**Chapter 14 – Becoming an Informed Health Care Consumer**

**Multiple Choice**

1. Pharmacists are required to give you a \_\_\_\_\_\_\_\_\_\_\_\_ with each prescription medication you buy.

A) childproof safety cap

B) disclaimer or liability

C) patient information sheet

D) substance abuse hotline number

Answer: C

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2. Which of the following is MOST likely to provide accurate and unbiased health information?

A) a medical practitioner

B) a magazine

C) a pharmaceutical company

D) a friend who has had personal experience

Answer: A

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3. The most common weakness of health related infomercials on television is that the

A) validity is questionable.

B) information is dangerous.

C) delivery is too boring.

D) message is inaccurate.

Answer: A

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4. A doctor of osteopathy (DO) is considered a(n)

A) surgeon.

B) primary care provider.

C) alternative practitioner.

D) allied health care professional.

Answer: B

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5. The main differences between an MD and a DO is the

A) DO is unable to prescribe drugs.

B) MD receives more training.

C) MD is not a specialist, while the DO is.

D) DO will usually place more emphasis on holistic medicine.

Answer: D

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6. Chiropractors, acupuncturists, and homeopaths are best considered \_\_\_\_\_\_\_\_\_\_\_ health care practitioners.

A) complementary

B) under-trained

C) dangerous

D) primary

Answer: A

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7. The primary method chiropractors use to treat illness is through

A) enemas.

B) massage therapy.

C) homeopathic remedies.

D) manipulating the spinal column.

Answer: D

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8. The medical community’s acceptance of chiropractic care as a useful type of complementary care is demonstrated through

A) the current trend to include chiropractic physicians within medical groups.

B) the rigor of its training.

C) its basic view of patients.

D) the admissions standards of its training institutions.

Answer: A

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9. The theory that underlies acupuncture is that the treatment

A) frightens away bad spirits.

B) helps balance active and passive life forces.

C) forces the brain to reinterpret pain messages.

D) changes the flow of blood in the area of the needle.

Answer: B

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10. Research on the medical effectiveness of acupuncture indicates that

A) its effects are merely psychological.

B) it has value as an anesthetic and an antidote to chronic pain.

C) patients can become psychologically dependent on the treatments.

D) it is an effective treatment for chronic pain.

Answer: D

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11. Homeopathic remedies are based on

A) using tiny quantities of herbs and/or minerals to stimulate cures.

B) purging the system of unclean substances.

C) traditional herbal medicine.

D) massage therapy.

Answer: A

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12. An alternative medical approach that stresses mind/body balance, proper diet, stress reduction, and reliance on the body’s own immune system to heal is called

A) homeopathy.

B) naturopathy.

C) chiropractic.

D) spiritualism.

Answer: B

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13. In response to the fact that many people were attracted to alternative practitioners, the National Institutes of Health began to

A) subject these practices to scientific inquiry.

B) warn physicians against the most common alternative practices.

C) criticize alternative practices in nationwide public service announcements.

D) mount a public relations campaign to promote conventional medical practice.

Answer: A

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14. What percentage of all college students are estimated to be disabled?

A) 6 to 10 percent

B) 11 to 15 percent

C) 16 to 20 percent

D) less than 5 percent

Answer: B

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15. The purpose of a Medigap insurance policy is to

A) assist people in covering the out-of-pocket expenses associated with Medicare Parts A and B.

B) provide new prescription coverage options for Medicare recipients.

C) provide health coverage for persons 65 years of age and older.

D) provide health care for persons of any age who have particular disabilities or permanent kidney failure.

Answer: A

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16. Which health care profession uses specific remedies to produce effects different from those produced by a disease or injury?

A) osteopathy

B) chiropractic

C) allopathy

D) acupuncture

Answer: C

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17. Which of the following is NOT a characteristic of ayurvedic medicine?

A) elimination of impurities

B) reduction of symptoms

C) elimination of existing physical and psychological discomfort

D) balancing the active and passive forces within the body

Answer: D

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18. Training for which health care professional is gradually being phased out?

A) chiropractor

B) Doctor of Osteopathy

C) licensed practical nurses

D) advanced practice nurses

Answer: C

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19. Ellen has completed her four-year nursing degree and passed her state-licensing exam to become a registered nurse. How can she become certified as an advanced practice nurse? She

A) must specialize in a clinical area and become certified.

B) must complete two years of medical school.

C) must obtain a doctoral degree in nursing.

D) can become one immediately.

Answer: A

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20. Training programs for which of the following types of nurses are gradually being phased out in the United States?

A) registered nurses

B) nurse practitioners

C) professional nurses

D) licensed practical nurses

Answer: D

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21. Kim is a high school graduate who wants to pursue a career as an allied-health professional. All of the following will most likely be required, regardless of the field she chooses, EXCEPT

A) a training program based in a hospital instead of a school.

B) a licensing examination.

C) one to five years of post-secondary school study.

D) a medical degree.

Answer: D

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22. One of the most common trends in American hospitals in recent years is

A) changing to pull public ownership.

B) hospitalizing patients for a longer period of time.

C) offering various community health and wellness programs.

D) cutting charges to compete with other medical facilities.

Answer: C

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23. In recent years, HMOs in the United States have attracted the most public ire for their

A) cost containment efforts.

B) practitioner assessment.

C) failure to make a profit.

D) limited offerings.

Answer: 377-378

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24. What is Medicare? It is

A) health insurance for elderly people at any income level or for poor people who cannot afford other insurance.

B) federal health insurance that is free for elderly people and $50.00 per month for others.

C) a free health insurance program for elderly people.

D) health insurance for the elderly that is funded by their Social Security contributions.

Answer: D

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25. In the United States, approximately \_\_\_\_\_\_ new drugs are approved annually.

A) 10 to 15

B) 16 to 20

C) 21 to 25

D) 26 to 30

Answer: B

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26. In the approval process for a new drug, where is the first point at which a drug company must seek FDA approval?

A) as soon as the company receives a patent for the new drug

B) before isolating a new compound in the laboratory

C) before studying the effect on the drug on humans

D) before attempting research on humans

Answer: D

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27. A manufacturer who obtains a patent for a new prescription drug will have about \_\_\_\_\_\_\_ years to sell the drug without competition after the successful completion of a seven-year clinical trial process.

A) 25

B) 17

C) 10

D) 7

Answer: B

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28. Why are generic drugs usually cheaper than brand-name drugs?

A) Production is less costly because all of the preceding research has been completed.

B) Generic drugs seldom contain all of the expensive ingredients in brand-name versions.

C) A large percentage of the price of brand-name drugs goes into advertising.

D) Makers of generic drugs tend to be smaller companies.

Answer: A

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29. What is the FDA’s role in the approval of over-the-counter drugs?

A) The FDA does not regulate over-the-counter drugs.

B) The drug can only go over-the-counter if the FDA approves it.

C) The FDA exercises advisory oversight of over-the-counter drugs.

D) The FDA establishes guidelines for self-control by over-the-counter drug makers.

Answer: B

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30. All of the following information is required to be on over-the-counter drug labels EXCEPT for the

A) active ingredient(s).

B) uses.

C) warnings.

D) calories.

Answer: D

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31. The distinguishing characteristic of quackery is that

A) its purveyors are dropouts from the medical establishment.

B) its claims are based on unsound methods.

C) its real sponsors are anonymous.

D) it attempts to provide unbiased information.

Answer: B

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32. The federal government allows individuals to carry COBRA insurance for up to

A) 6 months.

B) 12 months.

C) 18 months.

D) 24 months.

Answer: C

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**True/False**

33. By law, over-the-counter drugs are required to be safe, effective, and truthfully labeled.

Answer: True

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34. Over-the-counter drug labels must describe a drug’s potential reactions with other drugs.

Answer: True

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35. Dietary supplements must meet the same burden of proof for safety and effectiveness as over-the-counter drugs.

Answer: False

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36. When you buy a prescription drug, the pharmacist is required by law to give you a sheet containing such information as side effects, precautions, and appropriate storage.

Answer: True

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37. You can expect most health-related public service messages to be accurate.

Answer: True

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38. When doctors offer patient education, one of their motives is to promote compliance with doctors’ instructions.

Answer: True

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39. The Internet is not yet a major source of health information.

Answer: False

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40. Consumer advocacy groups (e.g., American Heart Association) and volunteer agencies tend to be reliable sources of health information.

Answer: True

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41. Osteopathic physicians rely primarily on spinal manipulation to treat disease.

Answer: False

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42. A resident physician is one who has completed at least five years of private practice and passed a board certification text.

Answer: False

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43. Chiropractic is the third largest health profession in the United States.

Answer: True

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44. There is no scientific evidence for the effectiveness of acupuncture.

Answer: False

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45. There is currently no research to support the effectiveness of herbal remedies.

Answer: False

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46. It is best to tell your primary care physician if you are seeing an alternative practitioner.

Answer: True

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47. There is currently a shortage of physicians in the United States.

Answer: True

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48. The Americans with Disabilities Act suggests that preferential treatment be given to students with disabilities.

Answer: False

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49. Advanced practice nurses have the same qualifications as family practice physicians.

Answer: False

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50. Medicare and Medicaid cover some home health care costs.

Answer: True

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51. The best way to enjoy good health in your later years is to establish a healthy lifestyle while young.

Answer: True

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52. Public hospitals are the most common type of hospital in the United States.

Answer: False

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53. Drop-in urgent care clinics compete directly with large hospital-based facilities.

Answer: True

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54. Hospital patients have a right to be told who is providing their care.

Answer: True

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55. Recent studies suggest that 50 percent of Internet users search the Web for health-related information.

Answer: False

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56. If you are hired as a full-time employee by a company that offers a group health insurance plan to its full-time employees, you must be allowed to join the plan.

Answer: True

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57. Health maintenance organizations generally have the highest out-of-pocket costs for patients.

Answer: False

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58. A preferred provider organization is considered a form of managed care.

Answer: True

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59. The federal government regulates both prescription drugs and over-the-counter drugs.

Answer: True

Pages: 378-381

60. Generic drugs are cheaper than name-brand drugs because they are typically manufactured with less rigorous government oversight.

Answer: False

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61. The FDA permits drug companies to create an over-the-counter drug by reducing the strength of a prescription drug.

Answer: True

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**Essay**

62. List some reliable and unreliable sources of health information and explain why.

Answer:

Reliable: Health care practitioners, consumer organizations, volunteer agencies, and government offices tend to distribute accurate information about health care because it is in their primary interest to protect patients and promote health.

Unreliable: Friends and family may be well meaning, but uninformed, sources of health information. Advertisements, infomercials, and drug company publications may communicate correct information, but their primary purpose is to sell a product, so they may exaggerate or leave out information that would serve consumers.

Pages: 362-365

63. List the main reasons for going to a doctor.

Answer: Diagnosis of an injury or illness; treatment of an injury or illness; screening for the occurrence of an illness or other health-related condition; consultation about a condition or health concern with a specialist by referral from a primary care physician; prevention of an illness or other condition; and research–either to seek information about current research or to participate as a subject in a research study.

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64. Offer some possible reasons why people seek medical services from alternative practitioners.

Answer: Most people use doctors for episodic health care – that is, they seek treatment when something is wrong with them. The traditional health care system is set up to address this type of service, so there may be a perception that the traditional doctor does not take a holistic enough approach to health care, as some alternative practitioners claim to do. It may also be that some patients are dissatisfied with the results they get from conventional treatments and seek out alternative practitioners in order to find something they consider more effective.

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65. List the benefits of the self-care movement.

Answer:

1) Patients have more control over treatment if they administer it themselves.

2) Much of the cost of medical services is saved.

3) Doctors’ time is freed to serve patients more in need of their services.

4) Patients’ ability and interest in maintaining their health will likely increase.

5) Patients may be more likely to follow a course of treatment if it can be administered at home.

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66. Why are generic drugs usually cheaper than brand name drugs?

Answer: Brand-name drugs are sold by the companies that developed the drugs, usually at great expense, and the amount charged for the drugs must cover their costs of development, as well as the costs of the other drugs the companies tried to develop that failed approval or failed in the marketplace. Generic drug manufacturers don’t have these costs and can charge less.

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