

NJ HEALTH & PHYSIOLOGY TEST FOR TEACHER CANDIDATES



SHAPING YOUR HEALTH



Traditional Health Definitions

- Concerns
 - ▣ Morbidity: pertaining to illness and disease
 - ▣ Mortality: pertaining to death
- Health Care
 - ▣ Seek medical treatment when ill or injured
- Preventative or prospective medicine
 - ▣ Identifying risk factors and high-risk health behaviors to lower the risk of illness
 - ▣ Empowerment-individuals or groups gain increasing control over their health

Wellness

- A process intended to aid individuals in unlocking their full potential through the development of an overall wellness lifestyle.
- Emphasis on lifestyle
 - ▣ May not focus on mortality and morbidity but in practice shares many risk-reduction activities with health promotion approaches

Changing Unhealthy Behaviors

- Several factors influence a person's desire to change a health behavior
- The person must:
 1. Know the behavior is associated with a health problem
 2. Accept that the behavior increases personal risk for the health problem
 3. Recognize that risk-reduction intervention programs exist and can be effective
 4. Believe the benefits of the new behavior justify the change in behavior
 5. Feel that significant others will be accepting of such changes

ACHIEVING PSYCHOLOGICAL HEALTH



Emotional Intelligence

- Ability to understand others and act wisely in human relations
- 5 primary domains:
 1. Know your emotions
 2. Manage your emotions
 3. Motivate yourself
 4. Recognize emotions in others
 5. Handle relationships

Keys to Psychological Health

- Develop communication skills to foster improved social relationships
 - ▣ Verbal communication-be a skilled sender and listener
 - ▣ Nonverbal communication-facial expression, eye contact, personal space, body posture
 - ▣ Managing conflict
 - Listen
 - Focus on what to say and how to say it
 - Use assertive communication with “I” statements

Keys to Psychological Health

- Cultivate a sense of humor to build a positive outlook on life

MANAGING STRESS



What Is Stress?

- Stress
 - ▣ Physiological and psychological state of disruption
- Stressor
 - ▣ Factors or events, real or imagined, that elicit a state of stress
- Eustress
 - ▣ Stress that enhances quality of life
- Distress
 - ▣ Stress that diminishes quality of life

Stress Response

- Physiological and psychological responses to positive or negative events that are disruptive, unexpected, or stimulating
- Learned and conditioned habits adopted early in life
- Basic human survival mechanism

Effects of Stress

- Stress and immunity
 - ▣ Chronic stress may cause the immune system to be under- or overactive
- Stress and cardiovascular disease
 - ▣ Type A personality: competitive, ambitious, impatient
 - Associated with heart attacks
 - ▣ Type B personality: relaxed, patient

PHYSICAL FITNESS



Four Components of Physical Fitness

- Cardiorespiratory endurance
 - Aerobic vs. anaerobic exercise
- Muscular fitness
 - Strength vs. endurance
- Flexibility
- Body composition

Cardiorespiratory Endurance

- Ability of heart, lungs and blood vessels to process and transport oxygen over a period of time
- Produced by exercise involving continuous, repetitive movements
 - ▣ Examples: brisk walking, jogging, cycling
- *Aerobic* (with oxygen) energy production
- Structural and functional benefits

Muscular Fitness

- *Strength*: Ability to contract skeletal muscles to a maximal level
- *Endurance*: Ability to contract skeletal muscles repeatedly over a long period of time
- Improved by performing repeated contractions at less than maximal levels

Flexibility and Body Composition

- *Flexibility*: Ability of your joints to move through an intended range of motion
- *Body composition*: The make-up of the body in terms of muscle, fat, water, and minerals

Workout Routine

- **Warm-up** (5-10 minutes of slow, gradual, comfortable movements related to the upcoming activity; end with a period of stretching)
- **Conditioning** (cardiorespiratory endurance, strength training, and/or flexibility workout following ACSM guidelines)
- **Cooldown** (5-10 minutes of relaxing exercises to return the body to resting state)

How Hard Should I Train?

□ Intensity

- Target heart rate (THR) = 65-90% of maximal heart rate
- Maximum heart rate can be estimated by subtracting your age from 220
- Target heart rate range = $(220 - \text{age}) \times 65-90\%$

NUTRITION AND DIET



Carbohydrates

- Major energy source: 4 calories/gram
- Types
 - Monosaccharides
 - Disaccharides
 - Polysaccharides
- Recommended intake: 45-65% of total calories from carbohydrates

Fats

- Functions: Insulation, carrier of vitamins, storage of long-term energy, and satiety
- Energy source: 9 calories/gram
- Types
 - ▣ Saturated
 - ▣ Monosaturated
 - ▣ Polysaturated
 - ▣ Trans
- Recommended intake: 20-35% of total calories

Fiber

- Cellulose-based plant material that cannot be digested
- Provides no energy: 0 calories/gram
- Types
 - ▣ Soluble (gel-forming)
 - ▣ Insoluble (absorbs water)
- Benefits
 - ▣ Moves stool through digestive tract
 - ▣ Lowers blood cholesterol levels
 - ▣ Steadies blood sugar levels
- Recommended: 21 -38 grams/day
 - ▣ Most American adults: 11 grams/day

Vitamins

- Organic compounds needed in small amounts for normal growth, reproduction, and maintenance of health
- Serve as co-enzymes
- Provide no energy: 0 calories/gram
- Types
 - ▣ Water soluble
 - B-complex vitamins and vitamin C
 - ▣ Fat soluble
 - Vitamins A, D, E, K

Vitamins: Should I Take a Supplement?

- Following dietary recommendations would allow most Americans to meet their nutrient needs without supplements
 - ▣ Many people eat too many nutrient-deficient foods
- Caution with using supplements
 - ▣ *Hypervitaminosis* = toxicity
 - ▣ Megadoses of any vitamin can be harmful
- Recommendations for certain groups
 - ▣ Folic acid, vitamin B-12, vitamin D

MAINTAINING A HEALTHY WEIGHT



Defining Overweight and Obesity

- **Desirable Weight:** weight range deemed appropriate for people, taking into consideration gender, age, and frame size
- **Overweight:** a person's excess fat accumulation results in body weight that exceeds desirable weight by 1-19%
- **Obesity:** a person's body weight is 20% or more above desirable weight

Causes of Obesity

- Caloric balance: energy intake vs. energy output
 - ▣ Intake = Output: caloric balance
 - ▣ Intake > Output: positive caloric balance
 - Weight gain
 - ▣ Output > Intake: negative caloric balance
 - Weight loss
- Energy needs
 - ▣ Basal metabolic rate (BMR)
 - ▣ Activity requirements
 - ▣ Thermic effect of food

Causes of Obesity

- Genetic factors
- Physiological and hormonal factors
 - Hyperthyroidism
 - Hypercellular obesity
 - Hypertrophic obesity
- Metabolic factors
 - Set point
 - Adaptive thermogenesis

Causes of Obesity

- Family, social and cultural factors
- Environmental factors
 - ▣ Local environment
 - ▣ Packaging and price
 - ▣ Unit bias
- Psychological factors

Weight Management Strategies: Lifestyle Approaches

- Balanced diet supported by portion control
- Moderate physical activity
 - ▣ 60 minutes/day for weight maintenance
 - ▣ 90 minutes/day for weight loss and maintenance
- Sleep
- Lifestyle support and problem solving

Anorexia Nervosa

- Diagnostic Criteria
 - ▣ Body weight 15% or more below desirable weight
 - ▣ Fear of weight gain distorted body image
 - ▣ In women, absence or 3 or more menstrual periods
 - ▣ In men, decreased sex hormone
- Serious medical complications, including death
- Treatment: medical and dietary interventions, psychological treatment

Bulimia Nervosa

- Diagnostic Criteria
 - ▣ Binge eating 2 or more times/week for at least 3 months
 - ▣ Lack of control over bingeing
 - ▣ Inappropriate compensatory behaviors (purging)
 - Vomiting or use of laxatives, diuretics, or other medications
 - Excessive exercise
 - Fasting
 - ▣ Over concern with body image
- Serious medical complications
- Treatment: nutritional and psychological counseling, medical consultation

DRUG AND ALCOHOL USE



The Central Nervous System

- Normal nerve activity
 - ▣ Neurotransmitters deliver message to receptors and returns to cell
- Drug interference
 - ▣ Alters deactivation, allowing continuous stimulation
 - ▣ Allows continuous slow release of neurotransmitter
 - ▣ Produces an altered neurotransmitter
 - ▣ Blocks the release of the stimuli completely

Drug Misuse and Abuse

- **Drug misuse:** inappropriate use of legal drugs intended to be medications
 - ▣ Intentional or unintentional
- **Drug abuse:** any use of a legal or illegal drug in a way that is detrimental to health or well-being

Stimulants

- Key actions: stimulates the function of the central nervous system
 - Increase heart rate, blood pressure, brain function
 - Feelings of energy, exhilaration
- Examples
 - Cocaine
 - Amphetamine
 - Methamphetamine
 - Caffeine
 - Ritalin
 - Ephedra

Depressants

- Key actions: slow the function of the central nervous system
 - ▣ Reduced heart and breathing rates, blood pressure
 - ▣ Lowered inhibitions, impaired judgment
 - ▣ Sedation, drowsiness, loss of consciousness
- Examples
 - ▣ Barbiturates
 - ▣ Rohypnol
 - ▣ Alcohol
 - ▣ Tranquilizers
 - ▣ GHB

Narcotics

- Key actions
 - ▣ Relief of pain, euphoria
 - ▣ Reduced heart rate and blood pressure
 - ▣ Sedation, drowsiness, confusion
- Natural and synthetic; derived from the Oriental poppy plant
- Examples
 - ▣ Opium
 - ▣ Morphine
 - ▣ Heroin
 - ▣ Oxycodone

Inhalants

- Volatile compounds
- Key actions
 - ▣ Unpredictable, drunk-like effects; aggression
 - ▣ Euphoria
 - ▣ Damage to respiratory and cardiovascular systems
- Examples
 - ▣ Gasoline
 - ▣ Glues
 - ▣ Paint
 - ▣ Aerosol propellants
 - ▣ Nitrites (“laughing gas”)

Alcohol Consumption

- One drink:
 - ▣ 12 ounces of beer
 - ▣ 5 ounces of wine
 - ▣ 1.5 ounces of liquor
- Current use: Consumption of least one drink in the past 30 days
- Binge drinking: Consumption of five or more drinks on the same occasion on at least 1 day in the last 2-weeks

Alcohol-Related Social Problems

- Accidents
 - Motor vehicle collisions
 - Falls
 - Drowning
 - Fires and burns
- Crime and Violence
- Suicide

Organizations That Support Responsible Drinking

- Mothers Against Drunk Driving (MADD)
- Students Against Destructive Decisions (SADD)
- BACCHUS
- GAMMA Peer Education Network

Alcohol Advertising

- Targets minorities, women, and youth
 - College advertising
 - Wine cooler ads
 - Concentration of liquor stores and advertising in low-income, ethnic communities

Treatment for Alcohol Problems

- Rehabilitation centers
- Hospitals
- Medication
- Counseling
- Support groups
 - ▣ Alcoholics Anonymous
 - ▣ Al-Anon and Alateen

Marketing of Tobacco Products

- Controversy about advertising due to industry's knowledge of the health risks
- Restrictions on marketing of all tobacco products, *BUT*
 - ▣ Magazine advertising has increased
 - Especially in magazines with 15% or more youth readership
 - ▣ Free distribution of cigarettes in bars and restaurants
 - ▣ Luring teens through anti-smoking ads

Development of Dependence

- Dependence: Physical and/or psychological need to continue the use of nicotine
- Physical dependence
 - ▣ Tolerance
 - ▣ Withdrawal
 - ▣ Titration
 - Particular level of a drug within the body
 - Adjusting the level of nicotine by adjusting the rate of smoking

Prevention and Intervention

- Preventing teen smoking
 - ▣ Targeted audience
 - ▣ Governments policies
 - Restrictions on advertising and promotions
 - Funding for smoking education
- Early childhood intervention
 - ▣ Decision making skills
 - ▣ Critical thinking and refusal skills
 - ▣ Support for smoke-free environments

Chronic Obstructive Lung Disease

- Chronic bronchitis
 - ▣ Persistent inflammation or infection of the smaller airways within the lungs
- Pulmonary emphysema
 - ▣ Irreversible disease process in which the alveoli are destroyed
- Significant impact on quality of life

Smokeless Tobacco Use

- Types
 - ▣ Chewing tobacco
 - ▣ Snuff
- Risks associated with use
 - ▣ Leukoplakia
 - ▣ Erythroplakia
 - ▣ Periodontal disease
 - ▣ Oral cancer
 - ▣ Nicotine addiction
 - ▣ Other health risks

CANCER



Cancer

- ❑ Cell regulation problem causing abnormal cell growth
- ❑ **Regulatory genes**
 - ❑ Genes that control cell specialization, replication, DNA repair, tumor suppression
- ❑ **Oncogenes**
 - ❑ Faulty regulatory genes believed to activate the development of cancer
- ❑ **Proto-oncogenes**
 - ❑ Normal regulatory genes that may become oncogenes

The Cancerous Cell

□ Characteristics:

- Infinite life expectancy due to *telomerase*
- Lacks *contact inhibition*
- Spreads to distant sites via *metastasis*
- Commands the circulatory system to provide additional blood supply (*angiogenesis*)

Benign tumors do not spread but can be dangerous if they crowd out normal tissues

Skin Cancer

- Risk factors
 - ▣ Severe sunburn during childhood, chronic sun exposure during young adulthood
- Prevention
 - ▣ Reduce exposure to sun's rays, use sunscreens, avoid tanning booths
- Early detection
 - ▣ Self-examination (see next slide)
- Treatment
 - ▣ Surgery, chemotherapy, interleukin-2

Preventive Measures

- Know your family history
- Select and monitor your occupation carefully
- Do not use tobacco products
- Monitor environmental exposure to carcinogens
- Follow a sound diet
- Control your body weight
- Exercise regularly
- Limit your exposure to the sun
- Consume alcohol in moderation, if at all

Treatment of Cancer

- Surgery
- Radiation
- Chemotherapy
- New therapies

PREVENTING INFECTIOUS DISEASES



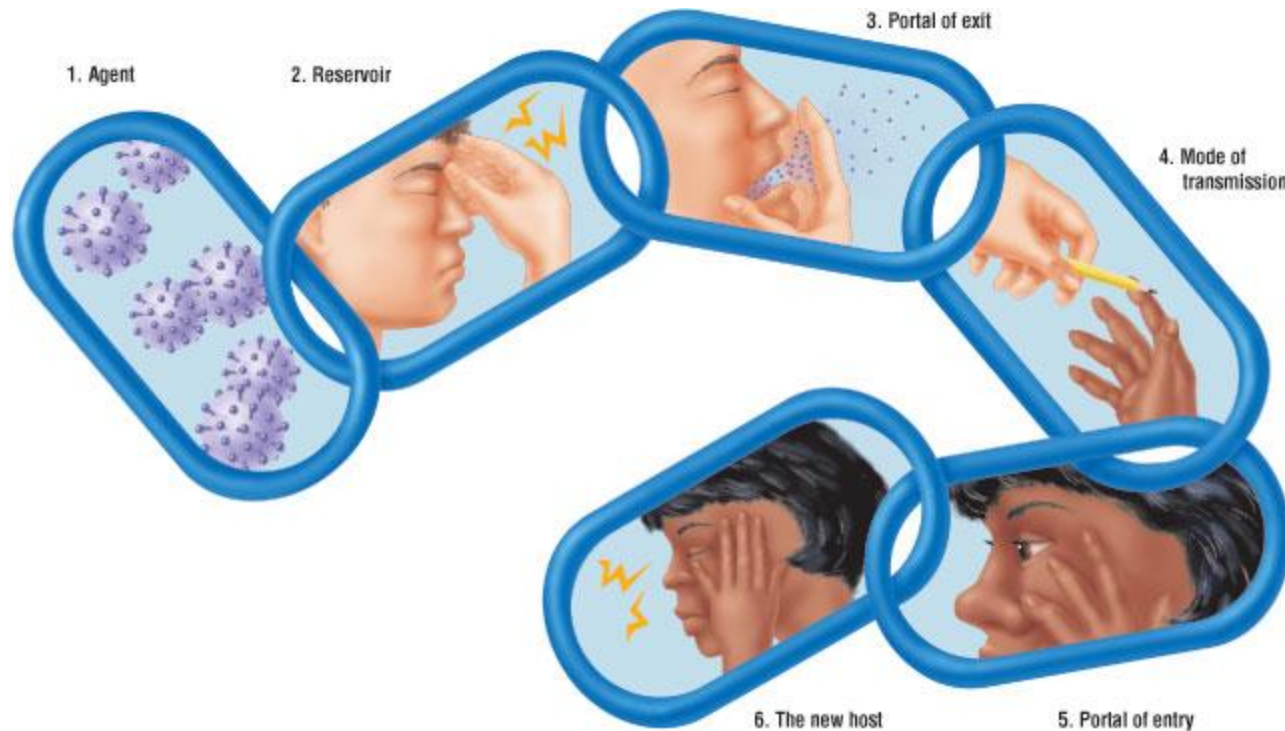
Infectious Disease Transmission

- **Pathogen:** A disease-causing agent
- **Epidemic:** A highly significant increase in the number of cases of an infectious illness existing in a given time period in a given geographical area
- **Pandemic:** An epidemic that has crossed national boundaries, thus achieving regional or international status
 - Example: HIV/AIDS

Pathogens

- Viruses
- Prions
- Bacteria
- Fungi
- Protozoa
- Rickettsia
- Parasitic worms

Chain of Infection



Chain of Infection

- Agent: Causal pathogen
- Reservoir: Pathogen's environment
- Portal of exit
- Mode of transmission
 - ▣ Direct
 - ▣ Indirect
- Port of entry
- New host

HIV/AIDS

- Human immunodeficiency virus (HIV)
- Acquired immunodeficiency syndrome (AIDS)
- HIV attacks the helper T cells of the immune system
- Spread
 - ▣ Direct contact involving the exchange of body fluids (blood, semen, vaginal secretions)
 - ▣ Sharing of hypodermic needles
 - ▣ Infected blood products
 - ▣ Perinatal transmission (mother to fetus or newborn)

HIV/AIDS

- HIV cannot be transmitted by sweat, saliva, or tears, even though trace amounts of HIV are observed
- Women are at higher risk than men of contracting HIV from an infected partner
 - ▣ HIV concentration is higher in semen compared with vaginal secretions

Treatment of HIV Infection

- No cure at this time
- HAART (highly active antiretroviral therapy) can significantly reduce viral load
- Antiviral drugs, usually taken in combination
 - ▣ Nucleoside/nucleotide reverse transcriptase inhibitors
 - ▣ Non-nucleoside reverse transcriptase inhibitors
 - ▣ Protease inhibitors
 - ▣ Fusion inhibitors
 - ▣ CCR5 antagonists
- Drug resistance

Prevention of HIV Infection

- Learn the sexual history and HIV status of your partner
- Limit the number of sexual partners
- Use condoms correctly and consistently
- Avoid contact with body fluids
- Curtail the use of drugs
- Never share hypodermic needles
- Refrain from sex with known injectable drug users and other high-risk partners
- Get regular tests for STDs
- Do not engage in unprotected anal intercourse

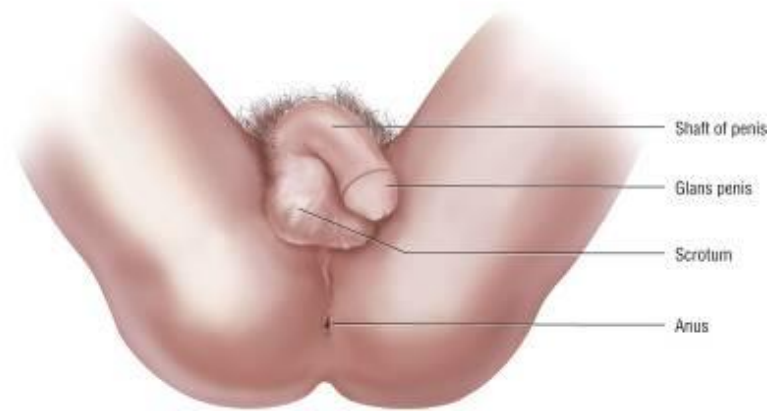
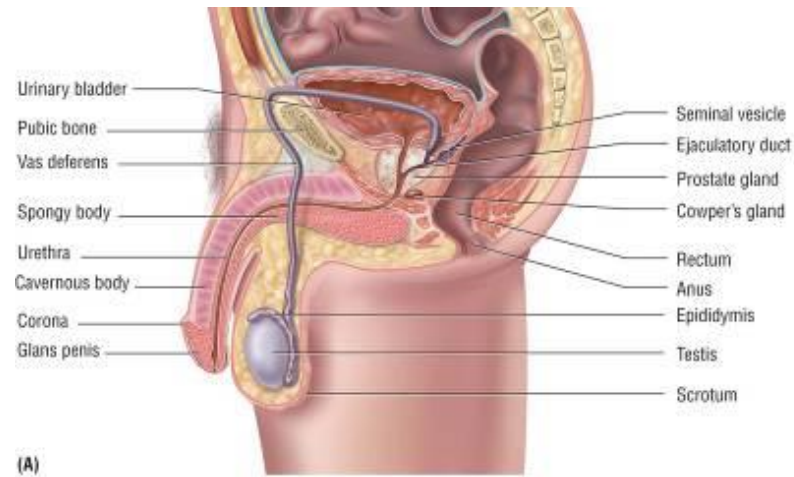
ORIGINS OF SEXUALITY, SEXUAL BEHAVIOR AND RELATIONSHIPS



Male Reproductive System

- Testes
 - ▣ Sperm development
 - ▣ Interstitial cell-stimulating hormone
 - ▣ Follicle-stimulating hormone
- Scrotum
- Ducts
- Seminal vesicles
- Prostate gland
- Cowper's glands
- Penis

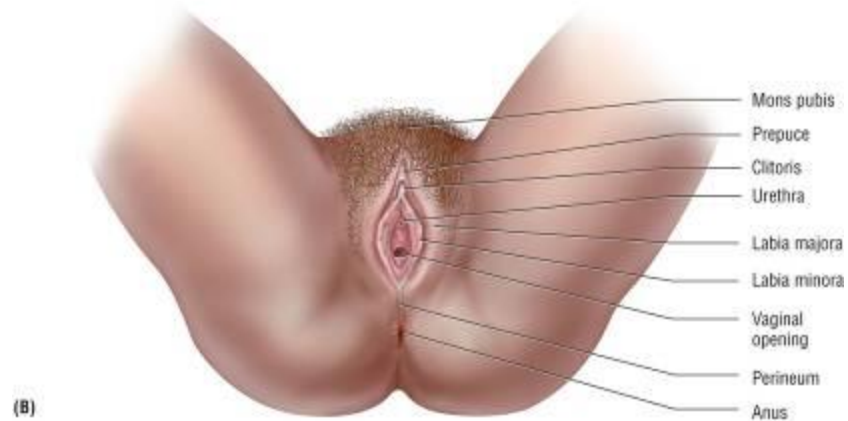
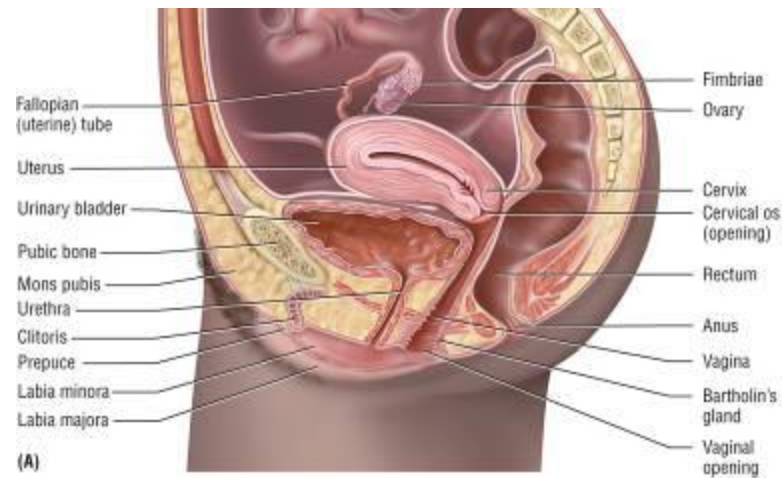
Male Reproductive System



Female Reproductive System

- Mons pubis
- Labia majora and labia minora
- Clitoris
- Vestibule
- Vagina
- Uterus
- Fallopian tubes
- Ovaries

Female Reproductive System



Sexual Orientation

- Heterosexuality – Sexual attraction to the opposite gender
- Homosexuality – Sexual attraction to the same gender
 - ▣ *“Gay” refers to a male homosexual*
 - ▣ *“Lesbian” refers to a female homosexual*
- Bisexuality – Sexual attraction toward both genders

Gender Identity Issues

- **Transsexualism** – A person rejects his or her biological sexuality
- **Transvestism** – A person derives sexual pleasure dressing in the opposite gender's clothes
- **Transgenderism** – Persons whose appearance and behaviors do not conform to society's traditional gender role expectations

Relationships and Lifestyles

- Marriage
- Age at first marriage has increased
- Gay and lesbian partnerships
- Same-sex marriage

Relationships and Lifestyles

- Divorce
 - Half of all marriages end in divorce
 - Unrealistic expectations
- Singlehood
- Cohabitation
- Single parenthood

FERTILITY



Birth Control vs. Contraception

- Birth control refers to all procedures and methods that can prevent the birth of a child
- Contraception refers to procedures used to prevent fertilization

Behavioral Contraceptive Methods

Abstinence	No sexual activity	100% effective
Chance	No method used	15% use effectiveness
Withdrawal (“coitus interruptus”)	Removal of penis from vagina before ejaculation	73% use effectiveness

Behavioral Contraceptive Methods

Periodic abstinence
(rhythm method)

- **Calendar** (calculating the unsafe days of a women's menstrual cycle)
- **Basal body temperature** (rise in body temperature correlates with timing of ovulation)
- **Billings cervical mucus method** (evaluate consistency of vaginal discharge to predict ovulation)
- **Symptothermal** (combines basal temperature and mucus methods)

75% use effectiveness

Over-the-Counter Contraceptive Methods

- Spermicides
 - Foams
 - Creams
 - Jellies
 - Films
 - Suppositories
- Condoms
 - Male
 - Female
- Contraceptive sponge

INFORMED HEALTH CARE CONSUMER



Sources of Health Information

- Family and friends
- Advertisements and commercials
- Labels and directions
- Folklore
- Testimonials
- Mass media
- Health practitioners
- Online computer services
- Health reference publications
- Reference libraries
- Consumer advocacy groups
- Voluntary health agencies
- Government agencies
- Qualified health educators

Prescription vs. Over-the-Counter Drugs (OTC)

- ❑ Prescription drugs must be ordered for patients by a licensed practitioner
- ❑ Active ingredient is typically a higher concentration than OTC
- ❑ Price is much higher than OTC
- ❑ Both are sold as brand name and generic
- ❑ Both are regulated by the FDA

PROTECTING YOUR SAFETY



What Are Intentional Injuries?

- Injuries purposefully inflicted
 - ▣ By the victim
 - ▣ By another person
- Interpersonal violence
- Family violence
- Violence in communities

Interpersonal Violence

- Homicide
- Assault
- Robbery
- Rates of violence crime victimization
- Stalking
- Sexual harassment
- Bias and hate crimes
 - ▣ Criminal acts directed at a person or group solely because of a specific characteristic
 - ▣ Race, religion, sexual orientation, ethnic background, etc.
- Rape and sexual assault
- Acquaintance/date rape

Family Violence

- Use of physical force by one family member against another with the intent to hurt, injure, or cause harm
 - ▣ Intimate partner violence
 - ▣ Maltreatment of children
 - ▣ Maltreatment of elders

Violence in Our Communities

- School violence
 - Fights
 - Threats
 - Vandalism
 - Theft
 - Weapons-carrying
- Violence in college
 - College students experience less violence than same-age nonstudents
- Youth and gang violence

Unintentional Injuries

- **Injuries that occur without anyone's intending that harm be done**
- Recognize that injuries are preventable
- Be aware of injuries that occur in the following environments or situations:
 - ▣ Motor vehicles
 - ▣ Home/residence
 - ▣ Recreational activities

Motor Vehicle Injuries and Safety

- Motorcycle safety
 - Wear a helmet
 - Protect skin from serious injury
 - Gloves, boots, heavy clothing
 - Get proper training
 - Don't ride on wet roads if you don't have to
 - Ride defensively
 - Avoid alcohol or other drug use

Residential Injuries and Safety

- Poisonings
- Falls
- Exposure to heat, smoke, flames
- Suffocation
- Firearms

THE ENVIRONMENT AND YOUR HEALTH



Personal Environment

- Home
- Neighborhood
- Workplace

- Health concerns of personal environment:
 - ▣ Indoor air quality
 - ▣ Drinking water
 - ▣ Endocrine disrupters
 - ▣ Noise

Air Pollution

- Sources
 - ▣ Internal combustion engines
 - ▣ Oil refineries, chemical production
- Health effects
 - ▣ Carbon monoxide
 - Impaired respiration
 - ▣ Nitrogen and sulfur oxides
 - Lung tissue damage
 - Respiratory effects
 - ▣ Polycyclic aromatic hydrocarbons (PAHs)
 - Cancer
 - Fetal effects

Air Pollution

- ▣ Tropospheric ozone (“smog”)
 - Lung damage
 - Reduced lung capacity
 - Respiratory distress
- ▣ Air toxics
 - Cancer
 - Reduced fertility, birth defects
- ▣ Taking Action
 - ▣ Check information on local air quality
 - Avoid outdoor activities during alerts
 - ▣ Limit personal contribution

Global Climate Change

- Greenhouse gases
 - ▣ Trap heat radiated from the earth; increase global temperature
 - ▣ Carbon dioxide, methane, nitrous oxide, tropospheric ozone, water vapor
- Effects of climate change
 - ▣ Coastal flooding
 - ▣ Increased frequency and severity of destructive weather events
 - ▣ Expanded range of disease-carrying insects
 - ▣ Decreased air and water quality
 - ▣ Decreased food availability

Global Climate Change

- Taking action
 - Conserve electricity
 - Drive fuel-efficient vehicles
 - Use mass transit
 - Reduce, reuse, recycle
 - Purchase energy-efficient appliances
 - Vote, volunteer

DYING AND DEATH



Psychological Stages of Dying

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Interacting with Dying People

- Be genuine and honest
- Provide emotional support
- Allow people to express their feelings

End-of-Life Options and Decisions

□ Advance Healthcare Directives

□ Living will

□ Durable power of attorney for health care

New York Living Will — Page 1 of 2	
INSTRUCTIONS	This Living Will has been prepared to conform to the law in the State of New York, as set forth in the case in re Westchester County Medical Center, 72 N.Y.2d 517 (1988). In that case the Court established the need for "clear and convincing" evidence of a patient's wishes and stated that the "ideal situation is one in which the patient's wishes were expressed in some form of writing, perhaps a living will."
PRINT YOUR NAME	I, _____, being of sound mind, make this statement as a directive to be followed if I become permanently unable to participate in decisions regarding my medical care. These instructions reflect my firm and settled commitment to decide medical treatment under the circumstances indicated below.
CROSS OUT ANY STATEMENTS THAT DO NOT REFLECT YOUR WISHES	I direct my attending physician to withhold or withdraw treatment that merely prolongs my dying, if I should be in an irreversible or irreversible mental or physical condition with no reasonable expectation of recovery , including but not limited to: (a) a terminal condition ; (b) a permanently unconscious condition ; or (c) a minimally conscious condition in which I am permanently unable to make decisions or express my wishes .
	I direct that my treatment be limited to measures to keep me comfortable and to relieve pain, including any pain that might occur by withholding or withdrawing treatment.
	While I understand that I am not legally required to be specific about future treatments, if I am in the condition(s) described above I feel especially strongly about the following forms of treatment:
	<input type="checkbox"/> I do not want cardiac resuscitation. <input type="checkbox"/> I do not want mechanical ventilation. <input type="checkbox"/> I do not want artificial nutrition and hydration. <input type="checkbox"/> I do not want antibiotics.
	However, I do want maximum pain relief, even if it may hasten my death.
<small>©2005 National Hospice and Palliative Care Organization 2006 Revised</small>	

New York Living Will - Page 2 of 2	
ADD PERSONAL INSTRUCTIONS (IF ANY)	Other directions:
SIGN AND DATE THE DOCUMENT AND PRINT YOUR ADDRESS	These directives express my legal right to refuse treatment, under the law of New York. I intend my instructions to be carried out, unless I have rescinded them in a new writing or by clearly indicating that I have changed my mind.
	Signed _____ Date _____ Address _____
WITNESSING PROCEDURE	I declare that the person who signed this document appeared to execute the living will willingly and free from duress. He or she signed (or asked another to sign for him or her) this document in my presence.
YOUR WITNESSES MUST SIGN AND PRINT THEIR ADDRESS	Witness 1 Address _____ Witness 2 Address _____
<small>© 2005 National Hospice and Palliative Care Organization 2006 Revised</small>	<small>County of Living Committee 1700 Hospital Road, Suite 202, Monticello, NY 12514 www.livingwill.org, 800.668.8888</small>

Coping with the Death of a Loved One

- Child
 - Miscarriage
 - Lost after birth
 - Grieving
- Parent
- Spouse
- Sibling

Rituals of Death

- Cultural differences
- Full funeral services
 - ▣ Embalming
 - ▣ Calling hours
 - ▣ Funeral service
- Memorial service
- Disposition of the body
 - ▣ Ground burial
 - ▣ Entombment
 - ▣ Cremation
 - ▣ Anatomical donation
- Costs