

## Chapter 01: Introduction to Pathophysiology

### Test Bank

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#### MULTIPLE CHOICE

1. Which of the following would be the most likely cause of an iatrogenic disease?
  - a. An inherited disorder
  - b. A combination of specific etiological factors
  - c. An unwanted effect of a prescribed drug
  - d. Prolonged exposure to toxic chemicals in the environment

ANS: C                      REF: 6

2. The manifestations of a disease are best defined as the:
  - a. subjective feelings of discomfort during a chronic illness.
  - b. signs and symptoms of a disease.
  - c. factors that precipitate an acute episode of a chronic illness.
  - d. early indicators of the prodromal stage of infection.

ANS: B                      REF: 6

3. The best definition of the term *prognosis* is the:
  - a. precipitating factors causing an acute episode.
  - b. number of remissions to be expected during the course of a chronic illness.
  - c. predicted outcome or likelihood of recovery from a specific disease.
  - d. exacerbations occurring during chronic illness.

ANS: C                      REF: 7

4. Which of the following is considered a systemic sign of disease?
  - a. Swelling of the knee
  - b. Fever
  - c. Pain in the neck
  - d. Red rash on the face

ANS: B                      REF: 6

5. Etiology is defined as the study of the:
  - a. causes of a disease.
  - b. course of a disease.
  - c. expected complications of a disease.
  - d. manifestations of a disease.

ANS: A                      REF: 5

6. A type of cellular adaptation in which there is a decrease in cell size is referred to as:
  - a. hypertrophy.
  - b. metaplasia.
  - c. anaplasia.
  - d. atrophy.

ANS: D                      REF: 8

7. A change in a tissue marked by cells that vary in size and shape and show increased mitotic figures would be called:
- metaplasia.
  - atrophy.
  - dysplasia.
  - hypertrophy.

ANS: C REF: 8

8. A deficit of oxygen in the cells usually due to respiratory or circulatory problems is called:
- apoptosis.
  - ischemia.
  - hypertrophy.
  - necrosis.

ANS: B REF: 9

9. When a group of cells in the body dies, the change is called:
- ischemia.
  - gangrene.
  - hypoxia.
  - necrosis.

ANS: D REF: 10

10. Rigorous weight lifting/body building regimens may result in the skeletal muscle cells undergoing:
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- hypertrophy.
  - dysplasia.
  - atrophy.
  - regeneration.

ANS: A REF: 8

11. The term *cancer* refers to:
- dysplasia.
  - hyperplasia.
  - metaplasia.
  - malignant neoplasm.

ANS: D REF: 9

12. To which of the following does the term *apoptosis* refer?
- Increased rate of mitosis by certain cells
  - Ischemic damage to cells
  - Liquefaction of necrotic tissue
  - Preprogrammed cell self-destruction

ANS: D REF: 9

13. Which of the following statements is TRUE?
- Alteration of DNA does not change cell function.

- b. Damaged cells may be able to repair themselves.
- c. All types of cells die at the same rate.
- d. Mild ischemia causes immediate cell death.

ANS: B                      REF: 10

14. Caseation necrosis refers to an area where:
- a. cell proteins have been denatured.
  - b. cell are liquefied by enzymes.
  - c. dead cells form a thick cheesy substance.
  - d. bacterial invasion has occurred.

ANS: C                      REF: 10

15. Routine application of sun block to skin would be an example of:
- a. an iatrogenic cause of cancer.
  - b. a preventive measure.
  - c. a precipitating factor.
  - d. a predisposing condition.

ANS: B                      REF: 6

16. A circumstance that causes a sudden acute episode of a chronic disease to occur is termed:
- a. latent stage.
  - b. predisposing factor.
  - c. incidence.
  - d. precipitating factor.

ANS: D                      REF: 7                      NURSINGTB.COM

17. The term *homeostasis* refers to:
- a. the causative factors in a particular disease.
  - b. maintenance of a stable internal environment.
  - c. a condition that triggers an acute episode.
  - d. a collection of signs and symptoms.

ANS: B                      REF: 2

18. Which term is used to describe a new and secondary or additional problem that arises after the original disease has been established?
- a. Symptoms
  - b. Occurrence
  - c. Manifestations
  - d. Complication

ANS: D                      REF: 7

19. Pathophysiology involves the study of:
- a. the structure of the human body.
  - b. the functions of various organs in the body.
  - c. functional or structural changes resulting from disease processes.
  - d. various cell structures and related functions.

ANS: C REF: 2

20. Which of the following is the best definition of epidemiology?
- The science of tracking the occurrence and distribution of diseases
  - The relative number of deaths resulting from a particular disease
  - Identification of a specific disease through evaluation of signs and symptoms
  - The global search for emerging diseases

ANS: A REF: 7

21. Which of the following can cause cell injury or death?

- Hypoxia
  - Exposure to excessive cold
  - Excessive pressure on a tissue
  - Chemical toxins
- 1, 2
  - 2, 4
  - 1, 3, 4
  - 1, 2, 3, 4

ANS: D REF: 9

22. All of the following are part of the Seven Steps to Health EXCEPT:

- follow cancer screening guidelines.
- use sun block agents whenever exposed.
- participate in strenuous exercise on a regular daily basis.
- choose high fiber, lower fat foods.

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ANS: C REF: 2

23. The term *disease* refers to:

- the period of recovery and return to a normal healthy state.
- a deviation from the normal state of health and function.
- the treatment measures used to promote recovery.
- a basic collection of signs and symptoms.

ANS: B REF: 2

24. A collection of signs and symptoms, often affecting more than one organ or system, that usually occur together in response to a certain condition is referred to as a (an):

- acute disease.
- multiorgan disorder.
- syndrome.
- manifestation.

ANS: C REF: 7

25. All of the following statements are correct about cell damage EXCEPT:

- The initial stage of cell damage often causes an alteration in metabolic reactions.
- If the factor causing the damage is removed quickly, the cell may be able to recover and return to its normal state.
- If the noxious factor remains for an extended period of time, the damage becomes

irreversible and the cell dies.

- d. Initially, cell damage does not change cell metabolism, structure, or function.

ANS: D REF: 9

26. Which of the following conditions distinguishes double blind studies used in health research?
- Neither the members of the control group or the experimental group nor the person administering the treatment knows who is receiving the experimental therapy.
  - Both groups of research subjects and the person administering the treatment know who is receiving the experimental therapy.
  - The research subjects do not know, but the person administering the treatment knows who is receiving placebo or standard therapy.
  - Only members of the control group know they are receiving standard therapy.

ANS: A REF: 3 | 4

27. If the data collected from the research process confirm that the new treatment has increased effectiveness and is safe, this is called:
- the placebo effect.
  - evidence-based research.
  - blind research studies.
  - approval for immediate distribution.

ANS: B REF: 4

28. A short-term illness that develops very quickly with perhaps a high fever or severe pain is called:
- acute.
  - latent.
  - chronic.
  - manifestation.

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ANS: A REF: 6

29. The term *prognosis* refers to the:
- period of recovery and return to a normal state.
  - expected outcome of the disease.
  - mortality and morbidity rates for a given population.
  - typical collection of signs and symptoms.

ANS: B REF: 7

30. When prolonged ischemia occurs to an area of the heart, the resulting damage is referred to as:
- atrophy.
  - liquefactive necrosis.
  - apoptosis.
  - infarction.

ANS: D REF: 10

31. During the evaluation process for a new therapy's effectiveness and safety, a double blind study may be conducted during:
- the first stage.

- b. the second stage.
- c. the third stage.
- d. any of these stages.

ANS: C                      REF: 3

32. Why are the predisposing factors for a specific disease important to health professionals?
- a. To predict the prognosis
  - b. To determine treatments
  - c. To develop preventive measures
  - d. To develop morbidity statistics

ANS: C                      REF: 3

33. Cell damage may be caused by exogenous sources such as:
- a. abnormal metabolic processes.
  - b. certain food additives.
  - c. genetic defects.
  - d. localized hypoxia.

ANS: B                      REF: 9 | 10

34. Which of the following is usually included in a medical history?
1. Past illnesses or surgeries
  2. Current illnesses, acute and chronic
  3. Prescribed medication or other treatments
  4. Nonprescription drugs and herbal remedies
  5. Current allergies
- a. 1, 3
  - b. 2, 4, 5
  - c. 1, 3, 4
  - d. 1, 2, 3, 4, 5

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ANS: D                      REF: 4 | 5

35. A situation when there is a higher than expected number of cases of an infectious disease within a given area is called a/an:
- a. epidemic.
  - b. exacerbation.
  - c. morbidity.
  - d. pandemic.

ANS: A                      REF: 7

36. The term *pathogenesis* refers to:
- a. the development of a disease or sequence of events related to tissue changes involved in the disease process.
  - b. the determination of the cause(s) involved in the development of a malignant neoplasm.
  - c. the specific signs and symptoms involved in the change from an acute disease to a chronic disease.
  - d. the changes in cells of affected tissue that result in necrosis.

ANS: A

REF: 6

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