

Chapter 1

History & Trends of Health Care

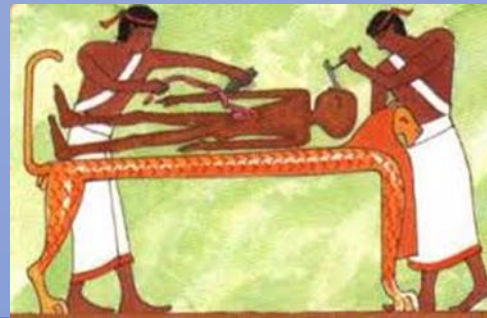
Why is it important to understand the history of health care?

Ancient Times (4000-3000BC)

- In primitive times, common belief was that disease & illness were caused by evil spirits and demons.
- Treatment was aimed at eliminating the evil spirits
- Many ancient treatments were actually harmful
- As civilizations developed, changes occurred as people began to study the human body and make observations about how the body functions

Ancient Egyptians (3000-300BC)

- Ancient Egyptians were the first people to record health records
- Knowledge limited to the few educated because many could not read or write
- Most records were recorded on stone & created by priests, who also acted as physicians
- Created embalming



Ancient Chinese (1700BC- AD220)

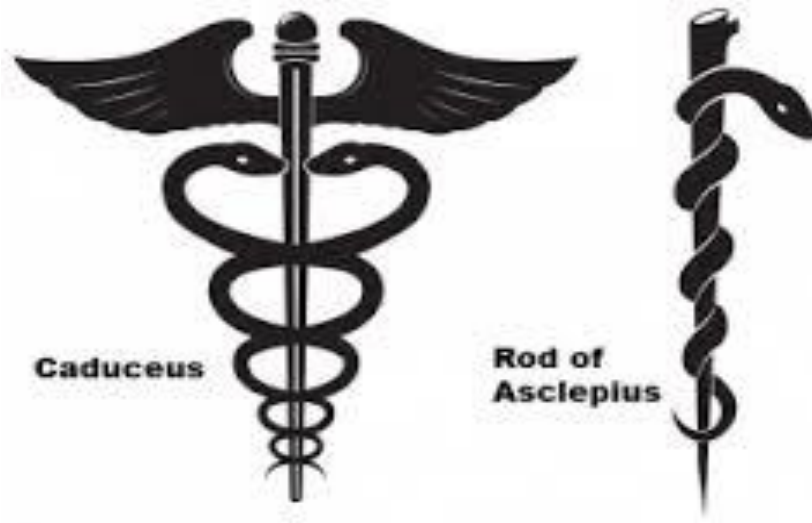
- Ancient Chinese had a strong belief in the need to cure the spirit and nourish the body
 - this treatment remains important today
 - Chinese herbal medicine, acupuncture, and massage are still commonly used



Ancient Times

- Hippocrates was known as the “Father of Medicine”
- Ancient Greek physician
- Helped establish that disease is caused by natural causes, not supernatural spirits & demons
- Author of code of conduct for physicians, known as the “Hippocratic Oath”
 - still used (adapted)





Rod of Asclepius

Greek symbol associated with medicine & healing

- founded in ancient Greece
- in Greek mythology, Asclepius was believed to be the son of Apollo & the god of healing
- Symbol consists of a staff entwined by a single serpent

Caduceus Symbol

Often mistaken as the medical symbol, but it is actually the symbol for commerce

Ancient Greeks (1200- 200BC)

- First to study the cause of disease
- Diseases were caused by lack of sanitation



Ancient Times

- Romans realized some diseases were connected to filth, contaminated water, & poor sanitation
 - began development of sanitary systems by building sewers to carry away waste & deliver clean water
 - drained swamps & marshes to reduce incidence of malaria
 - created laws to keep streets clean & eliminate garbage

Ancient Times

- The first hospitals were established in ancient Rome
- Although changes occurred, treatment was still limited
- First to provide medical care to soldiers



Dark Ages 400–800 AD

- **Study of medicine fell after the fall of the Roman Empire**
- Individuals again lived in unsanitary conditions
- **Epidemics of smallpox, dysentery, typhus, & plague were rampant**

Epidemics - An outbreak of a contagious disease that spreads rapidly and extensively by infection and affects many individuals in an area or a population at the same time.

Plagues: any widespread and usually highly contagious disease with a high fatality rate (many caused by rodents-human bitten by flea of rat)

- **Monks and priests stressed prayer to treat illness and disease**



Middles Ages 800-1400 AD

- **Renewed interest in the medical practices of the Romans & Greeks**
- Monks obtained & translated the writings of the Greek & Roman physicians, and recorded the knowledge in handwritten books
- Medical universities were created
- Arabs began requiring physicians to pass exams & obtain licenses
- **In the 1300's, a major epidemic of bubonic plague killed almost 75 percent of the population of Europe & Asia**
- Many infants died shortly after birth & many children didn't live into adulthood



Renaissance 1350–1650 AD

- “rebirth of the science of medicine”
- Major source of new info about the human body was a result of accepting & allowing human dissection
 - physicians could now view body organs & see the connection between different systems in the body
 - artists, such as Michelangelo & Leonardo da Vinci, were able to draw the body accurately
- Development of the printing press resulted in the publication of medical books

16th, 17th, and 18th Centuries

- **William Harvey described circulation of blood**
- Gabriel Fallopius described tympanic membrane & fallopian tubes
- **Anton van Leeuwenhoek invented the microscope**
 - allowed physicians to see smaller organisms
- Apothecaries made, prescribed, & sold medications
 - many meds made from plants & herbs
- **Edward Jenner developed a vaccine to prevent smallpox**
- Average life span increased to 40 to 50 years

19th Century

- **Also known as the Industrial Revolution**
- Major progress in medicine occurred because of the development of machines & ready access to books
- **Rene' Laennec invented the stethoscope**
- Formal training for nurses began
- **Florence Nightingale established sanitary nursing care units for injured soldiers**
- Major developments in infection control
- Women became active participants in medical care
 - **Elizabeth Blackwell: first female physician in US**
 - **Clara Barton founded the American Red Cross**
- Average life span increased to 40-65 years
- Treatment for disease more specific b/c causes identified

20th Century

- Showed the most rapid growth in health care
- New machines, such as **X-rays-William Roentgen**
- Meds, including insulin for diabetes, antibiotics to fight infections, & vaccines to prevent diseases were identified
- **Francis Crick & James Watson described the structure of DNA & how it carries genetic information**
- Health care plans started to help pay for medical costs
- First open-heart surgery
- Computers used in every aspect of health care
- Average life span increased to age 60–80
(some live to 100)