

Test Bank for Mosby's Essential Sciences for Therapeutic Massage 6th Fritz

Chapter 02: Mechanisms of Health and Disease
Fritz: Mosby's Essential Sciences for Therapeutic Massage, 6th Edition

MULTIPLE CHOICE

1. Which occurrence 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. 36

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. 43

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. 33

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. Which term 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. Biological rhythm

- c. Biological oscillator
- d. Seasonal oscillator

ANS: B DIF: 1 REF: p. 35

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. 37

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. 45

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. 36

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

ANS: B DIF: 1 REF: p. 36

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. 36

12. An Ayurvedic concept that describes physiological processes in the body is:
- a. reiki.
 - b. chakra.
 - c. mudra.

d. dosha.

ANS: D

DIF: 1

REF: p. 32

13. What term means movement away from a center or point of reference?

- a. Efferent
- b. Afferent
- c. Origin
- d. Contraction

ANS: A

DIF: 1

REF: p. 33

14. Oscillating bodies moving in a synchronize, harmonic manner is known as:

- a. movement.
- b. entrainment.
- c. alignment.
- d. attunement.

ANS: B

DIF: 1

REF: p. 35

15. The study of all the factors involved in causing a disease is called:

- a. genealogy.
- b. pathology.
- c. etiology.
- d. pathophysiology.

ANS: C

DIF: 1

REF: p. 36

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. 42

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. 33

18. Which term means the ability of the body to bring itself back into homeostasis when exposed to stress?

- a. Entrainment
- b. Adaptation
- c. Negative feedback loop
- d. Positive feedback loop

ANS: B DIF: 1 REF: p. 30

19. The condition of the body's ability to maintain homeostasis and having a strong adaptive capacity is:
- a. disease.
 - b. remission.
 - c. health.
 - d. balance.

ANS: C DIF: 1 REF: p. 30

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

ANS: D DIF: 1 REF: p. 30

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

ANS: A DIF: 1 REF: p. 37

22. What is an increased sensitivity to pain?
- a. Analgesia
 - b. Hyperalgesia
 - c. Hypoalgesia
 - d. Hyperanalgesia

ANS: B DIF: 1 REF: p. 46

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

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

24. 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. 36

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

ANS: A DIF: 1 REF: p. 32

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

ANS: B DIF: 1 REF: p. 37

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. 37

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

ANS: D DIF: 1 REF: p. 30 | p. 36

29. Which term means an unpleasant, subjective sensation?
- a. Pain
 - b. Signs
 - c. Symptoms
 - d. Syndrome

ANS: A DIF: 1 REF: p. 29

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. 37

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. 29 | p. 36

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. 29 | p. 48 | p. 49

33. In Ayurveda, what is a physiological function dosha combines fire and water?
- a. Pitta
 - b. Kapha
 - c. Vata
 - d. Chakra

ANS: A DIF: 1 REF: p. 32

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. 48

35. What is a reversal of signs and symptoms in chronic disease that can be temporary or permanent?
- a. Acute phase
 - b. Alarm reaction
 - c. Remission
 - d. Reduction

ANS: C DIF: 1 REF: p. 36

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. 36

37. Organisms that cause disease are called:
- a. pathogens.

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

ANS: A DIF: 1 REF: p. 33

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?
- a. Visceral
 - b. Somatic
 - c. Referred
 - d. Diffused

ANS: B DIF: 1 REF: p. 48

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. 29 | p. 56

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

ANS: C DIF: 1 REF: p. 36

41. What is the term for 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. 36

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

ANS: A DIF: 1 REF: p. 36

43. In Ayurveda, what is the physiological function dosha formed from ether and air?
- a. Pitta

- b. Vata
- c. Kapha
- d. Chakra

ANS: B DIF: 1 REF: p. 32

44. The quality of organisms that enable them to cause disease is:
- a. strength.
 - b. potency.
 - c. virulence.
 - d. communicability.

ANS: C DIF: 2 REF: p. 29 | p. 37

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

ANS: D DIF: 1 REF: p. 29 | p. 48 | p. 49

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?
- a. Natural sleep
 - b. A “natural” coma, as opposed to this induced one
 - c. Relaxation and meditation methods
 - d. Physical therapy

ANS: D DIF: 3 REF: p. 62

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

ANS: A DIF: 2 REF: p. 32

48. Which statement describes feedback loops?
- a. A signal traveling toward a particular point of reference is an efferent signal.
 - b. Positive feedback reverses the original stimulus and thus stabilizes physiological function to help maintain a constant environment.
 - c. The pain-spasm-pain cycle is a negative feedback loop.
 - d. The mechanism that keeps contractions occurring during labor and delivery is an example of positive feedback.

ANS: D DIF: 3 REF: p. 33

49. What is a biological rhythm that repeats itself every 90 minutes to every few hours?

- a. Circadian
- b. Ultradian
- c. Seasonal
- d. Entrainment

ANS: B DIF: 2 REF: p. 35

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. 36

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. 36

52. What is the term for the group of objective and subjective changes that occur in a pathological condition?

- a. Syndrome
- b. Sign
- c. Symptom
- d. Biochemical lesion

ANS: A DIF: 1 REF: p. 36

53. A disease that seems to have an undetermined cause is considered:

- a. etiological.
- b. opportunistic.
- c. idiopathic.
- d. virulent.

ANS: C DIF: 2 REF: p. 36

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. 36

55. The term for disease caused by pathogens is:

- a. virulent.
- b. infectious.

- c. viral.
- d. opportunistic.

ANS: B DIF: 1 REF: p. 36

56. Pathogenic plantlike organisms that lack chlorophyll are:

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

ANS: C DIF: 1 REF: p. 39

57. Hyperplasia is the term for:

- a. 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. 37

58. Eli's lab test results show that there is evidence of anaplasia in some of his cells. From this, his doctor accurately knows that:

- a. Eli does not have a cancerous growth.
- b. at least some of Eli's cells are abnormal or undifferentiated cells that fail to mature into specialized cell types.
- c. an encapsulated tumor is in Eli's body 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.

ANS: B DIF: 2 REF: p. 37

59. What are key signs in the inflammatory response?

- a. Heat and redness
- b. Swelling
- c. Pain
- d. All are correct

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

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. 40

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. 47

62. Anton's gallstones have him doubled over. He is experiencing which type of intense pain?
- a. Acute somatic
 - b. Visceral
 - c. Referred
 - d. Intractable chronic

ANS: B DIF: 1 REF: p. 48

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. 48

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. 48

65. Biofeedback relieves pain when:
- a. needles are inserted along specific body meridians.
 - b. pressure is applied along certain body meridians.
 - c. the individual focuses on exercise training.
 - d. the individual controls impulses ascending the pain pathways.

ANS: D DIF: 1 REF: p. 52

66. Tony reaches his pain threshold when:
- a. he experiences enough relief that he can carry on a conversation.
 - b. his nociceptors first begin to fire.
 - c. he has reached his limit of tolerance.
 - d. communication with his pain receptors is interrupted.

ANS: B DIF: 2 REF: p. 43

67. A client is using a heating pad because his back hurts and wants to:
- a. inhibit pain fibers by stimulating temperature receptors.
 - b. deter accompanying swelling through vasoconstriction.
 - c. inhibit the release of endogenous opioids.
 - d. decrease the conduction of nerve impulses into the brain.

ANS: A DIF: 1 REF: p. 52

68. Joey schedules a massage for his lower back because he knows that massage can have which effect 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. 52

69. What is the sequence of stages in the general adaptation syndrome?
- a. Recovery; fight-or-flight; resistance reaction
 - b. Fight-or-flight; general adaptation; exhaustion reaction
 - c. Resistance reaction; fight-or-flight; exhaustion reaction; recovery
 - d. Fight-or-flight; resistance reaction; exhaustion reaction

ANS: D DIF: 2 REF: p. 56

70. 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 biological rhythms.
 - d. allows itself to be in a state of controlled exhaustion.

ANS: C DIF: 3 REF: p. 35

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

ANS: A DIF: 3 REF: p. 61 | p. 65

72. 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. 35 | p. 62

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

ANS: D DIF: 3 REF: p. 41 | p. 42

74. Which method 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. 52

75. If the massage professional is part of a multidisciplinary team for pain management, which factor 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

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

ANS: B DIF: 2 REF: p. 52

77. A massage therapist notices during assessment that a client's muscles are tense and an eye muscle is twitching. Based on these observations, which process is likely increased?
- a. Epinephrine secretion
 - b. Digestive secretions
 - c. Peristaltic contractions
 - d. Overall relaxation

ANS: A DIF: 3 REF: p. 59

78. A client has had to attend to both a death and a wedding in the immediate family. Which approach 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. 61

79. A massage therapist is taking some continuing education classes that are altering his body mechanics, making them more effective. This has been a challenge, and at first his perception of the instruction was less than positive; however, he is slowly seeing the benefits. What is this massage therapist experiencing?

- a. Shift in perceptions and adaptation
- b. Nonproductive stress response
- c. Hypothalamic overload
- d. Alarm response

ANS: A DIF: 3 REF: p. 61

80. 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. 63

81. 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. 31

82. 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. 33

83. The synchronization of biological 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. 35

84. Which statement describes 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. 36

85. 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 speed recovery from 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. 40

86. 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 increase the likelihood of a disease developing.
- d. all environmental.

ANS: C DIF: 1 REF: p. 42

87. 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. 43

88. What is hypersensitivity to pain called?

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

ANS: A DIF: 1 REF: p. 46

89. 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. recommend the client see 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. 48

90. 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. 59

91. A massage practitioner is feeling the stress of too many obligations while trying to balance career and family focus. Which care plan 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 biological rhythms at work and home, and then using etiology to reduce stress

ANS: C DIF: 3 REF: p. 61

92. Which term is *not* an inflammatory mediator?

- a. Histamines
- b. Bradykinin
- c. Anaplasia
- d. Arachidonic acid

ANS: C DIF: 2 REF: p. 40

93. Based on Maslow's hierarchy of needs, which statement 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. 63

94. Which life cycle phase best describes a 10-year-old child?

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

ANS: C DIF: 1 REF: p. 63

95. A client just got married and is planning a family. What stage in Maslow's hierarchy of needs best describes this activity?

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

ANS: C DIF: 1 REF: p. 63