

## **Chapter 01: Infection Control and Safe Practice Procedures for Massage Therapists**

### **Salvo: Mosby's Pathology for Massage Therapists, 3rd Edition**

#### **MULTIPLE CHOICE**

1. Which term means *the study of disease*?

A. Physiology  
B. Pathology  
C. Pharmacology  
D. Psychology

ANS: B                      PTS: 1

2. Which term means *any illness that is characterized by certain signs and symptoms*?

A. Disease  
B. Handicap  
C. Liability  
D. Disorder

ANS: A                      PTS: 1

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: B                      PTS: 1

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                      PTS: 1

5. Which term means *subjective feelings such as headaches, nausea, pain, and anxiety*?

A. Situation  
B. Syndrome  
C. Signs  
D. Symptoms

ANS: D                      PTS: 1

6. A group of signs and symptoms occurring together to present a particular disease or abnormality is called a:

A. prognosis.  
B. complication.  
C. syndrome.  
D. risk factor.

ANS: C PTS: 1

7. Disease that is distributed throughout the body is called:
- A. chronic.
  - B. systemic.
  - C. acute.
  - D. contagious.

ANS: B PTS: 1

8. Which type of disease has an abrupt onset of severe signs and symptoms then runs a brief course?
- A. Acute
  - B. Local
  - C. Chronic
  - D. Delayed

ANS: A PTS: 1

9. Which type of disease develops gradually and lasts longer than 6 months?
- A. Acute
  - B. Local
  - C. Chronic
  - D. Delayed

ANS: C PTS: 1

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 PTS: 1

11. Which term means *a period of increased signs and symptoms*?
- A. Remission
  - B. Chronic
  - C. Syndrome
  - D. Exacerbation

ANS: D PTS: 1

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 PTS: 1

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                      PTS: 1

14. Infectious agents can be spread through contact with:
- A. contaminated linens.
  - B. contaminated massage tools.
  - C. open containers of lubricant.
  - D. all of the above.

ANS: D                      PTS: 1

15. Which term means *an organism in which pathogens reside*?
- A. Reservoir
  - B. Cistern
  - C. Host
  - D. Hiatus

ANS: C                      PTS: 1

16. Which terms means *the source of infection, living or inanimate*?
- A. Cistern
  - B. Hiatus
  - C. Host
  - D. Reservoir

ANS: D                      PTS: 1

17. Which terms means *a biologic agent capable of causing disease*?
- A. Aseptic agent
  - B. Contamination
  - C. Pathogen
  - D. Fomite

ANS: C                      PTS: 1

18. Effective exposure and successful transfer of pathogens results in:
- A. microbial migration.
  - B. contamination.
  - C. exacerbation.
  - D. disease remission.

ANS: B                      PTS: 1

19. Which type of infection describes vehicle transmission of organisms?
- A. Sexual contact
  - B. Bite from an animal
  - C. Pathogens in a water source

D. Pathogens crossing the placenta

ANS: C                      PTS: 1

20. Which choice is *not* one of the body's natural defense mechanisms against exposure to pathogens?

A. Inflammation  
B. Zinc supplements  
C. Immune response  
D. Physical and chemical barriers

ANS: B                      PTS: 1

21. Which term means *a set of infection control measures developed by the Centers for Disease Control and Prevention (CDC)*?

A. Hygiene  
B. Disinfection  
C. Standard precautions  
D. Risk factors

ANS: C                      PTS: 1

22. When a therapist feels symptoms of a cold or contagious illness, he or she should:

A. wear a mask or bandana over his or her nose and mouth to reduce the spread of airborne particles.  
B. wear gloves to reduce the spread of infection.  
C. cancel appointments and offer to reschedule, or refer the client to an associate.  
D. be sure to have an antimicrobial agent available in the treatment room.

ANS: C                      PTS: 1

23. Causative factors or origins of disease are its:

A. radiology.  
B. entomology.  
C. ideology.  
D. etiology.

ANS: D                      PTS: 1

24. If a disease has an unknown cause, it is called:

A. acute.  
B. idiopathic.  
C. systemic.  
D. chronic.

ANS: B                      PTS: 1

25. What is the minimum number of seconds the hands should be washed?

A. 5  
B. 7  
C. 10  
D. 15

ANS: D                      PTS: 1

26. Which condition is a local contraindication for massage?
- A. Inflamed lymph node
  - B. Fever
  - C. Exacerbation stage of lupus
  - D. Stroke

ANS: A                      PTS: 1

27. Which example is a positional modification of treatment for a client?
- A. Avoiding the use of percussion
  - B. Placing a supportive cushion under the abdomen
  - C. Using lighter-than-normal pressure
  - D. Wearing gloves when having a cut on the hand

ANS: B                      PTS: 1

28. Which area of the body is considered a cautionary site?
- A. Gluteals
  - B. Upper arm
  - C. Lateral neck
  - D. Calves

ANS: C                      PTS: 1