

Chapter 01: Infection Control and Safe Practice Procedures for Massage Therapists Salvo: Mosby's Pathology for Massage Therapists, 3rd Edition

MULTIPLE CHOICE

1. Which term means *the study of disease*?

- A. Physiology
- B. Pathology
- C. Pharmacology
- D. Psychology

ANS: B PTS: 1

2. Which term means *any illness that is characterized by certain signs and symptoms*?

- A. Disease
- B. Handicap
- C. Liability
- D. Disorder

ANS: A PTS: 1

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: B PTS: 1

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 PTS: 1

5. Which term means *subjective feelings such as headaches, nausea, pain, and anxiety*?

- A. Situation
- B. Syndrome
- C. Signs
- D. Symptoms

ANS: D PTS: 1

6. A group of signs and symptoms occurring together to present a particular disease or abnormality is called a:

- A. prognosis.
- B. complication.
- C. syndrome.
- D. risk factor.

ANS: C PTS: 1

7. Disease that is distributed throughout the body is called:
- A. chronic.
 - B. systemic.
 - C. acute.
 - D. contagious.

ANS: B PTS: 1

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

ANS: A PTS: 1

9. Which type of disease develops gradually and lasts longer than 6 months?
- A. Acute
 - B. Local
 - C. Chronic
 - D. Delayed

ANS: C PTS: 1

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 PTS: 1

11. Which term means *a period of increased signs and symptoms*?
- A. Remission
 - B. Chronic
 - C. Syndrome
 - D. Exacerbation

ANS: D PTS: 1

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 PTS: 1

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 PTS: 1

14. Infectious agents can be spread through contact with:
- A. contaminated linens.
 - B. contaminated massage tools.
 - C. open containers of lubricant.
 - D. all of the above.

ANS: D PTS: 1

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

ANS: C PTS: 1

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

ANS: D PTS: 1

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

ANS: C PTS: 1

18. Effective exposure and successful transfer of pathogens results in:
- A. microbial migration.
 - B. contamination.
 - C. exacerbation.
 - D. disease remission.

ANS: B PTS: 1

19. Which type of infection describes vehicle transmission of organisms?
- A. Sexual contact
 - B. Bite from an animal
 - C. Pathogens in a water source

D. Pathogens crossing the placenta

ANS: C PTS: 1

20. Which choice is *not* one of the body's natural defense mechanisms against exposure to pathogens?

- A. Inflammation
- B. Zinc supplements
- C. Immune response
- D. Physical and chemical barriers

ANS: B PTS: 1

21. Which term means *a set of infection control measures developed by the Centers for Disease Control and Prevention (CDC)*?

- A. Hygiene
- B. Disinfection
- C. Standard precautions
- D. Risk factors

ANS: C PTS: 1

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 PTS: 1

23. Causative factors or origins of disease are its:

- A. radiology.
- B. entomology.
- C. ideology.
- D. etiology.

ANS: D PTS: 1

24. If a disease has an unknown cause, it is called:

- A. acute.
- B. idiopathic.
- C. systemic.
- D. chronic.

ANS: B PTS: 1

25. What is the minimum number of seconds the hands should be washed?

- A. 5
- B. 7
- C. 10
- D. 15

ANS: D PTS: 1

26. Which condition is a local contraindication for massage?
- A. Inflamed lymph node
 - B. Fever
 - C. Exacerbation stage of lupus
 - D. Stroke

ANS: A PTS: 1

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

ANS: B PTS: 1

28. Which area of the body is considered a cautionary site?
- A. Gluteals
 - B. Upper arm
 - C. Lateral neck
 - D. Calves

ANS: C PTS: 1