Diseases of the Human Body 7th edition Tamparo Test Bank

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Chapter 2. Integrative Medicine and Complementary Therapies

MULTIPLE CHOICE

1. Conventional medicine may have been integrated until this scientist separated the "mind" from the "body." What was the scientist's name?
   A. Samuel Hahnemann
   B. Hippocrates
   C. René Descartes
   D. Andrew Taylor

   ANS: C PTS: 1 DIF: Easy OBJ: 2.4
   MSC: Understanding

2. How many years ago were Chinese medicine and Ayurvedic medicine first known as healing traditions?
   A. 3,000
   B. 8,000
   C. 5,000
   D. 2,000

   ANS: C PTS: 1 DIF: Easy OBJ: 2.5
   MSC: Remembering

3. Which of the following providers practice a form of "manual" treatment for healing?
   A. Hypnotherapists and midwives
   B. Ayurveda practitioners
   C. Allopathic and traditional Chinese medicine (TCM) physicians
   D. Osteopaths, chiropractors, and massage therapists

   ANS: D PTS: 1 DIF: Easy OBJ: 2.9
   MSC: Remembering

4. How might you define *naturopathy*?
   A. Classifies humans into three body types
   B. Stresses prevention and the use of nontoxic natural therapies
   C. Considers "qi," or the "life force" or "energy"
   D. Teaches that energy flows in channels or meridians to all parts of the body

   ANS: B PTS: 1 DIF: Easy OBJ: 2.9 | 2.10
   MSC: Understanding

5. Sari is distressed about her job and how she is being treated. She cannot quit because she needs the money. What might she do to help alleviate her situation?
   A. Tell her boss exactly what she thinks of her coworkers
   B. Lose 10 pounds, stop grousing, and sleep less
   C. Practice good nutrition, exercise, and seek a quality support system
   D. Refuse to respond to the challenges at work

   ANS: C PTS: 1 DIF: Moderate OBJ: 2.15
   MSC: Applying

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6. What are “red flags” to any medical care plan?
   A. Randomized controlled trials to test validity
   B. Questions from the doctor about any alternative therapy
   C. Licensed, experienced practitioners
   D. Miracle cures or treatments that purify and detoxify your system

   ANS: D PTS: 1 DIF: Easy OBJ: 2.7
   MSC: Understanding

7. What can hinder the immune system over a long period of time?
   A. Buried negative emotions
   B. Love and laughter
   C. Unexpressed positive thoughts
   D. Nothing; the immune system is static and cannot be changed

   ANS: A PTS: 1 DIF: Easy OBJ: 2.12
   MSC: Remembering

8. While recovering from knee replacement surgery, Allan discovered a unique method to lessen the pain he was feeling. What might it be?
   A. Applying cool compresses to his forehead
   B. Accelerating his breathing and tightening his muscles
   C. Watching a funny movie or joining a laughter club
   D. Playing basketball with his grandson

   ANS: C PTS: 1 DIF: Moderate OBJ: 2.13
   MSC: Applying

9. Who or what agency introduced the term *integrative medicine*?
   A. The Office of Alternative Medicine
   B. The National Institutes of Health
   C. Andrew Weil, MD
   D. The World Health Organization

   ANS: C PTS: 1 DIF: Easy OBJ: 2.2
   MSC: Remembering

10. What is known about the use of herbal medicines?
    A. They are considered mainstream in many cultures.
    B. They are approved by the Food and Drug Administration.
    C. They are seldom based on modern traditional medications.
    D. They are an integral part of manual healing methods.

    ANS: A PTS: 1 DIF: Easy OBJ: 2.10
    MSC: Understanding

11. Dietary Guidelines for Americans, adapted from the United States Department of Agriculture, includes which of the following?
    A. The XYZs of lifestyle choices
    B. Aiming for fitness as the primary goal in food choices
    C. Fitness, building a healthy base, and choosing sensibly
    D. No emphasis on the food pyramid

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ANS: C PTS: 1 DIF: Easy OBJ: 2.17
MSC: Remembering

12. Alicia sees her primary care provider (PCP) with multiple symptoms, including headaches, joint pain, inability to sleep, and near panic. After much testing, her PCP says that there is no illness or disease causing her issues. What might Alicia be experiencing?
A. Mental illness
B. Psychological illness
C. Psychosomatic illness
D. Emotional illness

ANS: C PTS: 1 DIF: Moderate OBJ: 2.11
MSC: Applying

13. Alicia sees her PCP with multiple symptoms, including headaches, joint pain, inability to sleep, and near panic. After much testing, her PCP says that there is no illness or disease causing her issues. What kind of practitioner might help Alicia in getting to the cause of her symptoms?
A. A practitioner who specializes in mind–body issues
B. A homeopath, who will eliminate her discomfort by making an "energy imprint" in the body
C. A specialist using bioelectromagnetic therapies to modify the disease process
D. A chiropractor to manipulate her spine

ANS: A PTS: 1 DIF: Moderate OBJ: 2.11
MSC: Analyzing

14. Alicia sees her PCP with multiple symptoms, including headaches, joint pain, inability to sleep, and near panic. After much testing, her PCP says that there is no illness or disease causing her issues. Based on what you know about illness and emotion, which therapy would likely be most helpful to Alicia?
A. High-protein diet
B. Increased use of vitamins and minerals
C. Biofeedback, relaxation, visualization, and hypnotherapy
D. Herbal medications

ANS: C PTS: 1 DIF: Moderate OBJ: 2.11
MSC: Analyzing

15. Which of the following medical traditions relies most heavily on drug-based therapies for relief?
A. Ayurveda
B. Homeopathy
C. Naturopathy
D. Traditional

ANS: D PTS: 1 DIF: Easy OBJ: 2.4
MSC: Remembering

16. What is a question often not asked in medical care?
A. What is your age, height, and weight?
B. Is there someone who loves you unconditionally?

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C. Do you smoke or use recreational drugs?
D. What have you done to treat this problem?

ANS: B PTS: 1 DIF: Easy OBJ: 2.19
MSC: Understanding

17. Which of the following would influence health and lifestyle?
A. Avoiding potentially harmful behaviors
B. Life's opportunities and personal attitudes
C. Not accepting the status quo; always trying to do better
D. What others think of you

ANS: B PTS: 1 DIF: Easy OBJ: 2.15
MSC: Remembering

18. Which of the following statements best describes stress?
A. Biological organisms require some stress to maintain their well-being.
B. Stress is always an indication of physical pain in the body.
C. Stress produces no pathological changes in the body.
D. Stress has little or no effect on a healthy lifestyle.

ANS: A PTS: 1 DIF: Easy OBJ: 2.16
MSC: Understanding

19. Why are laughter and play important for experiencing health?
A. They encourage clients to think about their illness.
B. They enable individuals to bond in real-life experiences.
C. They stimulate the release of endorphins in the body and decrease pain.
D. They help clients make sensible choices.

ANS: C PTS: 1 DIF: Easy OBJ: 2.13
MSC: Understanding

20. In the past decade, which of the following manual healing methods has become popular in the sports medicine area?
A. Osteopathic medicine
B. Chiropractic medicine
C. Massage therapy
D. Herbal medicine

ANS: C PTS: 1 DIF: Easy OBJ: 2.10
MSC: Remembering

21. In 2016, individuals in the United States spent $30.2 billion on alternative health care. Most of this amount was what type of expense?
A. Malpractice claims
B. Out-of-pocket costs
C. Provider referral fees
D. Insurance premiums

ANS: B PTS: 1 DIF: Easy OBJ: 2.3
MSC: Remembering

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SHORT ANSWER

1. What is the difference between good stress and distress? What difference does it make in illness?

   ANS:
   Good stress enables the body to meet the challenges of everyday activity. Distress tends to be a negative influence. When distress occurs in quantities that the system cannot handle, it may produce pathological changes. Recognizing life's stressors and subsequently managing them appropriately constitute one of the keys to a healthy lifestyle.

   PTS: 1 DIF: Moderate OBJ: 2.16 MSC: Remembering

2. Andrew Weil, MD, states that the common theme between mind and healing in chronic illness is an acceptance of one's circumstances in life and illness. Explain this rationale to a client.

   ANS:
   Dr. Weil believes that the acceptance of one's circumstances related to a chronic illness paves the way to greater health. This acceptance seems to allow and encourage a profound internal relaxation that enhances a person's spirit and immune system.

   PTS: 1 DIF: Moderate OBJ: 2.5 MSC: Analyzing

3. Can you identify how one's healthy lifestyle can be related to their education and knowledge?

   ANS:
   Having more education and knowledge about how to live a healthy lifestyle can enhance life and help prevent disease.

   PTS: 1 DIF: Moderate OBJ: 2.15 MSC: Analyzing

4. Why is it important for a client to disclose any alternative therapy to their traditional practitioner and vice versa?

   ANS:
   Such discussion prevents any adverse effects of either treatment/therapy and respects each practitioner, recognizing their contribution. It also allows for discussion when there is conflict or disagreement about treatment.

   PTS: 1 DIF: Moderate OBJ: 2.14 MSC: Analyzing

5. Are love, friendship, and spirituality necessary to health or recovery from illness? Justify your response.

   ANS:
   Love, friendship, and spirituality in one's life can enhance the immune system and healing. Practitioners of integrative health recognize the worth of such experiences in a person's life. An example is the positive physiological response to animals used in therapy.

   PTS: 1 DIF: Moderate OBJ: 2.20 MSC: Analyzing

MATCHING

Match the terms with their definitions.

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A. System-based approach to health care
B. Stresses prevention and the use of nontoxic, natural therapies
C. Natural means it is safe
D. Stresses five elements of fire, earth, metal, water, and wood
E. Promotes the ABC goals for Americans
F. Emphasizes the musculoskeletal system while practicing conventional medicine
G. Promotes a strong interrelatedness between emotions, stress, and the body's reaction through the immune system
H. A blending of both conventional and nonconventional therapies
I. Laughter and play
J. Relying only on drug-based therapies to bring relief
K. Minuscule amounts of certain substances leave an "energy imprint" in the body, stimulating the immune system
L. A 5,000-year-old system that identifies three fundamental energies for mind and body
M. Medical treatment used instead of another
N. Devotion, setting everything aside, adoration, enlightening
O. What we never run out of
P. Promotes self-confidence
Q. Chiropractic

1. Alternative approach to medicine
2. A serious health-care issue
3. Traditional Chinese medicine
4. Integrative medicine
5. Allopathic medicine
6. Ayurvedic medicine
7. Diet and nutrition therapies
8. Osteopathy
9. Internal jogging
10. Spirituality
11. Homeopathy
12. Naturopathy
13. Medical fallacy
14. Mind–body medicine
15. Love

1. ANS: M PTS: 1 DIF: Easy OBJ: 2.5
MSC: Remembering
2. ANS: J PTS: 1 DIF: Easy OBJ: 2.4
MSC: Remembering
3. ANS: D PTS: 1 DIF: Easy OBJ: 2.5
MSC: Remembering
4. ANS: H PTS: 1 DIF: Easy OBJ: 2.3
MSC: Remembering
5. ANS: A PTS: 1 DIF: Easy OBJ: 2.4
MSC: Remembering
6. ANS: L PTS: 1 DIF: Easy OBJ: 2.5
MSC: Remembering
7. ANS: E PTS: 1 DIF: Easy OBJ: 2.17
MSC: Remembering
8. ANS: F PTS: 1 DIF: Easy OBJ: 2.9
MSC: Remembering

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9. ANS: I PTS: 1 DIF: Easy OBJ: 2.13
MSC: Remembering
10. ANS: N PTS: 1 DIF: Easy OBJ: 2.20
MSC: Remembering
11. ANS: K PTS: 1 DIF: Easy OBJ: 2.10
MSC: Remembering
12. ANS: B PTS: 1 DIF: Easy OBJ: 2.10
MSC: Remembering
13. ANS: C PTS: 1 DIF: Easy OBJ: 2.7
MSC: Remembering
14. ANS: G PTS: 1 DIF: Easy OBJ: 2.11
MSC: Remembering
15. ANS: O PTS: 1 DIF: Easy OBJ: 2.19
MSC: Remembering

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