

## Chapter 01: Introduction to Pathology and Infection Control

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

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#### 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”.

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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.

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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.

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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.

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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.

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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.

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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.

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TOP: MTBOK: section 210.4 (Pathology)

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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.

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

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

ANS: C

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

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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.

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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.

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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.

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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)  
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14. Infectious agents can be spread through:
- a. contact with contaminated linens.
  - b. contact with contaminated massage tools.
  - c. contact with open containers of lubricant.
  - d. 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)  
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15. Which term means *an organism in which pathogens reside*?
- a. Reservoir
  - b. Cistern
  - c. Host
  - d. Hiatus

ANS: C

A host is a residency in which pathogens can harbor.

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

ANS: D

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

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

ANS: C

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

REF: p. 13 TOP: MTBOK: section 210.4 (Pathology)

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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.

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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.

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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.

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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.