|  |
| --- |
| 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 |

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| *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.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *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.

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | False |

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

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|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *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 |

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| --- | --- |
| *ANSWER:* | True |

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

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *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 |

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| *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 |

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| --- | --- |
| *ANSWER:* | True |

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

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *ANSWER:* | True |

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

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| *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 |

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| --- | --- |
| *ANSWER:* | True |

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

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| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *ANSWER:* | False |

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

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *ANSWER:* | True |

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

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *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 |

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| --- | --- |
| *ANSWER:* | d |

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| 30. The Father of Medicine is \_\_\_\_.

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

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| --- | --- |
| *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 |

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| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *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 |

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| --- | --- |
| *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 |

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|  |
| --- |
| Matching |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *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

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| *ANSWER:* | e |

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| 52. Invented the microscope in 1666

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| 53. Invented the stethoscope in 1816

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

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| *ANSWER:* | b |

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| 55. Discovered X-rays in 1895

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

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| 57. Isolated radium in 1910

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

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| *ANSWER:* | j |

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

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

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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?

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| *ANSWER:* | Omnibus Budget Reconciliation Act (OBRA) of 1987 |

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| 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.

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| *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.

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| *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.

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| *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.

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| *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?

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| *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?

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| *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.

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

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