|  |
| --- |
| True / False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |

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| 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 | |

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| 3. The most rapid growth in health care occurred during the 20th century.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 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 | |

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| 5. Michelangelo and Leonardo da Vinci used dissection in order to draw the human body more realistically.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 6. Holistic health care promotes physical, emotional, social, intellectual, and spiritual well-being.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 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 | |

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| 9. Every patient has the right to choose or refuse any type of health care.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 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 | |

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| 11. The ancient Greeks were the first people to record health records.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 12. The ancient Chinese began the development of sanitary systems by building sewers and aqueducts.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 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 | |

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| 14. The first hospitals were established in ancient Rome when physicians began caring for patients in their homes.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 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 | |

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| 17. William Harvey’s invention of the microscope is the basis of microbiology today.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 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 | |

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| 19. Dorothea Dix founded the American Red Cross in 1881.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 20. Francis Banting and Charles Best described the structure of DNA and how it carries genetic information.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 21. Health care plans to help pay the costs of health care were started in the 19th century.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 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 | |

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| 24. Vaccines to prevent cervical cancer and herpes zoster (shingles) were both approved by the FDA in 2006.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 25. The H5N1 viruses have devastated bird flocks in Asia and other countries.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 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 | |

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| --- |
| Multiple Choice |

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| 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 | |

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| 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 | |

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| 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 | |

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| 31. Bifocals for glasses were invented by \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | John Hunter | b. | William Harvey | |  | c. | Roger Bacon | d. | Benjamin Franklin |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 32. A vaccination for smallpox was developed in 1796 by \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | James Lind | b. | Edward Jenner | |  | c. | Gabriel Fallopius | d. | Joseph Priestley |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 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 | |

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| 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 | |

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| 35. The professional education of modern nurses was started by \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | Clara Barton | b. | Florence Nightingale | |  | c. | Marie Curie | d. | Lillian Wald |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 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 | |

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| 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 | |

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| 39. The first “test tube” baby was born in England in the \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | 1950s | b. | 1960s | |  | c. | 1970s | d. | 1980s |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 40. Acquired immune deficiency syndrome (AIDS) was identified as a disease in the \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | 1960s | b. | 1970s | |  | c. | 1980s | d. | 1990s |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 41. Birth control pills were first approved by the FDA in the \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | 1940s | b. | 1950s | |  | c. | 1960s | d. | 1970s |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 42. The first kidney transplant in humans was performed in the \_\_\_\_.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | a. | 1940s | b. | 1950s | |  | c. | 1960s | d. | 1970s |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 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 | |

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| 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 | |

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| 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 | |

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| 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 | |

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| 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 | |

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| 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 | |

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| 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 |

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| *Match each contribution to the history of health care with the person responsible.*   |  |  | | --- | --- | | a. | Christian Barnard | | b. | Elizabeth Blackwell | | c. | Marie Curie | | 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 | |

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| 51. Created the first mercury thermometer in 1714   |  |  | | --- | --- | | *ANSWER:* | e | |

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| 52. Invented the microscope in 1666   |  |  | | --- | --- | | *ANSWER:* | n | |

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| --- | --- | --- |
| 53. Invented the stethoscope in 1816   |  |  | | --- | --- | | *ANSWER:* | h | |

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| 54. Became the first female physician in the United States in 1849   |  |  | | --- | --- | | *ANSWER:* | b | |

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| --- | --- | --- |
| 55. Discovered X-rays in 1895   |  |  | | --- | --- | | *ANSWER:* | m | |

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| 56. Developed the culture plate method to identify pathogens in 1882   |  |  | | --- | --- | | *ANSWER:* | g | |

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| --- | --- | --- |
| 57. Isolated radium in 1910   |  |  | | --- | --- | | *ANSWER:* | c | |

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| 58. Established efficient and sanitary nursing units during the Crimean War   |  |  | | --- | --- | | *ANSWER:* | j | |

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| --- | --- | --- |
| 59. Described the circulation of blood to and from the heart in 1628   |  |  | | --- | --- | | *ANSWER:* | f | |

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| --- | --- | --- |
| 60. Proved microorganisms cause disease and created a vaccine for rabies   |  |  | | --- | --- | | *ANSWER:* | k | |

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| --- |
| Subjective Short Answer |

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| --- | --- | --- |
| 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 | |

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| 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 | |

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| 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;  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. | |

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| 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) | |

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| 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) | |

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| 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 | |