

## Body in Disease

- Syndrome—a group of signs and symptoms that occur to present a pattern that defines a particular disease or abnormality
- Local disease—a disease affecting only one area of the body
- Systemic disease—a disease affecting large areas of the body
- Exacerbation-period of full-blown symptoms
- Remission—period of partial or complete disappearance of symptoms

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## Body in Disease

- Acute disease—a disease that has an abrupt onset of severe symptoms that run a brief course
- Chronic disease—a disease that develops slowly and lasts longer than 6 months
- Subacute—used to describe a condition in which the client has an absence of measurable signs but is still experiencing symptoms

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## Types of Diseases

- Autoimmune
  - Not contagious
  - Excessive or inappropriate immune response
  - Results from an attack by the body's own immune system
- Cancerous
  - Not contagious
  - Exposure to carcinogens a potential cause
  - Can be benign or malignant
  - Can travel to other body parts by metastasis

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## Types of Diseases

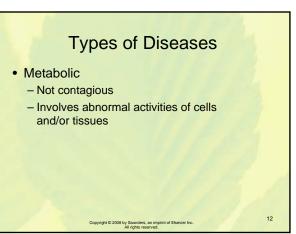
- Deficiency
  - Not contagious
  - Caused by the lack of an essential vitamin or nutrient
  - Often interferes with growth and development
- Degenerative
  - Not contagious
  - Involves tissue breakdown caused by overuse or as a result of aging

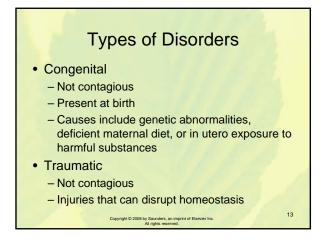
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#### Types of Diseases

- Genetic
  - Not contagious
  - Caused by imperfect genetic code in the chromosomes
  - May be passed from generation to generation
- Infectious (or communicable)
  - Highly contagious
  - Caused by a pathogen transmitted either directly or indirectly

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## Agents of Disease: Bacteria

- Most not pathogenic; many are helpful
- Direct transmission from person, animal, or fomite
- Exposure through improper hygiene or food handling

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 Bacterial diseases include boils, tuberculosis, strep

#### Agents of Disease: Fungi

- Molds and yeasts—most not pathogenic
- Transmitted by a fomite or person to person
- Promoted by a warm, moist environment
- Typically superficial but tenacious
- Can be systemic and life threatening in a weak host

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 Infestations include ringworm and Candida albicans Capying 6 2000 by Standards, an expert of Elsevier Inc. Alternative control of Elsevier Inc.

### Agents of Disease: Protozoa

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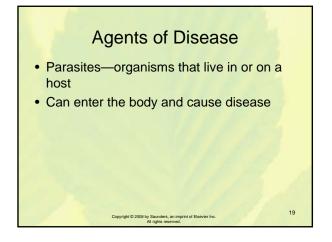
- Single-celled organisms that can only survive in a living host
- Transmitted through contaminated food, water, or feces
- Protozoal diseases include amebic dysentery, malaria, and African sleeping sickness

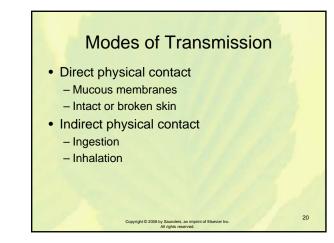
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## Agents of Disease: Viruses

- Considered nonliving entities
- Can easily mutate; antibiotics relatively ineffective
- Transmitted person to person, insect to person, or animal to person
- Viral diseases include the common cold, AIDS, rabies, viral hepatitis, and Ebola

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# Host-Pathogen Relationship

- Body reacts to fight off the pathogen
  - Pathogen's success depends on gaining access, areas attacked, ability to spread and replicate itself, and resistance to host's defenses
- Pathogen tries to overcome the body's defenses
  - Body's defenses are physical and chemical barriers, inflammation, and immune response

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## Host-Pathogen Relationship

- Signs of immune response include fever, mild nausea, altered metabolism, cardiovascular changes, anemia, elevated white blood cell count
- Immune system can be depressed or weakened by chronic stress, malnutrition, radiation, some medications, and certain preexisting illnesses

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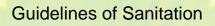
## Infection Control

- Risk of transferring pathogens:
  - Therapist to client
  - Client to client
  - Tools, linens, lubricant to client
- Learning, implementing, and practicing universal precautions will decrease risk

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Universal Precautions
– Established by the CDC to reduce
transmission of communicable disease

- Include both routine and strict sanitary practices
- Mandatory when performing invasive medical procedures or handling body fluids
- Protects both the client and the therapist

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- Sanitary procedures:
  - Use standard hand washing procedure
  - Avoid wearing ornate jewelry
  - Keep fingernails clean, short, and unpolished
  - Keep hair clean and out of the way
  - Use clean linens, and launder after use
  - Adhere to safe method of handling
  - contaminated linens and massage tools
  - Treat any unidentified substance as unsafe

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- Wear clean uniform each day





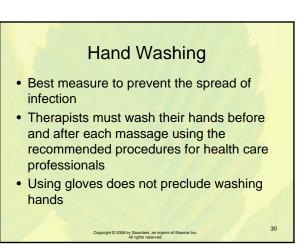
#### **Glove Use**

- Gloves should be worn under certain conditions
- · Discuss reasons for glove use with client
- Both latex and vinyl gloves have assets and liabilities
- Use a water-based massage medium with latex gloves.

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Oil-based lubricants are OK to use with vinyl gloves.
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## Health and Hygiene for Massage Therapists

- Subscribe to habits that promote proper health and good hygiene
- Three primary elements of health: nutrition, exercise, relaxation
- Self-care allows therapists to be better caregivers
- Hygiene: collective principles of health preservation

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## Summary

- Pathology-the study of disease as it is exhibited biologically and physically
- The six types of disease are infectious, deficiency, metabolic, genetic, cancerous, and autoimmune
- Massage therapists must be familiar with correct sanitary procedures, including hand washing, glove use, and disinfecting equipment 34

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