

Chapter 20 What Is Healing? Who Is the Healer?

Indicate whether the following statements describe the views of orthodox medicine, the views of holistic medicine, or the views of both. Use each letter as many times as necessary.

- a. orthodox medicine
- b. holistic medicine
- c. both orthodox and holistic medicine

QUESTION TYPE:

Matching

HAS VARIABLES:

False

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1. All disease is psychosomatic in origin.

ANSWER:

c

POINTS:

1

2. Maintaining a healthy weight reduces the risk of disease.

ANSWER:

c

POINTS:

1

3. A specific therapeutic agent can cure most diseases.

ANSWER:

a

POINTS:

1

4. Disease has multiple causation (many contributing factors).

ANSWER:

c

POINTS:

1

5. A person's will is a primary factor in getting well.

ANSWER:

c

POINTS:

1

6. Healing is the responsibility of health care professionals.

ANSWER:

a

POINTS:

1

7. Patients have some responsibility for the course of an illness.

ANSWER:

c

POINTS:

1

8. Drugs and surgery are commonly used treatments.

ANSWER:

a

POINTS:

1

9. Exercise helps maintain health and strengthen the cardiovascular system.

ANSWER:

c

POINTS:

1

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10. Good medical care contributes to to better health.

ANSWER: c

POINTS: 1

11. Disease is generally caused by external factors such as pollution, viruses, or bacteria.

ANSWER: a

POINTS: 1

12. An individual's belief system plays a significant role in healing.

ANSWER: b

POINTS: 1

Match each term to the most appropriate statement.

- | | |
|------------------------------|------------------------------|
| a. External locus of control | b. Integrative Medicine |
| c. Nocebo effect | d. Psychosocial |
| e. Intention | f. Internal locus of control |
| g. Placebo | |

QUESTION TYPE: Matching

HAS VARIABLES: False

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13. In medical research, the _____ effect is said to occur when a patient improves or recovers even though the “drug” administered to a patient is actually an inert substance such as a sugar pill.

ANSWER: g

POINTS: 1

14. People with an _____ believe that their lives are controlled by factors outside themselves: illness is caused by germs, an accident, or punishment for one's sins, and a cure will also be an external force such as the physician, a drug, or a treatment.

ANSWER: a

POINTS: 1

15. Some holistic practitioners believe that healing occurs only when the patient has the _____ to get well.

ANSWER: e

POINTS: 1

16. The _____ context of medical care includes factors such as the patient's beliefs and experiences, interactions with care professionals, and the therapeutic environment.

ANSWER: d

POINTS: 1

17. The practice of combining mind-body or alternative treatments with conventional treatments in order to achieve the best outcome for patients is known as _____.

Name _____ Class _____ Date _____
: _____ : _____ e: _____

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ANSWER: b
POINTS: 1

18. People with an _____ feel responsible for what happens to them; consequently, they are likely to participate in treatment decisions.

ANSWER: f
POINTS: 1

19. The placebo effect poses a problem for researchers because _____
- a. it is difficult to control.
 - b. Subjects' expectations or feelings of "being special" can influence the outcome.
 - c. neither a nor b.
 - d. both a and b.

ANSWER: d
POINTS: 1
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
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20. Individuals who are willing to take responsibility for their own recovery and make significant lifestyle changes are more likely to _____ a diagnosis of a terminal illness.

- a. receive
- b. avoid
- c. develop
- d. survive

ANSWER: d
POINTS: 1
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
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21. Which condition leads to chronic stress, which can harm a person's health?

- a. The source of stress is ambiguous.
- b. The stress continues for a prolonged time.
- c. There are several sources of stress in the individual's life.
- d. all of the above

ANSWER: d
POINTS: 1
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
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22. According to Chapter 20,, a likely result of chronic stress is developing _____
- a. mental illness.
 - b. a disease or psychosomatic illness.
 - c. an anger problem.
 - d. none of the above

ANSWER: b
POINTS: 1
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
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23. Negative emotions such as anger, fear, and guilt have been shown to reduce the effectiveness of the _____
- a. placebo effect
 - b. patient's adjustment
 - c. immune system
 - d. medication

ANSWER: c
POINTS: 1
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
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24. Which of the following factors is part of the psychosocial context of medical care?
- a. Personal beliefs and expectations of the patient
 - b. Sight of health professionals, hospitals, and medical instruments
 - c. Interaction with other patients
 - d. all of the above

ANSWER: d
POINTS: 1
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
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25. Explain how "healing" is different from "curing."

ANSWER: Answers will vary. Sample answer: Healing refers to what the patient or the patient's body does to resolve a problem in the mind, body, or spirit. Curing refers to what is done to the patient by a physician or therapist.

POINTS: 1
QUESTION TYPE: Subjective Short Answer
PE:
HAS VARIABLE: False
S:
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D:

26. Explain how emotional states affect the immune system.

ANSWER: Answers will vary. Sample answer: Certain emotional states, especially grief, depress the immune system and render it less capable of destroying abnormal cells or infections.

POINTS: 1

QUESTION TYPE Subjective Short Answer

PE:

HAS VARIABLE False

S:

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D:

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D:

27. What does it mean for a health care professional to hold a conscious intention of helping the patient to heal?

ANSWER: Answers will vary. Sample answer: Intention refers to giving one's full attention to the patient and focusing on loving, positive thoughts throughout a procedure to provide a healing climate.

POINTS: 1

QUESTION TYPE Subjective Short Answer

PE:

HAS VARIABLE False

S:

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D:

28. Tom, a longtime smoker, develops lung cancer and has one lung removed. Following his surgery, he is seen sitting up in his hospital bed smoking a cigarette. What does Tom's behavior reveal about his intention to get well?

ANSWER: Answers will vary. Sample answer: Tom has not changed the behavior that caused his illness (smoking). It would appear that Tom does not truly intend to get well.

POINTS: 1

QUESTION TYPE Subjective Short Answer

PE:

HAS VARIABLE False

S:

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D:

29. Write a paragraph describing several lifestyle choices that are major causes of illness and death.

ANSWER: Answers will vary but should include some of the following concepts:

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Some lifestyle choices that are major causes of illness and death include:

- smoking
- consuming alcohol
- obesity
- consuming excessive fat, salt, and sugar
- lack of exercise
- failure to wear a seatbelt and speeding

POINTS: 1
 QUESTION TYPE: Essay
 HAS VARIABLES: False
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30. Imagine that you are assigned to a patient whose behavior and comments reveal that the patient does not intend to get well. How would you respond to the patient?

ANSWER: Answers will vary.
 POINTS: 1
 QUESTION TYPE: Essay
 HAS VARIABLES: False
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31. Even if a health care professional is employed by an agency that delivers orthodox health care, what general holistic concepts can be applied to improve patient care?

ANSWER: Answers will vary. Sample answer: All health care professionals can benefit by understanding that each patient is an individual who lives and works within specific settings that affect that person's health. Also, individuals are made up of physical, mental, emotional, and spiritual aspects. Effective health care addresses all these aspects. Similarly, stress management and healthful lifestyle choices are useful in both preventing and treating disease.

POINTS: 1
 QUESTION TYPE: Essay
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