



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) diarrhoea
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

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

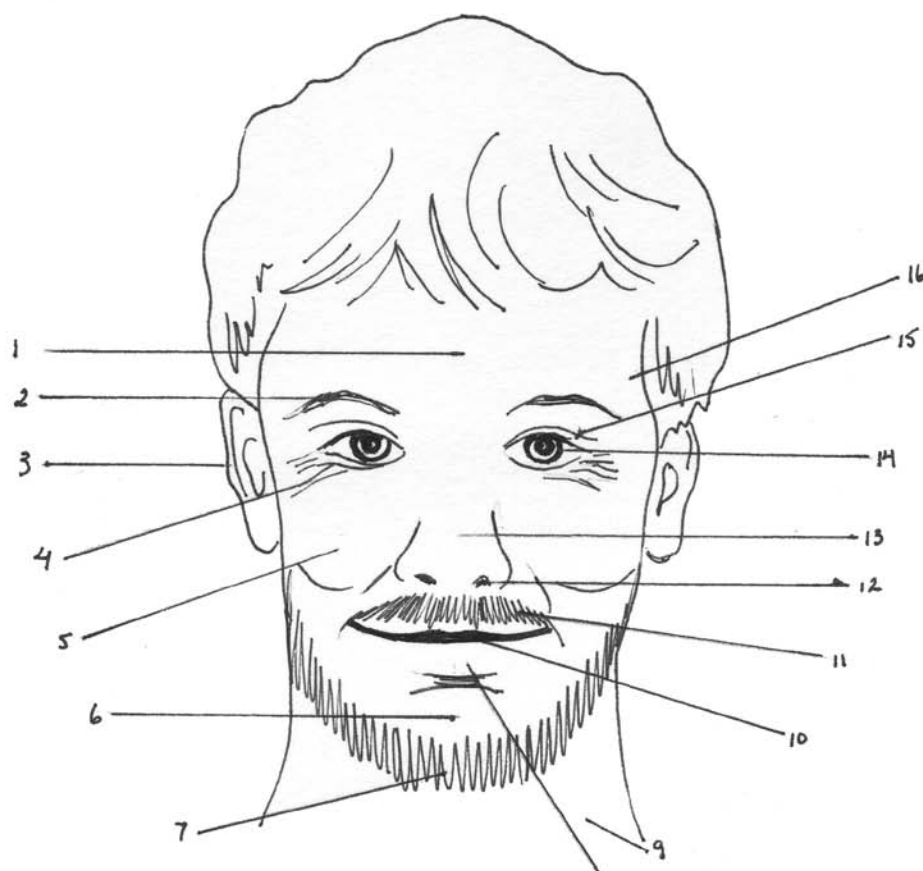
Below the waist, on left and right, are the **hips**. Between the hips are the reproductive organs, the **penis** (male) or the **vagina** (female). At the back of the lower body are the **buttocks** for sitting on. They are also commonly referred to as the **rear end** or the **bum** (especially with 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.

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



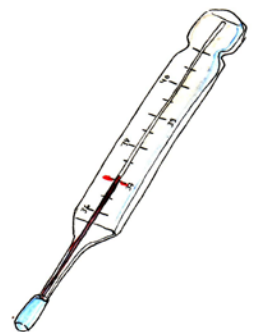
Questions and concerns of loved ones

- 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:

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:



Sample Conversation

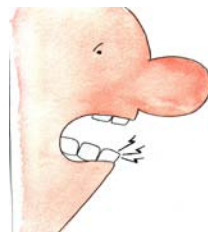
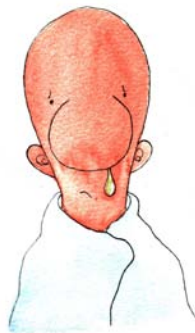
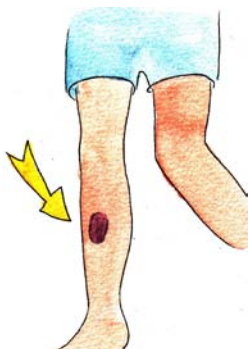
- Nurse: I'm afraid visiting hours are over, sir
Visitor: My wife's in room 3B.
Nurse: Sorry, you'll have to come back in the morning.
Visitor: And leave her all alone overnight?
Nurse: I'm afraid that's the policy, sir.
Visitor: Surely you can make an exception? What if she needs me in the night?
Nurse: 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



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

