881 was _____.

- a. Clara Barton b. Dorothea Dix
- c. Lillian Wald d. Elizabeth Blackwell

ANSWER: a

35. The professional education of modern nurses was started by _____.

- a. Clara Barton b. Florence Nightingale
- c. Marie Curie d. Lillian Wald

ANSWER: b

36. The individual whose studies formed the basis for psychology and psychiatry is _____.

- a. Sir Alexander Fleming b. Dr. Philippe Pinel
- c. Sigmund Freud d. William Roentgen

ANSWER: c

37. Penicillin was discovered in 1928 by _____.

- a. Sir Alexander Fleming b. Frederick Banting
- c. Walter Reed d. Robert Koch

ANSWER: a

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38. The polio vaccine was developed in 1952 by _____.

- a. Francis Crick b. Charles Best
- c. Marie Curie d. Jonas Salk

ANSWER: d

39. The first “test tube” baby was born in England in the _____.

- a. 1950s b. 1960s
- c. 1970s d. 1980s

ANSWER: c

40. Acquired immune deficiency syndrome (AIDS) was identified as a disease in the _____.

- a. 1960s b. 1970s
- c. 1980s d. 1990s

ANSWER: c

41. Birth control pills were first approved by the FDA in the _____.

- a. 1940s b. 1950s
- c. 1960s d. 1970s

ANSWER: c

42. The first kidney transplant in humans was performed in the _____.

- a. 1940s b. 1950s
- c. 1960s d. 1970s

ANSWER: b

43. The CAM therapy that uses breathing and muscle relaxation techniques to quiet the mind by focusing attention on obtaining a sense of oneness is _____.

- a. meditation b. reflexology
- c. yoga d. imagery

ANSWER: a

44. The CAM therapy that encourages the use of certain vitamins to neutralize free radicals is _____.

- a. herbal medicine b. phytochemicals
- c. antioxidants d. macrobiotic diet

ANSWER: c

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45. A CAM therapy based on the belief that illness and pain occur when Chi (life energy) is blocked as it flows through meridians is _____.
a. reflexology b. acupressure
c. homeopathy d. biofeedback

ANSWER: b

46. The CAM practitioner who believes that a life energy flows through every living person in an invisible system of meridians is a/an _____.
a. ayurvedic practitioner b. chiropractor
c. naturopath d. Chinese medicine practitioner

ANSWER: d

47. The name for the type of health care that offers both mainstream medical treatments and CAM therapies to treat patients is _____.
a. homeopathic care b. alternative care
c. holistic wellness care d. integrative care

ANSWER: d

48. The CAM therapy that uses special machines which produce negatively charged air particles or ions to treat common respiratory disorders is a/an _____.
a. hydrotherapy b. ionization therapy
c. phytochemical therapy d. aromatherapy

ANSWER: b

49. Which of the following viruses has the ability to cause a pandemic?
a. hantavirus
b. severe acute respiratory syndrome (SARS) virus
c. monkeypox
d. all of the above

ANSWER: d

50. Which of the following viruses is the cause of avian (bird) flu?
a. H5N1 virus b. filovirus
c. hantavirus d. Ebola virus

ANSWER: a

Matching

Match each contribution to the history of health care with the person responsible.

- a. Christian Barnard
b. Elizabeth Blackwell
c. Marie Curie

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- d. Dorothea Dix
- e. Gabriel Fahrenheit
- f. William Harvey
- g. Robert Koch
- h. René Laënnec
- i. Joseph Lister
- j. Florence Nightingale
- k. Louis Pasteur
- l. Joseph Priestley
- m. Wilhelm Roentgen
- n. Anton van Leeuwenhoek

51. Created the first mercury thermometer in 1714

ANSWER: e

52. Invented the microscope in 1666

ANSWER: n

53. Invented the stethoscope in 1816

ANSWER: h

54. Became the first female physician in the United States in 1849

ANSWER: b

55. Discovered X-rays in 1895

ANSWER: m

56. Developed the culture plate method to identify pathogens in 1882

ANSWER: g

57. Isolated radium in 1910

ANSWER: c

58. Established efficient and sanitary nursing units during the Crimean War

ANSWER: j

59. Described the circulation of blood to and from the heart in 1628

ANSWER: f

60. Proved microorganisms cause disease and created a vaccine for rabies

ANSWER: k

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Subjective Short Answer

61. What is the federal act that requires states to establish training and competency evaluation programs for nursing and geriatric assistants?

ANSWER: Omnibus Budget Reconciliation Act (OBRA) of 1987

62. Identify at least three different methods of cost containment, and briefly describe how each method tries to control the rising cost of health care.

ANSWER: diagnostic related groups: limit is placed on cost of care based on the diagnosis classification, health care agencies are encouraged to provide care within the expense limit allowed; combination of services: clinics, laboratories shared by different agencies, HMOs, and PPOs all try to combine services to avoid duplication; outpatient services: patients receive care without admission to hospitals or other care facilities in order to decrease costs; mass or bulk purchasing: several agencies buy equipment and supplies in larger quantities to obtain a reduced price; early intervention and preventive services: providing care before acute or chronic disease occurs; energy conservation: monitoring the use of energy to control costs and conserve resources

63. Discuss the basic regulations established by OBRA of 1987.

ANSWER: states must establish training and competency evaluation programs for nursing and geriatric assistants; workers must complete a state-approved training program and pass a written and/or competency examination; nursing assistants must also obtain continuing education, periodic evaluation of performance, and retraining and/or testing if assistant does not work in a health care facility for more than two years; states must maintain a registry of qualified individuals; residents'/patients' rights must be observed and enforced

64. Discuss four complementary/alternative methods (CAM) of health care, and explain why it is important for health care workers to be aware of these methods.

ANSWER: acupressure: pressure is applied with fingers, palms, thumbs, or elbows to specific pressure points of the body to stimulate and regulate the flow of energy;

acupuncture: very thin needles are inserted at specific points along the meridians in the body to stimulate and balance the flow of energy;

antioxidants: nutritional therapy that encourages the use of substances to prevent or inhibit oxidation of free radicals;

aromatherapy: use of selected fragrances to alter mood and restore the body, mind, and spirit;

biofeedback: relaxation therapy that uses monitoring devices to provide a patient with information about his/her reaction to stress by showing the patient his/her physical responses to stress;

healing touch: gentle hand pressure is applied to the body's chakras (energy centers) to harness and balance the life energy force, help clear blockages, and stimulate healing;

herbal or botanical medicine: uses herbal medicines to remove impurities, strengthen the immune system, and protect against disease;

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homeopathy: uses very minute, dilute, doses of drugs to produce the symptoms of the disease being treated and to stimulate the immune system to remove toxins and heal the body;

hydrotherapy: uses water in any form for healing purposes;

hypnotherapy: induces a trancelike state so a person is more receptive to suggestion;

imagery: uses imagination and as many senses as possible to visualize a pleasant and soothing image;

ionization: uses air ionizers to produce negatively charged air particles to treat respiratory diseases;

macrobiotic diet: nutritional therapy based on the balance between yin and yang;

meditation: teaches individuals breathing and muscle relaxation techniques to quiet the mind by focusing attention on obtaining a sense of oneness;

pet therapy: uses animals to enhance health and stimulate an interest in life;

phytochemicals: nutritional therapy that uses nonnutritive plant chemicals to help prevent disease;

play therapy: uses toys to allow children to learn about situations, share experiences, and express emotions;

positive thought: developing self-awareness, self-esteem, and love for oneself to allow the body to heal itself;

reflexology: applies pressure to specific points on the foot so energy is directed toward the affected body part;

spiritual therapies: employ prayer, meditation, self-evaluation, and spiritual guidance to allow an individual to use the powers within to increase a sense of well-being and promote healing;

tai chi: uses a series of sequential, slow, graceful, and precise body movements combined with breathing techniques to improve energy flow;

therapeutic (Swedish) massage: uses kneading, gliding, friction, tapping, and vibration with the hand to increase blood and lymph flow, reduce pain and stiffness, and induce relaxation;

therapeutic touch: practitioners use their hands to locate alterations or changes in the body's energy field in order to balance the energy flow to stimulate healing;

yoga: uses concentration, specific positions, and ancient ritual movements to maintain the balance and flow of life energy;

patients have the right to use these methods, and health care workers must respect this right while providing total patient care

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65. List three people in history who made an important contribution to health care. Briefly describe each person's contribution and why you believe it is important.

ANSWER: *Answers will vary.* Make sure student clearly states why the contribution was important.

66. What is the name of the federal agency that researches the quality of health care delivery and identifies the standards of treatment that should be provided?

ANSWER: Agency for Health Care Policy and Research (AHCPR)

67. What is the name of the federal agency established at the National Institutes of Health (NIH) to research CAM therapies and determine standards of quality care?

ANSWER: National Center for Complementary and Alternative Medicine (NCCAM)

68. Identify four components that are usually included in a pandemic influenza plan created by a government agency.

ANSWER: education, vaccine production, development and stockpiling of antiviral drugs, development of protective public health measures, international cooperation