

Name _____

Ch. 1 Worksheet

A. Identify 4 different kinds of private health care facilities and briefly describe their function/services.

- 1.
- 2.
- 3.
- 4.

B. Name each federal agency and briefly describe their functions.

CDC -

FDA -

NIH -

OSHA -

USDHHS -

WHO –

C. Wellness has at least 5 components. Name them and give an example of each.

- 1.
- 2.
- 3.
- 4.
- 5.

What other category would you add to this list and why?

Extra Credit: Create a timeline (on a separate sheet of paper) for the history of health care showing the 10 – 20 events you feel had the most impact on modern health care, with a brief explanation/reason for your choice.

D. Briefly explain the beliefs/practices of each of the following alternative/complimentary practitioners.

Ayurvedic –

Chinese medicine –

Chiropractors –

Homeopaths –

Hypnotists –

Naturopaths –

E. Matching.

- | | |
|--------------------------------|---|
| 1. _____ Acupressure (Shiatsu) | a. Monitoring vital signs helps patients gain some voluntary control |
| 2. _____ Acupuncture | b. All forms of water are used for healing |
| 3. _____ Aromatherapy | c. Hands above the body help to balance energy fields |
| 4. _____ Biofeedback | d. Uses pressure points on the feet to promote healing and relaxation |
| 5. _____ Healing Touch (Reiki) | e. Touching pressure points stimulates the flow of energy |
| 6. _____ Hydrotherapy | f. Slow, graceful movements seek to balance yin (cold) & yang (heat) |
| 7. _____ Imagery | g. Animals help stimulate interest in life & relieve stress |
| 8. _____ Pet Therapy | h. Fragrances are used to alter mood or relieve tension |
| 9. _____ Reflexology | i. Concentration & specific positions are used to achieve balance and tranquility |
| 10. _____ Tai Chi | j. Gentle hand pressure is applied to the body's chakras (energy centers) to promote healing and relaxation |
| 11. _____ Therapeutic Touch | k. Thin needles are inserted into meridians to stimulate the flow of energy |
| 12. _____ Yoga | l. Uses visualization techniques |