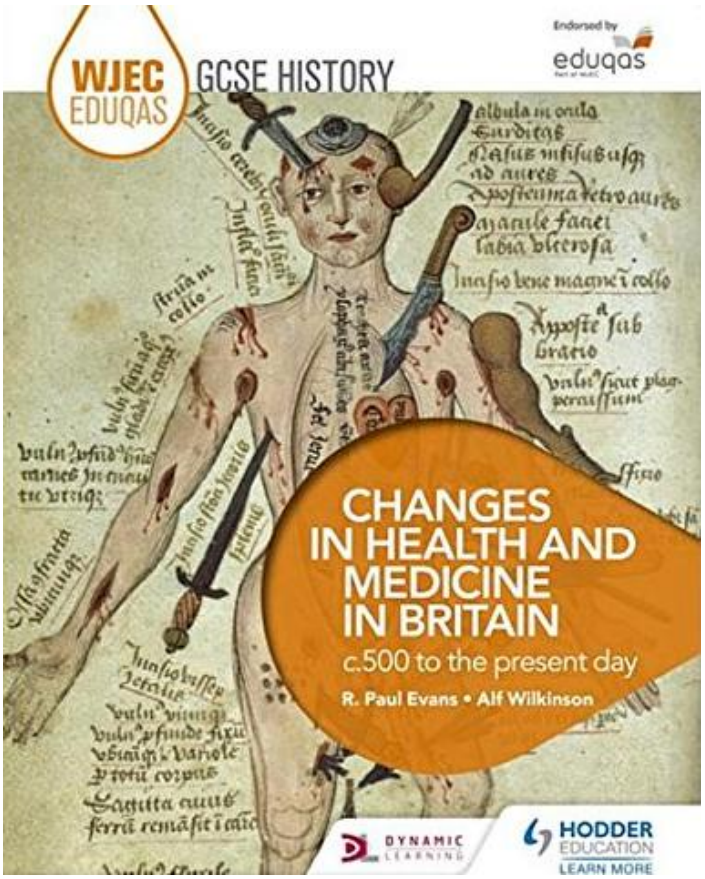
Foundational Knowledge of Changes in Health and Medicine



(What you MUST know to get a Grade 4+)

This is a revision list/checklist of the essential knowledge that will help you get a grade 4. If you know 3 things about each topic, you have the knowledge required to gain at least half marks on a question. Remember, in History, half marks can equal a grade 5/6!

Theme	Topic	3 Things You Must Know
Causes of illness and disease What have been the causes of illness and disease over time?	**MEDIEVAL** Problems in the medieval era	Child death rates were high and malnutrition common
		Hygiene was very poor so germs spread quickly
		Animal guts were often left on the streets outside of butcher shops.
	MEDIEVAL Famine and War	If there was a bad harvest people would struggle to grow enough food.
		The worst famine was 1315-1317 when torrential rain ruined the harvests.
		Wounds caused by sword or axe often became gangrenous.
	MEDIEVAL Lack of hygiene	Houses were crowded together and water taken from rivers and streams.
		Rivers were contaminated with waste.
		Floors were covered in straw – perfect breeding ground for rats, mice, fleas etc.
	MEDIEVAL Black Death 1348	Spread by fleas from black rats.
		Two types: Bubonic and Pneumonic.
		Killed up to 40% of the UK population.
	RENAISSANCE Great Plague 1665	100,000 people died in London (25% of London's population).
		Wealthy people fled the city until the Plague had gone.
		People fleeing London meant they spread the Plague to new places.
	INDUSTRIAL Industrialisation	Industrial revolution resulted in the spread of factories and growth of towns.
		Squalid living conditions meant outbreaks of disease were common.
		Sewage contaminated drinking water, which led to cholera and typhoid
	MODERN Bacterial and viral disease in the 20th Century	Spanish Flu spread around the world in 1918, infecting 20% of the world population.
		Spanish Flu killed 280,000 people in the UK.
		HIV/AIDS spreads through the blood or bodily of infected people.

Theme	Topic	3 Things You Must Know
Attempts to prevent illness and disease **How effective were attempts to prevent illness and disease over time**	**MEDIEVAL** Early methods of prevention of disease	Black Death – travellers had to quarantine for a month outside the city walls and some held scented flowers to their noses.
		Alchemists mixed chemicals and tried to create an 'elixir of life'.
		Alchemy was a mixture of science, philosophy and mysticism.
	MEDIEVAL Medieval doctors	Physicians trained at a university medical school in Italy or Paris and used urine charts and zodiac charts.
		There were very few qualified doctors in Medieval England.
		Most people relied on the local 'wise women' or soothsayers.
	INDUSTRIAL Jenner and vaccination	A safer way of trying to prevent the smallpox disease.
		Jenner experimented to find out why milkmaids who had suffered from cowpox never caught smallpox.
		In 1979 the World Health Organisation declared smallpox extinct.
	INDUSTRIAL Inoculation	Inoculation spread matter from a smallpox scab onto an open cut on a healthy persons skin to give them a mild dose.
		It was popular but not completely safe.
		Some patients died because they contracted a fatal form of the disease.
	MODERN Antibodies	Robert Koch began to identify the specific bacteria that caused specific diseases.
		He also realised that antibodies could help destroy bacteria and build immunity.
		Each antibody worked specifically on only one bacteria.

Theme	Topic	3 Things You Must Know
Attempts to treat and cure illness and disease **How have attempts to treat illness and disease changed over time**	**MEDIEVAL / RENAISSANCE** Traditional treatments and remedies	Doctors and female healers used herbs to treat everyday illnesses.
		Barber surgeons were the most common medical practitioners and used blood-letting and minor surgery.
		Blood-letting was commonly used to rebalance the 4 humours.
	INDUSTRIAL Joseph Lister and antiseptics	Almost half of all patients who had leg amputations died from blood poisoning.
		Lister used carbolic acid to wash his hands and all his instruments before an operation.
		He invented a spray machine so that carbolic acid could be sprayed over wounds during an operation. It was a turning point in surgery.
	INDUSTRIAL Simpson and anaesthetics	Discovered chloroform could help relieve pain for women during childbirth. Other anaesthetics were nitrous oxide and ether.
		Surgeons didn't know what dose to give patients and they sometimes were killed by overdoses.
		Allowed operations to be longer and more precise.
	MODERN Marie Curie and radiation	First to discover and isolate radium and polonium.
		These played a key role in destroying tissue, creating a new way of treating cancer.
		Also developed mobile x-ray units during WW1 which made the diagnosis and treatment of injured soldiers quicker and easier.
	MODERN Fleming, Florey and Chain	Fleming discovered penicillin – a mould which killed bacteria.
		Florey and Chain found a way of mass producing penicillin and began human trials.
		WW2 created a high demand for penicillin to treat all Allied casualties. In 1945 it became available for all civilians.
	MODERN Transplant Surgery and cancer treatment	Increased knowledge and technology meant that transplants became possible in the 1950s.
		Cancer can be treated by radiotherapy , chemotherapy and surgery.
		Keyhole surgery avoids large incisions and speeds up the recovery process of surgery.
	MODERN Alternative treatments	Some people distrust medicine and look for alternative treatments.
		Treatments like hydrotherapy, aromatherapy, hypnotherapy and acupuncture became popular.
		They're based on traditional treatments designed to work in harmony with the body, rather than using chemicals.

Theme	Topic	3 Things You Must Know
Advances in medical knowledge **How much progress has been made in medical knowledge over time?**	**MEDIEVAL** Common medical ideas in the medieval era	Medieval doctors used a variety of methods to treat a patient, including alchemy and examining a patients urine.
		Astrology was used to help treat patients – doctors believed the movement of the planets affected people's health.
		Four humours – blood, yellow bile, black bile and phlegm. If they remained balanced then a person remained healthy.
	RENAISSANCE Vesalius, Pare and Harvey	Vesalius dissected corpses to understand human anatomy which helped improve medical knowledge.
		Pare treated wounded soldiers by cauterising them with boiling oil but he found wounds healed quicker if he used ligatures and covered them with bandages.
		Harvey dissected live animals to study the movement of the muscles in the heart. He proved blood flowed around the body and the heart acted as a pump.
	INDUSTRIAL 19th Century advances in medical knowledge	Early 19th Century doctors believed in spontaneous generation.
		Improvements in the late 17th century led to the discovery of micro-organisms.
		The link to micro-organisms and the spread of disease wasn't made until the late 1800s.
	INDUSTRIAL Germ Theory	Pasteur published 'Germ Theory' in 1861.
		Germ theory states that microbes in the air cause decay.
		This reversed the theory of spontaneous generation – now people realised that germs were causing illnesses.
	INDUSTRIAL Pasteur and Koch	Pasteurisation is when liquids are boiled to kill harmful germs – it was used to stop milk, beer and wine going sour.
		Koch furthered Pasteur's work by staining microbes to show that a specific germ caused a particular disease.
		Pasteur also worked on vaccines – he create the first laboratory produced vaccines.
	MODERN Scanning techniques	X-Rays meant surgeons could look inside the patient without surgery. They were important during WW1 to doctors could locate bullets in soldiers.
		Ultrasounds were first used in the 1950s to produce 3D images of the inside of the body.
		MRI's were first used in 1977 – they create pictures of tissues, organs and features inside the body.
	MODERN DNA and genetic research	In the early 1900s scientists knew DNA existed and that it carried genetic information.
		The Human Genome Project was set up to identify the role of the 100,000 genes in a human DNA molecule – created a complete genetic blueprint in 2003.
		Genetic screening and testing has been used for preventing disease.

Theme	Topic	3 Things You Must Know
Developments in patient care **How has the care of patients improved over time?**	**MEDIEVAL** Church and Monasteries	An infirmary was a type of hospital ward for sick patients, separated from the rest of the monastery to stop infection spreading.
		In the 12th Century the Christian Church began setting up hospitals which were run by monks and nuns. There were no doctors in the hospitals.
		Only a small number of hospitals actually cared for sick people – they were mostly to provide hospitality for the poor, elderly or travellers (care not cure).
	RENAISSANCE Voluntary charities	Many hospitals were closed when Henry VIII ordered the dissolution of the monasteries – some of these were taken on by voluntary charities.
		In London 5 major hospitals were 'endowed hospitals' – this means they were funded by royal funds or built on land donated by the royals.
		As industrial towns grew in the 1700s there was an increased demand for hospital provision – part of this was met through donations from rich industrialists.
	RENAISSANCE Science and Endowed Hospitals	Endowed hospitals were a turning point – they changed from places of basic care to becoming a place to treat illness and conditions which required surgery.
		Patients were looked after by nursing helpers who ensured patients were washed, kept warm and fed regularly. They also treated ill patients with herbal remedies.
		Simple surgery was carried out by physicians. Hospitals could dispense medicines and treatment was normally free.
	INDUSTRIAL Florence Nightingale	Nightingale was a nurse during the Crimean War and found many British soldiers in the field hospital were suffering from cholera, typhoid and the hospitals were filthy.
		Her first task was to clean the wards, bedding, clothes etc and separate the patients based on illness to prevent the spread of disease.
		She set up training schools for nurses in the UK based on her principles of patient care. By 1900 nursing was seen as a profession.
	MODERN Liberal reforms	The Liberal Government introduced a series of welfare reforms to help people who fell into difficulty through sickness, old age or unemployment.
		The reforms introduced free school meals, medical inspections of children, workers rights and old age pensions.
		One of the most significant was the National Insurance Act in 1911 which was the first step towards the creation of a welfare state.
	MODERN Beveridge report	The Beveridge Report in 1942 identified 'Five Evil Giants' facing British society – 'disease', 'squalor', 'idleness', 'want' and 'ignorance'.
		Bevan, health minister, said everybody had the right to medical treatment.
		There was opposition from the authorities and voluntary bodies, which ran the hospitals, and from the British Medical Association who argued doctors would make less money.
	MODERN NHS	Set up by Bevan in 1948 and offered a range of services and care.
		For the first time poorer people now had free access to doctors and treatment
		Has launched health campaigns to help prevent illnesses as well as cure them.

Theme	Topic	3 Things You Must Know
Developments in public health and welfare **How effective were attempts to improve public health and welfare over time?**	**MEDIEVAL** Public health and hygiene – Medieval	Mortality rates were higher in the towns and cities.
		People lived close together in towns and lived alongside their animals and filth.
		Henry VII passed a law forbidding slaughterhouses within cities or towns.
	RENAISSANCE Public health and hygiene – Renaissance	Henry VIII passed an Act of Parliament giving towns and cities the power to impose a tax in order to build sewers.
		Towns and cities were growing so fast it was impossible to keep them clean. London wasn't a healthy pace to live – there were 8 outbreaks of Plague between 1563 and 1665.
		After the Great Fire of London a law was passed to limit fire destruction by making streets wiser and insisting houses were built of stone with tile or slate roofs.
	INDUSTRIAL Impact of industrialisation	At the start of the 19th century the local authorities and central government were not interested in public health. They believed it wasn't their job to get involved.
		The government did not want to interfere in the building of houses, planning of towns, provision of drinking water or sewage disposal.
		Serious outbreaks of cholera in 1832 and 1849 forced the government to begin investigating living conditions.
	INDUSTRIAL The work of Chadwick	Chadwick was a Poor Law Commissioner who witnessed the dreadful living conditions in the industrial towns. He was convinced there was a link between poor health and bad living conditions.
		The Chadwick Report recommended Parliament should pass and enforce laws to make drainage and sanitation effective. His report shocked people.
		A Public Health Act was passed in 1848 which set up a Board of Health. However it didn't force local authorities to act, it only recommended.
	INDUSTRIAL More improvements in public health	Parliament passed a Sanitary Act in 1866 which forced local authorities to construct sewers.
		The Public Health Act of 1975 made it compulsory for local authorities to law sewers, drains and pavements.
		The Artisans' Dwellings Act of 1875 gave councils the power to take over and clear whole slum districts.
	MODERN Improvements in housing and pollution	Throughout the 1900s there were a series of acts to improve housing – e.g. in 1918 the 'homes fit for heroes' scheme.
		In December 1952 the 'Great Smog' fell over London – over 4000 people died from respiratory illness.
		The Clean Air Act was passed in 1956 to introduce smokeless zones in cities and encouraging the use of cleaner energy sources for heating.
	MODERN Local and national government attempts	Since 2000 the governments have put more effort into health education to persuade people to live healthier lifestyles.
		'Walking for health' and 'be active' are schemes to encourage people to walk 10,000 steps a day or use free leisure services.
		Five A Day' campaign is an attempt to get people to eat more fruit and veg.

Theme	Topic	3 Things You Must Know
Letchworth Garden City	Problems with living conditions in the 19th century	Rapid urbanisation led to overcrowded, poorly built housing with little sanitation.
		Diseases such as cholera, typhoid and tuberculosis spread quickly in towns.
		Poor living conditions caused high infant mortality and poor health among workers.
	Attempts to improve public health and housing	Edwin Chadwick's 1842 report linked disease to poor sanitation and living conditions.
		The 1848 and 1875 Public Health Acts improved drainage, sewers and clean water.
		Philanthropists built model villages like Saltaire and Bournville to improve workers' lives.
	Ebenezer Howard and the Garden City movement	Howard wanted to combine the advantages of town and countryside.
		He published *Garden Cities of Tomorrow* outlining his ideas.
		His aim was to reduce overcrowding and improve health through planning.
	Old Letchworth	Before 1903, Letchworth was a small rural area of three villages.
		Most people worked in agriculture and transport was poor.
		There was no railway station despite the line passing nearby.
	The Garden City concept	Towns were carefully planned with green spaces and a population limit.
		Land was owned collectively, with profits reinvested into the community.
		Factories were placed on the edge to reduce pollution in housing areas.
	Range of housing	Housing included workers' cottages and larger middle-class homes.
		Affordable housing was promoted through cheap cottage schemes.
		Later council estates were built to deal with London overspill.
	Transport Links	Letchworth was connected to London by rail and major roads.
		A railway station opened in 1905, encouraging commuters.
		Factories were built near the railway to transport goods easily.
	Non-conformist churches and the controversy over public houses	Strong non-conformist influence supported temperance.
		Residents voted in 1907 to ban alcohol sales in Letchworth.
		Pubs existed just outside the town and the ban ended in 1957.
	Significance of the First Garden City	Profits were reinvested into community facilities, not private landlords.
		Garden City ideas influenced post-war New Towns like Stevenage.
		New Towns focused on planning, green space and healthy living.
	Influence beyond Britain	Garden City ideas spread across Europe, the USA and beyond.
		Cities worldwide adopted green space and zoning ideas.
		Howard's ideas influenced modern developments like eco-towns.
	Concept of open countryside and the green belt	Garden Cities were surrounded by protected countryside.
		This idea later became the green belt in UK planning.