Introduction to Health Care 4th edition Mitchell Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 02

True / False

1. Throughout much of human history, people believed that illness was caused by forces outside the control of man.
   a. True
   b. False

ANSWER: True
POINTS: 1
NOTES: Only in recent history were causes of and means to effectively treat illnesses discovered.

2. Anesthesia was not developed until the twentieth century.
   a. True
   b. False

ANSWER: False
POINTS: 1
NOTES: Anesthesia was introduced in the nineteenth century.

3. Until the nineteenth century, medicine and surgery were considered to be very different occupations.
   a. True
   b. False

ANSWER: True
POINTS: 1
NOTES: In the nineteenth century, surgery was upgraded from a craft to an experimental science.

4. The modern hospital typically offers a full range of services for patients needing care until they are ready to return home.
   a. True
   b. False

ANSWER: False
POINTS: 1
NOTES: Hospitals offer acute care, and patients may need intermediary levels of care in other facilities before being ready to return home.

5. The Joint Commission is a government organization that regulates the operation of hospitals.
   a. True
   b. False

ANSWER: False
POINTS: 1
NOTES: The Joint Commission is a private, non-profit organization that accredits many types of health care facilities.

6. The National Institutes of Health ensure the safety of food and drugs offered to consumers in the United States.
   a. True
   b. False

ANSWER: False

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POINTS: 1

NOTES: This function is carried out by the Food and Drug Administration, not the National Institutes of Health.

7. Covering the cost of long-term care will be a major challenge in the near future.
   a. True
   b. False

ANSWER: True

POINTS: 1

NOTES: The increasing number of older persons who are living longer will require care facilities that at present are increasing in cost as much as 5 percent annually.

8. It is estimated that one in three people age 85 and over will be diagnosed with Alzheimer's disease.
   a. True
   b. False

ANSWER: True

POINTS: 1

NOTES: Alzheimer's disease is now the sixth leading cause of death in the United States.

9. Many physicians believe they have less control over medical decisions regarding treatment for their patients than they had in the past.
   a. True
   b. False

ANSWER: True

POINTS: 1

NOTES: Many physicians believe they have lost some control over how they treat their patients.

10. Medicaid is a federal health insurance plan for persons age 65 and older and the disabled.
   a. True
   b. False

ANSWER: False

POINTS: 1

NOTES: Medicaid is a federally funded but state-administered health insurance plan for qualifying low-income individuals.

11. Adult foster care provides 24-hour nursing care in a home-like environment.
   a. True
   b. False

ANSWER: False

POINTS: 1

NOTES: Adult foster care provides a home-like environment, but does not include 24-hour nursing care.

12. The abuse of painkillers has decreased dramatically in the last few years.
   a. True
   b. False

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ANSWER: False
POINTS: 1
NOTES: Although prescriptions for painkillers have leveled off, thousands of people die from prescription drug overdoses each year.

Multiple Choice

13. Discovering the principles of chemistry in the eighteenth century made it possible to:
    a. better understand human anatomy.
    b. learn how body functions, such as digestion, occur.
    c. manufacture disinfectants.
    d. develop surgical techniques.

ANSWER: b
FEEDBACK:
a. Discovering the principles of chemistry made progress possible in learning how body functions, such as digestion, occur.
b. Correct.
c. Discovering the principles of chemistry made progress possible in learning how body functions, such as digestion, occur.
d. Discovering the principles of chemistry made progress possible in learning how body functions, such as digestion, occur.

POINTS: 1

14. What is the most significant reason for the dramatic increase in expected life span over the last 100 years?
    a. Better living habits
    b. Improved surgical techniques
    c. The development of antibiotics and immunizations
    d. A decrease in the number of people living in poverty

ANSWER: c
FEEDBACK:
a. The development of antibiotics and immunizations has had the most significant effect on life span.
b. The development of antibiotics and immunizations has had the most significant effect on life span.
c. Correct.
d. The development of antibiotics and immunizations has had the most significant effect on life span.

POINTS: 1

15. Which statement most accurately describes the result of the increased specialization of medicine?
    a. It has decreased the cost of medical care
    b. Patients are receiving more consistent care.
    c. Relationships between physicians and patients have become closer.
    d. Diagnostic and treatment methods have improved.

ANSWER: d
FEEDBACK:
a. Diagnostic and treatment methods have improved with increased specialization of medicine.
b. Diagnostic and treatment methods have improved with increased specialization of medicine.

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c. Diagnostic and treatment methods have improved with increased specialization of medicine.
d. Correct.

POINTS: 1

16. What percent of patients is estimated by the CDC to continue taking their blood pressure medications as prescribed?
a. 50 percent
b. 60 percent
c. 70 percent
d. 80 percent

ANSWER: a

FEEDBACK:
a. Correct.
b. About 50 percent of patients stay with their prescribed blood pressure therapy.
c. About 50 percent of patients stay with their prescribed blood pressure therapy.
d. About 50 percent of patients stay with their prescribed blood pressure therapy.

POINTS: 1

17. One of the most difficult challenges faced by hospitals today is the need to:
a. continue expanding the number of services offered.
b. control expenses while maintaining an acceptable patient occupancy rate.
c. conduct medical research.
d. find appropriate sites on which to build more hospitals.

ANSWER: b

FEEDBACK:
a. Controlling expenses while maintaining occupancy rates is a difficult challenge for hospitals today.
b. Correct.
c. Controlling expenses while maintaining occupancy rates is a difficult challenge for hospitals today.
d. Controlling expenses while maintaining occupancy rates is a difficult challenge for hospitals today.

POINTS: 1

18. The majority of outpatient services are provided by:
a. hospital emergency rooms.
b. private physicians' offices.
c. urgent care centers.
d. specialty clinics.

ANSWER: b

FEEDBACK:
a. The majority of outpatient services are provided by private physicians' offices.
b. Correct.
c. The majority of outpatient services are provided by private physicians' offices.
d. The majority of outpatient services are provided by private physicians' offices.

POINTS: 1

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19. Which of the following health care services is expected to provide the largest number of employment opportunities for today's health care graduates?

a. Emergency services
b. Long-term care
c. Hospitals
d. Hospices

ANSWER: b

FEEDBACK:
a. The highest growth in employment will be in long-term care.
b. Correct
c. The highest growth in employment will be in long-term care.
d. The highest growth in employment will be in long-term care.

POINTS: 1

20. Which of the following describes one of the primary responsibilities of local health departments?

a. Provide health care services for the poor
b. Conduct research on the causes of disease
c. Inspect and regulate services that affect public health
d. Evaluate the quality of hospital services

ANSWER: c

FEEDBACK:
a. A primary responsibility of local health departments is to inspect and regulate services that affect public health.
b. A primary responsibility of local health departments is to inspect and regulate services that affect public health.
c. Correct.
d. They do not evaluate the quality of hospital services.

POINTS: 1

21. Encouraging a patient to follow a healthy diet and start an exercise program is an example of the growing emphasis on the concept of:

a. wellness.
b. complementary therapies.
c. expanding consciousness.
d. progressive health.

ANSWER: a

FEEDBACK:
a. Correct.
b. Encouraging a patient to follow a healthy diet and exercise plan is based on the concept of wellness.
c. Encouraging a patient to follow a healthy diet and exercise plan is based on the concept of wellness.
d. Encouraging a patient to follow a healthy diet and exercise plan is based on the concept of wellness.

POINTS: 1

22. Which statement best describes the meaning of complementary medicine?

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a. Practitioners of complementary medicine are always licensed.
b. It has not been proven to have value for patients.
c. It is new, having been developed in the last 25 years.
d. It is used together with traditional Western medicine.

ANSWER: d

FEEDBACK:
a. Not all practitioners of complementary medicine are licensed.
b. There are complementary therapies that have proven to be of value to patients.
c. Some forms of complementary medicine have been practiced for thousands of years.
d. Correct.

POINTS: 1

23. What is the major reason why more patients are being encouraged by health care providers to take responsibility for their own health?
a. Links have been discovered between lifestyle habits and major diseases.
b. It reduces the number of malpractice lawsuits.
c. Reduce the need to provide costly health care.
d. Patients are more satisfied when taking responsibility for their own health.

ANSWER: a

FEEDBACK:
a. Correct.
b. There is a strong link between lifestyle habits and major diseases.
c. There is a strong link between lifestyle habits and major diseases.
d. There is a strong link between lifestyle habits and major diseases.

POINTS: 1

24. Which of the following best describes palliative care?
a. Promote movement and function
b. Give specialized treatment
c. Provide comfort and pain control
d. Treat chronic conditions

ANSWER: c

FEEDBACK:
a. Rehabilitation therapies promote movement and function. Palliative care provides comfort and pain control.
b. Specialized treatments have the goal of curing a disease or injury. Palliative care provides comfort and pain control.
c. Correct.
d. Chronic conditions are treated with the goal of curing or improving. Palliative care provides comfort and pain control.

POINTS: 1

25. What is the meaning of antibiotic resistance?
a. The increasing cost of antibiotics
b. Their ineffectiveness against an increasing number of bacteria
c. Growing numbers of patients who refuse to take them

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d. The high cost of producing them

ANSWER: b

FEEDBACK:
a. Their ineffectiveness against an increasing number of bacteria.
b. Correct.
c. Their ineffectiveness against an increasing number of bacteria.
d. Their ineffectiveness against an increasing number of bacteria.

POINTS: 1

26. Which of the following claims is a sign that a health care product or service may be fraudulent?
a. It can be provided only by certain individuals.
b. The practitioner promises confidentiality regarding your treatment records.
c. It is extremely expensive.
d. It claims to cure a wide variety of unrelated health problems.

ANSWER: d

FEEDBACK:
a. Many legitimate health care treatments can be provided only by certain, qualified individuals.
b. All health care practitioners must keep medical records confidential.
c. Many legitimate health care products and services are very expensive.
d. Correct.

POINTS: 1

Matching

Match each person with the correct contribution below.

a. Elizabeth Blackwell
b. Sigmund Freud
c. William Harvey
d. Hippocrates
e. Edward Jenner
f. Anton van Leeuwenhoek
g. Joseph Lister
h. Louis Pasteur

27. Discovered principle of smallpox vaccination

ANSWER: e

POINTS: 1

28. Proposed that blood circulates throughout the body

ANSWER: c

POINTS: 1

29. Invented the microscope

ANSWER: f

POINTS: 1

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30. Proved that certain microorganisms cause disease
ANSWER: h
POINTS: 1

31. Was the first female physician in the United States
ANSWER: a
POINTS: 1

32. Is considered to be the father of medicine
ANSWER: d
POINTS: 1

33. Developed surgical techniques to prevent the entry of microorganisms into wounds
ANSWER: g
POINTS: 1

34. Did pioneering research on the causes of psychological illnesses
ANSWER: b
POINTS: 1

Match each health care unit or facility with the correct service provided below.
a. Assisted living residence
b. Cardiac care unit
c. Continuing care community
d. Emergency room
e. General unit
f. Hospice
g. Intensive care unit
h. Intermediate care facility
i. Transitional care unit
j. Psychiatric hospital
k. Rehabilitation unit or hospital
l. Skilled nursing facility

35. Specialized care and equipment for patients with very serious illnesses and injuries
ANSWER: g
POINTS: 1

36. Therapies to regain physical and mental function
ANSWER: k
POINTS: 1

37. Variety of living arrangements that range from independent living to the provision of regular medical and nursing care
ANSWER: c
POINTS: 1

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38. Housing, meals, and help with personal care
ANSWER: a
POINTS: 1

39. Care for seriously ill patients who do not need constant nursing care
ANSWER: e
POINTS: 1

40. Specialized care and equipment for patients with serious heart conditions
ANSWER: b
POINTS: 1

41. 24-hour nursing services for patients who need long-term care
ANSWER: l
POINTS: 1

42. Care and support for dying patients
ANSWER: f
POINTS: 1

43. Care and rehabilitation for patients with mental and behavioral disorders
ANSWER: j
POINTS: 1

44. Care and assessment to determine long-term needs
ANSWER: i
POINTS: 1

45. Personal care, social services, and nursing care as needed
ANSWER: h
POINTS: 1

46. Immediate care for serious illnesses and injuries
ANSWER: d
POINTS: 1

Match the following types of therapy with the correct explanation below.
a. Acupuncture
b. Chiropractic
c. Holistic medicine
d. Homeopathy
e. Massage therapy
f. Osteopathy
g. Reflexology

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h. Therapeutic touch

47. All aspects of the individual must be considered when planning treatments.
ANSWER: c
POINTS: 1

48. The body can protect itself if the musculoskeletal system is in good order.
ANSWER: f
POINTS: 1

49. Bodily dysfunction is caused by pressure on nerves as they leave the spinal column.
ANSWER: b
POINTS: 1

50. Disorders can be cured with very small doses of substances that cause the symptoms of the disorder.
ANSWER: d
POINTS: 1

51. Pressure on the muscles promotes blood circulation and healing.
ANSWER: e
POINTS: 1

52. Tiny needles are inserted along the body's energy pathways.
ANSWER: a
POINTS: 1

53. Pressure points on the feet are manipulated.
ANSWER: g
POINTS: 1

54. The hands are moved just above the surface of the body with the intention of directing energy flow.
ANSWER: h
POINTS: 1

Completion

55. The government agency responsible for controlling the spread of diseases is known as the _____.
ANSWER: Centers for Disease Control and Prevention
Center for Disease Control and Prevention
CDC
POINTS: 1

56. A promising medical development is _____, which involves inserting normal DNA into cells to correct a genetic defect or to treat a disease.
ANSWER: gene therapy
POINTS: 1

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57. Using pharmaceutical products to block the growth of cancer cells is called _____.
ANSWER: targeted drug therapy
POINTS: 1

58. There is an increasing use of _____, in which conventional medical treatments are combined with scientifically-tested complementary treatments.
ANSWER: integrative medicine
integrated medicine
POINTS: 1

59. _____ is a serious public health problem in which many drugs are no longer effective in killing disease-causing bacteria.
ANSWER: Antibiotic resistance
POINTS: 1

60. The principal purpose of the _____, supported by the federal government, is to conduct medical research.
ANSWER: National Institutes of Health
POINTS: 1

61. _____ provides care, comfort, and support to dying individuals and their families.
ANSWER: Hospice
POINTS: 1

62. _____ is a complementary medicine treatment in which patients inhale the scents of essential oils.
ANSWER: Aromatherapy
POINTS: 1

63. A currently used definition of _____ is the promotion of health and practice of good lifestyle habits.
ANSWER: wellness
POINTS: 1

64. The 2009 outbreak of influenza caused by the H1N1 virus raised concerns about the possibility of a worldwide _____.
ANSWER: pandemic
POINTS: 1

Subjective Short Answer

65. List at least five health care issues that are being addressed in the twenty-first century.
ANSWER: Vaccine to prevent HIV; cures for AIDS, obesity, heart disease, hypertension, cancer; more effective treatments for mental illnesses; cloning of organs for transplantation; expanded use of alternative/complementary therapies by traditional Western practitioners; longer life span; less invasive treatments; treatments with fewer side effects
POINTS: 5

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66. List at least five factors that have contributed to the rising cost of providing health care in the United States.

ANSWER: Technological advances, increased number of elderly citizens, rising costs of pharmaceutical products, increasing number of diagnostic and treatment options, overuse of diagnostic tests, lack of competition, rising expectations of patients, increasing requests for medical care, malpractice suits, malpractice insurance, insurance companies and providers seeking profits

POINTS: 5

67. List at least five ambulatory health care facilities and briefly describe the services they offer.

ANSWER: Adult day care: activities, meals, and supervision for adults unable to function on their own
Dental offices: prevention, diagnosis, and treatment of problems with the teeth
Diagnostic centers: procedures to determine causes of diseases and injuries
Emergency and urgent care: care for conditions that need immediate attention
Onsite services in non-health-care places such as companies, prisons, and schools: basic and preventive care
Laboratories: collecting samples, conducting tests, making teeth, prosthetics, and eyeglasses
Rehabilitation centers: providing therapy to regain function, overcome special problems
Specialty clinics: large variety that include treatment for specific diseases, help with certain disorders, provision of counseling, etc.
Surgical centers: surgery that doesn't require hospitalization
Wellness centers: physical exams, immunizations, education programs

POINTS: 5

68. List at least three ways that health care professionals can help meet the challenges facing today's health care system.

ANSWER: Keep informed, perform duties to the best of their ability, model good health habits, provide patient education, demonstrate professionalism.

POINTS: 5

Essay

69. Discuss the expansion of home health services. Include the reasons for the increase in home care, the types of services provided, and which health care occupations make home visits.

ANSWER: Reasons: shorter hospital stays, more chronic diseases, increasing number of elderly citizens, advances in equipment allowing more procedures to be done in the home
Services: nursing; physical, occupational, and speech therapy; social workers; personal care; housekeeping tasks, shopping, transportation
Occupations: nurses, therapists and therapy assistants, certified nursing assistants, and home health aides

POINTS: 10

70. Discuss the meaning of the following statement and its implications for health care workers: "We cannot expect to be rescued from every disease and cause of death by the nation's health care system if we do not take responsibility for our own health."

ANSWER: We need to follow wellness and healthy living practices that we know prevent illness and injury.
High cost of health care, along with limitations of science, cannot cure every illness.
People must accept some responsibility for their own health by adapting good lifestyle habits (diet, exercise, stress management, not smoking, etc.), getting immunizations, seeking information about wellness.
(*Answers will vary. Students may have many additional suggestions.*)

POINTS: 10

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