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Name:_____ Class:_____ Date:_____

CHAPTER 1 - 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

RATIONALE: With diagnostic related groups (DRGs), limits are placed on the cost of care, and the agency providing care receives this set amount. This encourages the agency to make every effort to provide care within the expense limit allowed.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS3:3.14a-c - Discuss healthcare economics and common methods of payment for healthcare.

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

RATIONALE: Hippocrates, the “Father of Medicine,” developed an organized method to observe the human body and recorded the signs and symptoms of many diseases.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS1:1.21a-e - Describe common diseases and disorders of each body system (such as: cancer, diabetes, dementia, stroke, heart disease, tuberculosis, hepatitis, COPD, kidney disease, arthritis, ulcers).

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

a. True

b. False

ANSWER: True

RATIONALE: The 20th century period showed the most rapid growth in advancements in health care due to the many discoveries and advances made during this period.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.

NATIONAL STANDARDS: United States - FS3:3.1 - Healthcare Delivery Systems

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

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

ANSWER: False
RATIONALE: In the 1300s, a major epidemic of bubonic plague killed almost 75 percent of the population of Europe and Asia.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS1:1.2 - Diseases and Disorders

5. Michelangelo and Leonardo da Vinci used dissection in order to draw the human body more realistically.
   a. True
   b. False
ANSWER: True
RATIONALE: New information about the human body was discovered as a result of the acceptance of human dissection. This allowed artists such as Michelangelo and Leonardo da Vinci to draw the human body accurately.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.
NATIONAL STANDARDS: United States - FS1:1.1 - Human Anatomy and Physiology

6. Holistic health care promotes physical, emotional, social, intellectual, and spiritual well-being.
   a. True
   b. False
ANSWER: True
RATIONALE: Holistic health care promotes physical, emotional, social, intellectual, and spiritual well-being by treating the whole body, mind, and spirit.
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

7. Telemedicine uses video, audio, and computer systems to provide medical and/or health care services.
   a. True
   b. False
ANSWER: True
RATIONALE: Telemedicine involves the use of video, audio, and computer systems to provide medical and/or health care services. The technology allows interactive services between health care providers in different locations.
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS11:11.12 - Explore different types of health record data collection tools (such as: patient monitoring equipment, telemedicine, phone application, and medical wearable devices).

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

a. True

b. False

ANSWER: False

RATIONALE: Complementary therapies are methods of treatment that are used in conjunction with conventional medical therapies.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS1:1.23a-e - Describe biomedical therapies as they relate to the prevention, pathology, and treatment of disease.
United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

9. Limiting the spread of viruses such as COVID-19 requires rapid and accurate diagnosis, strict infection control, immunization of first responders, and quarantine measures

a. True

b. False

ANSWER: True

RATIONALE: Protective health measures to limit the spread of spread of viruses such as COVID-19 requires rapid and accurate diagnosis, strict infection control, immunization of first responders, and quarantine.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS5:5.23 - Summarize the essential characteristics of a patient's basic rights within a healthcare setting.

10. In ancient times, treatment of disease was directed toward eliminating evil spirits.

a. True

b. False

ANSWER: True

RATIONALE: In primitive times, the common belief was that disease and illness were caused by evil spirits and demons, and treatment was directed toward eliminating them.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-1 - Differentiate between early and current beliefs about the causes of disease and treatment.

NATIONAL STANDARDS: United States - FS1:1.23a-e - Describe biomedical therapies as they relate to the prevention,

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pathology, and treatment of disease.

11. The ancient Greeks were the first people to maintain health records.
    a. True
    b. False

ANSWER: False
RATIONALE: The ancient Egyptians were the first people to keep health records.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS11:11.1 - Key Principles of Health Information Systems.

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

ANSWER: False
RATIONALE: Ancient Romans began to develop sanitary systems by building sewers to carry away waste and aqueducts (waterways) to deliver clean water.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS7:7.1 - Infection Control

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
RATIONALE: The ancient Chinese believed in the need to treat the whole body by curing the spirit and nourishing the body.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS1:1.2 - Diseases and Disorders

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

ANSWER: True
RATIONALE: Early hospitals were established in ancient Rome when physicians began caring for injured or ill people in rooms in their homes.
POINTS: 1

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS3:3.11a-c - Compare healthcare delivery systems.

15. The average life span during the Middle Ages was 20 to 35 years.
    a. True
    b. False
ANSWER: True
RATIONALE: The average life span of 20 to 35 years during the Middle Ages was 20 to 35 years, but this was often reduced even further by the presence of infectious diseases.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS1:1.1 - Human Anatomy and Physiology

16. The Renaissance is often called the “rebirth of the science of medicine.”
    a. True
    b. False
ANSWER: True
RATIONALE: The Renaissance, which occurred between 1350 and 1650 AD, is often referred to as the “rebirth of the science of medicine.”
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-1 - Differentiate between early and current beliefs about the causes of disease and treatment.
NATIONAL STANDARDS: United States - FS1:1.1 - Human Anatomy and Physiology

17. William Harvey’s invention of the microscope is the basis of microbiology today.
    a. True
    b. False
ANSWER: False
RATIONALE: Anton van Leeuwenhoek built a microscope with magnification ability that produced clear and bright images. This instrument allowed physicians to see organisms too small to be seen by the human eye that cause disease.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.
NATIONAL STANDARDS: United States - FS1:1.1 - Human Anatomy and Physiology

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

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b. False

ANSWER: True

RATIONALE: The printing press led to the publication of medical books used by students at medical universities. This allowed knowledge to spread more rapidly and physicians to become more educated.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.

NATIONAL STANDARDS: United States - FS2 - Communications

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

a. True

b. False

ANSWER: False

RATIONALE: Clara Barton founded the American Red Cross in 1881.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS3:3.11c - Compare healthcare delivery systems, Non-Profit (such as: March of Dimes, American Heart Association)

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

a. True

b. False

ANSWER: False

RATIONALE: Francis Crick and James Watson described the structure of DNA and how it carries genetic information in 1953.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS1:1.11a-f - Identify basic levels of organization of the human body.

21. Surgical techniques, such as heart and kidney transplants, have provided cures for what were once fatal conditions.

a. True

b. False

ANSWER: True

RATIONALE: Surgical techniques have provided cures for what were once fatal conditions, such as heart and kidney failure.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

NATIONAL STANDARDS: United States - FS3:3.1 - Healthcare Delivery Systems

22. Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) is a technique allowing scientists to pinpoint defective or malfunctioning genes and provide advanced gene editing to treat disease.

a. True
b. False

ANSWER: True
RATIONALE: This technique allows scientists to pinpoint defective or malfunctioning genes and provide advanced gene editing to treat disease.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.
NATIONAL STANDARDS: United States - FS1:1.1 - Human Anatomy and Physiology

23. The development of smaller and more efficient medical devices largely results from 3-D printing technology.

a. True
b. False

ANSWER: False
RATIONALE: Nanotechnology is pushing medical devices to become smaller and more efficient.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.
NATIONAL STANDARDS: United States - FS3:3.11b - Compare healthcare delivery systems, Government (such as: CDC, FDA, WHO, OSHA, Public Health systems/Health Departments, Veteran's Administration)

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

a. True
b. False

ANSWER: True
RATIONALE: Gardasil, a vaccine to prevent cervical cancer, and Zostavax, a vaccine to prevent herpes zoster (shingles), were both approved by the FDA in 2006.
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.
NATIONAL STANDARDS: United States - FS3:3.11b - Compare healthcare delivery systems, Government (such as: CDC, FDA, WHO, OSHA, Public Health systems/Health Departments, Veteran's Administration)

25. The H5N1 viruses have not only devastated bird flocks, but they also spread easily from one person to another.

a. True
b. False

ANSWER: False
RATIONALE: The H5N1 viruses present today devastate bird flocks, but the spread from one person to

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another has been reported only rarely.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.

NATIONAL STANDARDS: United States - FS1:1.22 - Discuss research related to emerging diseases and disorders (such as: autism, VRSA, PTSD, Listeria, seasonal flu).

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

RATIONALE: A major concern is that flu viruses can mutate quickly and may create a new, even more lethal virus.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-5 - Explain how discoveries in health care have led to the advancement of this field.

NATIONAL STANDARDS: United States - FS7:7.11a-d - Explain principles of infection control.

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

RATIONALE: Physical wellness is promoted by a well-balanced diet; regular exercise; routine physical examinations and immunizations; regular dental and vision examinations; and avoidance of alcohol, tobacco, caffeine, drugs, environmental contaminants, and risky sexual behavior.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS9:9.11 - Promote behaviors of health and wellness (such as: nutrition, weight control, exercise, sleep habits).

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

RATIONALE: Mental and intellectual wellness is promoted by being creative, logical, curious, and open-minded; using common sense; continually learning; questioning and evaluating information and situations; learning from life experiences; and using flexibility and creativity to solve problems.

POINTS: 1

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS9:9.11 - Promote behaviors of health and wellness (such as: nutrition, weight control, exercise, sleep habits).

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
RATIONALE: The ancient Romans developed the first public health and sanitation systems.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS3:3.11b - Compare healthcare delivery systems, Government (such as: CDC, FDA, WHO, OSHA, Public Health systems/Health Departments, Veteran's Administration)

30. The Father of Medicine is ____.
a. Hippocrates b. Aristotle
c. Rhazes d. Galen
ANSWER: a
RATIONALE: Hippocrates, one of the most important physicians in ancient Greece, is said to be the “Father of Medicine.”
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.
NATIONAL STANDARDS: United States - FS1:1.1 - Human Anatomy and Physiology

31. Bifocals for glasses were invented by ____.
a. John Hunter b. William Harvey
c. Roger Bacon d. Benjamin Franklin
ANSWER: d
RATIONALE: Benjamin Franklin invented bifocals for eyeglasses.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.
NATIONAL STANDARDS: United States - FS1:1.13h - Analyze basic structures and functions of human body systems, special senses (structures and functions of eye, ear, nose, and tongue; identify senses for sight, hearing, smell, taste, touch)

32. A vaccination for smallpox was developed in 1796 by ____.
a. James Lind b. Edward Jenner

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c. Gabriel Fallopius d. Joseph Priestley

ANSWER: b

RATIONALE: Edward Jenner developed a vaccine to prevent smallpox, a deadly disease.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS7:7.12e - Differentiate methods of controlling the spread and growth of microorganisms, Vaccinations

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

RATIONALE: Joseph Lister started using disinfectants and antiseptics during surgery to prevent infection in 1865.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS7:7.12a - Differentiate methods of controlling the spread and growth of microorganisms, Aseptic control (antisepsis, disinfection, sterilization, sterile technique)

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

RATIONALE: Clara Barton founded the American Red Cross in 1881.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS3:3.11c - Compare healthcare delivery systems, Non-Profit (such as: March of Dimes, American Heart Association)

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

a. Clara Barton b. Florence Nightingale

c. Marie Curie d. Lillian Wald

ANSWER: b

RATIONALE: Florence Nightingale established sanitary nursing care units for injured soldiers during the Crimean War and is known as the founder of modern nursing.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one

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helped to improve health care.

NATIONAL STANDARDS: United States - FS4:4.3 - Career Decision-making

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

RATIONALE: Sigmund Freud's studies formed the basis for psychology and psychiatry

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS3:3.11a - Compare healthcare delivery systems, Non-profit and for profit (such as: hospitals, ambulatory facilities, long-term care facilities, home health, medical and dental offices, mental health services)

37. Penicillin was discovered in 1928 by ____.

a. Sir Alexander Fleming b. Frederick Banting

c. Walter Reed d. Robert Koch

ANSWER: a

RATIONALE: Sir Alexander Fleming discovered penicillin in 1928.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS1:1.21d - Describe common diseases and disorders of each body system (such as: cancer, diabetes, dementia, stroke, heart disease, tuberculosis, hepatitis, COPD, kidney disease, arthritis, ulcers), Treatment

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

a. Francis Crick b. Charles Best

c. Marie Curie d. Jonas Salk

ANSWER: d

RATIONALE: Jonas Salk developed the polio vaccine using dead polio virus in 1952.

POINTS: 1

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS7:7.12e - Differentiate methods of controlling the spread and growth of microorganisms, Vaccinations

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
RATIONALE: The first “test tube” baby, Louise Brown, was born in England in 1978.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS1:1.13l - Analyze basic structures and functions of human body systems (skeletal, muscular, integumentary, cardiovascular, lymphatic, respiratory, nervous, special senses, endocrine, digestive, urinary, and reproductive), Reproductive (structures and functions of male and female reproductive systems, formation of gametes, hormone production and effects, menstrual cycle, and conception)
United States - FS6:6.12 - Identify ethical issues and their implications related to healthcare (such as: organ donation, in vitro fertilization, euthanasia, scope of practice, ethics committee)

40. Acquired immune deficiency syndrome (AIDS) was identified as a disease in the ____.
a. 1960s b. 1970s
c. 1980s d. 1990s

ANSWER: c
RATIONALE: Acquired immune deficiency syndrome (AIDS) was identified as a disease in 1981.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS1:1.2 - Diseases and Disorders

41. Birth control pills were first approved by the FDA in the ____.
a. 1940s b. 1950s
c. 1960s d. 1970s

ANSWER: c
RATIONALE: Birth control pills were approved by the U.S. Food and Drug Administration (FDA) in 1960.
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS3:3.11b - Compare healthcare delivery systems, Government (such as: CDC, FDA, WHO, OSHA, Public Health systems/Health Departments, Veteran's Administration)

42. The first kidney transplant in humans was performed in the ____.
a. 1940s b. 1950s
c. 1960s d. 1970s

ANSWER: b
RATIONALE: Joseph Murray performed the first successful kidney transplant in humans in 1954.
POINTS: 1

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-3 - Create a timeline showing what you believe are the most important discoveries in health care and explain why you believe they are important.
NATIONAL STANDARDS: United States - FS1:1.2 - Diseases and Disorders

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
RATIONALE: Meditation teaches breathing and muscle relaxation techniques to quiet the mind by focusing attention on obtaining a sense of oneness within oneself. It is used to reduce stress and pain, slow heart rate, lower blood pressure, and stimulate relaxation.
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

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
RATIONALE: Antioxidant therapy is a nutritional therapy that encourages the use of substances called antioxidants to prevent or inhibit oxidation (a chemical process in which a substance is joined to oxygen) and neutralize free radicals (molecules that can damage body cells by altering the genetic code).
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

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
RATIONALE: Acupressure is applied with fingers, palms, thumbs, or elbows to specific pressure points of the body to stimulate and regulate the flow of energy. It is based on the belief that Chi (life energy) flows through meridians (pathways) in the body, and illness and pain occur when the flow is blocked.
POINTS: 1

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

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
RATIONALE: Chinese medicine practitioners use an ancient holistic-based healing practice based on the belief that a life energy (Chi) flows through every living person in an invisible system of meridians (pathways), linking the organs together and connecting them to the external environment or universe.
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare
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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
RATIONALE: Integrative (integrated) health care uses both mainstream medical treatments and CAM therapies to treat patients.
POINTS: 1
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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
RATIONALE: Ionization therapy uses special machines which produce negatively charged air particles or ions to treat common respiratory disorders.
POINTS: 1
REFERENCES: 1:2 Trends in Healthcare

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LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

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

RATIONALE: All of these viruses have the ability to cause a pandemic.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS7:7.11a-d - Explain principles of infection control.

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

RATIONALE: Researchers identified the H5N1 virus as the cause of an avian (bird) flu that was transmitted to humans.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

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NATIONAL STANDARDS: United States - FS7:7.11a-d - Explain principles of infection control.

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

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m. Wilhelm Roentgen

n. Anton van Leeuwenhoek

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS1 - Academic Foundation

51. Created the first mercury thermometer in 1714
ANSWER: e
POINTS: 1

52. Invented the microscope in 1666
ANSWER: n
POINTS: 1

53. Invented the stethoscope in 1816
ANSWER: h
POINTS: 1

54. Became the first female physician in the United States in 1849
ANSWER: b
POINTS: 1

55. Discovered X-rays in 1895
ANSWER: m
POINTS: 1

56. Developed the culture plate method to identify pathogens in 1882
ANSWER: g
POINTS: 1

57. Isolated radium in 1910
ANSWER: c
POINTS: 1

58. Established efficient and sanitary nursing units during the Crimean War
ANSWER: j
POINTS: 1

59. Described the circulation of blood to and from the heart in 1628
ANSWER: f
POINTS: 1

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

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CHAPTER 1 - HISTORY AND TRENDS OF HEALTH CARE

POINTS: 1

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
POINTS: 1
REFERENCES: 1:1 History of Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS4:4.31 - Research levels of education, credentialing requirements, and employment trends in health professions.

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; replace fee-for-service compensation with value-based compensation or bundled payments: providers are paid a certain amount for each diagnosis or disease, which makes them consider the necessity of services or treatments; 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; environmental protection: improve management of waste including building systems for long-term improvements, reducing volume, autoclave or steam on-site, providing easy-to-use waste disposal, proper air venting, and protecting water from facility containments; energy conservation: monitoring the use of energy to control costs and conserve resources
POINTS: 6
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS3:3.14a-c - Discuss healthcare economics and common methods of payment for healthcare.
United States - FS9:9.1 - Healthy Behaviors

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
POINTS: 4
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS4:4.31 - Research levels of education, credentialing requirements, and

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employment trends in health professions.

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: Answers will vary but should include four of the following:

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: insertion of very thin needles at specific points along the meridians (pathways) 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;

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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.

POINTS: 8

NATIONAL STANDARDS: United States - FS9:9.13 - Investigate complementary and alternative health practices as they relate to wellness and disease prevention (such as: Eastern medicine, holistic medicine, homeopathy, manipulative and natural therapies).

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.

POINTS: 6

REFERENCES: 1:1 History of Healthcare

LEARNING OBJECTIVES: 1-2 - Name at least six historic individuals that impacted medicine and explain how each one helped to improve health care.

NATIONAL STANDARDS: United States - FS3:3.1 - Healthcare Delivery Systems

66. What is telemedicine and why is it useful?

ANSWER: Telemedicine involves the use of video, audio, and computer systems to provide medical and/or health care services. It allows interactive services between health care providers even though they may be in different locations. It also allows medical professionals to diagnose and treat patients without unnecessary exposure to disease for either provider or patient. Practitioners can also disseminate information and take care of noncritical patients in a home setting. This helps eliminate pressure on hospital systems and resources.

POINTS: 1

REFERENCES: 1:2 Trends in Healthcare

LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.

NATIONAL STANDARDS: United States - FS3:3.1 - Healthcare Delivery Systems

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
POINTS: 4
REFERENCES: 1:2 Trends in Healthcare
LEARNING OBJECTIVES: 1-4 - Identify at least five current trends or changes in health care.
NATIONAL STANDARDS: United States - FS7:7.1 - Infection Control

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