

Component I: Core

Module A: Introduction to the Profession of the Medical Assistant

Topic 1: History and Trends in Healthcare

Statement of Purpose

To provide the learner with the basic knowledge and broad perspective of the past history and current issues affecting the practice of medicine.

Student Learning Outcomes

Upon completion of this topic, the learner will be able to:

1. Spell and define key terms.
2. Explain why early innovations in science and medicine were initially rejected or labeled as quackery.
3. Identify significant medical advances during the past 400 years that provided the foundation for current health care practices.
4. Discuss forms of holistic and complementary medicine.
5. Discuss the growth and history of the Medical Assistant profession.

Terminology

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|-----------------|------------------|
| 1. Acupuncture | 6. Infectious |
| 2. Alternative | 7. Orthodox |
| 3. Chiropractor | 8. Psychosomatic |
| 4. Generalist | 9. Quackery |
| 5. Holistic | 10. Subconscious |

References

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3. Blesi, M., Wise, B.A., & Kelley-Arney, C, (2012) *Medical Assisting Administrative and Clinical Competencies* (7th Ed.) Clifton Park, NY: Delmar, Cengage Learning.
4. Lindh, W., Pooler, M., Tamparo, C. & Dahl, B., (2013). *Comprehensive Medical Assisting Administrative and Clinical Competencies* (5th Ed.). Clifton Park, NY: Delmar, Cengage Learning.
5. Kronenberger, J., Southard D. L., & Woodson, D. (2012). *Comprehensive Medical Assisting* (4th Ed.). Philadelphia, PA: Lippincott, Williams & Wilkins.
6. Booth, K.A., Whicker, L.G., Wyman, T.D., & Moaney-Wright, S. (2011). *Medical Assisting: Administrative & Clinical Competencies with Anatomy and Physiology*. (4th Ed.). New York, NY: McGraw-Hill Company, Inc.
7. Dennerll, J.T., & Davis, P.E. (2010). *Medical Terminology: A Programmed Systems Approach* (10th Ed.). Clifton Park, NY: Delmar, Cengage Learning.
8. Proctor, D. B., & Young-Adams, A. P. (2011). *Kinn's The Medical Assistant: An Applied Learning Approach* (11th Ed.). Philadelphia, PA: Saunders Elsevier.

Web sites

1. <http://nccam.nih.gov/health/whatiscam>
2. www.acatoday.org/
3. www.amtamassage.org/index.html
4. www.bls.gov/ooh/healthcare/medical-assistants.htm

Content Outline/Theory Objectives	Suggested Learning Activities
<p>Objective 1 Spell and define key terms.</p> <ul style="list-style-type: none"> A. Review the terms listed in the terminology section. B. Spell the listed terms accurately. C. Pronounce the terms correctly. D. Use the terms in their proper context. 	<ul style="list-style-type: none"> A. Games: word searches, crossword puzzles, Family Feud, Jeopardy, bingo, spelling bee, hangman, and concentration. B. Administer vocabulary pre-test and post-test. C. Discuss learning gaps and plan for applying vocabulary.
<p>Objective 2 Explain why early innovations in science and medicine were initially rejected or labeled as quackery.</p> <ul style="list-style-type: none"> A. History, science and health care include numerous examples of innovative ideas that were rejected initially by those in power at the time. B. Many of the complementary approaches had merit and were accepted over time. C. Innovations were in conflict with existing beliefs and were often perceived as a threat by current practitioners. D. Scientists who proposed new ideas or new methods have been subjected to criticism, ridicule and often persecution. 	<ul style="list-style-type: none"> A. Lecture/Discussion B. Assigned Reading C. Think/pair/share group work on recent or current innovations. D. Guided discussion on where the evolution of science and medicine may be headed in the future.
<p>Objective 3 Identify significant medical advances during the past 400 years that provided the foundation for current healthcare practices</p> <ul style="list-style-type: none"> A. Early advances <ul style="list-style-type: none"> 1. Vesalius studied the human body and created accurate anatomical drawings. 2. Laennec invented the stethoscope 2000 years ago. 3. Hippocrates is best known for his code of behavior known as the Hippocratic Oath, which medical schools still teach and physicians still repeat as they enter practice. 4. Zacharias Janssen invented the compound microscope to open up a new world. 5. Van Leeuwenhoek's microscope and observations helped to establish the science of microbiology. B. Antisepsis and germ theory <ul style="list-style-type: none"> 1. Ignaz Philipp Semmelweis introduced handwashing as a means of preventing infections. 2. Joseph Lister introduced antisepsis to the practice of surgery. 3. Robert Koch is given credit for the germ theory. 4. Louis Pasteur was best known for his breakthroughs in microbiology, germ theory of disease, and the pasteurization process. C. Prevention of infectious diseases 	<ul style="list-style-type: none"> A. Lecture/Discussion B. Assigned Reading C. Lecture on the five significant advances. D. Individual student researches one topic of his/her choice in each category. <ul style="list-style-type: none"> 1. Choose a significant person in medical history and write a paragraph on their discovery, a paragraph on the obstacles they met and why, and a paragraph on their contribution to medicine and the medical assistant's practice.

<ul style="list-style-type: none"> 1. It was the work of Koch and Pasteur that led to the development of vaccines to protect people against certain diseases, with emphasis on the infectious diseases of childhood. D. Discovery of radiation <ul style="list-style-type: none"> 1. Pierre and Marie Curie discovered radium and laid the foundation for radiation therapies. E. Psychology and psychoanalysis <ul style="list-style-type: none"> 1. Sigmund Freud recognized the power of subconscious memories and how motivations affected mental health. 2. Developed psychoanalysis. 3. Freud's work supported the belief that not all mental illnesses have physiological causes and he also offered evidence that cultural differences have an impact on psychology and behavior. 	
<p>Objective 4 Discuss forms of holistic and complementary medicine</p> <ul style="list-style-type: none"> A. Meditation/biofeedback <ul style="list-style-type: none"> 1. Dr. Carl Simonton discovered that using these techniques for twenty minutes twice a day had therapeutic effects for cancer/terminally ill patients. 2. Dr. Norman Shealy discovered it helped manage pain in chronic long-term pain patients. 3. Dr. Herbert Benson found that it enabled many hypertensive patients to control their blood pressure. B. Acupuncture/acupressure <ul style="list-style-type: none"> 1. Acupuncture has a long history in China. 2. Acupuncture needles are placed along the meridian points of the body to increase the flow of energy and to promote self-healing. 3. Acupressure uses the same meridian points, but instead of needles the practitioner exerts pressure using fingers, knuckles, hands or elbows. Acupressure is considered a form of alternative medicine, but it has proven effective in a wide range of ailments, including pain relief, arthritis, stress, nausea and menstrual cramps. C. Prayer <ul style="list-style-type: none"> 1. Prayer has demonstrated positive outcomes in patients as evidenced by research in group prayer. 2. Prayer can provide comfort that augments the healing process. D. Folk medicine <ul style="list-style-type: none"> 1. Traditional beliefs and customs for treating pain or illness are widespread, e.g. prayer and rituals to keep evil spirits away or use of natural herbs. E. Chiropractic <ul style="list-style-type: none"> 1. Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system, the nervous system and the effects of these system disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back, neck and joint pain as well as headaches. 2. Spinal alignment and adjustments facilitate reduction of 	<ul style="list-style-type: none"> A. Lecture/Discussion B. Assigned Reading C. Student Presentations D. Resources: <ul style="list-style-type: none"> 1. http://www.acatoday.org/ 2. http://www.amtamassage.org/index.html 3. http://nccam.nih.gov/health/whatiscam

<p>symptoms.</p> <p>F. Massage</p> <ol style="list-style-type: none"> 1. The therapeutic benefits of massage continue to be researched and studied. Recent research has shown the effectiveness of massage for the following conditions <ol style="list-style-type: none"> a. Cancer-related fatigue. b. Low back pain. c. Osteoarthritis of the knee. d. Reducing post-operative pain. e. Boosting the body's immune system functioning. f. Decreasing the symptoms of carpal tunnel syndrome. g. Lowering blood pressure. h. Reducing headache frequency. i. Easing alcohol withdrawal symptoms. j. Decreasing pain in cancer patients. <p>G. Energy Theories</p> <ol style="list-style-type: none"> 1. Chakras <ol style="list-style-type: none"> a. Chakra healing complements modern medicine well; it is not physically invasive and there are no negative side effects. b. One way to understand it is as a way of focusing the effects of yoga, meditation and prayer. 2. Electromagnetic fields and light therapies. 	
<p>Objective 5 Discuss the growth and history of the Medical Assistant profession.</p> <ol style="list-style-type: none"> A. One of the fastest growing occupations in Allied Health Care. B. According to the U.S. Department of Labor: Bureau of Labor Statistics, Medical Assistants held approximately 527,600 jobs in 2010. C. Employed in a variety of doctor's offices, hospital based outpatient clinics and offices of other healthcare practitioners (Chiropractors, optometrists, and podiatrists). D. U. S. Department of Labor: Bureau of Labor Statistics predicts that medical assisting will grow 31% from 2010-2020. E. History of the medical assistant profession. <ol style="list-style-type: none"> 1. The profession of Medical Assistant (MA) dates back to the 1930s. The need for Medical Assistants began when doctors found demands on their time to provide quality health care difficult. Specialized health professionals were needed to help meet the demands. 2. In 1934, a physician by the name of Dr. M. Mandl realized that his medical clinic would benefit with extra helping hands. He is responsible for opening up the first Medical Assisting School in New York City. 3. By 1955 the American Association of Medical Assistants (AAMA) was founded to standardize educational programs and offer accreditation to those meeting specific criteria. 4. In 1978, the United States Department of Health Education and Welfare formally recognized the Medical Assistant as an 	<ol style="list-style-type: none"> A. Lecture/Discussion B. Assigned Reading: http://www.bls.gov/ooh/healthcare/medical-assistants.htm

medical office providing informal training to original medical assistants.

2. As medicine and care delivery evolved informal training changed to formal training (the law still allows, with parameters, informal training by the physician).
3. The knowledge base of the modern medical assistant includes administrative and clinical skills.
4. Administrative duties may include
 - a. Using computer applications.
 - b. Answering telephones.
 - c. Greeting patients.
 - d. Updating and filing patient medical records.
 - e. Coding and filling out insurance forms.
 - f. Scheduling appointments.
 - g. Arranging for hospital admissions and laboratory services.
 - h. Handling correspondence, billing, and bookkeeping.
5. Clinical duties (which vary according to state law) may include
 - a. Taking medical histories.
 - b. Explaining treatment procedures to patients.
 - c. Preparing patients for examination.
 - d. Assisting the physician during the exam.
 - e. Collecting and preparing laboratory specimens.
 - f. Performing basic laboratory tests.
 - g. Instructing patients about medication and special diets.
 - h. Preparing and administering medications as directed by a physician.
 - i. Authorizing prescription refills as directed.
 - j. Drawing blood.
 - k. Taking electrocardiograms.
 - l. Removing sutures and changing dressings.
 - m. Compliance; especially OSHA & HIPAA.
 - n. Exceptional customer service.
 - o. Practice management.
 - p. Current patient treatments and education.
 - q. Commitment to lifelong learning.