



# History of Healthcare Day 1

## Ancient Times



# History of Healthcare

## *Thinking Point---*

- Why is it important to understand the history of healthcare?

[Hx of healthcare](#) (2 min)

- How have historical discoveries helped to improve the healthcare we receive today?



# History of Healthcare

## *Thinking Point---*

- Some treatments and “drugs” used in the past are still used. Those that failed were documented and thus not used if they failed.



# Ancient vs. Modern times

- You have an infected sore
- The doctor uses leeches or maggots to treat the infection
- Is this an ancient or modern treatment?
- Does it work?



# Ancient vs. Modern times



Leech therapy (5 min)



Maggot medicine (3 ½ min)



# Ancient vs. Modern times

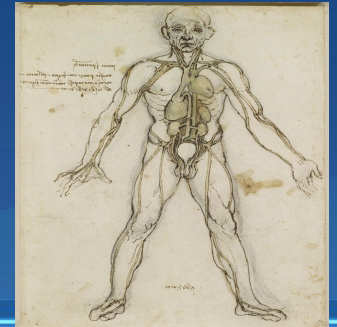
- Before drugstores, people used herbs and plants as food and medicine in the form of teas, poultices, etc.
- Many of those same herbs are still in use today in medications but are produced synthetically
- Morphine (a type of pain medication) is made from poppy plants





# Ancient Times

- As civilizations developed, changes occurred:
  - Study of the human body began as we began to wonder how the human body functions.
  - But exploration of the human body was limited as most religions didn't allow the desecration of the human body.
  - Animals were dissected to learn about body parts.





# *Ancient Times*

- Religion played an important role
  - Common belief: Illness/disease were caused by demons/evil spirits or a punishment from the gods
  - Religious rites/ceremonies were used to eliminate evil spirits and restore health.
  - Treatment: Elimination of the evil spirits (3 min)

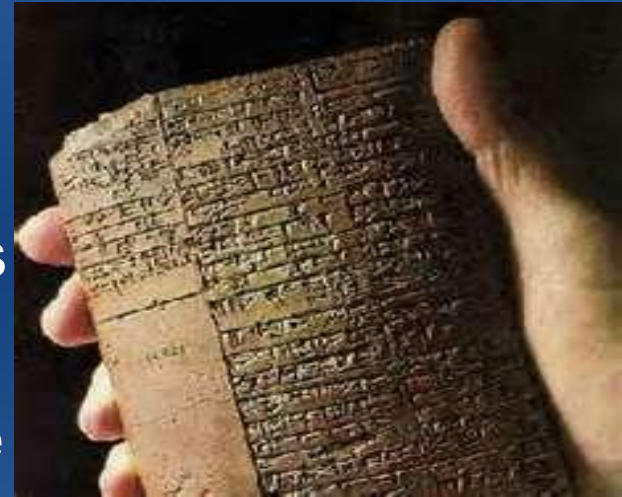




# ***Ancient Times***

## ***Ancient Egyptians***

- First people to keep written health records
- Most records were written on stone and were created by the priests who acted as physicians.
- Many people couldn't read as knowledge was limited to an educated few.





# ***Ancient Times***

## ***Ancient Chinese***

- Had strong beliefs in the need to cure the spirit and nourish the entire body
- Used treatments such as acupuncture.
- Today holistic healthcare methods stress treating the entire patient - mind, body, and soul.

**HOLISTIC HEALTHCARE**



# ***Ancient Times***

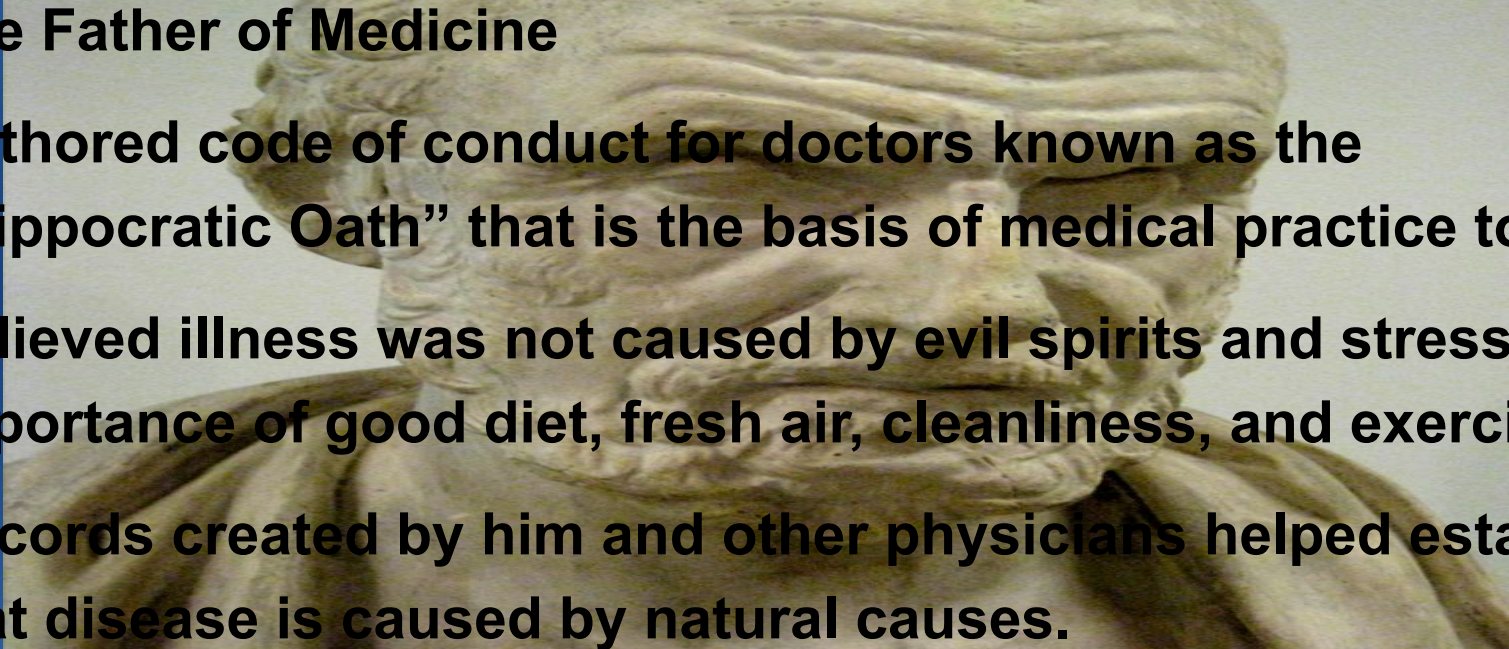
## ***Ancient Greeks***

- Among the first to stress that a good diet and cleanliness would help prevent illness and disease.
- **Hippocrates**--one of the most important physicians in ancient Greece.



# ***Ancient Times***

## ***Hippocrates (460 – 377 BC)***

- **The Father of Medicine**
  - **Authored code of conduct for doctors known as the “Hippocratic Oath” that is the basis of medical practice today**
  - **Believed illness was not caused by evil spirits and stressed importance of good diet, fresh air, cleanliness, and exercise**
  - **Records created by him and other physicians helped establish that disease is caused by natural causes.**
- 



# ***Ancient Times***

## ***Ancient Romans***

- Came to the realization that some disease was connected to filth, contaminated water, and poor sanitation.
- Developed sanitary sewer systems
- Built sewers to carry away waste and aqueducts (waterways) to deliver clean water.
- Drained swamps and marshes to reduce the incidence of Malaria
- Created laws to keep streets clean and to eliminate garbage





# ***Ancient Times***







# ***Ancient Times***





# Ancient Times

## Ancient Romans

- Established the first hospitals
- Roman physicians cared for injured soldiers and ill people in their homes





# ***Ancient Times***

- Many changes occurred in healthcare during ancient times, but **treatment was still limited**
- The average person had:
  - Poor personal hygiene
  - Drank contaminated water
  - Very unsanitary living conditions





# ***Ancient Times***

- The average life span was 20-35 yrs of age
- Anyone who dies at this age today is considered to be a very young person
- Diseases such as typhoid, cholera, malaria, dysentery, leprosy, and smallpox infected and killed many individuals