

DIVERSIFIED
HEALTH
OCCUPATIONS

Seventh Edition



Louise Simmers
Karen Simmers-Nariker
Sharon Simmers-Kobelak

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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Ancient Times

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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

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- 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