

Test Bank for Mosby's Essential Sciences for Therapeutic Massage 5th Fritz

Chapter 02: Mechanisms of Health and Disease

Fritz: Mosby's Essential Sciences for Therapeutic Massage, 5th Edition

MULTIPLE CHOICE

1. A(n) _____ would have a specific beginning with signs and symptoms that develop quickly.
- a. acute disease
 - b. chronic disease
 - c. long-term illness
 - d. short-term illness

ANS: A DIF: 1 REF: p. 30

2. Sudden onset, usually temporary, and easily localized describes what type of pain experience?
- a. Visceral
 - b. Acute
 - c. Somatic
 - d. Chronic

ANS: B DIF: 1 REF: p. 40|p. 41

3. What is the term for movement toward a center or point of reference?
- a. Efferent
 - b. Centrifugal
 - c. Afferent
 - d. Circular

ANS: C DIF: 1 REF: p. 27|p. 28

4. What is abnormal or undifferentiated cells that fail to mature into specialized cell types?
- a. Hypoplasia
 - b. Hyperplasia
 - c. Dysplasia
 - d. Anaplasia

ANS: D DIF: 1 REF: p. 33

5. What is the term that usually describes a noncancerous tumor that is contained and does not spread?
- a. Benign
 - b. Neoplasm
 - c. Anaplasia
 - d. Neoplasia

ANS: A DIF: 1 REF: p. 33

6. What is the internal, periodic timing component of an organism also known as?
- a. Circadian rhythm
 - b. Biologic rhythm
 - c. Biologic oscillator

d. Seasonal rhythm

ANS: B DIF: 1 REF: p. 29

7. The term for malignant, nonencapsulated cells that invade surrounding tissue is
- a. dosha.
 - b. fistula.
 - c. cancer.
 - d. sinus.

ANS: C DIF: 1 REF: p. 33

8. Pain sensation that continues or recurs over a prolonged time, usually for more than 6 months is
- a. acute.
 - b. bright.
 - c. somatic.
 - d. chronic.

ANS: D DIF: 1 REF: p. 41

9. The term for a disease with a vague onset that develops slowly and lasts for a long time, sometimes for life, is
- a. chronic disease.
 - b. acute disease.
 - c. short-term illness.
 - d. long-term disability.

ANS: A DIF: 1 REF: p. 31

10. What is the labeling of signs and symptoms by a licensed medical professional?
- a. Prognosis
 - b. Diagnosis
 - c. Assessment
 - d. Prescription

ANS: B DIF: 1 REF: p. 30

11. An abnormality in functions of the body, especially when the abnormality threatens well-being, is a
- a. problem.
 - b. condition.
 - c. disease.
 - d. syndrome.

ANS: C DIF: 1 REF: p. 30

12. An Ayurvedic concept that describes chemical processes in the body is
- a. reiki.
 - b. chakra.
 - c. mudra.
 - d. dosha.

ANS: D DIF: 1 REF: p. 26

13. What is movement away from a center or point of reference?
- a. Efferent
 - b. Afferent
 - c. Origin
 - d. Contraction

ANS: A DIF: 1 REF: p. 28

14. Coordination or synchronization to an internal or external rhythm is known as
- a. movement.
 - b. entrainment.
 - c. alignment.
 - d. attunement.

ANS: B DIF: 1 REF: p. 29

15. The study of the factors involved in the development of disease, including the nature of the disease and susceptibility, is
- a. genealogy.
 - b. pathology.
 - c. etiology.
 - d. pathophysiology.

ANS: C DIF: 1 REF: p. 30

16. An abnormal connection occurring between two surfaces via a tract that is open at both ends is a
- a. sinus.
 - b. tunnel.
 - c. gateway.
 - d. fistula.

ANS: D DIF: 1 REF: p. 39

17. A self-regulating control system in the body that receives information, integrates that information, and provides a response to maintain homeostasis is a
- a. feedback loop.
 - b. stress response.
 - c. reflex.
 - d. reaction.

ANS: A DIF: 1 REF: p. 27

18. Which of the following is the term for the body mobilizing different defense mechanisms when threatened by actual or perceived harmful stimuli?
- a. Entrainment
 - b. Adaptation
 - c. Negative feedback loop
 - d. Positive feedback loop

ANS: B DIF: 1 REF: p. 25|p. 30

19. The condition of homeostasis resulting in a state of physical, emotional, social, and spiritual well-being is
- disease.
 - remission.
 - health.
 - balance.

ANS: C DIF: 1 REF: p. 25

20. The relatively constant state of the internal environment of the body that is maintained by adaptive responses is known as
- hypertonicity.
 - metabolism.
 - conductivity.
 - homeostasis.

ANS: D DIF: 1 REF: p. 25

21. What is an uncontrolled increase in the number of cells of a body part?
- Hyperplasia
 - Anemia
 - Hypoplasia
 - Ischemia

ANS: A DIF: 1 REF: p. 32

22. What is an increased sensitivity to pain?
- Analgesia
 - Hyperalgesia
 - Hypoalgesia
 - Hyperanalgesia

ANS: B DIF: 1 REF: p. 38

23. The protective response of the tissues to irritation or injury that has the four primary signs of redness, heat, swelling, and pain is
- injury.
 - anemia.
 - inflammation.
 - edema.

ANS: C DIF: 1 REF: p. 34

24. A chronic condition without active disease present or that persists even with treatment is considered what type of pain experience?
- Somatic
 - Visceral
 - Incorrigible
 - Intractable

ANS: D DIF: 1 REF: p. 41

25. In Ayurveda, what physiologic function blends the water and earth elements?
- a. Kapha dosha
 - b. Pitta dosha
 - c. Vata dosha
 - d. Chakra dosha

ANS: A DIF: 1 REF: p. 27

26. What is any abnormal growth of new tissue?
- a. Contusion
 - b. Neoplasm
 - c. Sinus
 - d. Fistula

ANS: B DIF: 1 REF: p. 31

27. Organisms that cause disease only when the immunity is low in a host are what type of pathogens?
- a. Invasive
 - b. Intravenous
 - c. Opportunistic
 - d. Offensive

ANS: C DIF: 1 REF: p. 31

28. What is development of a disease?
- a. Pathology
 - b. Etiology
 - c. Physiology
 - d. Pathogenesis

ANS: D DIF: 1 REF: p. 30

29. Which of the following is the term for an unpleasant, subjective sensation?
- a. Pain
 - b. Signs
 - c. Symptoms
 - d. Syndrome

ANS: A DIF: 1 REF: p. 40

30. What is the ability of an infectious agent to cause disease?
- a. Pathology
 - b. Pathogenicity
 - c. Pathophysiology
 - d. Pharmacology

ANS: B DIF: 1 REF: p. 31

31. What is the study of disease as observed in the structure and function of the body?
- a. Physiology
 - b. Anatomy
 - c. Pathology

d. Pathogenicity

ANS: C

DIF: 1

REF: p. 30

32. When a sensation is experienced in a missing extremity after it has been amputated, it is referred to as what type of pain?

- a. Invisible
- b. Somatic
- c. Visceral
- d. Phantom

ANS: D

DIF: 1

REF: p. 42

33. In Ayurveda, what is a physiologic function that combines fire and water?

- a. Pitta dosha
- b. Kapha dosha
- c. Vata dosha
- d. Chakra dosha

ANS: A

DIF: 1

REF: p. 26

34. Being felt in a surface area far from the stimulated organ describes _____ pain.

- a. regional
- b. referred
- c. visceral
- d. somatic

ANS: B

DIF: 1

REF: p. 42

35. What is a reversal of signs and symptoms in chronic disease that can be temporary or permanent?

- a. Acute phase
- b. Regeneration
- c. Remission
- d. Reduction

ANS: C

DIF: 1

REF: p. 31

36. What are the objective changes that someone other than the client or patient can observe and measure?

- a. Symptoms
- b. Assessments
- c. Evaluations
- d. Signs

ANS: D

DIF: 1

REF: p. 30

37. Organisms that cause disease are

- a. pathogens.
- b. opportunistic.
- c. benign.
- d. idiopathic.

ANS: A DIF: 1 REF: p. 28

38. Stimulation of receptors in the skin or stimulation of receptors in skeletal muscles, joints, tendons, and fasciae can result in what type of pain sensation?
- a. Visceral
 - b. Somatic
 - c. Referred
 - d. Diffused

ANS: B DIF: 1 REF: p. 41

39. Any external or internal stimulus that requires a change or response to prevent an imbalance in the internal environment of the body, mind, or emotions is referred to as
- a. pressure.
 - b. strain.
 - c. stress.
 - d. tension.

ANS: C DIF: 1 REF: p. 25

40. Groups of signs and symptoms that identify a pathologic condition, especially when they have a common cause, are considered
- a. communicable.
 - b. congenital.
 - c. syndromes.
 - d. subacute.

ANS: C DIF: 1 REF: p. 31

41. What are the subjective changes noticed or felt only by the client or patient?
- a. Signs
 - b. Assessments
 - c. Somatic pain
 - d. Symptoms

ANS: D DIF: 1 REF: p. 30

42. What is the term for a group of different signs and symptoms that identify a pathologic condition, especially when they have a common cause?
- a. Syndrome
 - b. Disease
 - c. Disorder
 - d. Malady

ANS: A DIF: 1 REF: p. 31

43. In Ayurveda, what is the physiologic function formed from ether and air?
- a. Pitta dosha
 - b. Vata dosha
 - c. Kapha dosha
 - d. Chakra dosha

ANS: B DIF: 1 REF: p. 26

44. If organisms have the quality that enables them to cause disease they are called
- strong.
 - potent.
 - virulent.
 - communicable.

ANS: C DIF: 2 REF: p. 31

45. Stimulation of receptors or an abnormal condition in the internal organs can result in what type of pain?
- Somatic
 - Superficial
 - Deep
 - Visceral

ANS: D DIF: 1 REF: p. 41

46. A person is expected to recover from a car accident, he is in an induced coma to give his surgical wounds time to heal by keeping him still during recovery. If this coma is considered a yin state, what would be a yang state in his healing process?
- Natural sleep
 - A “natural” coma, as opposed to this induced one
 - Natural methods of relaxation and meditation
 - Physical therapy

ANS: D DIF: 3 REF: p. 26

47. In Ayurveda, what does the Kapha dosha do?
- Blends the water and earth elements
 - Divides the cells
 - Combines fire and water
 - Represents transformation

ANS: A DIF: 2 REF: p. 26

48. An accurate feedback loop is described by which of the following?
- A signal traveling toward a particular point of reference is an efferent signal.
 - Positive feedback reverses the original stimulus and thus stabilizes physiologic function to help maintain a constant environment.
 - The pain-spasm-pain cycle is a negative feedback loop.
 - The mechanism that keeps contractions occurring during labor and delivery is an example of positive feedback.

ANS: D DIF: 3 REF: p. 27

49. What is a biologic rhythm that repeats itself every 90 minutes to every few hours?
- Circadian
 - Ultradian
 - Seasonal
 - Entrainment

ANS: B DIF: 2 REF: p. 29

50. What is the term for a disease that can be transmitted from one person to another?
- a. Communicable
 - b. Acute
 - c. Subacute
 - d. Chronic

ANS: A DIF: 1 REF: p. 31

51. What is the study of the frequency, transmission, occurrence, and distribution of disease in human beings?
- a. Etiology
 - b. Epidemiology
 - c. Pathology
 - d. Diagnosis

ANS: B DIF: 1 REF: p. 30

52. What is the term for the group of objective and subjective changes that occur in a pathologic condition?
- a. Syndrome
 - b. Sign
 - c. Symptom
 - d. Biochemical lesion

ANS: A DIF: 1 REF: p. 30

53. A disease that seems to have no discernible cause that anyone can identify is considered
- a. etiologic.
 - b. opportunistic.
 - c. idiopathic.
 - d. virulent.

ANS: C DIF: 2 REF: p. 30

54. The explanation of how a disease progresses, as well as its probable outcome, is
- a. diagnosis.
 - b. remission.
 - c. prognosis.
 - d. pathogenicity.

ANS: C DIF: 2 REF: p. 30

55. The term for disease caused by pathogens is
- a. virulent.
 - b. infectious.
 - c. viral.
 - d. opportunistic.

ANS: B DIF: 1 REF: p. 31

56. Pathogenic plantlike organisms that lack chlorophyll are
- a. viruses.

- b. flukes.
- c. fungi.
- d. bacteria.

ANS: C DIF: 1 REF: p. 33

57. Hyperplasia is the term for which of the following?
- a. Abnormal tissue growth from uncontrolled cell division
 - b. A union of cells
 - c. Atrophy of muscle tissue
 - d. A benign tumor of adipose tissue

ANS: A DIF: 1 REF: p. 31

58. Eli's lab test results show that there is evidence of anaplasia in some of his cells. From this, his doctor accurately knows which of the following?
- a. Eli does not have cancer.
 - b. At least some of Eli's cells are reproducing abnormal and undifferentiated cells that fail to mature into specialized types.
 - c. Eli has an encapsulated tumor that may interfere with function by blocking functional tissue or pressing on pain-sensitive structures.
 - d. Eli's cells contain chemicals that affect genetic activity to speed recovery from an infection or injury.

ANS: B DIF: 2 REF: p. 33

59. What are key signs in the inflammatory response?
- a. Heat and redness
 - b. Swelling
 - c. Pain
 - d. All of the above

ANS: D DIF: 1 REF: p. 35

60. Jaheem has an infection with inflammation. All of the following should occur *except*
- a. changes in blood circulation.
 - b. reduced vessel wall permeability.
 - c. white blood cell response.
 - d. release of histamine mediators.

ANS: B DIF: 2 REF: p. 35

61. Stacey cuts her finger while slicing an apple and experiences an intense but short-lived, sharp, local superficial pain. What type of pain is this?
- a. Chronic
 - b. Somatic
 - c. Deep
 - d. Visceral

ANS: B DIF: 1 REF: p. 41

62. Anton's gallstones have him doubled over. He is experiencing which of the following types of intense pain?

- a. Acute somatic
- b. Visceral
- c. Referred
- d. Intractable chronic

ANS: B DIF: 1 REF: p. 41

63. Jillian has pain on the right side of her neck. If this is referred visceral pain, she may need to be referred for diagnosis to rule out dysfunction in her
- a. lungs or diaphragm.
 - b. stomach or gallbladder.
 - c. kidneys or heart.
 - d. liver or gallbladder.

ANS: D DIF: 2 REF: p. 42

64. When is phantom pain felt?
- a. In response to pain from an organ
 - b. During the pain-spasm-pain cycle
 - c. Frequently after an amputation
 - d. During a chronic inflammatory disease

ANS: C DIF: 1 REF: p. 42

65. Biofeedback relieves pain when
- a. a needle is inserted along specific body meridians.
 - b. pressure is applied along certain body meridians.
 - c. an individual focuses on a exercise training.
 - d. the individual learns to inhibit the impulses ascending the pain pathways.

ANS: D DIF: 1 REF: p. 46

66. Tony reaches his pain threshold when
- a. he begins to experience enough relief that he can carry on a conversation in a normal tone of voice.
 - b. his nociceptors first begin to fire.
 - c. he has reached his limit of tolerance.
 - d. communication with his pain receptors is successfully interrupted by chemical or alternative pain management techniques.

ANS: B DIF: 2 REF: p. 43

67. Joey schedules a massage for his lower back because he knows that massage can do which of the following to help relieve his pain?
- a. Stimulate sensory receptors other than nociceptors
 - b. Inhibit release of histamine
 - c. Help local blood vessels to constrict
 - d. Decrease the conduction of nerve impulses into the brain

ANS: A DIF: 1 REF: p. 46

68. In order, what is the sequence of stages in the general adaptation syndrome?
- a. General adaptation; fight-or-flight; resistance reaction

- b. Fight-or-flight; general adaptation; exhaustion reaction
- c. Resistance reaction; fight-or-flight; exhaustion reaction; recovery and general adaptation
- d. Fight-or-flight; resistance reaction; exhaustion reaction

ANS: D DIF: 2 REF: p. 49

69. During her massage, Luisa's body is able to entrain. This means that her body
- a. is able to achieve a state of increased physical fitness.
 - b. is able to let go of all forms of stress.
 - c. synchronizes biologic rhythms.
 - d. allows itself to be in a state of controlled exhaustion.

ANS: C DIF: 3 REF: p. 29

70. Research has validated that massage is effective as part of the treatment process for many different health-related conditions. Which of the following explains why?
- a. Massage supports homeostatic processes.
 - b. Massage generates a positive feedback loop.
 - c. The Ayurvedic chakras are inhibited during massage.
 - d. The unified methods of yin yang and Pitta, Kapha, and Vata doshas suppress entrainment.

ANS: A DIF: 3 REF: p. 52

71. One of the principles of massage, especially for relaxation, is focused rhythmic application in a quiet environment with soothing music. What physical phenomenon is involved?
- a. Conditioning
 - b. Entrainment
 - c. Conductivity
 - d. Assessment

ANS: B DIF: 3 REF: p. 29

72. Friction is used on an area of fibrotic scar tissue because friction causes what physiologic mechanism for change in the tissue?
- a. Conductivity
 - b. Extensibility
 - c. Hyperplasia
 - d. Inflammation

ANS: D DIF: 3 REF: p. 37

73. Which of the following methods easily combines with massage and further supports pain management by interacting with the brain through the sense of smell?
- a. Placebo method
 - b. Acupuncture
 - c. Aromatherapy
 - d. Hypnosis

ANS: C DIF: 3 REF: p. 46

74. If the massage professional is part of a multidisciplinary team for pain management, which of the following creates the most need to alter the massage approach?
- a. Application of heat
 - b. Music therapy
 - c. Biofeedback
 - d. Medication

ANS: D

DIF: 3

REF: p. 46

75. In a multidisciplinary approach to pain management, which of the following most directly addresses the mind?
- a. Surgical techniques
 - b. Hypnosis
 - c. Acupressure
 - d. Hydrotherapy

ANS: B

DIF: 2

REF: p. 46

76. A massage therapist notices during assessment that a client's muscles are tense and an eye muscle is twitching. Based on these observations, which of the following is likely increased?
- a. Epinephrine
 - b. Digestive secretions
 - c. Peristalsis
 - d. Heart rate and muscle relaxation

ANS: A

DIF: 3

REF: p. 50|p. 52

77. A client has had to attend to both a death and a wedding in the immediate family. Which of the following is the appropriate massage application?
- a. Increase adaptive strain through general massage.
 - b. Increase sympathetic responses through energy-based methods.
 - c. Decrease adaptive strain through general massage.
 - d. Decrease the autoimmune response by using energy-based methods.

ANS: C

DIF: 3

REF: p. 52

78. A massage therapist has been in practice for 25 years. She became a massage therapist in her mid-20s and is now just over 50 years of age. During this time she has had two babies, a serious health event, a major surgery, and she is concerned about being happy, productive, and secure in her outcome for the rest of her life. What is being described?
- a. The general adaptation syndrome
 - b. Risk factors of the stress response
 - c. Various stages of the life cycle
 - d. Adaptation to immune suppression

ANS: C

DIF: 3

REF: p. 53

79. The various cultural healing arts presented in this text can be described as
- a. being ineffective because they cannot explain homeostasis.
 - b. dealing only with the parts of the body, not the whole person.
 - c. using their own terminology to describe homeostasis.
 - d. keeping the elements of nature separate from the body.

ANS: C DIF: 1 REF: p. 26

80. The parts of a feedback loop can be described as
- a. the major cause of disease.
 - b. contributing to maintaining homeostasis.
 - c. a disruption of the body's self-regulation.
 - d. having a sensor, a control center, and an effector.

ANS: D DIF: 1 REF: p. 27

81. The synchronization of biologic rhythms includes that it
- a. promotes homeostasis and supports a healthy body.
 - b. requires sympathetic activities to predominate.
 - c. is unaffected by external components, such as sunlight or weather.
 - d. is very difficult for the body to accomplish.

ANS: A DIF: 1 REF: p. 29

82. Which of the following is a description of what massage and other forms of bodywork and movement therapies can do for the body?
- a. Cause pathogenesis, which will reverse the development of disease
 - b. Support maintenance and return to a healthy state
 - c. Support the various pathologies in the body
 - d. Have no effect on the abnormal functions of disease states

ANS: B DIF: 1 REF: p. 25

83. A feature of the inflammatory response is that it is
- a. a major cause of disease in the body.
 - b. a combination of processes that attempt to minimize tissue injury.
 - c. always separate from immune reactions.
 - d. identified by the three primary signs of heat, exudation, and cell regeneration.

ANS: B DIF: 1 REF: p. 34

84. The definition of risk factors is that they are
- a. the major causes of disease.
 - b. unaffected by changes in lifestyle or activities.
 - c. influences that can put a person at risk for developing disease.
 - d. all environmental.

ANS: C DIF: 1 REF: p. 31

85. Pain is a complex, private, abstract experience that also has what characteristic?
- a. Usually very easy to describe
 - b. Without any psychological or social aspects
 - c. Rarely causes a person to seek medical help
 - d. Not easy to define and measure

ANS: D DIF: 1 REF: p. 40

86. What is hypersensitivity to pain?

- a. Hyperalgesia
- b. Intractable
- c. Analgesia
- d. Voluntary splinting

ANS: A DIF: 1 REF: p. 40

87. The appropriate action for the massage professional to take for a client who has referred pain is to
- a. use deeper pressure on the corresponding area.
 - b. refer the client to a physician for a diagnosis.
 - c. disrupt signals from the brain by using shaking techniques.
 - d. initiate a reflex contraction.

ANS: B DIF: 1 REF: p. 42

88. An accurate portrayal of people who experience excessive or ongoing stress is that they
- a. should not have bodywork while under the stress.
 - b. will not have panic or anxiety attacks.
 - c. can have a decrease in immune function.
 - d. are always receiving too much exposure to stimuli.

ANS: C DIF: 1 REF: p. 51

89. A massage practitioner is feeling the stress of time management and balance between career and family focus. Which of the following care plans would be the most productive?
- a. Reducing risk factors specifically related to intractable pain
 - b. Reducing adaptive capacity by increasing the potential for the inflammatory response to influence anaplasia
 - c. Combining stress management methods to support sleep
 - d. Differentiating between biologic rhythms at work and home, and then using etiology to reduce stress

ANS: C DIF: 3 REF: p. 48

90. Which of the following is *not* an inflammatory mediator?
- a. Histamines
 - b. Bradykinin
 - c. Anaplasia
 - d. Arachidonic acid

ANS: C DIF: 2 REF: p. 35

91. Based on Maslow's hierarchy of needs as a model for a psychological life cycle, which of the following describes the social stage?
- a. Concerned about survival
 - b. Developing family and friends
 - c. Status within the social structure
 - d. Achieving our life purpose

ANS: B DIF: 1 REF: p. 54

92. Which of the following stages best describes a 10-year-old child?

- a. Conception
- b. Birth
- c. Growth
- d. Social

ANS: C DIF: 1 REF: p. 54

93. A client just got married and is planning a family. What emotional stage best describes this activity?

- a. Physiological
- b. Security
- c. Social
- d. Self-actualization

ANS: C DIF: 1 REF: p. 54

94. The expected outcome in a client who has a disease is the

- a. prognosis.
- b. pathogenicity.
- c. etiology.
- d. epidemiology.

ANS: A DIF: 1 REF: p. 31