

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What is the best description of a fissure?
  - A) Scratch
  - B) Crack
  - C) Rip
  - D) Blister
  
2. What is the best description of an ulcer?
  - A) Blister filled with pus
  - B) Sore with dead tissue that doesn't heal normally
  - C) Scrape that damages the dermis
  - D) Fissure close to an orifice
  
3. What functions are best accomplished by the skin?
  - A) Maintain proper pH balance in the body
  - B) Oxygen-carbon dioxide exchange
  - C) Protection and sensation
  - D) Excretion and absorption
  
4. What is the best description of the skin?
  - A) A single-layered sheet of tissue highly invested with glands and nerves
  - B) A semipermeable barrier that protects the body from outside forces
  - C) A large gland that secretes sweat, sebum, and other substances
  - D) A three-layered membrane separating the interior from the exterior of the body
  
5. Which is the correct list of skin layers from superficial to deep?
  - A) Stratum corneum, stratum basalis, superficial fascia
  - B) Epidermis, dermis, subdermis
  - C) Squamous, basal, fascial
  - D) Epidermis, superficial fascia, dermis
  
6. Which statement best describes why damaged skin contraindicates massage?
  - A) Many skin conditions might be contagious or spread further on the body
  - B) Massage lotion or oil could be irritating to open sores
  - C) If the skin is not intact, the client is a walking invitation to infection
  - D) The skin tells us the most about our environment

7. Which is the list of animal parasites?
- A) Acne, eczema, jock itch
  - B) Herpes, warts, ringworm
  - C) Keloids, St. Anthony's fire, body lice
  - D) Crabs, head lice, mites
8. What is the best description of head lice?
- A) Microscopic animals that burrow under the skin
  - B) Arthropods that infest any coarse body hair except on the scalp
  - C) Wingless insects that infest scalp hair
  - D) Hopping blood-sucking insects that jump from one host to another
9. What is the best description of pubic lice?
- A) Microscopic animals that burrow under the skin
  - B) Arthropods that infest any coarse body hair except on the scalp
  - C) Wingless insects that infest scalp hair
  - D) Blood-sucking insects that live in clothing
10. What is a synonym for pubic lice?
- A) Herpes
  - B) The clap
  - C) Crabs
  - D) Scabies
11. Pubic lice may infest...
- A) Pubic hair of women only
  - B) Pubic hair of men only
  - C) Scalp hair and pubic hair of either gender
  - D) Any body hair *except* the scalp of either gender
12. What is the best description of body lice?
- A) Wingless insects that infest scalp hair
  - B) Microscopic animals that burrow under the skin
  - C) Arthropods that infest any coarse body hair except on the scalp
  - D) Hopping blood-sucking insects that live in clothing

13. What is true about body lice?
- A) They are resistant to most pesticides
  - B) They burrow under the skin
  - C) They are eradicated by laundering
  - D) They live for 2 weeks or more off of a host
14. What is the best description of scabies mites?
- A) Wingless insects that infest scalp hair
  - B) Arthropods that infest any coarse body hair except on the scalp
  - C) Tiny animals that build tunnel in the epidermis
  - D) Hopping blood-sucking insects that live in clothing
15. The causative agent for scabies lesions is...
- A) A parasitic worm that burrows under the skin
  - B) The same virus that causes genital herpes
  - C) Microscopic mites that burrow under the skin
  - D) Easily visible insects that inhabit the scalp
16. The itching associated with scabies is distinguishable from most other sources of irritation because...
- A) It rises to a peak and then subsides with no further symptoms
  - B) It comes and goes in periods of flare and remission
  - C) It is unrelenting and gets progressively worse instead of better
  - D) It is accompanied by fever and inflamed lymph nodes
17. The symptoms caused by head lice are from...
- A) The lice burrowing under the skin of the scalp
  - B) The lice crawling on the scalp
  - C) The lice's saliva, which creates an inflammatory reaction
  - D) The lice depositing irritating waste that creates an allergic reaction on the scalp
18. If a client has very recently been infested with head lice, where will nits tend to be found?
- A) At the tips of the hair
  - B) At the root of the hair close to the forehead
  - C) Directly on the scalp
  - D) At the root of the hair close at the back of the head

19. Your client was recently exposed to scabies. How soon are they communicable to you?
- A) Twelve hours after exposure
  - B) Anytime after exposure
  - C) Mites that cause scabies are not communicable
  - D) After lesions have appeared
20. What is the most efficient way for the animals that cause scabies to spread from a client to a massage therapist?
- A) Sharing hats and helmets
  - B) Skin-to-skin contact
  - C) Through shared towels or clothing
  - D) Contaminated toilet seats
21. If a client has recently completed treatment for scabies, what massage therapy–related risks are present?
- A) No risks are present; treatment for scabies does not affect the skin
  - B) Treated areas may be extremely itchy; massage may exacerbate this symptom
  - C) The client is still highly contagious; the massage therapist is at risk
  - D) The massage therapist could spread the scabies to other parts of the body
22. What is the best description of a fungal infection of the skin?
- A) A colony of microscopic plants begins on the skin and invades the bloodstream
  - B) Tiny circular worms burrow under the skin, resembling the growth pattern of fungi
  - C) Tiny mites carry microscopic deposits of fungus with them in the creation of lesions
  - D) Dermatophytes find a rich growth medium on the skin
23. What is a synonym for fungal infection of the skin?
- A) St. Anthony's fire
  - B) Wart
  - C) Candida
  - D) Ringworm
24. The causative agent for ringworm is...
- A) A parasitic worm
  - B) A dermatophyte
  - C) A bacterium
  - D) A virus

## Answer Key

1. B
2. B
3. C
4. D
5. B
6. C
7. D
8. C
9. B
10. C
11. D
12. D
13. C
14. C
15. C
16. C
17. C
18. D
19. B
20. B
21. B
22. D
23. D
24. B