Pathophysiology for Massage Therapists 1st edition Cowen Test Bank

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Chapter 2: Determinants of Health

Multiple Choice
Identify the choice that best completes the statement or answers the question.

____ 1. Which of the following terms is a description of the general condition of the body?
A. Disease
B. Disorder
C. Health
D. Symptom

____ 2. *Homeostasis* is a term that implies:
A. poor health.
B. good health.
C. slow metabolism.
D. trauma.

____ 3. Which of the following is the cause of death for the majority of people in developed nations?
A. Infectious diseases
B. Trauma
C. Genetic diseases
D. Noncontagious disorders

____ 4. Which of the following are the two most influential aspects in determining a person's health?
A. Genes and environment
B. Health and well-being
C. Diseases and injuries
D. Homeostasis and stress level

____ 5. When we consider the health of an individual, we must focus on which of the following?
A. The physical aspect
B. The mental aspect
C. The interpersonal aspect
D. Physical, mental, and interpersonal aspects because they work together

____ 6. The promotion of physical activity, proper nutrition, immunizations, and regular health screenings are all a part of:
A. public health.
B. individual health.
C. community health.
D. global health.

____ 7. Activities that aim to increase awareness of diseases, reducing health risks, and promoting access to medical care by publishing brochures and flyers, educating community leaders, creating safe recreational facilities, or opening a medical clinic, are examples of which of the following?
A. Public health
B. Individual health
C. Community health

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D. Global health

____ 8. Which type of health care is focused on preventing the spread of infectious diseases by monitoring outbreaks of diseases, educating the public about health risks, providing medical care, promoting public safety, regulating immunizations, and reporting health data?
A. Public health
B. Individual health
C. Community health
D. Global health

____ 9. Which of the following are personal, social, or environmental factors that influence health in a positive or negative way?
A. Genetics
B. Risks
C. Determinants of health
D. Resources

____ 10. Which of the following is something that influences our health in a negative manner?
A. Risk factor
B. Determinant of health
C. Stage of disease
D. Contraindication

____ 11. When considering the determinants of health, race, gender, and genetically linked disorders refer to which of the following?
A. Genes
B. Environment
C. Resources
D. Behavior

____ 12. When considering the determinants of health, physical, political, socioeconomic, and cultural aspects refer to which of the following?
A. Genes
B. Environment
C. Resources
D. Behavior

____ 13. When considering the determinants of health, diet, exercise, recreation, and occupation are aspects of which of the following?
A. Resources
B. Behavior
C. Environment
D. Genes

____ 14. Access to medical care is an example of a health ____.
A. Genes
B. Behavior
C. Resource
D. Environment

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____ 15. Which of the following is a broad term used to describe any physical or emotional injury?
A. Metabolism
B. Comorbidity
C. Infection
D. Trauma

____ 16. A contagious disease that is caused by a virus, bacteria, fungus, or parasite is referred to as which of the following?
A. Metabolism
B. Comorbidity
C. Infection
D. Trauma

____ 17. The biochemical reactions necessary to maintain life are referred to as which of the following?
A. Metabolism
B. Comorbidity
C. Infection
D. Trauma

____ 18. Which term refers to diseases, illnesses, and disorders that occur simultaneously?
A. Metabolism
B. Comorbidity
C. Infection
D. Trauma

____ 19. Which of the following is one of the stages of a disease that refers to characteristics that make a person susceptible to a disease or a disorder?
A. Vulnerability
B. Impaired function
C. Diagnosis
D. Presymptomatic stage

____ 20. A person who has a disease and is unaware of it would be in which stage of the disease?
A. Vulnerability
B. Impaired function
C. Diagnosis
D. Presymptomatic stage

____ 21. If a disease or disorder is interfering with a person's daily activities, the person is said to have which of the following?
A. Vulnerability
B. Impaired function
C. Diagnosis
D. Presymptomatic stage

____ 22. A massage treatment that has an impact that is not directly related to the signs and symptoms of a disease or illness is referred to as what type of benefit?
A. Direct

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B. Assisted
C. Indirect
D. Reflexive

____ 23. A disease that has been ongoing for 3 or more months is referred to as:
A. chronic.
B. subacute.
C. infectious.
D. acute.

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Chapter 2: Determinants of Health
Answer Section

MULTIPLE CHOICE

1. ANS: C
   At the most basic level, *health* is a description of the condition of the body. A person can be described as being in good health or poor health.

   PTS: 1 TOP: Pathology KEY: Definition of Health
2. ANS: B
   Good health assumes homeostasis; the various organs and processes of the body are in optimal working order. Poor health suggests the possible presence of disease or illness.

   PTS: 1 TOP: Pathology KEY: Definition of Homeostasis
3. ANS: D
   A shift in disease (*morbidity*) and death (*mortality*) has occurred in the past century. Infectious diseases are still a threat, but more people currently die from noncontagious conditions.

   PTS: 1 TOP: Pathology KEY: Determinants of Health | Disease Types
4. ANS: A
   A person's health is largely influenced by his or her *genes* and the by the *environment* in which he or she lives and works.

   PTS: 1 TOP: Pathology KEY: Determinants of Health
5. ANS: D
   Traditionally, much of the discussion on health has focused on the physical body. However, in recent decades, leaders in the health field have acknowledged the interrelationship of physical, mental, and interpersonal factors' impact on health.

   PTS: 1 TOP: Pathology KEY: Holistic Medicine | Determinants of Health
6. ANS: B
   Individual health concerns the well-being of a single person. Individual health promotion efforts encourage good nutrition, regular physical activity, immunizations, and routine screening tests for medical conditions.

   PTS: 1 TOP: Pathology KEY: Health | Well-Being | Prevention
7. ANS: C
   Community health promotion activities include aiming to increase awareness of diseases, reducing health risks, and promoting access to medical care. Activities to promote or improve health-related issues in a community might include publishing brochures and flyers, educating community leaders, creating safe recreational facilities, and opening a medical clinic.

   PTS: 1 TOP: Pathology KEY: Health | Well-Being | Prevention
8. ANS: A

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Public health is focused on preventing the spread of infectious diseases by monitoring outbreaks of diseases, educating the public about health risks, and providing medical care. Public health departments work cooperatively with state and local governments, school districts, emergency personnel, and medical care providers. The government has the right and responsibility to promote public safety. This includes regulating immunizations and reporting of health data as well as the right to isolate individuals who carry contagious diseases.

PTS: 1 TOP: Pathology KEY: Health | Well-Being | Prevention

9. ANS: C
Determinants of health are personal, social, or environmental factors that influence health in a positive or negative way.

PTS: 1 TOP: Pathology KEY: Determinants of Health

10. ANS: A
When something influences health in a negative way, it is called a *risk factor.*

PTS: 1 TOP: Pathology KEY: Determinants of Health | Risk Factors

11. ANS: A
When disease or disorder is seen in multiple members of a family or in more than one generation of a family, it suggests a possible genetic risk factor.

PTS: 1 TOP: Pathology KEY: Determinants of Health | Genetics

12. ANS: B
A *physical environment* generally includes a place that allows access to the basic items humans need to survive: air, food, water, shelter, and human interaction. Lack of access to any of these adversely affects health. *Environment* can also refer to a person's socioeconomic environment. The *social* part of the term refers to social group or community. Social groups consist of individuals with shared origins, backgrounds, beliefs, or customs. *Economic environment* refers to employment and income. *Political environment* is a powerful aspect of environment. It is important in two fundamental ways: stability and policy. Cultural environment is similar in some ways to social environment. A *culture* is a system of values and beliefs that is shared by a group of individuals.

PTS: 1 TOP: Pathology KEY: Determinants of Health | Environment

13. ANS: B
Health behavior is essentially how a person takes care of him- or herself.

PTS: 1 TOP: Pathology KEY: Determinants of Health | Behavior

14. ANS: C
A *health resource* is anything a person may have access to that can affect health. This includes socioeconomic and educational resources as well as access to medical care.

PTS: 1 TOP: Pathology KEY: Health Resource

15. ANS: D
The term *trauma* can be used broadly to describe any physical or emotional injury. This could be anything from a single event to cumulative effects of several different events.

PTS: 1 TOP: Pathology KEY: Definition of Trauma

16. ANS: C

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Viral, bacterial, or fungal infection and parasites cause diseases. Risks involving contagious diseases are based on exposure because contagious diseases are transmitted by contact.

PTS: 1 TOP: Pathology KEY: Definition of Infection

17. ANS: A
Many diseases are caused or worsened by metabolic dysfunction. *Metabolism* is the biochemical reactions necessary to maintain life.

PTS: 1 TOP: Pathology KEY: Definition of Metabolism

18. ANS: B
Comorbidity is the term that refers to diseases, illnesses, and disorders that occur simultaneously.

PTS: 1 TOP: Pathology KEY: Definition of Comorbidity

19. ANS: A
Vulnerability refers to characteristics that make a person susceptible to a disease or a disorder. This can include any of the determinants of health.

PTS: 1 TOP: Pathology KEY: Stages of Disease

20. ANS: D
Some diseases may be described as *presymptomatic.* In this stage, the person has the disease but is not aware of it, or the disease has not been diagnosed. People who choose to ignore signs or symptoms of a disease are considered to be in this stage.

PTS: 1 TOP: Pathology KEY: Stages of Disease

21. ANS: B
Impaired function, sometimes called disability, is when a disease or disorder interferes with a person's activities of daily living or their productivity.

PTS: 1 TOP: Pathology KEY: Stages of Disease

22. ANS: C
The benefit of massage treatment for many pathological conditions can be indirect, meaning it has an impact that is not directly related to the signs and symptoms of a disease or illness.

PTS: 1 TOP: Pathology | Theory and Application | Benefits and Techniques | Assessment
KEY: Indirect Benefit of Massage

23. ANS: A
Acute is a term used for the initial phase of a disease or disorder as well as a pathological condition that lasts a short period of time. Signs and symptoms can change rapidly during the acute phase. The exact definition of acute will change depending on the timeline associated with a disorder and the body systems affected. For example, acute sinusitis can last up to 7 weeks, while the acute phase of an ankle sprain is usually the first 72 hours after the injury. *Chronic* describes a disease or disorder that lasts a long time—usually 3 months or longer. During the chronic phase, signs and symptoms may be subtle or change little over time. *Subacute* is used to describe the time between acute and chronic for progressive conditions.

PTS: 1 TOP: Pathology KEY: Acute Disease

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