

# Health Final Exam Study Guide

## Mental and Emotional Note Guide (Ch. 3-5)

### 1. List the 5 different anxiety disorder.

- Phobia- a strong irrational fear of something specific such as heights or social situations
- Obsessive- compulsive disorder- persistent thoughts, fears, or urges leading to uncontrollable repetitive behaviors
- Panic Disorder- attacks of sudden unexplained feelings or terror “panic attacks” are accompanied by trembling increased heart rate shortness of breath and dizziness
- Post Traumatic stress disorder- a condition that may develop after exposure to a terrifying event symptoms include flashbacks, nightmares, emotional, numbness, guilt, sleeplessness and problems concentrating
- Generalized anxiety disorder- exaggerated worry and tension for no reason people with GAD startle easily and have difficulty concentrating relaxing and sleeping

### 2. Explain the different mental health professionals and what they do along with treatments.

- Counselor: handles personal & educational matters
- School psychologist: specializes in the assessment of learning, emotional, and behavioral problems in school children
- Psychiatrist- physician who diagnoses and treats mental disorders and prescribes medicine.
- Neurologist- physician who specializes in physical disorders of the brain and nervous system.
- Clinical psychologist- diagnosis and treats emotional & behavioral disorders with counseling. Some can prescribe medicine.
- Psychiatric social worker- provides guidance & treatment for emotional problems in a hospital, mental health clinic, or family service agency.

### 3. Compare and Contrast anxiety and depression.

- Anxiety is a condition of feeling uneasy or worried about what might happen and
- Depression is prolonged feeling of helplessness hopelessness and sadness.
  - They both have sleep problems and trouble concentrating and fatigue

### 4. List and define the stages of Grief.

- Denial or Numbness: Difficult to believe
- Emotional Release: Loss is recognized and involves a release of emotions usually crying.
- Anger: Expresses Anger because of feeling powerless
- Bargaining: Promise to change if what was lost can be returned.
- Depression: Beyond the feelings of sadness.
- Remorse: preoccupied with thoughts about how the loss could have been prevented.
- Acceptance: Faces reality of the loss and experiences closure.
- Hope: Person begins to look ahead to the future.

5. What are the 3 stages of your body's response to stress?

- Alarm- your mind and body go on high alert the reaction is sometimes referred to as the "fight or flight" response because it prepares your body either to defend itself or to flee from a threat
- Resistance- if exposure to a stressor continues your body adapts and reacts to the stressor you may perform at a higher level and with more endurance for a brief period
- Fatigue- if exposure to stress is prolonged your body loses its ability to adapt you begin to tire and lose the ability to manage other stressors effectively

6. What are the characteristics of citizenship

- Strengthen their community by obeying laws
- Being friendly to neighbors
- Helping to improve the places where they live

7. Define stigma.

- A mark of shame or disapproval that results in an individual being shunned or rejected by others

8. What are the three types of depression? Define each of them.

- Major Depression- intense and can last weeks or months
- Mild Depression- has less severe symptoms but can last for years
- Adjustment disorder- reaction to a specific life event.

9. What are the 5 types of impulse control disorders?

- Kleptomania- unplanned theft of objects
- Cutting- repetitive cutting on parts of the body that can be hidden
- Pyromania- setting fires to feel pleasure or release tension
- Excessive gambling- continuing to gamble despite heavy losses
- Compulsive shopping- spending money on items that you can't afford and don't need

10. What is a mental disorder?

- An illness of the mind that can affect the thoughts, feelings, and behaviors of a person preventing him or her from leading a happy healthful and productive life

11. Lack of interest in or concern for things that others find moving or exciting	A. Empathy
12. The intellectual identification with or vicarious experiencing of the feelings, thoughts, or attitudes of another	B. Apathy
13. The achievement of one's full potential.	C. Self Actualization

14. Severe neurological disorder characterized by facial and body tics accompanied by grunts and occasional obscenities.	A. Multiple Personalities
15. Abnormal anxiety about one's health	B. Hypochondria
16. Behaviors and thoughts that make it difficult to get along with others.	C. Tourettes
17. A disorder that is characterized by the presence of two or more distinct and complex identities.	D. Personality Disorder

### CPR/First AID/ AED Study Guide

18. What are the 3 steps for responding to an emergency?

- Wearing sterile gloves whenever you could come into contact with someone's blood or body fluids.
- Washing hands immediately after providing first aid.
- Using a mouthpiece if one is available when providing rescue breathing

19. Identify the steps in the chain of survival.

- A call to emergency medical services
- CPR
- Defibrillation
- Advanced care

20. A person who clutches his or her throat is most likely experiencing

- Choking

21. When you, Head tilt, Chin lift. Keep hand on forehead and under chin. You are

- Opening the airway

22. When you LOOK AT THE CHEST to see if the chest rises. Hands are still on forehead and chin. You are checking for

- Checking for air/breathing

23. If a woman is pregnant, how would you assist that choking victim?

- Wrap your arms around her rib cage.
- Make a Fist with one hand and grasp it with your other hand
- Pull your hands into the abdomen with a quick upward thrust
- Repeat the abdominal thrusts until the object is dislodged

24. What are the steps you should take in treating a nosebleed?

- Sit down and squeeze the soft part of the nose between your thumb and finger holding the nostrils closed for five to ten minutes breathe through your mouth and lean forward to avoid swallowing the blood and ice pack or cold compress applied to the bridge of the nose may help if bleeding doesn't stop after 20 minutes seek emergency medical help

25. What are 4 ways poison can enter the body? What actions should you take?

- Swallowing- call poison control and follow instructions you may be instructed to give the victim a small amount of water or milk or to induce vomiting do not take these actions unless instructed to do so
- Inhalation- get the victim to fresh air right away then call poison control be prepared to perform rescue breathing
- Through the eyes- flush the eye with fresh water for 15 to 20 minutes call poison control
- Through the skin- remove clothing the poison has touched rinse skin with running water for 15 to 20 minutes. Call poison control

26. What kind of wound may not cause heavy bleeding, but carries a high risk for infection

- Punctures

27. Describe the procedure for treating a minor burn

- Cool the burned area by holding it under cold running water for at least five minutes immerse the burned area in cool water or wrap it in cold wet cloths do not use ice which may cause frostbite and further damage the skin
- Cover the burn loosely with a sterile gauze bandage
- The victim may take an over the counter pain reliever make sure the victim isn't allergic to the medication
- Minor burns usually heal without further treatment though the skin may be discolored if signs of infection develop including increased pain redness fever swelling or oozing seek medical help

28. What are the universal precautions?

- Universal precautions are steps taken to prevent the spread of disease through blood and other body fluids when providing first aid or health care.

29. A powerful storm that generally forms in tropical areas, producing strong winds and heavy winds is called

- Hurricanes

30. Earthquakes are most common in

- Western States

### Tobacco Questions

31. What are the two poisonous substances in tobacco smoke?

- Tar and Carbon Dioxide

32. Environmental tobacco smoke is another name for

- Secondhand smoke

33. What is the difference between mainstream smoke and sidestream smoke?

- Mainstream smoke is when the smoke is exhaled from the lungs of a smoker.
- Sidestream smoke is when the smoke from the burning end of a cigarette pipe or cigar

34. What is the addictive drug in tobacco?

- Nicotine

35. A drug that increases the action of the central nervous system, the heart, and other organs is called?

- Stimulant

36. What can leukoplakia develop into?

- Oral Cancer

37. What are ways that tobacco harms the cardiovascular system?

- It could cause coronary heart disease and a stroke plaque build up in the blood vessels which can cause hardened arteries and that's called a condition arteriosclerosis heart attacks

38. Short term risks of tobacco use

- Brain Chemistry changes- addictive properties for nicotine cause the body to crave more of the drug the user may experience withdrawal symptoms such as headaches, nervousness, and trembling as soon as 30 minutes after the last tobacco use
- Respiration and Heart rate increase- breathing during physical activity becomes difficult and endurance is decreased nicotine may cause an irregular heart rate
- Taste buds are dulled
- Appetite is reduced- tobacco users often lose much of their ability to enjoy food.
- Bad breath, yellowed teeth, and smelly hair, skin, clothes-
  - If tobacco use continues for any length of time these unattractive effects can become permanent

39. Which is a strategy to keep you from becoming a tobacco user?

- Surround yourselves with positive influences
- Reduce peer pressure
- Be prepared with refusal skills

40. Tobacco smoke contains some poisonous products such as

- Tar and carbon monoxide but also contains the same poisonous compounds found in products such as paint rat poison and toilet cleaner

41. What is the legal age limit to buy tobacco products in Alabama?

19 or older

## Alcohol Questions

### 42. How does alcohol affect the 4 body systems? (Digestive, CNS, Circulatory, Endocrine)

- Central Nervous System- It interferes with the brain's communication pathways. This can change your mood or personality, and can make coordination hard.
- Digestive- It weakens it, causing there to be a higher risk of contracting an infection.
- Circulatory- It can cause Irregular heartbeat, high blood pressure, stretching and drooping of heart muscle
- Endocrine- The endocrine system controls metabolism and energy levels, electrolyte balance, growth and development and reproduction. The endocrine system also plays an essential role in enabling the body to respond and appropriately cope with changes in the internal or external environments, such as changes in the body's temperature or in the electrolyte composition of the body's fluids as well as respond to stress and injury. Substance abuse, such as chronic alcohol consumption was shown to have serious adverse effects on the different components of the endocrine system. Alcohol's effects induce hormonal disturbances that lead to profound and serious consequences at physiological and behavioral levels. These alcohol-induced hormonal dysregulations affect the entire body and can result in various disorders such as cardiovascular diseases, reproductive deficits, immune dysfunction, certain cancers, bone disease and psychological and behavioral disorders.

### 43. What kind of substance is alcohol? Explain.

- An active ingredient called ethanol which is a psychoactive substance.

### 44. Explain how alcohol acts as a depressant on the central nervous system.

- Using alcohol slows reaction time, impares vision, diminishes judgment

### 45. What is blood alcohol concentration and what is the legal BAC for teen drivers?

- The amount of alcohol in a person's blood, expressed as a percentage. For those under 21, there is no acceptable BAC since it's illegal to use alcohol

## Drug Use and Abuse Quest

### 46. What is medicine abuse? How does it differ from medicine misuse?

- Medicine abuse is substance abuse, it's different because sometimes medicines are used in a improper way, at other times, medicines are intentionally abused it included the overuse or multiple use of a drug use of illegal drug or use of a drug with alcohol

### 47. What are the penalties and legal consequences of driving under the influence of any drug?

- Loss work hours and productivity due to drug related illnesses, jail time, accidents, deaths
- Health care loss and legal fees
- Law enforcement costs and insurance costs due to drug related damages injuries and deaths

### 48. How do the effects of steroids differ in males and females?

- Males- shrinking testicles, reduced sperm count, baldness, development of breasts, and an increased risk for prostate cancer
- Females- facial hair, baldness, menstrual cycle changes, depend voice