# InforMED™ Health 201

## CERTIFICATION HANDBOOK

**2017 Version**

**Student Name:**

**Address:**

**City, State Zip**

**Telephone (home)**

**Telephone (work)**

**Email address**

**Date**

**Name as you would like it to appear on certificate:**

On the following pages, you will find quizzes, as well as projects to be completed after you have finished the course lectures posted online. If you need assistance accessing the site, please contact the office.

Answers to multiple choice questions must be submitted with the questions, and answers to essay questions must be typed. Although your answers should be concise, make sure you answer the questions thoroughly.

Please submit your completed work in a word document format, by email to [pampopper@msn.com](mailto:pampopper@msn.com) or fax it to 614-841-7703.

If you have any questions, you may call 614 841-7700 or email Dr. Pam Popper at [pampopper@msn.com](mailto:pampopper@msn.com).

You should retain a copy of your work in case the information you submit is lost in the mail.

If you miss several questions, we will notify you via email that corrections are needed. If your work is satisfactory, a certificate will be mailed within 10 business days to the address we have on file for you.

**InforMED Health 201: Class I**

**Quiz 1**

1. Describe the factors that should be considered when assessing health status.

2. Why is it important to become InforMED?

3. What are the problems with the health sources that consumers often use?

4. Define and explain informed consent.

5. What does it mean to "falsify the hypothesis"?

6. Find a study that presents an idea that everyone would like to believe is true (similar to the chocolate study example on slide 19), but when analyzed further, found to be false. Describe the methods the researchers used to come up with the results presented.

7. Describe the different types of research studies. Identify the uses and limitations of each type.

8. What is the difference between 'correlation' and 'cause and effect'?

9. Explain how reductionism in research can be misleading.

**InforMED Health 201: Class II**

**Quiz II**

1. Describe how industry funding for research can skew the results of a study.

2. Do some research and cite a study below, in which the presented findings benefit the industry funding the research.

3. What are the issues with relying on the evidence provided from one single study?

4. Explain the difference between *relative* and *absolute* terms.

5. Why is it best to always read the original study and not just rely on the headlines?

6. Why is it important to find results that have been replicated by other studies?

7. What are the limitations of observational data?

8. Summarize Wellness Forum Health's criteria for evaluating approaches to Health Care.

9. Why is it important to use prescriptive communication?

**InforMED Health 201: Class III**

**Quiz III**

1. **True** or **False**: You must have a plant-based doctor to make improvements in your health.

Explain why or why not.

2. Why is the Annual Exam useless?

3. How could the Annual Exam be more productive?

4. Explain the term "medical mill".

5. What are good qualities to look for in a personal trainer?

6. What are the goals of physical therapy?

7. What are good qualities to look for in a physical therapist?

8. Explain the benefits of cognitive behavioral therapy?

9. Why should a patient be cautious about seeing an alternative medicine practitioner?

**InforMED Health 201: Class IV**

**Quiz IV**

1. Define reference ranges and explain how they can be misleading.

2. Explain how the criteria used for diagnosing disease can lead to "disease mongering".

3. **True** or **False**: It is a good idea for everyone to have their vitamin D levels measured. Explain why or why not.

4. Explain why the criteria used by most doctors for evaluating TSH levels is skewed and what are better parameters to use?

5. What are the USPSTF recommendations regarding screening for thyroid disease?

6. Describe the biomarkers that are predictors of cardiac risk. What do increased levels of each indicate?

7. What is the role of HDL? Is it important to have high levels HDL?

8. What are the risks associated with taking statin drugs?

9. What are the keys to having InforMED medical discussions with your doctor?