History and Trends of Health Care

Chapter 1
Intro HS
History of Health Care ~
Unit 1

- Why is it important?
- Some current trends and practices used today
  - Herbs and plants
  - Example: morphine (poppy plant) for pain
Ancient Times

- **Primitive Times (4000 – 3000 BC)**
  - Life span = 20 years
  - Belief: disease & illness caused by supernatural spirits and demons
  - Tribal doctors » exorcism
  - Herbs & plants for medicine
    - Morphine
    - Digitalis
Ancient Egyptians (3000 – 300 BC)
- Life span = 20 – 30 years
- Kept accurate health records
- Called gods to heal
- Priests » physicians

Ancient Chinese (1700 BC – AD 220)
- Life span = 20 – 30 years
- Holistic (treat mind, body, spirit)
- Recorded pharmacopoeia
- Acupuncture
Ancient Greeks (1200 – 200 BC)
- Life span = 25 – 35 years
- Studied causes of disease
- Hippocrates (460 – 377 BC) ~ “father of modern medicine”
  - Anatomy & physiology
  - High standard of ethics
    - Hippocratic Oath
- Good diet & cleanliness to prevent disease
**Ancient Romans (753 BC – AD 410)**

- Life span = 25 – 35 years
- Organized medical care
  - Early hospitals = doctors care for ill in their homes
  - Later hospitals = monasteries
- 1st public health & sanitation systems
  - Aqueducts & sewers
- Claudius Galen (AD 129 – 199?)
  - Dissected animals (organs, fluids)
  - Infectious diseases
Dark Ages & Middle Ages

- **Dark Ages (AD 400 -800)**
  - Life span = 20 – 30 years
  - Study of medicine stopped
  - Monks & priests provided care
    - Prayer & divine intervention
    - Custodial care
Middle Ages (AD 800 – 1400)

- Life span = 20 – 35 years
- Bubonic Plague – killed 75% of Europe & Asia
- Uncontrolled diseases
  - Smallpox
  - Diphtheria
  - Tuberculosis
  - Typhoid
  - Malaria
Renaissance (AD 1350 – 1650)

- Life span = 30 – 40 years
- “Rebirth”
- Dissection accepted to study body
- Medical books (printing press)
- Michelangelo & Leonardo da Vinci
  - draw human body accurately
16th & 17th Centuries

- Life span = 35 – 45 years
- Causes of disease still unknown
- Increased knowledge of bodily functions
  - William Harvey = circulation of blood
  - Anton Van Leeuwenhoek = microscope
- First apothecaries
  - Made, prescribed & sold medications
18th Century

- Life span = 40 – 50 years
- Gabriel Fahrenheit » thermometer (1714)
- Joseph Priestley » oxygen (1774)
- Benjamin Franklin » bifocals
- Edward Jenner » smallpox vaccine (1796)
19th Century

- Life span = 40 – 60 years
- 1st blood transfusion (1818)
- Rene Laennec » stethoscope (1819)
- Florence Nightingale (1820 – 1910) “founder of modern nursing”
  - Established 1st school of nursing
- Joseph Lister » antiseptics during surgery (1865)
- Clara Barton » American Red Cross (1881)
- Wilhelm Roentgen » discovered x-rays (1895)
Animated Hero Classics ~ Florence Nightingale
20th Century

- Life span = 60 – 70 years
- Most rapid growth in health care
- Blood groups discovered (1901)
- Sir Alexander Fleming » penicillin (1928)
- Jonas Salk » polio vaccine (1952)
- 1st successful heart transplant (1968)
- CAT scan introduced (1975)
- First “test tube” baby born (1978)
- Gene therapy initiated (1990)
- “Dolly” the sheep cloned (1997)
The Future of Health Care

- Life span = 90 – 100+ years
- Cure for AIDS, cancer, heart disease
- Genetic manipulation to prevent disease
- Transplants of every organ in body
- Nerves in brain and spine regenerated to eliminate paralysis
- Slow/stop aging process
- ??????
Trends in Health Care ~
Unit 2

- Cost Containment ~ control rising cost and achieve max benefit

- Why is health care so expensive?
  - Technological advances
    - Transplants & Computers
  - Aging population
    - More chronic diseases = more health care
  - Health-related lawsuits
    - Malpractice insurance
    - Unnecessary tests
Methods used to contain costs:

- Diagnostic-related groups (DRG’s)
  - Payment based on diagnosis
- Combination of services
- Outpatient services
  - Receive care w/o being admitted to hospital
- Bulk purchasing
- Early intervention / preventative care
  - Education, immunizations, regular physical exams
- Energy conservation
Home Health Care

- Shorter hospital stays = more care at home

- Services
  - Nursing care
  - Physical, occupational, & respiratory therapy
  - ADL’s & homemaking
  - Social services
Geriatric Care

- Care for elderly
- Why? People living longer, “baby-boomers”
- Facilities
  - Adult day care
  - Retirement communities
  - Assisted living
  - Long-term care
- OBRA of 1987
- Telemedicine
  - Video, audio, and computers to provide care

- Wellness
  - Maintain health, prevent disease
  - Ways to promote wellness...
    - Physical, emotional, social, mental, spiritual
Alternative & Complementary Health Care

- Common system: biomedical ("western")
- Table 1.8 (pp. 18-20)*

National Health Care Plan

- Ensure all Americans get health coverage
- Problems: cost of creating, lack of choice, regulations