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SKU: 9781305574779-SOLUTIONS

Part II: Teaching Thinking Skills

The delivery of quality health care in today's environment requires that learners acquire good thinking skills. These are the skills that will enable them to apply successfully what they learn in class to workplace situations in which their actions and decisions have potentially serious consequences. Knowing how to observe, assess, ask appropriate questions, see relationships, and draw conclusions are skills that require considerable practice. It is a large order for instructors, who have a great deal of technical information to convey, to also be expected to teach thinking skills, but doing so represents an opportunity to make a real contribution to their learners' success.

Long after memorized facts are forgotten, learners can use their ability to think to research and gather needed facts and information. Learning to learn is more critical today than ever because of the rapid changes taking place in society in general and health care in particular.

The authors have included features to assist instructors in the challenging task of teaching thinking skills to their learners. The following suggestions draw on the elements in the text:

1. Use scenarios and open-ended questions to give learners opportunities to apply what they learn from the text.
2. Ask learners to explain the reasons for their actions and decisions. The questions entitled "Checking for Understanding" in the procedure checklists provide examples of these types of questions.
3. Administer quizzes and tests that require more than the simple recall of facts. The testbank Powered by Cognero that accompanies this text contains essay questions that require learners to apply the chapter content.
4. Use probing questions to explore the learners' reasoning when they solve problems and answer questions. For example, ask them why they perform a task in a certain way, to explain the theory that provides the foundation for their answer, what they would do under slightly different circumstances, and so on. Questions such as these force learners to demonstrate in-depth understanding. A related technique is to present variations of a question and ask how the altered conditions would change their response.
5. Use simulated work situations and examples whenever possible when planning class activities.
6. Require learners to work and behave in class as if they were on the job.

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Chapter 2—Answers

Vocabulary Review

Definitions

1. **Gene therapy** The insertion of normal DNA into cells to correct a genetic defect or to treat certain diseases
2. **Palliative** Reduces pain or severity of a disease or condition rather than curing it
3. **Pandemic** Rapidly spreading contagious disease that attacks many people at the same time
4. **Psychosomatic** Describes disorders caused by mental or emotional factors
5. **Targeted drug therapy** Use of drugs to block the growth and spread of cancer cells by preventing them from dividing or by destroying them
6. **Vital statistics** The number of occurrences of a specific event (e.g., births and deaths) for purposes of reporting
7. **Dementia** Decline in memory and/or other thinking skills
8. **Opioids** Medications that relieve pain by reducing the intensity of pain signals reaching the brain

Matching 1

1. C
2. H
3. D
4. A
5. E
6. B
7. G
8. F

Word Fill

1. adult foster home
2. assisted living residence
3. continuing care community
4. hospice
5. inpatient
6. intermediate nursing care facility
7. nursing home
8. outpatient
9. psychiatric
10. skilled nursing facility

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Chapter Review

True/False

1. F
2. T
3. T
4. F
5. F
6. T
7. T
8. T
9. T
10. T
11. F
12. T
13. T
14. F
15. F
16. T
17. T
18. F
19. F
20. T

True/False Rewrite

1. Home care **includes many types of services, among them, nursing.**
2. Medicare **covers certain/limited/medically related** home care services.
3. Home health agencies are generally **regulated**.
4. Occupational therapists help patients **learn to perform the activities of daily living**.
5. The National Institutes of Health **research** chronic diseases such as cancer.
6. **States** license health care personnel and facilities.
7. The U.S. Occupational Safety and Health Administration **develops and enforces minimum safety standards for employees**.
8. The Centers for Disease Control and Prevention is **supported by taxpayers**.
9. **Older adults** are the heaviest users of health care services.
10. Antibiotics are **ineffective** against viruses.

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Matching 2

1. E
2. J
3. F
4. B
5. I
6. K
7. D
8. G
9. A
10. H
11. C

Short Answer

1. The factors influencing the rapid growth of home health services are the increasing number of older Americans, shorter hospital stays, and the desire of individuals to remain in their homes rather than in nursing homes or other facilities.
2. The currently held meaning of wellness is the promotion of good health through preventive measures and good health habits. "Expanding consciousness" is living to the best of one's capabilities even when limited by chronic disease or disability.
3. Challenges facing the health care community include:
   - Long-term care: expensive; not enough facilities; problems with maintaining quality of care
   - Alzheimer's disease: providing enough facilities; adequate staffing; expense of providing care
   - Medication adherence: encouraging patients to take medications as directed; helping patients pay for drugs; effective communication so patients understand importance of taking medications
   - Prescription medication overuse: large numbers of injury and death; prescriptions sometimes easy to procure; lack of education and alternative treatments for pain management; unscrupulous professionals
   - Antibiotic resistance: overprescribing of antibiotics; patient misunderstanding of when and how to use antibiotics
4. Reasons for the increasing cost of health care include technological advances and expensive equipment; increasing number of older adults who need more health care services; rising prices of pharmaceutical products; increasing number of diagnostic tests and treatment options available; increasing number of malpractice lawsuits; increasing use of diagnostic tests to protect physicians against lawsuits; lack of competition among health care providers; rising expectations for a cure; increasing numbers of individuals who seek medical care; fraud and waste; and poor distribution of physicians and other health care providers.
5. Results of the specialization of medicine and health care include improvements in diagnosis and treatment results; medical practice is more technical and fragmented; health care costs are more expensive; long-term relationships between patients and health care providers, especially physicians, are breaking down.
6. Categories of waste: unnecessary services, excess administrative costs, inefficient delivery of care, inflated prices, prevention failures, fraud.

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7. Alternative: medical treatment used instead of traditionally accepted Western medicine
   Complementary: treatments used along with Western medicine.
   Integrative: combination of Western medicine, complementary and/or alternative medicine
8. Individuals who cannot afford even subsidized insurance and/or the deductibles and other noncovered expenses.

Completion

1. acupuncture
2. chiropractic
3. homeopathy
4. naturopathy
5. traditional Chinese medicine
6. aromatherapy
7. meditation
8. Ayurveda
9. reflexology
10. reiki
11. guided imagery

Ordering

1. 4
2. 1
3. 3
4. 5
5. 2

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Critical Thinking Scenarios

1. Critical thinking scenario

   A. Older individuals experience the most health issues and are the heaviest users of the health care system.
   B. Reasons for the increasing cost of health care include:
      - Working with patients who have Alzheimer's disease or another form of dementia
      - Keeping up with the continual changes in medicine and health care
      - Rising costs of health care and the impact on patients
      - Working with patients who need, but cannot afford, long-term care
      - Working with patients who are homeless, victims of abuse, without family or any social support
      - Working to provide high-quality care while being cost efficient
      - Encouraging patients to take their medications as prescribed, including antibiotics
      - Helping to prevent medication abuse Encouraging patients to take responsibility for their health, such as not smoking and maintaining a healthy weight
   C. Long-term care facilities; home health agencies

2. Critical thinking scenario

   A. Not smoking, getting adequate sleep, eating moderately, eating a balanced diet, maintaining a normal weight, exercising regularly, avoiding alcohol or drinking in moderation, practicing preventive measures, and using stress reduction techniques
   B. Heart disease, cancer, and chronic lower respiratory disease

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