

Chapter 01: Introduction to Pathology and Infection Control

Salvo: Mosby's Pathology for Massage Therapists, 4th Edition

MULTIPLE CHOICE

1. Which term means *the study of disease*?
 - a. Physiology
 - b. Pathology
 - c. Pharmacology
 - d. Psychology

ANS: B

“Patho” stems from Greek meaning disease; “-ology” implies “study of”.

REF: p. 2 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

2. Which term means *any illness that is characterized by certain signs and symptoms*?
 - a. Disease
 - b. Handicap
 - c. Liability
 - d. Disorder

ANS: A

A disease features signs and symptoms in relation to abnormal function.

REF: p. 4 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

3. Which term means *a prediction of how a disease will progress and the chances of recovery*?
 - a. Prognosis
 - b. Diagnosis
 - c. Palpation
 - d. Determination

ANS: A

A prognosis is a prediction on the course of a disease.

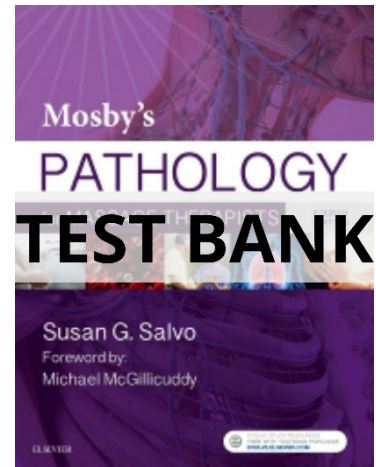
REF: p. 4 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

4. Which term means *objective indicators of disease such as swelling, skin rashes, and fever*?
 - a. Signs
 - b. Complications
 - c. Symptoms
 - d. Diagnosis

ANS: A

Signs are objective evidence related to a disease.

REF: p. 5 TOP: MTBOK: section 210.4 (Pathology)



MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

5. Which term means *subjective feelings such as headaches, nausea, pain, and anxiety*?
- Situation
 - Syndrome
 - Signs
 - Symptoms

ANS: D

Symptoms are subjective evidence related to a disease.

REF: p. 5

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

6. A group of signs and symptoms occurring together to present a particular disease or abnormality is called a
- prognosis.
 - complication.
 - syndrome.
 - risk factor.

ANS: C

A syndrome presents with a predicted set of signs and symptoms.

REF: p. 4

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

7. Disease that is distributed throughout the body is called
- chronic.
 - systemic.
 - acute.
 - contagious.

ANS: B

Systemic diseases affect multiple systems throughout the entire body.

REF: p. 12

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

8. Which type of disease has an abrupt onset of severe signs and symptoms then runs a brief course?
- Acute
 - Local
 - Chronic
 - Delayed

ANS: A

Acute diseases present for brief courses of time.

REF: p. 5

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

9. Which type of disease develops gradually and lasts longer than 6 months?
- Acute

- b. Local
- c. Chronic
- d. Delayed

ANS: C

Chronic diseases present for longer time periods, 6 months up to entire lifespan.

REF: p. 5 TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

10. A period of partial or complete disappearance of the signs and symptoms of chronic disease is called a
- a. flare-up.
 - b. complication.
 - c. remission.
 - d. syndrome.

ANS: C

Remission is a period of partial or complete disappearance of signs and symptoms of a disease.

REF: p. 8 TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

11. Which term means *a period of increased signs and symptoms*?
- a. Remission
 - b. Chronic
 - c. Syndrome
 - d. Exacerbation

ANS: D

Exacerbation is a period of increases signs and symptoms of a disease.

REF: p. 8 TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

12. Which process occurs when the body mistakes its own tissues for something foreign?
- a. The tissues are attacked, and the immune system is depleted.
 - b. The immune system soon recognizes the tissues as normal and never attacks them again.
 - c. The tissues attack the immune system, shutting it down.
 - d. The tissues stimulate the immune system to prevent infection by pathogens.

ANS: A

An autoimmune disease features the body mistaking its own tissues as foreign.

REF: p. 8 TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

13. A description that belongs to communicable diseases is that they are
- a. the result of exposure to cancer-causing agents.
 - b. caused by disruption in the body's metabolism.
 - c. inherited.
 - d. infectious.

ANS: D

An infectious disease is considered communicable since it can be transmitted from one person to another.

REF: p. 11

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

14. Infectious agents can be spread through:
- contact with contaminated linens.
 - contact with contaminated massage tools.
 - contact with open containers of lubricant.
 - All of the above

ANS: D

Massage equipment can carry infectious agents and must be cleaned to avoid spread.

REF: p. 15

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

15. Which term means *an organism in which pathogens reside*?
- Reservoir
 - Cistern
 - Host
 - Hiatus

ANS: C

A host is a residency in which pathogens can harbor.

REF: p. 15

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

16. Which terms means *the source of infection, living or inanimate*?
- Cistern
 - Hiatus
 - Host
 - Reservoir

ANS: D

A reservoir is a source that may be living or inanimate of infection transmission.

REF: p. 15

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

17. Which terms means *a biologic agent capable of causing disease*?
- Aseptic agent
 - Contamination
 - Pathogen
 - Fomite

ANS: C

A pathogen is biologic meaning it may multiply actively within a host.

REF: p. 13

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

18. Effective exposure and successful transfer of pathogens results in
- microbial migration.
 - contamination.
 - exacerbation.
 - disease remission.

ANS: B

Contamination occurs with effective exposure and successful transfer of pathogens.

REF: p. 15 TOP: MTBOK: section 210.4 (Pathology)

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19. Which type of infection describes vehicle transmission of organisms?
- Sexual contact
 - Bite from an animal
 - Pathogens in a water source
 - Pathogens crossing the placenta

ANS: C

Means of vehicle contamination include food, water and air.

REF: p. 16 TOP: MTBOK: section 210.4 (Pathology)

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20. Which choice is NOT one of the body's natural defense mechanisms against exposure to pathogens?
- Inflammation
 - Zinc supplements
 - Immune response
 - Physical and chemical barriers

ANS: B

Zinc supplementation is an artificial means to aid the body's defenses, not a natural means.

REF: pp. 17-19 TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

21. Which term means *a set of infection control measures developed by the Centers for Disease Control and Prevention (CDC)*?
- Hygiene
 - Disinfection
 - Standard precautions
 - Risk factors

ANS: C

Standard precautions were defined by the CDC in 1996.

REF: p. 22 TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

22. When a therapist feels symptoms of a cold or contagious illness, he or she should

- a. wear a mask or bandana over his or her nose and mouth to reduce the spread of airborne particles.
- b. wear gloves to reduce the spread of infection.
- c. cancel appointments and offer to reschedule, or refer the client to an associate.
- d. be sure to have an antimicrobial agent available in the treatment room.

ANS: C

Cancelling appointments by an ill practitioner will avoid transmitting contagious illness to a client.

REF: p. 27 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

23. Causative factors or origins of disease are its
- a. radiology.
 - b. entomology.
 - c. ideology.
 - d. etiology.

ANS: D

The etiology of disease describes the causative factors or origins of disease.

REF: p. 5 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

24. If a disease has an unknown cause, it is called
- a. acute.
 - b. idiopathic.
 - c. systemic.
 - d. chronic.

ANS: B

An idiopathic disease has no known cause.

REF: p. 5 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

25. What is the minimum number of seconds the hands should be washed?
- a. 5
 - b. 10
 - c. 15
 - d. 20

ANS: D

Washing hands for at least 20 seconds will ensure proper sanitation.

REF: p. 29 TOP: MTBOK: section 210.4 (Pathology)
MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

26. Which condition is a local contraindication for massage?
- a. Inflamed lymph node
 - b. Fever
 - c. Exacerbation stage of lupus
 - d. Stroke

ANS: A

An inflamed lymph node is a local contraindication since only one node within one body region is referenced.

REF: p. 21

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

27. Which example is a positional modification of treatment for a client?
- Avoiding the use of percussion
 - Placing a supportive cushion under the abdomen
 - Using lighter-than-normal pressure
 - Wearing gloves when having a cut on the hand

ANS: B

Placing a supportive cushion under the abdomen is one example of a positional modification.

REF: p. 21

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

28. A client reporting a contagious disease is presenting with an
- chronic inflammation.
 - local contraindication.
 - absolute contraindication.
 - chemical mediator.

ANS: C

An absolute contraindication is a “red light” to receiving massage. A contagious disease is an absolute contraindication for massage.

REF: p. 20

TOP: MTBOK: section 210.4 (Pathology)

MSC: ELAP: section 13.0 (Using Anatomic and Health Care Terminology)

Chapter 02: Treatment Planning: Intake, Consent, and Documentation

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MULTIPLE CHOICE

1. Which part of the massage session is based on the client's health history, the interview, and other assessments?
- Intake form
 - Treatment plan
 - Informed consent
 - Referral form

ANS: B

A treatment plan is devised based on information gathered from client's health history, interview and other assessments.

REF: p. 18

TOP: MTBOK: section 210.5 (Assessment, Treatment Planning and Documentation)

MSC: ELAP: section 43.5 (Client Assessment)

2. What process involves evaluating a client's condition based on subjective reporting and objective findings?
- Countertransference
 - Progress report
 - Documentation
 - Assessment

ANS: D

Assessments involve evaluating a client based upon subjective reporting and objective findings.

REF: p. 19

TOP: MTBOK: section 210.5 (Assessment, Treatment Planning and Documentation)

MSC: ELAP: section 43.5 (Client Assessment)

3. Which term refers to information such as client experiences and symptoms as learned from the client during an intake?
- Informed consent
 - Subjective data
 - Palpation assessment
 - Objective data

ANS: B

Subjective data is based upon client perceptions of their experiences and symptoms.

REF: p. 32

TOP: MTBOK: section 210.5 (Assessment, Treatment Planning and Documentation)

MSC: ELAP: section 6.5 (Documentation and Client Files)

4. Which term refers to data that is measurable and verifiable?
- Subjective data
 - Informed consent
 - Objective data
 - Scope of practice

ANS: C

Objective data refers to the visual and palpation based information that is measurable and verifiable during the intake process.

REF: p. 32

TOP: MTBOK: section 210.5 (Assessment, Treatment Planning and Documentation)

MSC: ELAP: section 6.5 (Documentation and Client Files)

5. On an intake form, if a massage therapist records information upon the form, the massage therapist needs to
- use a different color pen.
 - write it in pencil so it can be erased.
 - place initials next to the entry.
 - highlight the information.

ANS: C

Placing initials next to client entries ensures accuracy of record keeping by the massage therapist.