



Choose the correct answer

1. As soon as the doctor looked at her, he was able to \_\_\_\_\_ the cause of her frequent headaches.
  - (a) decide
  - (b) diagnose
  - (c) define
  - (d) describe
  
2. Treatment of this particular disorder was beyond the doctor's capability and he \_\_\_\_\_ the patient to a specialist.
  - (a) referenced
  - (b) returned
  - (c) referred
  - (d) reduced
  
3. He left the surgery feeling a lot better than when he arrived because the doctor had reassured him that his condition was not \_\_\_\_\_ .
  - (a) clear
  - (b) serious
  - (c) determined
  - (d) possible
  
4. The doctor took out of her bag an unusual \_\_\_\_\_ but promised her young patient that it would not hurt her.
  - (a) utensil
  - (b) method
  - (c) control
  - (d) instrument
  
5. I must confess I feel much better today, as I have found that the medication prescribed has been most \_\_\_\_\_ .
  - (a) effecting
  - (b) effects
  - (c) effective
  - (d) affective



6. Before she was allowed to leave the hospital, a physiotherapist had to \_\_\_\_\_ the extent of her mobility.
- (a) assume
  - (b) accept
  - (c) assess
  - (d) assert
7. Under the policy of the new health regulations if you decide to cancel your \_\_\_\_\_ and don't notify the surgery, you will be fined.
- (a) meeting
  - (b) appointment
  - (c) rendezvous
  - (d) date
8. The treatment has proved very successful but to check progress he has to arrange to visit the doctor's \_\_\_\_\_
- (a) usually
  - (b) always
  - (c) principally
  - (d) annually
9. It is much easier to \_\_\_\_\_ an illness than it is to cure it.
- (a) prepare
  - (b) prevent
  - (c) postpone
  - (d) prefer
10. Before they could start any kind of treatment, they had to write to the previous hospital in order to obtain her \_\_\_\_\_ .
- (a) writings
  - (b) prescriptions
  - (c) records
  - (d) recordings



**daisy - fettle - fiddle - health - pink - picture - scratch – sound**

1. To be as fit as a \_\_\_\_\_.
2. To be bursting with \_\_\_\_\_.
3. To be in fine \_\_\_\_\_.
4. To be the \_\_\_\_\_ of health
5. To be as fresh as a \_\_\_\_\_.
6. To be safe and \_\_\_\_\_.
7. To be found without a \_\_\_\_\_ on him/her.
8. To be in the \_\_\_\_\_.

**So - As well as - Could be - Not as well - Can't**

1. \_\_\_\_\_ as I would like.
2. \_\_\_\_\_ better.
3. \_\_\_\_\_ can be expected.
4. \_\_\_\_\_ complain, I suppose.
5. \_\_\_\_\_ so.



**Ailments**

What do you have if you have... (choose one or more answers for each saying)

1. A dicky ticker (slang)	a) a painful area near a cuticle on your foot
2. A gammy leg (slang)	b) a painful joint in the arm
3. Housemaid's knee (Colloquial)	c) a swollen joint in the leg
4. Tennis elbow (Colloquial)	d) a weak heart
5. A slipped disc (Colloquial)	e) an upset stomach
6. An ingrowing toenail	f) diarrhoia
7. Farmers' lung (colloquial)	g) loose stools
8. Bird fanciers' disease(colloquial)	h) pulmonary fibrosis/chronic lung disease
9. The trots (slang)	i) spinal damage
10. The galloping gut rots	j) to be lame
11. The runs (slang)	

1	2	3	4	5	6	7	8	9	10	11



Infections, symptoms & treatment

Choose the correct columns to complete the following:

1. To be infected with \_\_\_\_\_
2. To complain of \_\_\_\_\_
3. To have \_\_\_\_\_
4. To undergo \_\_\_\_\_



A (an ailment) hayfever a virus a cold	B surgery an operation radio-therapy chemo-therapy	C (a contagious disease) measles diphtheria typhoid a virus	D (symptoms) headache stomach ache giddiness vomiting	E a scan an x-ray a blood test an examination an injection a tooth filled a tooth removed
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To be very ill

cancer - disease - health - time – way

1. To be riddled with \_\_\_\_\_.
2. To be living on borrowed \_\_\_\_\_.
3. To be in declining \_\_\_\_\_.
4. To have a degenerative \_\_\_\_\_.
5. To be in a bad \_\_\_\_\_.



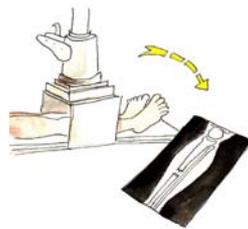
## Medical Supplies and Tools

<b>antiseptic</b>	liquid used to sterilize (clean) the surface of the skin
<b>bandage</b>	a cloth covering that is placed over a wound to prevent bleeding, swelling and infection
<b>bandage scissors</b>	tool used to cut bandages
<b>blood pressure monitor</b>	a tool that measures the force of blood flow through a person's body
<b>dressing</b>	protective covering that is placed over a wound
<b>elastic tape</b>	a thin roll of stretchy material that is sticky on one side
<b>eye chart</b>	a poster of letter, word, and number combinations of various sizes used to test a person's eyesight
<b>forceps</b>	instrument used during operations and medical procedures (assists the doctor in pulling, holding, and retrieving)
<b>gauze</b>	thin, netted material used for dressing wounds
<b>hypodermic needle</b>	sharp pointed metal piece that pricks the skin (attached to a syringe), used for taking blood or administering medicine
<b>IV bag</b>	the pouch that contains liquids to be pumped into a patient's body
<b>medicine cup</b>	small plastic measuring cup
<b>microscope</b>	equipment that makes small things appear larger than they are
<b>otoscope</b>	a device used for looking into a patient's ears
<b>oxygen mask</b>	equipment that fits over the nose and mouth and supplies oxygen
<b>privacy screen</b>	an object that is used to separate the doctor and patient from others in an open room
<b>scales</b>	a device that measures a person's weight
<b>stethoscope</b>	equipment for listening to a person's heart and lungs
<b>syringe</b>	a cylinder-shaped piece that attaches to a needle and can be filled with liquid
<b>table and head-rest paper</b>	paper that is placed on an examining table or head-rest to prevent the spread of germs
<b>test tube</b>	glass cylinder that is filled with blood or other liquids and can be capped and placed in a storage area
<b>thermometer</b>	an instrument used to check a person's body temperature
<b>vial</b>	a small bottle or container used for storing liquids



## Matching Exercise

1	I can't catch my breath.	a	table and head-rest paper
2	Prepare the examining table for the next patient.	b	thermometer
3	We'll have to get a blood sample.	c	oxygen mask
4	I need to sterilize the wound.	d	hypodermic needle
5	We'll have to feed him with liquids.	e	bandage scissors
6	Let's find out your weight.	f	scales
7	I need to examine the patient in private.	g	eye chart
8	Let's check your vision.	h	antiseptic
9	Let's see if you are running a fever.	i	IV bag
10	Can you cut this gauze for me?	j	privacy screen



## Human Body Quiz

1. Your tonsils can get swollen when you have a sore \_\_\_\_\_.
2. The \_\_\_\_\_ is located in the middle of the arm.
3. My Dad's little \_\_\_\_\_ was lost in the accident.
4. The patient lost so much weight his \_\_\_\_\_ were sunken in.
5. We'll put a cool cloth on your \_\_\_\_\_ to get your fever down.
6. Another word for belly button is \_\_\_\_\_.
7. She may never walk again because her \_\_\_\_\_ was so badly injured.
8. The \_\_\_\_\_ on his knee was scraped off when he hit the road.
9. Your grandfather will be able to walk better after his \_\_\_\_\_ surgery.
10. I think I have put on some weight, my \_\_\_\_\_ are rubbing together when I walk.



## The human body

### Head

Inside the head is the **brain**, which is responsible for thinking. The top of a person's **scalp** is covered with **hair**. Beneath the hairline at the front of the **face** is the **forehead**. Underneath the forehead are the **eyes** for seeing, the **nose** for smelling, and the **mouth** for eating. On the outside of the mouth are the **lips**, and on the inside of the mouth are the **teeth** for biting and the **tongue** for tasting. Food is swallowed down the **throat**. At the sides of the face are the **cheeks** and at the sides of the head are the **ears** for hearing. At the bottom of a person's face is the **chin**. The **jaw** is located on the inside of the cheeks and chin. The **neck** is what attaches the head to the **upper body**.

### Upper Body

At the top and front of the upper body, just below the neck is the **collar bone**. On the front side of the upper body is the **chest**, which in women includes the **breasts**. Babies suck on the **nipples** of their mother's breasts. Beneath the **ribcage** are the **stomach** and the **waist**. The **navel**, more commonly referred to as the **belly button**, is located here as well. On the inside of the upper body are the **heart** for pumping **blood** and the **lungs** for breathing. The rear side of the upper body is called the **back**, inside which the **spine** connects the upper body to the lower body.

### Upper Limbs (arms)

The **arms** are attached to the **shoulders**. Beneath this area is called the **armpit** or **underarm**. The upper arms have the **muscles** known as **triceps** and **biceps**. The joint halfway down the arm is called the **elbow**. Between the elbow and the next joint, the **wrist**, is the **forearm**. Below the wrist is the **hand** with four **fingers** and one **thumb**. Beside the thumb is the **index** finger. Beside the index finger is the **middle** finger, followed by the **ring** finger and the **little** finger. At the ends of the fingers are **fingernails**.

### Lower Body

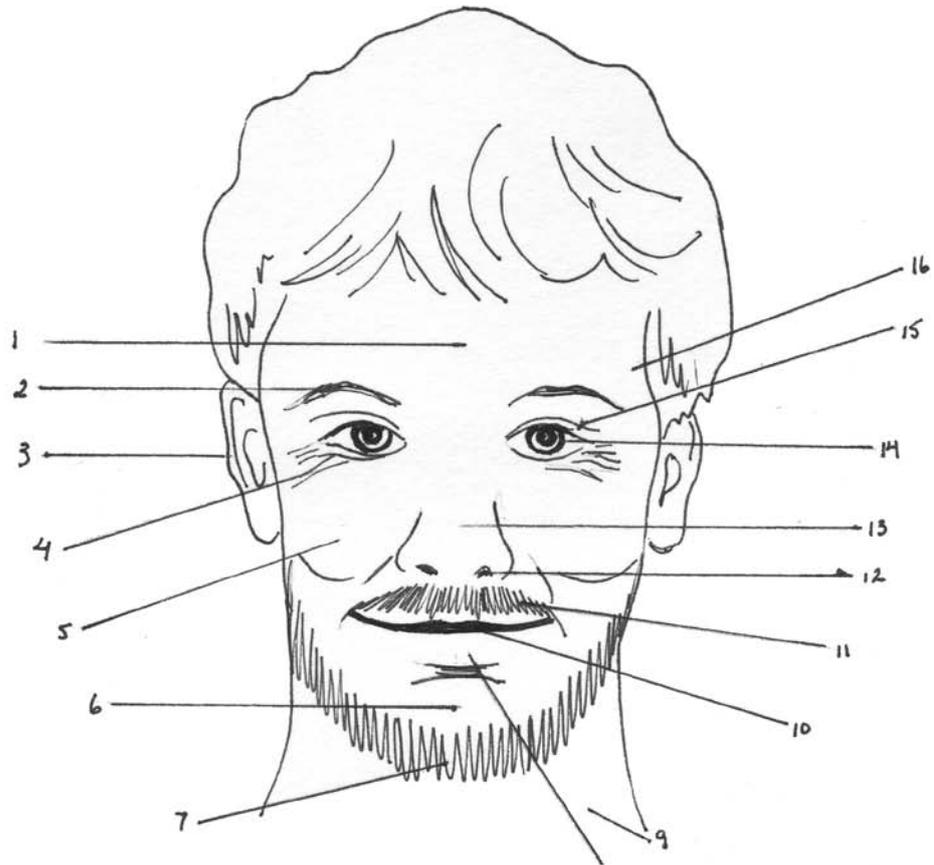
Below the waist, on left and right, are the **hips**. Between the hips are the reproductive organs, the **penis** (male) or the **vagina** (female). At the back of the lower body are the **buttocks** for sitting on. They are also commonly referred to as the **rear end** or the **bum** (especially with children). The internal organs in the lower body include the **intestines** for digesting food, the **bladder** for holding liquid waste, as well as the **liver** and the **kidneys**. This area also contains the woman's **uterus**, which holds a baby when a woman is pregnant.

### Lower Limbs (legs)

The top of the leg is called the **thigh**, and the joint in the middle of the leg is the **knee**. The front of the lower leg is the **shin** and the back of the lower leg is the **calf**. The **ankle** connects the **foot** to the leg. Each foot has five **toes**. The smallest toe is often called the **little toe** while the large one is called the **big toe**. At the ends of the toes are **toenails**.



Name the parts of the face



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_

- 9 \_\_\_\_\_
- 10 \_\_\_\_\_
- 11 \_\_\_\_\_
- 12 \_\_\_\_\_
- 13 \_\_\_\_\_
- 14 \_\_\_\_\_
- 15 \_\_\_\_\_
- 16 \_\_\_\_\_



## Medical Specialists



Medical specialists are experts in certain fields of medicine. They either treat specific parts of the body, such as the back or the brain, or they specialize in certain diseases, such as cancer. Family doctors keep a list of local specialists and can help patients choose the right specialist for each medical issue. In many cases specialists require a **referral** from a family doctor before they will see a patient. Here is a list of the most common types of specialists. Study the list and then check your understanding by taking the quiz.

<b>allergist:</b>	specializes in determining food and environmental allergies
<b>anesthesiologist:</b>	specializes in pain prevention during surgery
<b>cardiologist:</b>	heart specialist
<b>chiropractor:</b>	back specialist
<b>dentist:</b>	tooth specialist
<b>dermatologist:</b>	skin specialist
<b>fertility specialist:</b>	helps people who have difficulty getting pregnant
<b>gynecologist:</b>	specializes in women's needs
<b>massage therapist:</b>	specializes in muscle relaxation
<b>midwife:</b>	helps women deliver babies in a natural way
<b>naturopath:</b>	specializes in natural cures and remedies
<b>neurologist:</b>	brain specialist
<b>obstetrician:</b>	specialist for pregnant women
<b>occupational therapist:</b>	specializes in workplace health
<b>oncologist:</b>	tumour specialist, including cancer
<b>ophthalmologist:</b>	specializes in eye diseases
<b>pediatrician:</b>	specialist for babies and children
<b>physical therapist:</b>	specializes in the body's movement
<b>podiatrist:</b>	foot specialist
<b>psychiatrist:</b>	specialist in mental health
<b>radiologist:</b>	specializes in imaging tests



**Read the patient complaints. Which specialist does each patient need?**

- 1 I have a terrible rash on my arms and legs. I think I'm allergic to dairy food, but it also might be grass.  
Answer: \_\_\_\_\_
- 2 My husband and I just took a home pregnancy test, and it came out positive. We want to know when we are due and we want to make sure the fetus is healthy.  
Answer: \_\_\_\_\_
- 3 I still can't walk and it's been three months since my accident. I hate being stuck in a wheelchair.  
Answer: \_\_\_\_\_
- 4 The test results show that I have an advanced form of blood cancer.  
Answer: \_\_\_\_\_
- 5 My left eye has an infection that won't go away and my vision has been blurry for two weeks now.  
Answer: \_\_\_\_\_
- 6 I don't want to take any drugs that will cause me to become addicted to them, but I do need some sort of pain relief.  
Answer: \_\_\_\_\_
- 7 I've been having major chest pains this week. I'm also having trouble breathing.  
Answer: \_\_\_\_\_
- 8 I get terrible acne and I have tried all of the products in the pharmacy. I don't know what to do now.  
Answer: \_\_\_\_\_
- 9 My baby is not developing properly. She hasn't put on any weight in two months and she keeps getting ear infections.  
Answer: \_\_\_\_\_
- 10 My husband and I have been trying to get pregnant for three years. We have tried everything that the books suggest.  
Answer: \_\_\_\_\_



## Doctor's Diagnosis

Physician

- a. Your test results have come in.
- b. I'm afraid the prognosis isn't good.
- c. You have a long road to recovery.
- d. We have several options to discuss.
- e. The blood test came back negative.
- f. The transfusion was a success.
- g. It looks like you're ready to go home.
- h. I'd like to keep you here over night.
- i. We'll know more in a few days.
- j. You're not in the clear yet.
- k. We've ruled out diabetes.
- l. I'm hoping to get to the bottom of this soon.

Patient

- m. I don't understand what this means.
- n. Am I going to need surgery?
- o. Is it good news or bad?
- p. When will the tests results come in?
- q. How long do I have to stay in the hospital?
- r. What is the success rate?
- s. Are they going to run more tests?
- t. Is this a common problem for people my age?
- u. I'd like to discuss other options.
- v. I'm going to get a second opinion.



## Sample Conversation

- Doctor: Hi Jessica. How are you feeling today?  
 Patient: A bit better.  
 Doctor: That's good to hear. Are you still feeling nauseous?  
 Patient: No, I haven't felt sick to my stomach since you switched my medication.  
 Doctor: Great. Say, your test results came in this morning.  
 Patient: It's about time. Is it good news or bad?  
 Doctor: I guess it's a bit of both. Which do you want first?  
 Patient: Let's get the bad news over with.  
 Doctor: Okay. It looks like you're going to need surgery to remove the tumour from your leg. After the operation you're going to have to stay off your feet for at least three weeks. That means no soccer.  
 Patient: I was afraid you were going to say that.  
 Doctor: Now for the good news. The biopsy shows that the tumour is benign, which means it's not cancerous. We're going to take it out anyway just to be on the safe side.  
 Patient: Wow, that's a load off my mind. Thanks Doctor.  
 Doctor: Don't get too excited. We still need to get to the bottom of all of this weight loss.  
 Patient: I've probably just been so worried about this stupid lump.  
 Doctor: These things often are stress related, but we're still going to do a few blood tests just to rule a few things out.



Patient: Things like what? Cancer?  
 Doctor: Actually, I'm thinking more along the lines of a food allergy.

Check your understanding

- 1 Why did the woman have to switch medication? \_\_\_\_\_
- 2 What bad news does the doctor give the patient? \_\_\_\_\_
- 3 What medical procedure did the patient already undergo? \_\_\_\_\_

### Visiting Hours

Part of being a nurse, involves dealing with the people who are close to your patients. When a patient is staying in a hospital or other health facility, it is often necessary to welcome, monitor, and inform visitors on a daily basis. In many cases you may form stronger relationships with the patients' visitors than the patients themselves. Depending on the condition of the patient, certain loved ones will be allowed to visit, while others will not. It is a difficult time for people who have loved ones in the hospital. Showing them compassion and explaining the rules is much easier if you have the necessary English skills.

Study the different people that may come to visit the patient. Then read some typical concerns and questions that visitors may have, and some appropriate responses that you may be able to give them.

Immediate family

- Mother and Father
- Husband or Wife
- Son and Daughter
- Brother and Sister/siblings

Extended family

- Grandmother and Grandfather
- Aunt and Uncle
- Niece and Nephew
- Cousins

Friends and other loved ones

- Room-mate
- Neighbour
- Co-worker (
- Boyfriend or Girlfriend
- Fiancé



Questions and concerns of loved ones

- a. We're Michael's grandparents.
- b. Could you tell me which room Mrs Smith is in?
- c. Is my child going to be okay?
- d. When can we speak with the doctor?
- e. What time are visiting hours?
- f. I'm trying to locate my sister. (I'm trying to find my sister's room.)
- g. Is there anything you can do to make him more comfortable.
- h. My child would like something to drink.
- i. Is there somewhere I can lie down for a while.
- j. Could you tell me where the chapel is?
- k. Please tell her to get well soon.

Other suggestions:

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Questions and responses from nurses

- a. What is your relation to Jessica?
- b. You'll have to come back during visiting hours.
- c. Ms Lee is too tired for visitors.
- d. Room 7 is down the hall to your right.
- e. I'll give you two some privacy now.
- f. Does your daughter need anything?
- g. I'm afraid she's not having a very good day today.
- h. We do the best we can around here.
- i. There's a quiet room for families down the hall.
- j. The doctor would like to have a word with you.
- k. She's doing much better this morning.
- l. He's in isolation because of the transplant.
- m. We had to transfer your mother-in-law to the ICU.
- n. It's in your brother's best interest.



Other suggestions:

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## Sample Conversation

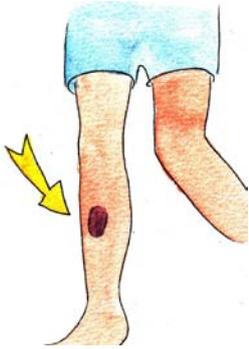
- Nurse: I'm afraid visiting hours are over, sir  
Visitor: My wife's in room 3B.  
Nurse: Sorry, you'll have to come back in the morning.  
Visitor: And leave her all alone overnight?  
Nurse: I'm afraid that's the policy, sir.  
Visitor: Surely you can make an exception? What if she needs me in the night?  
Nurse: Don't worry, we'll look after her. What she really needs is her rest.  
Visitor: Some of her friends want to see her too. When can they come?  
Nurse: Visiting hours are from 9 to 11 in the morning and 4 to 7 in the evening, but I'm afraid while your wife is on bedrest the doctor has requested that only immediate family members come in to see her.  
Visitor: Can't her friends even stop by to bring her flowers?  
Nurse: Flowers are not permitted in this ward. We just can't risk any germs that might come in with them.  
Visitor: Well, I guess it's all in her best interest.  
Nurse: Thanks for understanding. Now, I'm going to bring your wife her dinner. Why don't you head home and get something to eat yourself?  
Visitor: Okay. I really hate to leave her, but that's probably a good idea.  
Nurse: She's in good hands here. I'll tell her you were here and that you'll see her in the morning.

## Check your understanding

- 1 What is the man's relation to the patient? \_\_\_\_\_
- 2 Why does the nurse send the man away? \_\_\_\_\_
- 3 The nurse thanks the man because... \_\_\_\_\_



Describe the problem/condition



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

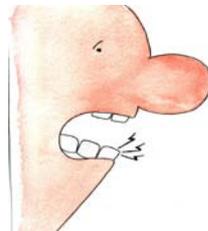
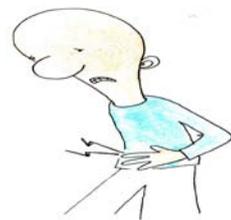
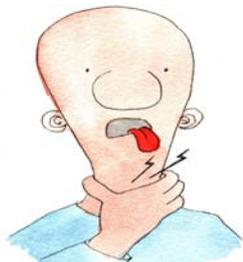


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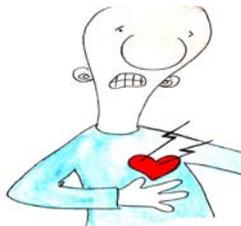
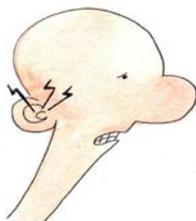


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Medical expressions

Translate the expressions

- I feel **really rough**. \_\_\_\_\_
- I'm **shattered**. \_\_\_\_\_
- I'm **on my last legs**. \_\_\_\_\_
- You look **poorly**. \_\_\_\_\_
- You look **like death warmed up**. \_\_\_\_\_
- You're looking **peaky**. \_\_\_\_\_
- **I'm on top of the world** \_\_\_\_\_
- He's **glowing with health**. \_\_\_\_\_
- I'm **a picture of health**. \_\_\_\_\_
- I ache everywhere \_\_\_\_\_
- I am sore everywhere \_\_\_\_\_
- I feel **sick** \_\_\_\_\_
- I am **sick** \_\_\_\_\_
- I am **ill** \_\_\_\_\_
- She is feeling **dizzy** \_\_\_\_\_
- She has **a cold** \_\_\_\_\_
- She has **a flu** \_\_\_\_\_
- She's **sprained** / **twisted** her ankle / wrist. \_\_\_\_\_
- She'll be **in plaster** for weeks. \_\_\_\_\_
- I think I have got **food poisoning** \_\_\_\_\_

### Getting treatment

- Make an appointment at **the doctor's / the GP**. - Go and see the general practitioner.
- I've been **referred** to a **consultant** at the hospital. - My doctor has arranged for me to see an expert at a hospital to help me recover.
- I need a **check-up** at the hospital. / I need an **X-Ray**. / an **examination**. / a **scan**. - These are treatments you might need at a hospital.
- I need to see **the specialist**- someone who knows about one health issue in particular.

### On the medicine bottle

- Consult your doctor **if symptoms persist**. - If you still feel ill after taking the medicine, see your doctor.
- Do not take **more than the stated dose**. - Don't take more [pills or medicine] than you're told to.
- **Always read the label**. - Make sure you take the advice given on the medicine container.
- **Keep out of the reach of children**. - Do not let children play with the medicine or its container.

### Other

- 'She's a **pain in the neck!**' and 'she's a **pain in the arse!**' (this is very impolite!)



1. I haven't been able to sleep in three days. I think I might have \_\_\_\_\_.

- a) insomnia
- b) a cold
- c) the hiccups

2. Drinking water is one way to get rid of \_\_\_\_\_.

- a) the hiccups
- b) illness
- c) fever

3. He smokes too much - Just look at the way he \_\_\_\_\_.

- a) spits
- b) sleeps
- c) coughs

4. The baby was \_\_\_\_\_ a fever, so they took him to see the doctor.

- a) causing
- b) running
- c) having

5. The doctor prescribed \_\_\_\_\_ for my rash.

- a) water
- b) lots of rest
- c) an ointment

6. It's possible to become addicted to \_\_\_\_\_.

- a) pain killers
- b) water
- c) a fever

7. After Will fell off his bike, his mother dressed his \_\_\_\_\_.

- a) wound
- b) blood
- c) damage

8. I \_\_\_\_\_ my ankle when I was playing basketball.

- a) ran
- b) fell
- c) twisted

9. Drinking tea with honey can help soothe \_\_\_\_\_.

- a) a hurting throat
- b) a hurt throat
- c) a sore throat

10. It's Spring, and my \_\_\_\_\_ are acting up again.

- a) allergies
- b) allergic
- c) allergic reaction

