Chapter 1

History and Trends of Health Care
1:1 History of Health Care

- Some treatment methods used today are from ancient times.
- Herbs utilized in the past for both food and medicine are found in medications today.
- Discoveries throughout the ages have influenced and contributed to the improvement of today’s health care.
Ancient Times

- Illness and disease were caused by evil spirits and demons
- Punishment from the gods brought disease and illness
- Health records were first recorded by the ancient Egyptians

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Ancient Times
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• The belief to cure the spirit and nourish the body was practiced by the Chinese
• Hippocrates and other physicians in ancient Greece established the importance of nutrition and cleanliness in preventing illness and disease

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• The Romans implemented the use of sewers for waste and aqueducts (waterways) for clean water
• In ancient times causes of disease had not been discovered and many illnesses proved to be fatal
The Dark and Middle Ages

• Interest in the medical practices of the Greeks and Romans
• Medical universities were established in the 9th century
• An outbreak of bubonic plague in the 1300s resulted in the death of 75% of the people in Europe and Asia
The Renaissance

• Time period between 1350–1650 AD
• Otherwise known as the “rebirth of the science of medicine”
• Human dissection to view body organs
• Medical books were published
• Causes of disease were still a mystery
The 16th, 17th, and 18th Centuries

- Knowledge regarding the human body greatly increased
- Invention of the microscope
- Apothecaries (early pharmacists) were involved in the making, prescribing, and selling of medications
- Smallpox vaccine was discovered
The 19th Century

• Industrial revolution with the development of machines brought major progress to medical science
• Invention of stethoscope
• Training programs for nurses
• Infection control with methods to stop the spread of disease
The 20th Century

- Rapid growth in health care
- X-rays, medicines, and vaccines to prevent disease were developed
- The structure of DNA and research in gene therapy (ongoing today)
- Health care plans

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The 20th Century
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- First open-heart surgery
- Computer technology in every aspect of health care
- Unlimited possibilities for medical science in the future
The 21st Century

- Human genome project
- Embryonic stem cell research
- Threat of bioterrorism with the use biologic agents as weapons
- Viruses that can cause pandemic (world-wide) epidemics

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The 21st Century
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• World Health Organization (WHO) is dedicated to monitoring health problems to prevent world wide epidemics

• Countries are working together to promote global health awareness
Summary

• Health care has seen many changes over the centuries
• The future may hold more dramatic ones
1:2 Trends in Health Care

• Changes in health care
  – Many events lead to changes in health care
  – Changes in health care are inevitable and occur rapidly
  – Health care workers must be flexible to face and keep pace with the rapid changes
Cost Containment

• Purpose: control the rising cost of health care and achieve maximum benefit for every dollar spent

• Necessity: costs increasing with technological advances, improved survival rates, aging population, and health-related lawsuits
Cost Containment Methods

- Diagnostic related groups (DRGs)
- Combination of services
- Outpatient services
- Mass or bulk purchasing
- Early intervention and preventive services
- Energy conservation
Cost Containment Issues

• Important not to decrease quality of care
• Workers can decrease costs (e.g., look for areas to control costs and avoid waste, keep expenditures down)
• Consumers can decrease costs (e.g., take responsibility for their own care, follow preventive measures to decrease need for services, use services appropriately)
Home Health Care

• Industry grew rapidly when DRGs initiated
• Services provided in patient’s home
• Visits must be pre-authorized by insurance agency (unless private pay)
• Often necessary to teach family members to perform care since visits are limited
• Emphasis on cost containment also applies to home health
Geriatric Care

- Care for the elderly
- Percentage of elderly population growing rapidly
- Need for more facilities
- Omnibus Budget Reconciliation Act (OBRA) of 1987
OBRA

• Federal law regarding long-term care and home health care
• States must establish training and competency evaluation programs for nursing/geriatric assistants and maintain registry of qualified individuals
• Requires compliance with patient’s/resident’s rights
Telemedicine

• Use of audio, video, and computers to provide health care from a distance
• Interactive services are expected to grow rapidly in the future
• Increases accessibility to information
• Decreases need for trip to medical center
• Decreases need for home health visits
Wellness

• State of optimal health
• Increase awareness of maintaining health and preventing disease
• Emphasis on preventative measures rather than waiting for need for curative intervention
• Different facilities will develop to meet needs of wellness emphasis
Promoting Wellness

• Physical wellness
• Emotional wellness
• Social wellness
• Mental and intellectual wellness
• Spiritual wellness
Holistic Health

- Treat the whole body, mind, and spirit
- Each person is unique with different needs
- Use many methods to diagnose and treat
- Emphasis on protection and restoration
- Promote body’s natural healing processes
- Patient responsible for choosing care and worker respects the choice
Complementary and Alternative Methods of Health Care

• Increasingly used to replace or supplement traditional medical treatment
• Holistic approach: belief that the effect on one part effects the whole person
• Based on belief that the person has a life force or energy that can be used in the healing process
• May vary by cultural values or beliefs
Types of Practitioners

- Ayurvedic
- Chinese medicine
- Chiropractors
- Homeopaths
- Hypnotists
- Naturopaths
Types of Therapies

• Refer to Table 1-8 in text
• Most are noninvasive and holistic
• Often less expensive than the more traditional treatments
• Nonjudgmental attitude is essential—patients have right to choose treatment
• Increased use requires increased awareness by health care workers
NCCAM

• National Center for Complementary and Alternative Medicine
• Established in 1992 at the National Institutes of Health (federal government)
• Purpose: research therapies and establish standards of quality care
• Know your state’s law regarding the legal requirements of alternative therapies
National Health Care Plan

• Goal: ensure that all Americans can get health coverage
• Various plan proposals
• Costs
• Potential problems
Pandemic

• Outbreak of disease over a wide geographic area
• Influenza pandemics have occurred throughout history
• H5N1 viruses—avian flu virus
• Viruses can mutate and also exchange genetic information

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Pandemic (continued)

• Government plans
  – Education
  – Vaccine production
  – Antiviral drugs
  – Developing protective health measures
  – International cooperation
Past, Present and Future Trends

• Advances in the past that have an impact on care today
• Current changes and challenges that are changing the face of health care
• Projected discoveries that will change the future of health care
Summary

• Health care has changed and will continue to change
• Workers must be constantly aware of changes that occur
• Workers must make every attempt to learn about trends