HEALTH CARE

ENGLISH

CONSOLIDATION, ADDITIONAL READING, TESTS

AT A WALK-IN CENTRE

Here are five symptoms of glandular fever, but the two parts of each symptom are mixed up. Match the two
halves of each phrase.

loss of temperature
high tiredness
extreme throat
sore glands
swollen appetite

- A patient goes to a nurse-led walk-in centre with these symptoms, where a nurse practitioner who has similar duties to a doctor will examine him. Make a list of the things that you think the nurse is going to do when she examines him.
- 3 Read the dialogue. Check your ideas and try to fill in the gaps.

Nurse		
Andrew	Good morning.	
Nurse	Take a seat. What's the	
Andrew	I just feel really awful.	
Nurse	In what way?	
Andrew	I've got a sore throat and a terrible headache.	
Nurse	3 have you felt like this?	
Andrew	Oh, it's been kind of coming on for about three or four days now.	
Nurse	I'll just 4 your glands.	
	She gets up and feels under Andrew's chin.	
Nurse	Does it	
Andrew	Yes, a bit.	
Nurse	Let's	
	She takes an	
Nurse	And the other one.	
	She puts the	9.
Nurse	Now then, I'd like to have a look at your throat. Can you	1
	mouth, please, and say "Ah"?	
	She puts the 11 in Andrew's mouth.	



Andrew	Ah.	
Nurse	Do you hav	ve any other symptoms?
Andrew	Well, toda	y and yesterday I felt really tired. Sort of no energy at all. Just wanted to sleep all the time.
Nurse	How's you	
Andrew		en't really felt like eating at all.
Nurse		ke to ® your chest.
	-	
Andrew		
		rse puts on her
Nurse		@ against Anarew's criest @ in and out deeply, all right? And again.
		lialogue has been jumbled up. Can you put the lines in order? Put a number before each line. e has been given.
1) The nurse	has her hand on Andrew's forehead.
	Andrew	Well, a couple of friends at school have just gone down with glandular fever.
		Do you think I could have that?
	Andrew	Bye bye.
	Andrew	OK.
	Nurse	If the headaches continue, take a couple of aspirins. Telephone me in a couple of days.
		I should have the results by then. If it is glandular fever, you'll just have to stay in bed, drink
		a lot of liquids, and sweat it out.
	Nurse	They'll let me know as soon as they've got the results, and until then, I advise you to rest
		completely. OK?
	Nurse	It's possible. We'd have to do a blood test, though, to find out
		Now I'd like you to take this to the hospital, and they'll give you a blood test.
		Can you go there now?
	Andrew	OK; Thanks very much.
	Nurse	You do seem to have a bit of a fever.
	Nurse	OK. Thank you. Goodbye.
	Andrew	Yes.



5 Do the task and answer the questions.

Before reading the text, you made a list of things that the doctor would examine. Look at your list and compare it with the types of examinations in the dialogue.



٧	٧	hat	equipment	does	the	nurse	use	tor	each	examination	?

'I'd like you to take this to the hospital.' What is 'this'? When should the results of the blood test be ready? How will Alan know the results?

According to the nurse, the way to deal with glandular fever is to

a	
b	
С	

Are these statements true or false? Correct the false ones. Andrew has felt like this for about a week.

Andrew thinks he has glandular fever because he recognises the symptoms. Andrew has no problem with his appetite. The nurse is going to take a blood test from Andrew to find out if he has glandular fever.

The blood will be taken to the hospital and then the nurse will be contacted about the results.

Some of Andrew's friends from school also have glandular fever. The nurse advises Andrew to do nothing – just rest.

7	Write down the words from the text that mean the same as the words highlighted in bold below.

l feel quite bad.
l felt very sleepy.
l've lost my appetite completely.
It seems that you have a high temperature.
They've just caught glandular fever.
Please take this to the hospital.
They'll inform me
If I were you, I'd rest completely
If you still have headaches,
I will probably have the results by then.

8 Explain in your own words the following expressions.

alagnose	-
examine	-
oscope	_
atula	-
thoscope	_



^{&#}x27;You do seem to have a bit of a fever.' What is the nurse doing when she says this?

surgery			
fever			
appetite			
to sweat			

In pairs, act out a similar scene. Use these phrases to help you, and take turns to play the role of the nurse.

NURSE

What's the problem?

In what way?

Where exactly does it hurt?

Do you have any other symptoms?

How long ...?

I'll just check ...

I'd like to have a look at ...

Let's have a look at ...

I'd like you to take this letter ...

I'd like you to take this prescription...

You should ...

I advise you to ...

You'll just have to ...

PATIENT

I don't feel very well.

I feel really awful.

I've got a terrible headache.

I've got a sore throat.

I've lost my appetite.

I feel sick all the time.

I feel tired.

I feel dizzy.

My ... hurts.

Do you think I could have ...?

Do you think I might have ...?

CHECK YOUR VOCABULARY

O	Give a definition	for each	of these	words or	expressions:

GP	
nurse	
dentist	
prescription	
doctor	
hospital	
diet	
heart disease	
fast food	
smoker	
alcoholism	
insurance	
health centre	
ward	
infectious	
disease	
patient	
panem	



2 Write the sy	mptoms of these diseases and conditions.
flu	
twisted ankle	
measles	
food poisoning	
appendicitis	
anorexia	
3 Say what ca	in go wrong with these parts of the body. List at least two problems for each.
	3 3
head	
eyes	
nose	
gastrointestinal s	ystem
nervous system	
respiratory system	n
skin	
heart	
a Which hospi	ital department should patients with each of these conditions visit?
What are the mo How can you tree	st common injuries?
What is first-aid?	
	visable to move the patient before the ambulance arrives?
What is the recov	very position?
What is the ABC	
	sics of a healthy lifestyle?
List at least five ty	pes or also purply. and facilities might help the disabled with their mobility and their everday lives?
	ents do you have to make before going to a conference?
_	ssion can you name?
	r main levels of the Hungarian health care system?
	Ith care workers at each level?
-	ducation organised? rence between a BSc, MSc and PhD?
	ges of a human life?
	9



What are the stages of a professional career?

GRAMMAR AND TENSE REVISION

from you where are	
it moment raining at is the	
abroad ever you worked have	
are going do you this to what weekend	
time up get usually do what you	
many you can how languages speak	
start English when you studying did	
	·
2 In each of the following questions there is one m	
What you do?	
Does he got a stethoscope?	
Have you ever broke a bone?	
What you are doing tonight?	
Where you went last night?	
Do your children like playing basketball?	
Do you can swim?	
What are you go to do tomorrow?	



3 M	ake the following sentences negative.	
Alan a	nd David work at a private clinic	
That m	an lives in poverty.	
Childre	en like being in a hospital	
Nora g	goes to a nursing college	
Visitors	s bring flowers.	
4 Pr	resent Simple or Continuous? Underline	the correct verb form in the following sentences.
'What 'Does s Finish y	sports do you like/are you liking? do you do/are you doing?' 'I write/'m she need/Is she needing any help?' 'No, your lunch and let's go. I wait/'m waitin peaks/'s speaking four languages.	she doesn't/isn't.'
5 Pu	ut the verb in brackets in the Past Simpl	e.
John	Where 1	(be) last week, Vicky?
Vicky		(go) to London to a conference.
John	Oh yes? How 3	(get) to London?
Vicky		(travel) by air. The plane 5
		(leave) at 3 in the afternoon and
		(land) at 5.10 in London.
John		(attend) many sessions and workshops?
Vicky		(take part) in many discussions. I also
		(meet) a lot of interesting people.
John		the conference (end)?
Vicky	On Sunday afternoon.	
John		(have) any time for sightseeing?
Vicky	Yes, on Saturday morning I 😰	(visit) the main tourist attractions
	and (3 (buy) some presents, too.	
John	(4)	(take) any photos?

No, my camera (5) ______ (stop working) so I (6) _____

Vicky

(can not take) any.

6	What were these people doing at 10	am yesterday? Make sentences in the Past Continuous.
I/to	talk to a patient.	
The	he ward sister/check on the new patient.	
An	nn/give an injection.	
На	lazel/take the Mr Smith's pulse	
Sa	ara/look at the admission documents	
Pat	atricia/discharge a patient	
Dr	Pr Evans/examine Mrs Teller	
7	Will or going to? Underline the correc	t verb form in the following sentences.
'I' <i>ll</i> 'O' I tl 'I'n	Coffee or tea?' 'I'll have/'m going to have 'll go/'m going to the post office.' Oh, will you/are you? think I'll come/'m going to come with you 'm cold.' 'I'll turn/'m going to turn the hea Why did you buy so much food?' 'I'm going to turn the right for the werb in brackets in the wer	u.' ting on.'
lw	want (get)	a degree in nursing.
	he hopes (
Ιlο	love (read)	science fiction.
ľd	d like (stop)(smoke).
W	Ve finished	(collect) the thermometers from the patients.
W	Vould you like	(go) to the breast cancer conference?
Не	le started(play) football last year.
ľve	ve decided	(train) to be a physiotherapist.
9	What have you done so far? Make pout on my uniform	ositive sentences in Present Perfect.
•	,	
	ŭ	
	•	
	•	
	• .	pratory



make an appointment with my dentist_

•	In the following pairs of sentences, one sentence is wrong. Put a tick (') or a cross (X) next to each one.
1	If you feel better tomorrow, we'll let you go home.	
	If you will feel better tomorrow, we'll let you go home.	
2	If you'll start yoga, you'll be fitter.	
	If you start yoga, you'll be fitter.	
3	We'll pass the exam if we'll work hard.	
	We'll pass the exam if we work hard.	
4	If we don't operate on him, he'll have a bad foot for the rest of hislife.	
	If we won't operate on him, he'll have a bad foot for the rest of his life.	
5	You won't be able to lose weight if you'll eat so much chocolate.	
	You won't be able to lose weight if you eat so much chocolate.	
4,50 han thre a ne the a cu a ne	O0 patients/treat/in our hospital last year O0 blood tests/carry out in a month dover/finish/by 7.30 every morning e people/injure/in yesterday's accident ew walk-in clinic/open/in Liverpool last week wards/not renovate/before next year are for malaria/just find/scientists in Vienna ew virus/discover/ last month in South Asia Make sentences using the Second Conditional.	
we/	miss the plane/not get there in time for the plenary session	
I/be	e director of nursing/employ more nurses in this unit	
he/	stop smoking/not cough so much	
she	be fitter/do some exercise	
you	have less stress in your life/not work so much	

10 Use the expressions from the previous exercise to make negative sentences using Present Perfect



and 'yet'.

ADDITIONAL READING

APPENDICITIS

Appendicitis is an infection of a small section of the bowel called the appendix. The appendix is a pouch at the junction of the small and large intestines. It is the size of a small finger. The pouch is lined with a mucous membrane that produces a clear secretion. This organ has no known function. This organ has no known function. However, one theory is that it plays a role in the immune system very early in life.

Partly digested food and liquids travelling through the bowel pass in and out of the pouch. If this flow is blocked, bacteria trapped in the appendix may multiply. This is thought to cause appendicitis.

Appendicitis often starts with mild pain near the navel. The pain gradually moves to the right lower part of the abdomen. It worsens with time, and is more intense when the person moves. Other symptoms of appendicitis may include diarrhoea, fever in the later stages of appendicitis, and loss of appetite.

If the infection continues, the appendix may rupture. When this occurs, there is often relief from the pain for a short time. However, this improvement is then followed by a more intense but similar pain.

Chronic appendicitis is rare. It causes a milder pain in the right lower abdomen that may come and go.

COMA

Coma is a term that is used to describe a state of unconsciousness from which a person cannot be aroused. A person in a coma is unable to respond to the environment. He or she cannot be awakened by any means. A coma may or may not be reversible with treatment.

A person in a coma does not appear to respond to voices or other sounds, touch, or even painful stimulation. Other signs in those who are in a coma are related to the cause. For example, someone with an infection may have a fever. Someone who has overdosed on narcotics may be breathing very slowly or not at all. Those with diabetes that has gone out of control may be breathing very fast.

There are many possible causes of a coma, including:

- medication, drug, or toxin exposure. This may include alcohol, barbiturate, or narcotic overdose, or carbon monoxide poisoning;
- head injury;
- stroke, which is a brain damage due to lack of oxygen to the brain;
- bleeding into or around the brain. This may occur with a subdural hematoma, epidural hematoma, or subarachnoid hemorrhage;
- infections, such as brain infections meningitis and encephalitis;
- low blood sugar levels (hypoglycemia);
- out of control diabetes, which is a condition that results in high blood sugar levels;
- severe liver or kidney disease, such as end stage renal disease;
- seizures, or epilepsy, due to abnormal electrical activity in the brain;
- low oxygen levels in the blood. This can occur with severe lung or heart diseases such as severe asthma, emphysema, irregular heartbeats (arrhythmias) or a blood clot in the lungs (pulmonary embolism).
- hypothermia, or abnormally low body temperature;
- severe salt imbalances. This may include an abnormally low sodium level, called hyponatremia or an overly high sodium level, called hypernatremia;
- brain tumors.

Other causes are also possible. Sometimes, the cause cannot be found.



YOUTH OF BOTH SEXES AT RISK

Heavy drinking is widespread and a cause of concern in both young men and women. Researchers surveyed 12,000 men and 20,000 women aged between twenty and eighty about their alcohol consumption. They found that a consistently greater percentage of men than women drank at high–risk levels. They also found that 88 to 90% of alcohol was consumed non–sensibly (men drinking more than four units a day, women more than three units a day) and 40–48% was consumed heavily (men more than eight units a day, women more than six a day). The researchers conclude that tackling risky drinking behaviour among young people should be a key feature of a long overdue alcohol strategy.

FISH-RICH DIET REDUCES RISK

Eating fish during pregnancy appears to protect against preterm delivery and low birthweight. Of 8,000 women surveyed about their diet in early pregnancy, those who never ate fish were three times more likely to have a preterm delivery than those who ate fish at least once a week. This applies even after other risk factors, such as smoking, have been taken into account.

FIGHTING A FALSE SENSE OF SECURITY

A recently published report reveals that cases of syphilis and other sexually transmitted infections (STIs) have dramatically increased. This is linked to unsafe sexual behaviour among young people, as successful treatment techniques reduce the fear of AIDS and HIV.

So what can be done? The 'education, education, education' mantra is on experts' lips, and nurses are in a prime position to provide it. We need to inform young people that there is no cure for HIV/AIDS, and that STIs, especially if left untreated, can be very serious and can lead to infertility and sometimes death.

INNER LONDON

Nurses working unsociable shifts at inner–London hospitals will have to pay $\pounds 5$ a day to drive their cars to work. London's mayor has approved a downtown traffic charge plan for drivers who enter central London between 7 am and 6.30 pm. Community nurses carrying heavy equipment, patients' notes or controlled drugs won't have to pay the charge, and on–call nurses will also be allowed to enter central London without paying the charge. But thousands of nurses who work night and early shifts and for whom public transport is an unrealistic alternative will have to pay the downtown traffic charge.

HYGIENE

Last year a national plan was established to clean up hospitals. The idea was to make immediate improvements in standards of cleanliness. All patient areas, visitors' toilets, outpatients and A&E units had to be thoroughly cleaned, and all dirty furniture, curtains and floor coverings had to be cleaned or replaced. The government set up special teams to check hospitals in each area. The teams have a checklist of things to look at in each hospital and they then award a score (1 being poor, 4 being excellent).

Inspection Teams' Checklist:

- Entrances and main reception areas; Internal decoration;
- Visitors' toilets;
- Internal cleanliness and tidiness (wards); Furniture (common areas and wards);
- Support service staff (common areas and ward); Grounds and gardens;



- External cleanliness and tidiness; External decoration;
- Car parking; Hospital food.

Larger institutions are scoring lower – mainly two and some threes. Smaller hospitals are often perfectly clean and tidy. But the most problematic area is hospital entrances. That is where cigarette smokers gather, meaning there are almost always problems with cleanliness there.

THE SARS VIRUS

In February 2003, Carlo Urbani, an Italian doctor working in Vietnam, was called to the bedside of a seriously ill patient. Urbani, an infectious disease specialist, immediately understood the severe nature of the illness. He quickly arranged for the patient, an American businessman, to be put into isolation and then informed the World Health Organization.

Over the following weeks Urbani systematically noted the symptoms of the American businessman and other patients who had contracted the illness. However, in March Doctor Urbani suddenly fell ill and died within three weeks. He became one of the early victims of the virus that he had helped to identify: SARS.

SARS, or severe acute respiratory syndrome, causes a high fever and severe chest symptoms in victims. It results in death in between six and fifteen per cent of cases, depending on the age of the patient. It is thought to have originated in the Chinese province of Guangdong. Here, as in other parts of China, people live in close proximity to domestic farm animals. It is believed that a chance mutation of the SARS virus was able to jump from animals to humans. The mysterious virus was first reported by the authorities in Guangdong at the beginning of February 2003. There were 300 cases and five deaths. In mid–February, a retired Chinese doctor, Liu Jianlun, began suffering flu–like symptoms. In the same week he flew to Hong Kong for a wedding and stayed at the Metropole Hotel. This was a key point in the international spread of SARS.

Other guests at the hotel also fell ill but not all of them attended hospital. Instead, they returned home and took SARS with them to countries including Singapore, Canada and Vietnam, where Carlo Urbani first identified the virus. In Canada the disease spread rapidly through two extended families and in Hong Kong health workers became infected. Meanwhile, the virus continued to spread rapidly in Guangdong.

By mid-April there were over 3,000 cases in twenty-seven countries and the new virus was causing extreme concern in the international medical community. The WHO sent blood samples from victims to top medical laboratories in the US and the UK, where they set about identifying the virus and developing a test for it.

The virus was eventually identified as a type of corona virus, which causes 15% of cases of the common cold. A test was also created for SARS, but so far a specific treatment for the illness hasn't been developed. At present, patients are treated with antibiotics and steroids, which only help to alleviate the symptoms.

The best way of fighting SARS would be a vaccine but this is a long process. 'If you solved every possible pitfall along the way as soon as you hit it, you might have something ready in five years. But realistically it's going to be twelve', says Professor Openshaw from Imperial College, London.

The figures for SARS from the World Health Organisation on June 11, 2003 indicated that there were 789 deaths from the illness with 8,435 cases overall. However, of these cases, 6,581 patients made a full recovery and were discharged from hospital. At present the UK is a completely SARS–free zone with only four suspected past cases and no deaths.

The main strategy for counteracting the spread of SARS has been a worldwide policy of containment and isolation. Doctors originally thought that the virus was spread by sneezing, but now believe that it is contracted by touching objects such as the door of a lift. New strict isolation and quarantine measures are proving a success in the affected countries and the number of new cases is now diminishing rapidly.

In the long run, the SARS outbreak may have highlighted an important factor of modern life. In these days of international air travel and increasing globalization, we are all part of the world health community. SARS has shown developed countries also have to take responsibility for health in other countries. In the words of epidemiologist Professor Roy Anderson: 'It's not sufficient for the rich countries to have sophisticated health care. We've got to help other countries to have equally sophisticated mechanisms too.'



CHECK WHAT YOU KNOW

Fill in the	spaces in this paragraph with the words	below.
medical r	ecord card • urgent • hospital • reception	ist • patients • waiting room • surgery • appointment
A doctor's		1 is the place where the doctor deals
with problems	that are not serious enough for a	2 visit.
Usually you h	ave to make an	3 to see the doctor, but in
	4 case:	s this is not necessary. When you go to the surgery you
see the		_ 5 first. If you have been before, she will have your
		ment containing information about you and your previous
visits. An app	ointment hardly ever means that you see t	he doctor straight away, however, and every surgery has
a		ere
	es and newspapers.	
	Consultant General Practitioner outpatient teaching hospital practice	a hospital with a medical school a doctor's work, or place of work a doctor who treats all types of illnesses a specialist doctor someone who visits a hospital for treatment but does not stay overnight
	the conversations.	
Receptionist	Dr Howell's office.	
Aretha	Hello, this is Aretha Gahan. Can I	1 an appointment
		2 Thursday the 15 th ?
Receptionist	OK, Ms Gahan.	3 the morning or afternoon?
Aretha		fternoon. I finish work 5 4 pm.
Receptionist	Can you come	6 5pm?
Aretha	That's fine.	
Dr Howell	And what's the	



even sit down.

Aretha

Dr Ho	well OK. Take these	no every four hours	① in
	bed this week. And do	on't ② heavy thi	ngs.
Aretho	a Thanks, Dr Howell.		
4 1	Nake questions about the missing	information.	
Exam	ple: Jane has How many children does Jo		
1 S	She earns	a month.	
2 I'	m watching	at the moment.	-
3 S		department.	-
4 I'	m feeling very tired now because	e	_
5 I	do yoga	(twice a week? once a	month?)
6 I	met	husband. (Amy's? Sara's?)	_
7 T	heir son was born in	(1999? 20	00s)
5 C	Complete the text with the correct	form of the verb in brackets.	-
	•	(go) swimming every day.	
What		you	(do) tonight?
In the	surgery where I work, we	(not have) a l	ot of diagnostic equipment.
Are y	ou OK? Why	you	(sit) on the floor?
I		(buy) new glasses yesterday	
you _		(like) them?	
She _		(cut) her finger while she	
(work) in the laboratory.		

go	take
	J.
ale	do
examine	tell
marry	see
fall	have
1	1

6 What is the past tense form of the following verbs? Some are irregular, some are regular.

Match the verbs in A with phrases in B.

A	В
make out	an appointment
twist	unwell
take	the ambulance
feel	an injection
make	his ankle
call	temperature
give	a prescription



CHECK WHAT YOU KNOW

	Give advice to	these people.	Use should or	shouldn't.
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•

I have backache.

I'm overweight.

I can't sleep at night.

I have too much stress in my life. He has burnt his finger.

She's got a bruise on her knee.

2 Complete the sentences with some or any.

Sorry, I must go now. I've got	work to do.	
Is there	fruit juice in the fridge?	
Have you got	children?	
I had	very difficult patients last week.	
We couldn't discharge	patients today.	
I tried to give him	advice but he didn't listen.	
	he following sentences. Find it and correct it.	
The only have a lew liquid soup in h	idi boille	
The hospital is anywhere near the br	idge	
. ,		
How many time have you got?	idge.	

4 Underline the correct verb: active or passive.

I had a little visitors today.

Jennifer cut/was cut her finger when she was working in the garden.

This patient was transferred/transferred from the A&E department.

The director was met/met the visitor from England.

My father was given/gave a new treatment for his bad leg.

The diagnosis will make/will be made after we receive the result of the last test.

How many people had to take/had to be taken to hospital?

Nobody called/was called the ambulance.

Children should be treated/should treat in a separate room.



Complete the seme	nces will a form of going to or a	ли.	
'Why did you take all	those patient records out?' 'Bec	ause I	reorganise our
filing cabinet.'			
'Someone told me you'	ve got a job in St Mary's Hospito	al.' 'That's right. I	work
at the urology departme	ent.'		
'I can't finish all this wo	ork by 4.' 'Ask Christina, she		help you.'
'What would you like to	o drink?' 'I	have an ord	inge juice, please.'
'Why are you wearing	glasses?' 'Because I	dr	ive.'
6 Write the compara	tive and superlative forms of the	adjectives.	
short			
interesting			
good			
tiring			
hot			
bad			
healthy			
•			
Complete the sente	nces with the correct form of the	e verbs in brackets: <i>Past S</i>	imple or would.
If I	(speak) English we	ell, I (go) to the conferenc	e.
If she	(earn) a lot of ı	money, she	(buy)a flat
near the hospital.			
What	you	(do) if you _	
(lose) your health insurc	ance card?		
1	(help) you if I		(not be) so busy.
	(be) you, I		
	(do) more exercis		
8 Match the words o	n the left with those on the right		
	infectious	form	
	die	a plane ticket	
	registration	of a heart attack	
	tourist minor	injuries diseases	
	book	attractions	

CHECK WHAT YOU KNOW

Checking your knowledge and vocabulary.
Write the four levels of the Hungarian health care system.
Write four types of disabilities.
Write three ways other than speech in which we communicate.
List three types of infectious diseases.
Write two types of eating disorders.



me are irregular.
ast Simple.
r fever?
Ś
njoy working here
(be) seven
(be) seven.
(give) an injection

2 Complete the sentences with the correct form of the verb: the *infinitive* or -ing.



5 Write the adjective next to each noun.

noun	adjective
health	
infection	
poverty	
Europe	
medicine	
care	
friend	
experience	
pain	
danger	

6 What do these letters stand for?

GP	
AIDS	
A&E	
CV	
BMI	
WHO	