

## Chapter 1: The Disease Process

### Multiple Choice

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_ 1. Factors influencing the disease process in elderly clients include:
- Chromosomal disorder.
  - Decreased immunity.
  - Degenerative conditions.
  - Both B and C
- \_\_\_ 2. Phenotype is a word used to describe:
- Inherited diseases.
  - Physical appearance.
  - Personality traits.
  - Color vision.
- \_\_\_ 3. Hemophilia is a/an:
- Multifactorial disorder.
  - Chromosomal disorder.
  - X- or sex-linked disorder.
  - Autosomal disorder.
- \_\_\_ 4. Diseases caused by bacteria include:
- Diphtheria.
  - Yellow fever.
  - Hepatitis.
  - Rocky Mountain spotted fever.
- \_\_\_ 5. A predisposing factor:
- May make a person more susceptible to disease.
  - Might be age, sex, heredity, or environment.
  - Includes lifestyle.
  - All of the above
- \_\_\_ 6. Hereditary diseases:
- Always appear at birth.
  - May go undetected until adolescence or adulthood.
  - Are caused by a person's genetic makeup.
  - Both B and C
- \_\_\_ 7. Anaphylactic shock is:
- Considered an allergic reaction.
  - A neoplastic malignancy of the lymph system.
  - Chronic and not life threatening.
  - Emotional or mental in etiology.
- \_\_\_ 8. Obesity:
- Has been defined as being 10% to 20% above ideal body weight.
  - May be caused by too many calories or too little activity.
  - May be an endocrine or metabolic problem.
  - All of the above

- \_\_\_ 9. The conventional method of classifying hereditary diseases is to group them into which of the following categories?
- Congenital, mutational, and infectious
  - Chromosomal, multifactorial, and monogenic
  - Monogenic, chromosomal, and congenital
  - Chromosomal, mutational, and autoimmune
- \_\_\_ 10. Environmental hazards that may have an effect on health might include:
- Pollutants such as car exhaust and loud noise.
  - Geographical location.
  - Heavy computer use.
  - All of the above
- \_\_\_ 11. Which of the following conditions is *not* a genetic disorder?
- Cystic fibrosis
  - Sickle cell anemia
  - Carpal tunnel syndrome
  - Phenylketonuria
- \_\_\_ 12. Acute inflammation causes:
- Redness, heat, pain, swelling, and loss of function.
  - Heat, swelling, and loss of function.
  - Redness, pain, swelling, and loss of function.
  - Redness, pain, and loss of function.
- \_\_\_ 13. The leading cause of death in the United States for persons younger than age 35 is:
- Infection.
  - Hereditary disease.
  - Trauma.
  - Chemical exposure.
- \_\_\_ 14. Which of the following are examples of chromosomal disorders?
- Klinefelter syndrome
  - Turner syndrome
  - Down syndrome
  - All of the above
- \_\_\_ 15. An idiopathic disease:
- Is transmitted genetically.
  - Has no known cause.
  - Is caused by medical treatment.
  - Is caused by trauma.
- \_\_\_ 16. An iatrogenic disease:
- Is transmitted genetically.
  - Has no known cause.
  - Is caused by medical treatment.
  - Is caused by trauma.
- \_\_\_ 17. The “rule of nines” can be used to assess the extent/severity of:
- Hereditary diseases.
  - Near drowning.

- c. Burns.
  - d. Infections.
- \_\_\_ 18. Which of the following microorganisms include yeasts and molds?
- a. Fungi
  - b. Rickettsiae
  - c. Protozoa
  - d. Viruses
- \_\_\_ 19. The large division of wormlike internal parasites is:
- a. *Endolimax nana*.
  - b. *Aspergillus*.
  - c. Helminth.
  - d. *Plasmodium*.
- \_\_\_ 20. The smallest microorganisms are:
- a. Bacilli.
  - b. Cocci.
  - c. Tapeworms.
  - d. Viruses.
- \_\_\_ 21. Included in the groups classified as microorganisms are:
- a. Fungi and parasites.
  - b. Rickettsiae and protozoa.
  - c. Bacteria and viruses.
  - d. All of the above
- \_\_\_ 22. Brain tissue is bruised and normal nerve function is disrupted by:
- a. Frostbite.
  - b. Contusions.
  - c. Concussions.
  - d. Skull fractures.
- \_\_\_ 23. Extreme cold may cause:
- a. Chilblain.
  - b. Hypothermia.
  - c. Hypovolemic shock.
  - d. Both A and B
- \_\_\_ 24. Which of the following causes a lack of oxygen and accumulation of carbon dioxide in the blood?
- a. Electric shock
  - b. Poisoning
  - c. Asphyxiation
  - d. Neoplasia
- \_\_\_ 25. Which of the following is classified by extent, depth, client age, and associated illness and injury?
- a. Insect, snake, and spider bites
  - b. Burns
  - c. Allergies
  - d. Physical trauma
- \_\_\_ 26. The spreading process of a malignant tumor or cancer is:
- a. Tachycardia.

- b. Sarcoma.
  - c. In situ.
  - d. Metastasis.
- \_\_\_\_\_ 27. The action by a group of white cells called T-cell lymphocytes is:
- a. Cell-mediated immunity.
  - b. Humoral immunity.
  - c. Phagocytosis.
  - d. Lymphadenopathy.
- \_\_\_\_\_ 28. Chemical or physical agents/irritants that may cause disease are:
- a. Extremes of atmospheric pressure.
  - b. Poisoning and ionizing radiation.
  - c. Allergies and eczema.
  - d. Both A and B
- \_\_\_\_\_ 29. Inflammation is defined as:
- a. The body's response to trauma, physical or chemical agents, and pathogenic organisms.
  - b. Either acute or chronic.
  - c. A process beginning with the physical irritant and ending with healing.
  - d. All of the above
- \_\_\_\_\_ 30. Illness differs from disease in that illness:
- a. Encompasses how individuals perceive themselves as suffering from a disease.
  - b. Is easier for health-care providers to treat.
  - c. Is known by its medical classification and distinguishing features.
  - d. All of the above
- \_\_\_\_\_ 31. The human body is protected by which of the following?
- a. Its structure
  - b. Its immune response
  - c. Its inflammatory response
  - d. All of the above
- \_\_\_\_\_ 32. Which of the following is a predisposing factor for disease?
- a. Environment
  - b. Gender
  - c. Lifestyle
  - d. All of the above
- \_\_\_\_\_ 33. Which of the following is an example of autosomal dominant disease?
- a. Cystic fibrosis
  - b. Huntington disease
  - c. Tay-Sachs disease
  - d. Sickle cell anemia
- \_\_\_\_\_ 34. Which of the following are examples of parasites?
- a. Pinworms
  - b. Tapeworms
  - c. Flukes
  - d. All of the above
  - e. A and B only

- \_\_\_ 35. Bacilli (a form of bacteria) are:
- a. Rod shaped.
  - b. Spiral shaped.
  - c. Dot shaped.
  - d. None of the above

### True/False

*Indicate whether the statement is true or false.*

- \_\_\_ 36. Heredity is a predisposing factor when a trait inherited from a parent puts an individual at risk for certain diseases.
- \_\_\_ 37. A gene is the basic unit of heredity.
- \_\_\_ 38. There must be two copies (both parents) of the abnormal gene in order for an autosomal recessive disease to develop.
- \_\_\_ 39. A person with hemophilia bleeds longer following any kind of injury because the blood does not clot normally.
- \_\_\_ 40. Diabetes mellitus is due primarily to insufficient insulin production by the kidneys.

### Matching

*Match the terms with their definitions.*

- a. Structures that make up DNA
  - b. Disease-producing organisms
  - c. Drugs used to prevent or stop vomiting
  - d. Pairs of genes that possess identical genes from each parent
  - e. Drugs that relieve pain
  - f. Pathological condition that results from a prior disease, injury, or attack
  - g. Insufficient oxygenation of arterial blood
  - h. Hospital-acquired infection
  - i. Labored or difficulty breathing
  - j. Severe physiological distress
- \_\_\_ 41. Nosocomial
- \_\_\_ 42. Sequela
- \_\_\_ 43. Chromosome
- \_\_\_ 44. Homozygous
- \_\_\_ 45. Hypoxemia
- \_\_\_ 46. Analgesic
- \_\_\_ 47. Dyspnea
- \_\_\_ 48. Antiemetic

\_\_\_ 49. Hypovolemic shock

\_\_\_ 50. Pathogenic

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### Answer Section

#### MULTIPLE CHOICE

1. ANS: D                      PTS: 1
2. ANS: B                      PTS: 1
3. ANS: C                      PTS: 1
4. ANS: A                      PTS: 1
5. ANS: D                      PTS: 1
6. ANS: D                      PTS: 1
7. ANS: A                      PTS: 1
8. ANS: D                      PTS: 1
9. ANS: B                      PTS: 1
10. ANS: D                     PTS: 1
11. ANS: C                     PTS: 1
12. ANS: A                     PTS: 1
13. ANS: C                     PTS: 1
14. ANS: D                     PTS: 1
15. ANS: B                     PTS: 1
16. ANS: C                     PTS: 1
17. ANS: C                     PTS: 1
18. ANS: A                     PTS: 1
19. ANS: C                     PTS: 1
20. ANS: D                     PTS: 1
21. ANS: D                     PTS: 1
22. ANS: B                     PTS: 1
23. ANS: D                     PTS: 1
24. ANS: C                     PTS: 1
25. ANS: B                     PTS: 1
26. ANS: D                     PTS: 1
27. ANS: A                     PTS: 1
28. ANS: D                     PTS: 1
29. ANS: D                     PTS: 1
30. ANS: A                     PTS: 1
31. ANS: D                     PTS: 1
32. ANS: D                     PTS: 1
33. ANS: B                     PTS: 1
34. ANS: D                     PTS: 1
35. ANS: A                     PTS: 1

#### TRUE/FALSE

36. ANS: T                      PTS: 1
37. ANS: T                      PTS: 1

- |            |        |
|------------|--------|
| 38. ANS: T | PTS: 1 |
| 39. ANS: T | PTS: 1 |
| 40. ANS: F | PTS: 1 |

**MATCHING**

- |            |        |
|------------|--------|
| 41. ANS: H | PTS: 1 |
| 42. ANS: F | PTS: 1 |
| 43. ANS: A | PTS: 1 |
| 44. ANS: D | PTS: 1 |
| 45. ANS: G | PTS: 1 |
| 46. ANS: E | PTS: 1 |
| 47. ANS: I | PTS: 1 |
| 48. ANS: C | PTS: 1 |
| 49. ANS: J | PTS: 1 |
| 50. ANS: B | PTS: 1 |