

## 1.1 History of Health Care (adapted from pp 23-30)

- Health Care is nothing new, and understanding why it is the way it is requires us to understand a little of its history.
- Ancient Times:
  - Medicine had its start in ancient times. All ancient cultures used \_\_\_\_\_ and \_\_\_\_\_ as medicine and looked at cause and effect for determining the best course of actions (much like we do today).
  - Understanding the mechanism of how the physical body works also has ancient roots. We know that the \_\_\_\_\_ practiced \_\_\_\_\_ which allowed them to learn much about how the internal organs work. Although since all of these were post mortem, they thought that \_\_\_\_\_ moved \_\_\_\_\_ throughout the body. Even with this limited understanding we know that they were able to still do \_\_\_\_\_ as we see evidence of this in their mummies.
  - Many cultures combined religion and healthcare together. The common medical symbol of a snake wound around a pole is from the Rod of the Greek God \_\_\_\_\_. His symbol was the snake and people would go to his temple for healing.
  - The doctor's code of ethics is rooted in ancient Greek history. \_\_\_\_\_ was a physician around the year \_\_\_\_\_. He and his followers left many manuscripts describing different treatments and the mantra "\_\_\_\_\_ " among other ethical codes like privacy. Today's modern medical oath is an adaptation of this ancient oath.
  - The establishment of the \_\_\_\_\_ also advanced medicine. Often nobility would have their physicians study together to learn the best practices and even in ancient times they would document many of the things that they tried. A Greek man named \_\_\_\_\_ was a physician to the \_\_\_\_\_ in about \_\_\_\_\_. He documented many of the procedures and surgeries that he performed. Much of his work was relied upon until the \_\_\_\_\_ in the 1500s. He also established the idea of the 4 humours. This is 4 body fluids that people believed had to be kept in balance (Black Bile, blood, phlegm, and yellow bile).

- Middle Ages (From the fall of Rome until the Renaissance)
  - This is when we really see the establishment of \_\_\_\_\_ happening. Until this time doctors largely went to the patient. The establishment of monasteries led to \_\_\_\_\_ that practiced medicine and would care for people.
  - In \_\_\_\_\_ in the 800-900s a doctor named \_\_\_\_\_ established some of the first hospitals that were \_\_\_\_\_ attached to religious institutes. Doctors would work at the hospital and the sick were brought to them so that they could care for many at once. Also he established careful \_\_\_\_\_ which led to many discoveries and advances.
  - \_\_\_\_\_ were established. These were people who knew their way around a blade. They could cut your hair, shave you, perform \_\_\_\_\_, and let \_\_\_\_\_ to keep your humours in balance. Their symbol was a \_\_\_\_\_ (the red stripes were bloody bandages wrapped around the pole)
  - Near the end of the middle ages regulation started. \_\_\_\_\_ started to determine who could and could not perform medicine. One group that was notably excluded from being allowed was \_\_\_\_\_. In the 1300s a French woman \_\_\_\_\_ was put on trial for practicing medicine.
- The Renaissance
  - During the 1500s to today the \_\_\_\_\_ and documentation has dominated the development of medicine.
  - In 1665 \_\_\_\_\_ (or the Janssen duo depending on which history is true) invented the \_\_\_\_\_ and the discovery led to a whole new avenue of studying health. Now you can see germs!
  - Scientists, such as Antonie van Leeuwenhoek, “The Father of \_\_\_\_\_”, discovered “animalcules” (as he called microscopic organisms) started to study cells and develop germ theory.
- The Industrial Revolution
  - New tools to study the body were being made and this helped doctors develop a much better understanding of the mechanics of how the body worked. There was the invention of the \_\_\_\_\_ to allow doctors to \_\_\_\_\_ inside the body.

- Doctors were keeping careful records of what worked and what didn't and were \_\_\_\_\_ their results.
- \_\_\_\_\_ through observation of milk maids not getting small pox after getting cow pox invents the first \_\_\_\_\_ in 1796.
- \_\_\_\_\_ figures out a way to kill the germs in milk by almost bringing it to a boil and then cooling it again. All the cows milk you drink in Canada is \_\_\_\_\_ now by law.
- \_\_\_\_\_ discovered \_\_\_\_\_ and how to disinfect medical tools. As a result, infection rates in hospitals drop.
- \_\_\_\_\_ discovered that \_\_\_\_\_ in between patients and after surgeries with a strong disinfecting soap prevents infections. Who would have thought?
- Also during the industrial revolution a lot of things changed \_\_\_\_\_. Women were just starting to be allowed to work more in roles that traditionally men had dominated. As a result, the first female doctors in Canada, Emily Howard \_\_\_\_\_ and Jennie Kidd \_\_\_\_\_, began to practice. Canada's first indigenous western doctor, \_\_\_\_\_ (Peter Jones), began to practice as well.
- In addition to doctors, nursing became a common practice to support doctors, \_\_\_\_\_, "The Mother of Nursing", was the first nurse. This was during the Crimean War.
- Modern times:
  - By the 1800s health care had developed from just using herbs and plants to help you feel better when you are not feeling well, to a formalized system of professionals called doctors and nurses. Much of health care was heavily \_\_\_\_\_ and it had been \_\_\_\_\_ (put in buildings, and given a system of rules that it follows).
  - Doctors now had an understanding of germ theory. This is the idea that \_\_\_\_\_ and many \_\_\_\_\_ are caused by bacteria or viruses (germs) entering the body. As a result, hospitals became sterile places. Disinfectant was used heavily so that infections would not happen. This is when we started to see a lot of what we would consider "modern" in hospitals.

- Technology was also making quick advances and by the beginning of the 1900s we had \_\_\_\_\_ for examining what was happening inside of the human body.
- In Canada, and other industrialized nations of that time, if you wanted to see a doctor you would go to the hospital, and you would have to \_\_\_\_\_ the doctor for your visit.
- World War 1
  - In 1914 to 1919 much of the world entered into a time of war. The industrialized nations were in conflict and conscription was a common practice in most nations. This was the practice of requiring men over the age of 18 of serving in the military, or working in a job that directly supported the requirements of the nation (farmers, mechanics, etc)
  - Near the middle of the war a flu (now called the \_\_\_\_\_) started to spread among soldiers. Since so many from so many nations were in contact with each other it quickly spread to every nation. By the end of the war many nations had soldiers, and the general public which had very real, very severe health needs.
  - In Canada, after the war in 1919, Prime minister Robert Borden was visiting a hospital that was housing sick and injured soldiers. He realized that the Canadian government had caused this for these people. To help deal with their health needs he established the \_\_\_\_\_ . (Health care is a provincial responsibility, but now the federal level would provide oversight and help.)
- Interwar Period
  - During the 1920s there was a post war boom. The prairies were growing very quickly and the economies were doing very well. At the end of the 1920s though things changed. The economy collapsed and a decade long drought started.
  - Suddenly communities that needed doctors could not afford to pay them. With the drought, people were not as healthy. So as their need for doctors grew their ability to pay them went down. To try to encourage doctors to stay the \_\_\_\_\_ started to pay them a small allowance, but doctors were still leaving and a health \_\_\_\_\_ started to happen.

- World War 2
  - Then world war 2 happened (1939 to 1945). During this time there was a huge investment in modernizing the country. Electricity is run to most cities and towns. Roads are paved to make transport easier. The government needed a \_\_\_\_\_ population so the Saskatchewan provincial governments established provincial \_\_\_\_\_ \_\_\_\_\_. Your health care is covered and you pay for the health insurance as part of your \_\_\_\_\_.
- Medicare
  - In 1962 Saskatchewan's Premier, \_\_\_\_\_, introduced what we would recognize as \_\_\_\_\_. This meant that everyone in the province had a health card and had access to health care (diagnosis and some treatment), it also meant that everyone had to pay a little more tax.
  - Saskatchewan had such huge success with this that the Federal government promised that it would help fund a similar model in other provinces. By 1966 Prime Minister, Lester B Pearson, and his government passed the \_\_\_\_\_ that brought medicare to the rest of Canada.
- Current Trends
  - Since then there has been a lot of debate about what other areas of health care in Canada should be included in medicare. There is a lot of debate in Canada about if medicine should be covered completely by medicare, this is often called \_\_\_\_\_.
  - There are also questions about whether other areas of health care like dentistry, chiropractors, physiotherapists, etc should be covered. In many other countries (excluding the United States) these services are also covered.
  - Some other developments in health care in the last decade has been personalized medicine. This is becoming possible as we gain the ability to design medicine to work with specific DNA. This is often called \_\_\_\_\_. This is also becoming possible as people use more devices like smart watches, etc to monitor their health more closely.
  - \_\_\_\_\_ ("assisted-suicide") has recently gained legal ground in Canada and have begun to have patients seeking this.