History of Health Care
Timeline

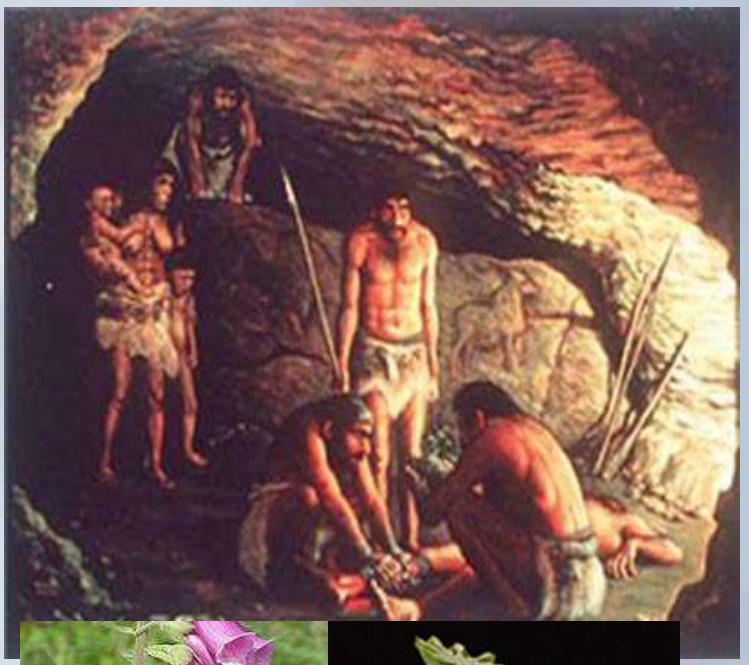
Objectives

Students will:

- Identify medical/health care milestones that have led to advances in health care.
- Predict where and how factors such as cost, managed care, technology, and aging population, access to care, alternative therapies, and lifestyle behavior may affect various health delivery system models.

4000 BC – 3000 BC
Primitive Times

- Illness and diseases were a punishment from the gods
- **Healers:** Tribal witch doctors treated illness with ceremonies
- **Medicine:** Herbs and plants (morphine and digitalis)
- **Treatment:** Trepanation or trephining (surgically removing a piece of bone from the skull)
- **Average life span** = 20 years

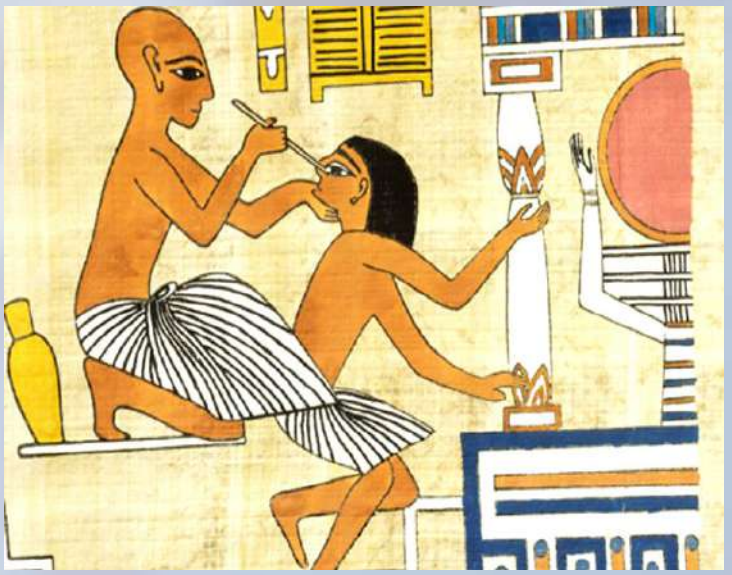


Primitive Times

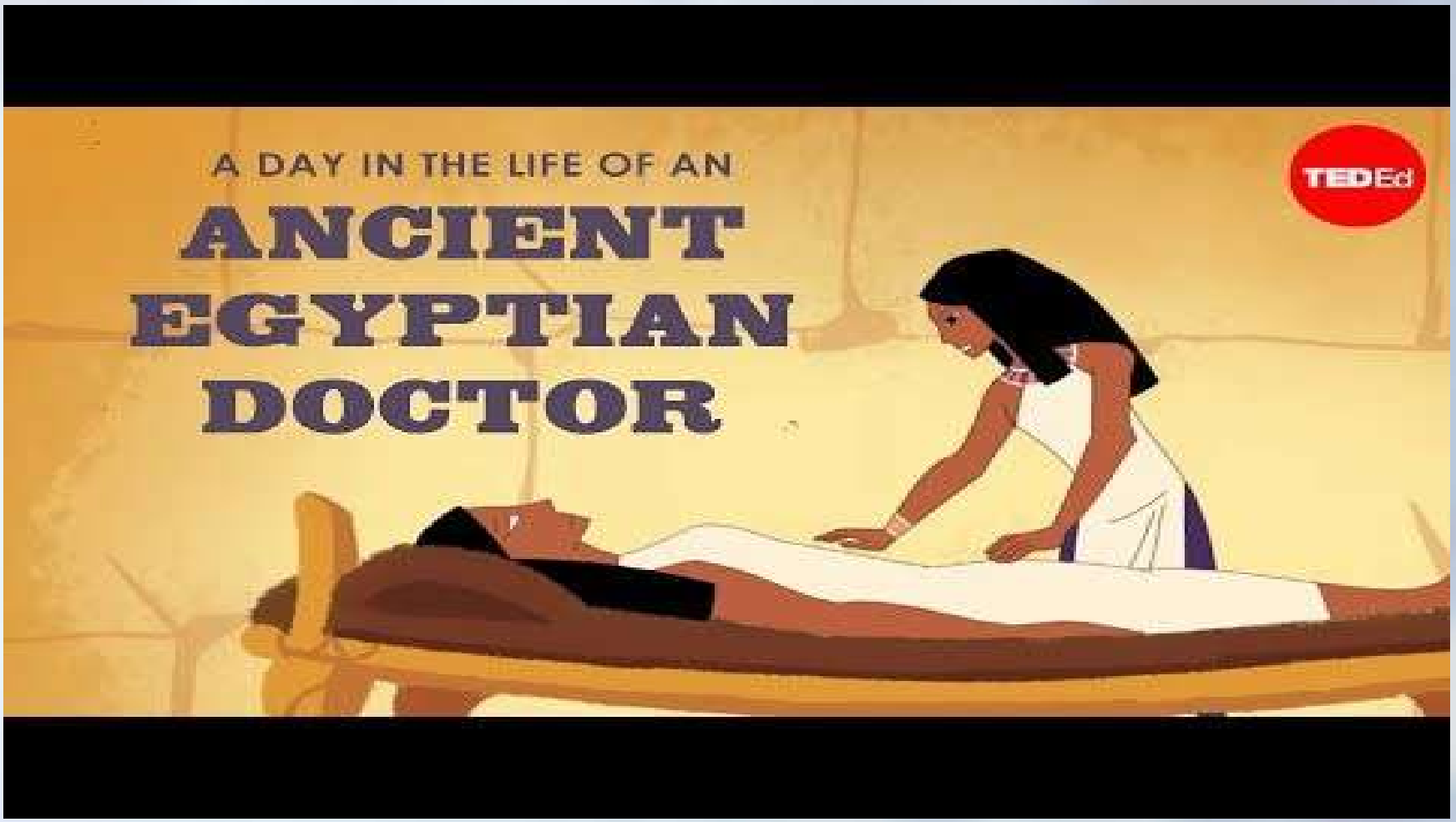
Trephining

3000 BC – 300 BC
Ancient Egyptians

- Egyptians used a paper-like material called papyrus to document medical knowledge.
- **Healers:** Priests & Magicians
- **Medicine:** Herbs, beer, & wine
- **Treatment:** Accurate health records, wrote prescriptions on papyrus, developed technique of splinting fractures, closing wounds, embalming, & enemas
- Superstitious & called on gods of healing
- **Average life span** = 20-30 years



Ancient Egyptians



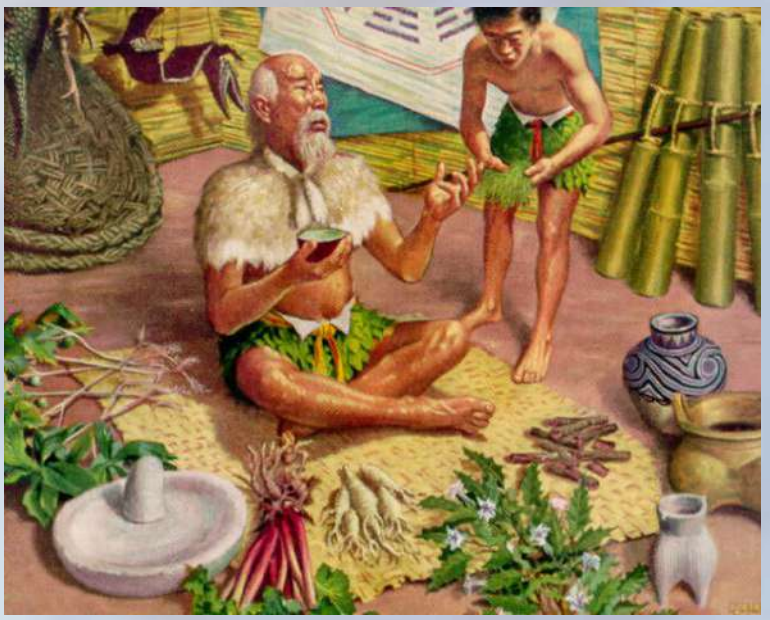
Prescription

According to most sources, Rx is derived from the Latin word "recipe," meaning "take." Among several alternative theories, however, is the belief that the Rx symbol evolved from the **Eye of Horus**, an ancient Egyptian symbol associated with healing powers.

Rx

1700 BC – AD 220
Ancient Chinese

- Believed in the need to treat the whole body by curing the spirit and nourishing the body. One theory was the balance of Yin and Yang.
- **Healers:** Herbal Doctors
- **Medicine:** Herbs
- **Treatment:** acupuncture, acupressure & cupping
- Began to search for medical reasons for illness
- **Average life span** =20-30 years



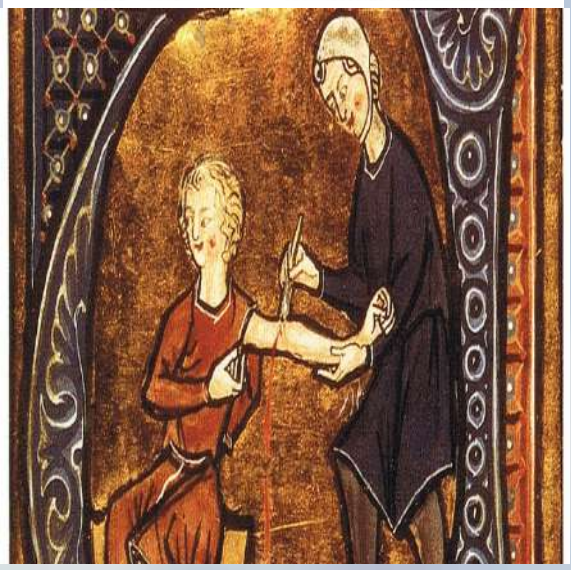
Ancient Chinese


Olympic Athlete
Cupping Therapy

1200 BC –200 BC
Ancient Greeks

- First to observe the human body and the effects of disease – led to modern medical sciences.
- **Healers:** Medical Practitioners: no formal qualifications needed
- **Medicine:** Stressed diet and exercise as ways to prevent disease. Used herbs and roots but also included the use of amulets and charms
- **Treatment:** Used therapies such as massage, art therapy, and herbal treatment. Surgery was a last resort.
- **Average life span** = 25-35 years

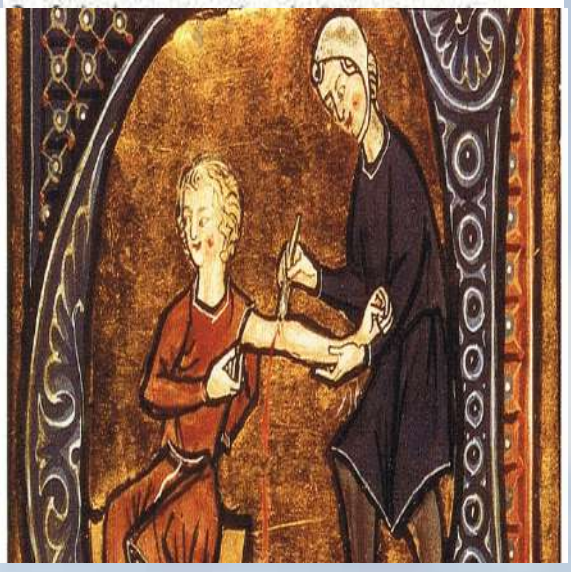
753 BC – AD 410
Ancient Romans



- First to organize medical care by providing care for injured soldiers
- First public health and sanitation systems by building sewers and aqueducts
- **Healers:** Medical Practitioners: no formal qualifications needed (Had a low social status. Many were freed Greek slaves)
- **Medicine:** Stressed diet and exercise as ways to prevent disease. Used herbs and roots but also included the use of amulets and charms

753 BC – AD 410
Ancient Romans

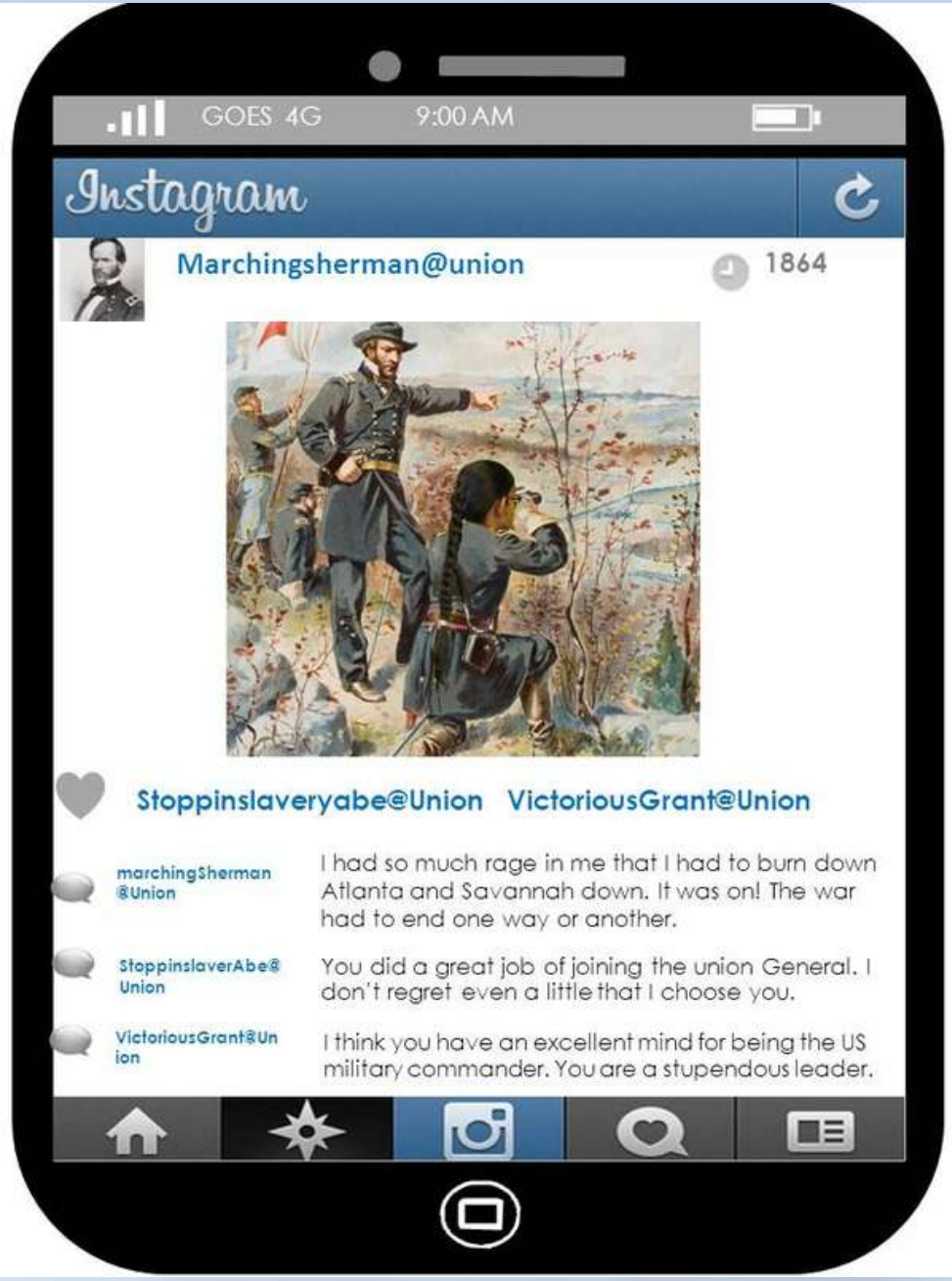
- **Treatment:** Surgery as last resort but did perform removal of cataracts, draining of fluids, and trepanation. Wounds were stitched following surgery using flax, linen thread or metal pins. Dressings were of linen bandages or sponges
- Galen established belief that the body was regulated by four body humors; blood, phlegm, black bile, and yellow bile
- **Average life span** = 25-35 years



Ancient Romans

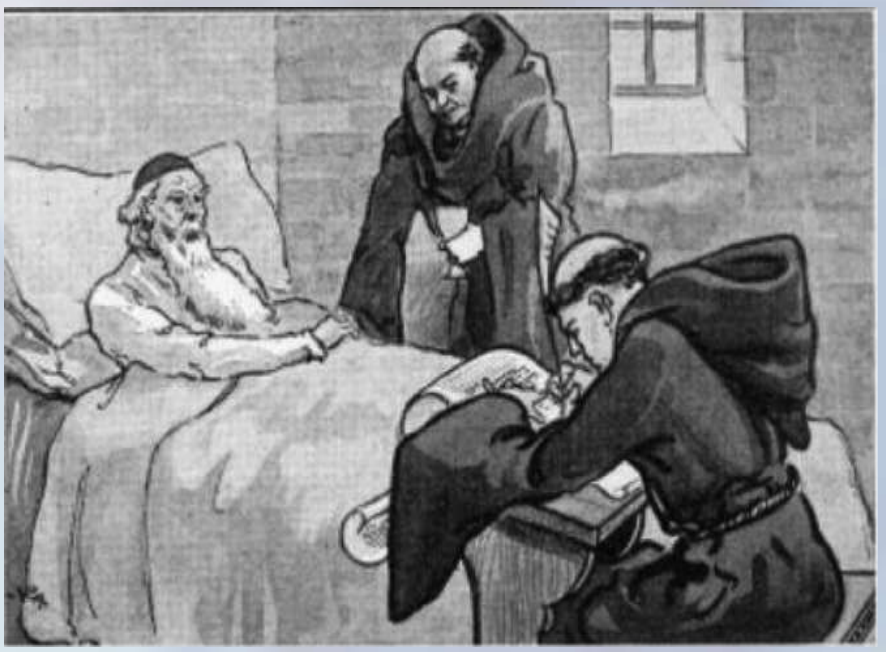
Instagram Assignment

- Create a user profile that is relevant to your time period
- Include the time/date
- Include a relative image to your time period
- Include followers' user profile names
- Include 3 discussion posts relevant to your time period



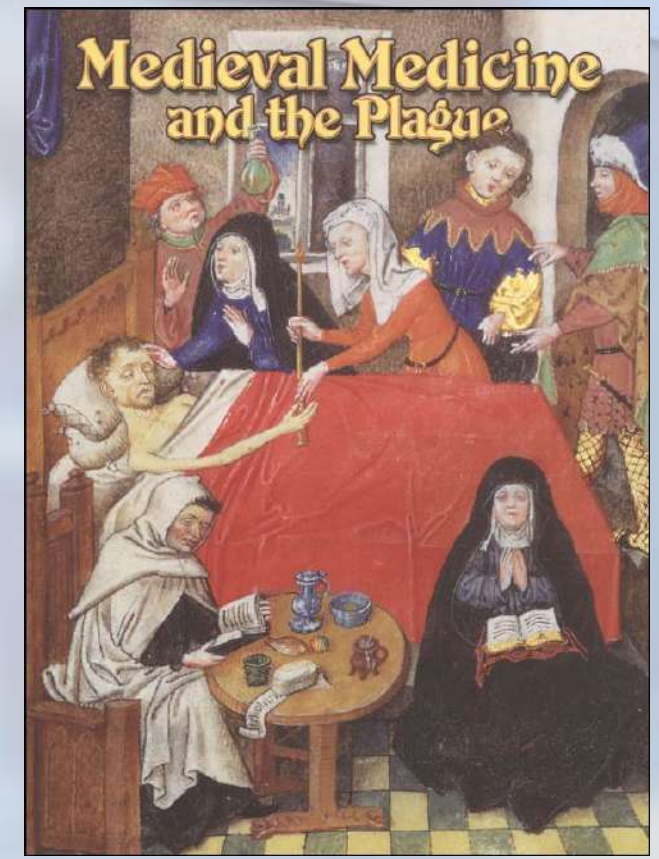
AD 400 – AD 800
Dark Ages

- Emphasis on saving the soul and study of medicine was prohibited
- **Healers:** Monks and priests provided custodial care for sick people
- **Medicine:** herbal mixtures and faith
- **Treatment:** Prayer and divine intervention were used to treat illness & disease
- **Average life span** = 20-30 years



AD 800 – AD 1400
Middle Ages

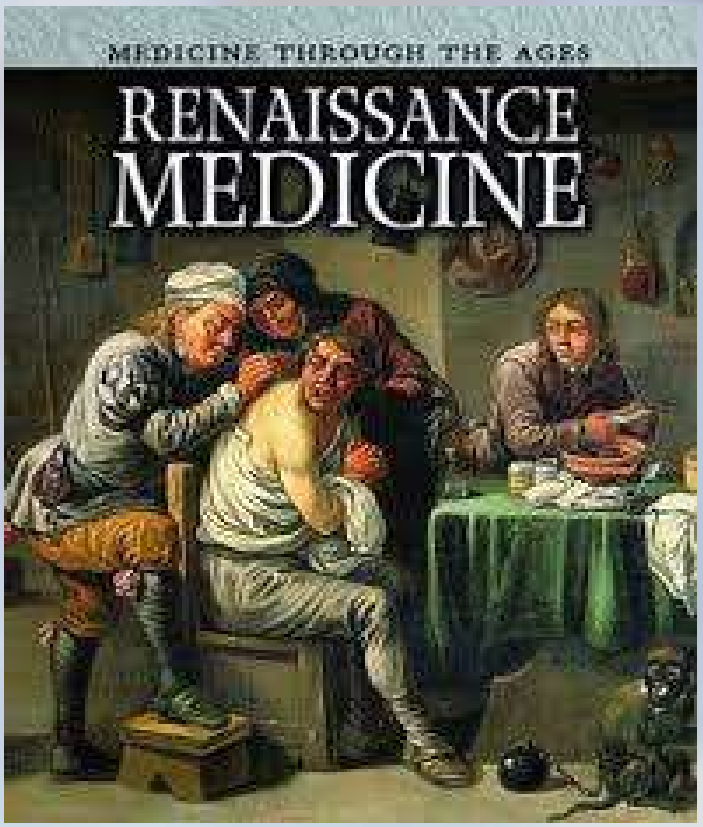
- Bubonic Plague killed a 1/3 of the population in Europe and Asia
- Major diseases included smallpox, diphtheria, tuberculosis, typhoid, the plague, and malaria
- **Healers:** Arabs began requiring physicians pass examinations and obtain licenses
- **Medicine:** herbal mixtures and faith
- **Treatment:** Renewed interest in medical practices of Greek and Romans
- **Average life span** = 20-35 years



Dark to Middle Ages

AD 1350 – AD 1650
Renaissance

- **Healers:** Dissection of body led to increased understanding of anatomy and physiology
- **Medical Advancements**
  - Invention of printing press
  - First anatomy book was published by Andreas Vesalius (1514-1564)
- **Average life span** = 30-40 years

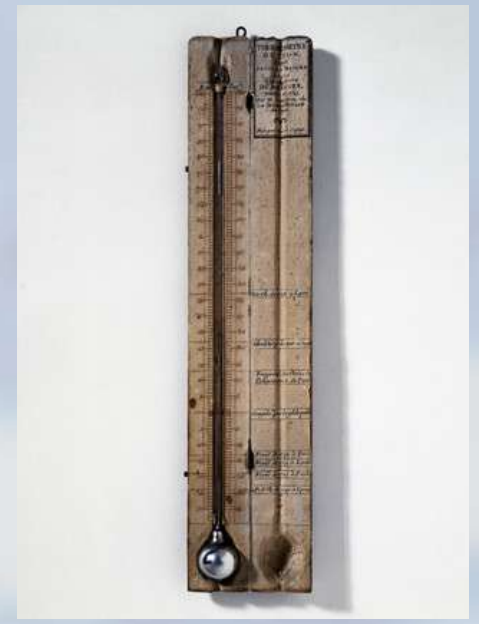


16th and 17th Centuries

- Cause of disease still not known – many people died from infections
- **Healers:** Apothecaries (early pharmacists) made, prescribed, and sold medications
- **Medical Advancements**
  - Invention of the microscope allowed physicians to see disease-causing organisms.
  - Use of ligatures to stop bleeding
- **Average life span** = 35-45 years

18th Century

- Rene Laennec (1781-1826) invented the first stethoscope (was wooden)
- Gabriel Fahrenheit (1686-1736) created the first mercury thermometer in1724
- Anders Celsius (1701-1744) created the centigrade or "Celsius" scale thermometer in 1742
- John Hunter (1728-1793), established scientific surgical procedures and introduced tube feeding
- **Average life span** = 40-50 years



19th Century

- Rapid advancements due to discoveries of microorganisms, anesthesia, and vaccinations
- Infection control developed once microorganisms were associated with disease
- Formal training for nurses began
- Women became active participants in health care
- **Average life span** = 40-60 years

20th Century

- Increased knowledge about the role of blood in the body
- ABO blood groups discovered
- Found out how white blood cells protect against disease
- **New medications were developed**
  - Insulin discovered and used to treat diabetes
  - Antibiotics developed to fight infections-Penicillin
  - Vaccines were developed
- **New machines developed**
  - Kidney Dialysis Machine
  - Heart Lung Machine
  - Surgical and diagnostic equipment developed to cure once fatal conditions

20th Century (continued)

- **New techniques developed**
  - Organ Transplants and Implanted first artificial heart
  - Test tube babies
- **Insurance**
  - Health Care Plans developed to help pay the cost of care
  - Medicare and Medicaid marked the entry of the federal government into the health care arena
- Hospice organized
- **Average life span** = 80-90 years

Hospice

Think about patients who are ill and days from dying…

What needs do they have that will need to be met by the healthcare provider?

In groups: write down at least 3 answers on the white board

21st Century

- The Netherlands became the first country in the world to legalize euthanasia in 2002
- The Human Genome Project to identify all of the approximately 20,000 to 25,000 genes in the human
- Stem cells were used in the treatments of disease early in the 2000's and lead to increased research in the treatment of cancer and other diseases

21st Century

- Advanced Cell Technology announced it cloned a human embryo in 2001 but the embryo did not survive
- The standards for Privacy of Individually Identifiable Health Information, required under the Health Insurance Portability and Accountability Act (HIPAA) of 1996, went into effect in 2003
- Vaccinations for cervical cancer and herpes zoster (shingles) in 2006

Potential for 21st Century

- Cures for AIDS, cancer, and heart disease
- Genomic Medicine: Genetic manipulation to prevent or treat diseases.
- Regenerative Medicine: medical care that creates living tissue or organ functions lost due to age, disease, injury, or birth disorder.
- **Average life span** = 80-100 years