

MULTIPLE CHOICE

1. Which of the following would be the most likely cause of an iatrogenic disease?
- An inherited disorder
 - A combination of specific etiological factors
 - An unwanted effect of a prescribed drug
 - Prolonged exposure to toxic chemicals in the environment

ANS: C REF: 6

2. The manifestations of a disease are best defined as the:
- subjective feelings of discomfort during a chronic illness.
 - signs and symptoms of a disease.
 - factors that precipitate an acute episode of a chronic illness.
 - early indicators of the prodromal stage of infection.

ANS: B REF: 6

3. The best definition of the term *prognosis* is the:
- precipitating factors causing an acute episode.
 - number of remissions to be expected during the course of a chronic illness.
 - predicted outcome or likelihood of recovery from a specific disease.
 - exacerbations occurring during chronic illness.

ANS: C REF: 7

4. Which of the following is considered a systemic sign of disease?
- Swelling of the knee
 - Fever
 - Pain in the neck
 - Red rash on the face

ANS: B REF: 6

5. Etiology is defined as the study of the:
- causes of a disease.
 - course of a disease.
 - expected complications of a disease.
 - manifestations of a disease.

ANS: A REF: 5

6. A type of cellular adaptation in which there is a decrease in cell size is referred to as:
- hypertrophy.
 - metaplasia.
 - anaplasia.
 - atrophy.

ANS: D REF: 8

7. A change in a tissue marked by cells that vary in size and shape and show increased mitotic figures would be called:
- metaplasia.
 - atrophy.
 - dysplasia.
 - hypertrophy.

ANS: C REF: 8

8. A deficit of oxygen in the cells usually due to respiratory or circulatory problems is called:
- apoptosis.
 - ischemia.
 - hypertrophy.
 - necrosis.

ANS: B REF: 9

9. When a group of cells in the body dies, the change is called:
- ischemia.
 - gangrene.
 - hypoxia.
 - necrosis.

ANS: D REF: 10

10. Rigorous weight lifting/body building regimens may result in the skeletal muscle cells undergoing:
- hypertrophy.
 - dysplasia.
 - atrophy.
 - regeneration.

ANS: A REF: 8

11. The term *cancer* refers to:
- dysplasia.
 - hyperplasia.
 - metaplasia.
 - malignant neoplasm.

ANS: D REF: 9

12. To which of the following does the term *apoptosis* refer?
- Increased rate of mitosis by certain cells
 - Ischemic damage to cells
 - Liquefaction of necrotic tissue
 - Preprogrammed cell self-destruction

ANS: D REF: 9

13. Which of the following statements is TRUE?
- Alteration of DNA does not change cell function.
 - Damaged cells may be able to repair themselves.
 - All types of cells die at the same rate.
 - Mild ischemia causes immediate cell death.

ANS: B REF: 10

14. Caseation necrosis refers to an area where:
- cell proteins have been denatured.
 - cell are liquefied by enzymes.
 - dead cells form a thick cheesy substance.
 - bacterial invasion has occurred.

ANS: C REF: 10

15. Routine application of sun block to skin would be an example of:
- an iatrogenic cause of cancer.
 - a preventive measure.
 - a precipitating factor.
 - a predisposing condition.

ANS: B REF: 6

16. A circumstance that causes a sudden acute episode of a chronic disease to occur is termed:
- latent stage.
 - predisposing factor.
 - incidence.
 - precipitating factor.

ANS: D REF: 7

17. The term *homeostasis* refers to:
- the causative factors in a particular disease.
 - maintenance of a stable internal environment.
 - a condition that triggers an acute episode.
 - a collection of signs and symptoms.

ANS: B REF: 2

18. Which term is used to describe a new and secondary or additional problem that arises after the original disease has been established?
- Symptoms
 - Occurrence
 - Manifestations
 - Complication

ANS: D REF: 7

19. Pathophysiology involves the study of:
- the structure of the human body.
 - the functions of various organs in the body.
 - functional or structural changes resulting from disease processes.
 - various cell structures and related functions.

ANS: C REF: 2

20. Which of the following is the best definition of epidemiology?
- The science of tracking the occurrence and distribution of diseases
 - The relative number of deaths resulting from a particular disease
 - Identification of a specific disease through evaluation of signs and symptoms
 - The global search for emerging diseases
- ANS: A REF: 7
21. Which of the following can cause cell injury or death?
- Hypoxia
 - Exposure to excessive cold
 - Excessive pressure on a tissue
 - Chemical toxins
- 1, 2
 - 2, 4
 - 1, 3, 4
 - 1, 2, 3, 4
- ANS: D REF: 9
22. All of the following are part of the Seven Steps to Health EXCEPT:
- follow cancer screening guidelines.
 - use sun block agents whenever exposed.
 - participate in strenuous exercise on a regular daily basis.
 - choose high fiber, lower fat foods.
- ANS: C REF: 2
23. The term *disease* refers to:
- the period of recovery and return to a normal healthy state.
 - a deviation from the normal state of health and function.
 - the treatment measures used to promote recovery.
 - a basic collection of signs and symptoms.
- ANS: B REF: 2
24. A collection of signs and symptoms, often affecting more than one organ or system, that usually occur together in response to a certain condition is referred to as a (an):
- acute disease.
 - multiorgan disorder.
 - syndrome.
 - manifestation.
- ANS: C REF: 7
25. All of the following statements are correct about cell damage EXCEPT:
- The initial stage of cell damage often causes an alteration in metabolic reactions.
 - If the factor causing the damage is removed quickly, the cell may be able to recover and return to its normal state.
 - If the noxious factor remains for an extended period of time, the damage becomes irreversible and the cell dies.
 - Initially, cell damage does not change cell metabolism, structure, or function.
- ANS: D REF: 9
26. Which of the following conditions distinguishes double blind studies used in health research?
- Neither the members of the control group or the experimental group nor the person administering the treatment knows who is receiving the experimental therapy.
 - Both groups of research subjects and the person administering the treatment know who is receiving the experimental therapy.
 - The research subjects do not know, but the person administering the treatment knows who is receiving placebo or standard therapy.
 - Only members of the control group know they are receiving standard therapy.
- ANS: A REF: 3 | 4
27. If the data collected from the research process confirm that the new treatment has increased effectiveness and is safe, this is called:
- the placebo effect.
 - evidence-based research.
 - blind research studies.
 - approval for immediate distribution.
- ANS: B REF: 4
28. A short-term illness that develops very quickly with perhaps a high fever or severe pain is called:
- acute.
 - latent.
 - chronic.
 - manifestation.
- ANS: A REF: 6

29. The term *prognosis* refers to the:
- period of recovery and return to a normal state.
 - expected outcome of the disease.
 - mortality and morbidity rates for a given population.
 - typical collection of signs and symptoms.

ANS: B REF: 7

30. When prolonged ischemia occurs to an area of the heart, the resulting damage is referred to as:
- atrophy.
 - liquefactive necrosis.
 - apoptosis.
 - infarction.

ANS: D REF: 10

31. During the evaluation process for a new therapy's effectiveness and safety, a double blind study may be conducted during:
- the first stage.
 - the second stage.
 - the third stage.
 - any of these stages.

ANS: C REF: 3

32. Why are the predisposing factors for a specific disease important to health professionals?
- To predict the prognosis
 - To determine treatments
 - To develop preventive measures
 - To develop morbidity statistics

ANS: C REF: 3

33. Cell damage may be caused by exogenous sources such as:
- abnormal metabolic processes.
 - certain food additives.
 - genetic defects.
 - localized hypoxia.

ANS: B REF: 9 | 10

34. Which of the following is usually included in a medical history?
- Past illnesses or surgeries
 - Current illnesses, acute and chronic
 - Prescribed medication or other treatments
 - Nonprescription drugs and herbal remedies
 - Current allergies
- 1, 3
 - 2, 4, 5
 - 1, 3, 4
 - 1, 2, 3, 4, 5

ANS: D REF: 4 | 5

35. A situation when there is a higher than expected number of cases of an infectious disease within a given area is called a/an:
- epidemic.
 - exacerbation.
 - morbidity.
 - pandemic.

ANS: A REF: 7

36. The term *pathogenesis* refers to:
- the development of a disease or sequence of events related to tissue changes involved in the disease process.
 - the determination of the cause(s) involved in the development of a malignant neoplasm.
 - the specific signs and symptoms involved in the change from an acute disease to a chronic disease.
 - the changes in cells of affected tissue that result in necrosis.

ANS: A REF: 6