

УЛЬЯНОВСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ  
ИНСТИТУТ МЕДИЦИНЫ, ЭКОЛОГИИ И ФИЗИЧЕСКОЙ КУЛЬТУРЫ  
МЕДИЦИНСКИЙ КОЛЛЕДЖ

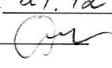
## УЧЕБНО-МЕТОДИЧЕСКАЯ РАЗРАБОТКА


по английскому языку  
для преподавателей и студентов II-III курсов

### «English for Nurses»

**Автор:** Глазова Г.В., Балабанова И.В.  
**Дисциплина:** Иностранный язык  
**Специальности:**  
34.02.01 Сестринское дело

Тип занятия - практическое занятие

Рассмотрено и одобрено  
на заседании ПЦК  
общеобразовательных дисциплин  
Протокол № 5 от 27.10 2018г.  
Председатель ПЦК   
О. В. Филиппова

Утверждено на заседании  
Методсовета МК ИМЭиФК  
Протокол № 5 от 22.01 2019г.  
Председатель  Шевчук М.Т.

Ульяновск, 2018

**Цели и задачи:****Обучающие:**

- познакомить учащихся с терминологией по теме «Health, Illness and Disease»
- дать представление о правилах работы с медицинским словарем

**Воспитательные:**

- воспитывать интерес учащихся к иностранному языку путем овладения новым лексическим материалом

**Развивающие:**

- способствовать пониманию и умению учащихся соотносить лексику в русском и английском языках
- развивать умение видеть возможности выражения своей мысли различными способами, способствовать развитию языковой догадки
- способствовать формированию навыка по употреблению разнообразных медицинских терминов путем использования серии упражнений.

## English for Nurses

Patients come in all different shapes and sizes. They also speak many different languages. Whether you are working abroad or at home, there will come a time when you will need to rely on English to communicate. By studying and practicing Medical English, you will be able to make your patients feel more comfortable and have a better understanding of their needs. You will also learn how to talk to their loved ones and communicate with other medical staff who speak English.

### Health, Illness and Disease Vocabulary to learn

#### **pain**

feeling in your body when you have been hurt or when you are ill, sick

- *Suddenly she felt a sharp **pain** in her neck, shoulder, waist, arm, leg, stomach.*
- *Take an aspirin to relieve the **pain**.*

#### **ache**

continuous pain; feel a continuous pain

- *I can't sleep because my head **aches** too bad.*
- *I have a terrible **headache, backache, stomachache**.*

#### **ill**

suffering from an illness or disease; not feeling well; sick

- *My elder sister is seriously **ill** in St John's hospital.*
- *The children started to feel **ill** an hour after the meal.*

#### **sick**

physically or mentally ill; wanting to vomit

- *I feel very **sick**, I don't think I can work today.*
- *Be careful with the cake, too much of it can make you **sick**.*

### **sore**

painful (and often red) because of infection or because a muscle has been used too much

- *I have a **sore** throat, I mustn't take that cold drink.*
- *She says her stomach is still **sore** after the operation.*
- *His feet were **sore** after the bicycle trip.*

### **illness**

the state of being physically or mentally ill

- *Our secretary missed a lot of work through **illness** last month.*
- *Flu can be a serious **illness** if you aren't careful enough.*

### **disease**

serious illness, often caused by infection

- *Peter's uncle suffers from a rare blood **disease**.*
- *A fatty diet increases the risk of heart **disease**.*
- *The government is planning further health measures to prevent the spread of **disease**.*

### **heal**

become healthy again; make something, somebody healthy again, make somebody feel happy again

- *As I see it will take a long time for your wounds to **heal**.*
- *This ointment will help to **heal** your scratches.*
- *The tea you made really **healed** me.*

### **cure**

make somebody or something healthy again after an illness; make an illness go away

- *He was seriously ill for a long time, but the doctor **cured** him at last.*
- *Scarlet fever is a serious illness, but it can be **cured** fairly fast.*

### **cure**

medicine or medical treatment that cures an illness; the act of curing or the process of being cured

- *There is no known **cure** for this illness but it can be treated.*
- *I'm afraid you must be taken to hospital for the **cure**.*

### **treat**

give medical care or attention to somebody or something; deal with something or somebody

- *I was **treated** for flu, but later I was diagnosed with pneumonia.*
- *This illness is usually **treated** with antibiotics and a strict diet.*

### **treatment**

1. (the way or process of) curing an illness or injury or making somebody look and feel good; 2. the way of dealing with something or somebody

- *Doctors apply various **treatments** for this illness.*
- *My sister goes to a wellness centre to receive beauty **treatments**.*

### **diagnose**

define what an illness or the cause of a problem is

- *The blood test is used to **diagnose** all kinds of diseases.*
- *She was **diagnosed** (as) (a) diabetic in her early childhood.*

### **diagnosis**

medical description of an illness or condition

- *The doctors didn't share every detail of the **diagnosis** with the patient's family.*
- *We had to wait a lot for the exact **diagnosis** after the examination.*

### **injury**

harm done to the body, for example in an accident

- *They were lucky to escape the fight without serious **injuries**.*
- *There were only minor **injuries** in the crash.*

## **injure**

harm somebody or yourself physically, especially in an accident, receive/suffer an injury

- *He **injured** his finger when he was cutting the meat.*
- *Nobody was killed in the accident, but two people were seriously **injured**.*

## **wound**

an injury to part of the body, especially one in which a hole is made in the skin

- *He died from the **wounds** that he had received in the crash.*
- *He was taken to hospital although his **wounds** didn't seem too serious.*

## **cut**

a wound caused by something sharp

- *He had such a deep **cut** on his arm that he was taken to hospital.*
- *The victim had several **cuts** on his chest, still he survived.*

## **bruise**

a blue, brown or purple mark on the skin after somebody has fallen

- *He was covered in **bruises** at the end of the football match.*
- *The man came to the surgery with a huge **bruise** over his eye.*

## **scratch**

rub your skin with your nails, usually because it's itching; a mark or a small cut or injury made by scratching

- *The cat continuously **scratched** itself behind the ear.*
- *She had a long **scratch** on her arm when she came out of the rose garden.*

## **infection**

illness caused by bacteria or a virus; the act or process of causing or getting a disease

- *Wash your hands carefully to decrease the risk of **infection**.*
- *She almost died from blood **infection**.*

## **inflammation**

a condition when a part of the body becomes red, sore and swollen because of infection or injury

- *My knee was twice the size of the other one due to the **inflammation**.*
- *You had better not eat fatty food so soon after your stomach **inflammation**.*

## **symptom**

a change in your body or mind that shows that you are not healthy

- *You don't necessarily need a doctor with **symptoms** like a headache or sore throat.*
- *Depression can cause physical **symptoms**, too.*

## **temperature**

the measurement of how hot your body is

- *have a **temperature** – when your **temperature** is higher than normal due to illness*
- *I feel so weak, I think I have a **temperature**.*
- *She had such a high **temperature** that she was immediately taken to hospital.*

## **fever**

a medical condition in which someone has a temperature that is higher than normal; a particular type of disease with high temperature

- *Did you take aspirin to reduce the **fever**?*
- *Our daughter has been diagnosed with scarlet **fever**.*

## **cold**

illness affecting the nose and/or throat, making you cough and/or sneeze

- *I think I caught a **cold** on the ice rink yesterday.*
- *She can't come to school, she's in bed with a **cold**.*

## **flu**

a very bad cold, an infectious disease with fever, pains and weakness

- *Please don't visit us this week, the whole family has the **flu**.*

- *If you're not careful enough and you don't take antibiotics, you may even die from the **flu**.*

### **vomit**

discharge stomach contents through the mouth

- *There must have been something wrong with the food as both children **vomited** shortly after the meal.*
- *I'm afraid I'm pregnant; I **vomit** after getting up every morning.*

### **medicine**

a substance that you drink or swallow so as to cure an illness

- *You look so pale. Haven't you taken your **medicine** this morning?*
- *The doctor prescribed three kinds of **medicine** for me.*

### **antibiotics**

medicine that kills bacteria and cures infections

- *My mum's throat infection went away after she started the **antibiotics**.*
- *Hot tea won't be enough to cure your flu, I think you also need **antibiotics**.*

### **pain killer**

kind of medicine that takes away some or all of the discomfort of an illness or injury

- *I had such a horrible headache last night that I took two **pain killers**.*
- *She says she doesn't think it's a good idea to take **pain killers** too often.*

### **blood pressure**

the rate at which blood flows through the body

- *Drink some coffee if you feel your **blood pressure** is too low.*
- *High **blood pressure** increases the risk of having a heart attack.*

### **pulse**

the regular beat of blood as it is sent around the body

- *The doctor started the examination with taking my **pulse** and blood pressure.*
- *He has such a weak **pulse** that it's hard to feel.*



### **x-ray**

a photograph of a somebody's bones and organs

- *They took **x-rays** of my knee to make sure it wasn't broken.*
- *The doctor says that the **x-ray** has proved his suspicion of cancer, but I don't believe him.*

### **patient**

a person staying in a hospital or medical facility

- *The doctor examined the **patient** very carefully but he didn't find any disorder.*
- *There were so many **patients** in the doctor's surgery that I didn't wait and I went home.*

### **surgery**

a place where a doctor or dentist sees patients; medical treatment of injuries or diseases involving cutting open somebody's body

- *I wanted to see a doctor but the **surgery** was closed.*
- *I hope they can cure me with medicine and I don't need undergo **surgery**.*

### **operation**

cutting open a part of somebody's body in order to remove or cure a part

- *The **operation** was successful but the patient died.*
- *The doctor says I can hardly escape an **operation**.*

### **operate on somebody** (for something)

cut open a part of somebody's body in order to remove or cure a part

- *He soon recovered after he was **operated on for** appendicitis.*
- *The doctor ordered to take my brother to hospital and they will **operate on him** tomorrow.*

### **operating theatre**

a room in a hospital used for medical operations

- *The patient died on the way to the **operating theatre**.*
- *She felt nervous as she looked round the **operating theatre**.*

## **chemist's (shop)**

a shop where medicine is sold

- *The doctor suggested to go to the **chemist's** for the medicine straight from the surgery.*
- *This syrup is also sold in the supermarket, so you don't need to go to the **chemist's**.*

## **prescription**

an official piece of paper filled out by a doctor with which you can get medicine from a chemist's shop

- *Unfortunately, the doctor forgot to sign the **prescription** and so the chemist refused to give me the medicine.*
- *Keep this **prescription** even though you don't need the medicine now; you may need it later.*

## **Illness expressions**

feel ill, sick

have a temperature

have a pain in your back, chest, waist, arm, shoulder

have a headache

feel weak

feel dizzy

suffer from stomach cramps

have a black eye

have a swollen, sprained ankle, wrist, foot

have a lump

have a broken leg

have a fracture

burn, cut a finger

sprain an ankle  
be allergic to antibiotics  
produce an allergic reaction  
come down with a cold  
be in bed with a cold  
have a heart attack, stroke  
suffer from asthma, malnutrition, diabetes  
fight cancer, depression, addiction, alcoholism  
(go to) see a doctor  
examine a patient  
take, feel your pulse  
take, measure your temperature  
diagnose an illness, disease  
diagnose a condition, disorder  
prescribe medicine  
make up a prescription  
take someone to hospital  
undergo an examination, operation  
dress a wound  
a bandaged arm, leg  
put on a plaster  
give an injection  
have a blood test  
prevent the spread of disease  
enhance, build immunity to a disease

## **Common Illnesses and Diseases**

flu, cold, diarrhea, pneumonia, mumps, measles, chickenpox, scarlet fever, tonsillitis, bronchitis, indigestion, ulcer, appendicitis, hepatitis, heart attack, heart disease, stroke, arthritis, asthma, lung cancer, diabetes, amnesia, nervous breakdown

## **Medicine, Medical Equipment and Tools**

pill, tablet, capsule, syrup, ointment, cream, eye drops, injection, tranquilizer, pain-killer, antiseptic, anti-febrile, dressing, bandage, cast, brace, gauze, plaster, elastic tape, thermometer, stethoscope, syringe, forceps, scissors, oxygen mask, test tube, vial, IV bag, blood pressure monitor, crutches, wheelchair

## **Medical Specialists List**

**Nurse:** doctor's assistant

**Allergist:** treats food and environmental allergies

**Anesthesiologist:** provides pain prevention during surgery

**Cardiologist:** heart specialist

**Dentist:** tooth specialist

**Dermatologist:** skin specialist

**Gynecologist:** specializes in women's needs

**Midwife:** helps women deliver babies

**Neurologist:** brain specialist

**Oncologist:** tumour specialist

**Ophthalmologist:** deals with eye diseases

**Pediatrician:** treats babies and children

**Physical therapist:** specializes in the body's movement

**Psychiatrist:** mental health specialist

**Radiologist:** specializes in imaging tests (x-ray, etc.)

## **What to say at the doctor`s?**

### **Going to See a Doctor**

- *I think you should see a doctor.*
- *You look very pale. Shall I call the ambulance?*
- *I`m ill. I don`t feel well. I need a doctor. I must see a doctor.*
- *Doctor Bulb`s surgery hours are from 9 to 12 every morning.*
- *Where do I find the GP`s office? (general practitioner – a doctor who is trained in general medicine working in the local community)*
- *What are the consulting hours of the ENT (ear, nose and throat) specialist?*
- *Do I have to make an appointment?*

### **Doctor`s Questions and Answers to Patient**

- *What`s the matter? Where`s the pain? What do you complain of?*
- *Have you taken your temperature?*
- *For how long have you been feeling ill?*
- *Take your clothes off. I`ll examine you. Let me take your pulse, please.*
- *I`ll measure your blood pressure.*
- *Your blood pressure is rather high. Your blood pressure is too low.*
- *Let me sound your back. Take a deep breath. I`ll check your lungs.*
- *Can I have a look? Where does it hurt?*
- *Does it hurt here? Breathe out slowly.*
- *Show me your tongue. Poke out your tongue.*
- *Have you got any other symptoms?*
- *What infectious diseases have you had?*
- *What have you eaten/drunk?*

- *Have you been injured?*
- *Don't worry. There's no serious problem.*
- *I don't think it's too serious.*
- *You've got to be vaccinated against tetanus.*
- *You must stay in bed and take this medicine three times a day, after meals.*
- *I'll dress the wound and put a plaster on your arm.*
- *You must follow a diet, you need to rest and you shouldn't worry.*
- *Your test results have come in. The blood test came back negative.*
- *The biopsy shows a tumour.*
- *You should consult a specialist.*
- *We'll know more in a few days.*
- *It would be better if you went to hospital.*
- *I think you'll have to stay in hospital for a week.*
- *Hopefully, there won't be any complications.*
- *I don't think you need chemotherapy.*
- *I'll give you a prescription. Take this medicine three times a day / after meals / an hour before lunch.*
- *You'll soon be well again.*
- *Come back next week if you don't feel better.*

### **Patient Symptoms**

- *I've got a high temperature.*
- *I feel really rough. I'm shattered / exhausted.*
- *Could you check my blood pressure? I've got high blood pressure.*
- *There's a sharp pain here. I've got a pain in my limbs.*
- *I feel dizzy. I've got a kidney problem. I've lost weight.*

- *I always feel bad after meals. I've got a stomach ache.*
- *I've got a splitting headache. I often have nose bleeds.*
- *I have diarrhea. I've lost my appetite.*
- *I've got circulation problems. I sweat all night.*
- *My ears are buzzing. I've got an upset stomach.*
- *I've sprained my wrist/ankle. My hand/foot is badly swollen.*
- *I think I've pulled a muscle in my leg/arm.*
- *I've had scarlet fever, mumps, measles.*
- *Is it something serious? Is this a common problem at my age?*
- *When will the tests results come in? Are you going to run more tests?*
- *Do I have to be operated on? Do I need surgery?*
- *How long do I have to stay in hospital?*
- *I hope there won't be any complications.*
- *Could you prescribe some medicine for me?*
- *How often should I take this medicine?*
- *Shall I come back next week if I don't get better?*

## **Doctor's Diagnosis**

### **Example Sentences**

#### **Physician**

- Your test results have come in.
- I'm afraid the prognosis isn't good.
- You have a long road to recovery.
- We have several options to discuss.
- The blood test came back negative.

- The transfusion was a success.
- It looks like you're ready to go home.
- I'd like to keep you here overnight.
- We'll know more in a few days.
- You're not in the clear yet.
- We've ruled out diabetes.
- I'm hoping to get to the bottom of this soon.

### **Patient**

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

### **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.

## **Typical Visitors**

### **Immediate family**

Mother and Father (patient's parents)

Husband or Wife (the man or woman the patient is married to)

Son and Daughter (children of the patient, boy and girl)

Brother and Sister/siblings (other children of the patient's parents)

### **Extended family**

Grandmother and Grandfather (mother and father of patient's parents)

Aunt and Uncle (brother and sister of patient's parents)

Niece and Nephew (girl and boy child of patient's siblings)

Cousins (children of patient's aunt or uncle)

### **Friends and other loved ones**

Best friend (patient's closest friend)

Room-mate (a person the patient lives with)

Neighbour (a friend who lives near the patient)

Co-worker (a person who works with the patient)

Boyfriend or Girlfriend (the man or woman the patient loves/dates)

Fiancé or Fiancée (the man or woman the patient is engaged to marry)

## Questions and Concerns of Loved Ones

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

## Questions and Responses from Nurses

- What is your relation to Jessica?
- You'll have to come back during visiting hours.
- Ms. Lee is too tired for visitors.
- Room 7 is down the hall to your right.
- I'll give you two some privacy now.
- Does your daughter need anything?
- I'm afraid she's not having a very good day today.
- We do the best we can around here.
- There's a quiet room for families down the hall.
- The doctor would like to have a word with you. (*The doctor wants to speak to you.*)

- She's doing much better this morning.
- He's in isolation because of the transplant.
- We had to transfer your mother-in-law to the ICU.
- It's in your brother's best interest.

## Exercises

**Exercise 1.** Read, translate and act out the dialogues.

### Doctor`s Conversations

#### Conversation 1

**Situation:** Jane is unwell and visits the doctor.

**Doctor:** Hi, what`s wrong?

**Jane:** I feel unwell and keep vomiting all the time.

**Doctor:** How long have you felt like this?

**Jane:** Nearly two days. It started just before going to bed the day before yesterday.

**Doctor:** Let me examine you. I will press on your stomach to see if it hurts and then listen to your heart.

**Jane:** Ok. It doesn`t hurt when you press my stomach. I just feel tired.

**Doctor:** Ok. Did you eat anything different from usual before you started to feel this way?

**Jane:** Yes my boyfriend cooked dinner for me. He isn`t a very good cook and the food tasted a bit strange.

**Doctor:** You`ve got food poisoning. It is not very serious and you should be better in another day.

**Jane:** Oh dear, what should I do.

**Doctor:** You need to drink lots of water and get plenty of rest.

**Jane:** Ok, thank you doctor.

**Doctor:** You're welcome. If you are not better in 48 hours come and see me again.

## **Conversation 2**

**Situation:** Andrew does not have an appointment and needs to see the doctor urgently.

**Andrew:** Cough, cough. I'd like to see the doctor please.

**Receptionist:** Do you have an appointment and what's your name?

**Andrew:** No I don't have an appointment. My name is Andrew Jones. I'm registered as a patient of Doctor Crow.

**Receptionist:** Doctor Crow is making house calls all morning and all the other doctors have a full schedule of appointments all morning. Make an appointment and come back tomorrow.

**Andrew:** Surely there must be something today. I really am very ill. I feel awful.

**Receptionist:** Someone might cancel an appointment. You can sit and wait if you want to.

**Receptionist:** Mr. Jones, the doctor will see you now. Please go to consulting room number 3.

**Doctor:** Good morning Mr. Jones. What is wrong?

**Andrew:** Morning. I feel very ill. I am coughing and sneezing, I have feel hot and cold all the time and eating makes me feel sick.

**Doctor:** Let me take your temperature. How long have you had the symptoms?

**Andrew:** They started about a day ago.

**Doctor:** Yes your temperature is very high. You have the flu. You'll have to go home and stay in bed until it gets better. Drink lots of water.

**Andrew:** Can you give me some medicine?

**Doctor:** I can give you something to reduce your fever but you just need to get bed rest. I will write you a prescription and you can collect the medicine from the

pharmacy.

**Andrew:** Ok, thank you.

**Exercise 2.** Fill-in the blanks in the following conversation using the options provided in the 5 questions below.

**Situation:** Lucy visits the doctor to get some test results.

**Receptionist:** Good morning, \_\_\_\_\_ (1) \_\_\_\_\_

**Lucy:** Yes I do. My name is Lucy Smith and my appointment is at 10.30 am.

**Receptionist:** Yes, thank you. \_\_\_\_\_ (2) \_\_\_\_\_ and the GP will see you as soon as she is free.

**Lucy:** Thank you.

**Receptionist:** Ms. Smith, \_\_\_\_\_ (3) \_\_\_\_\_

**Doctor:** Good morning Ms. Smith. I have your test results here.

**Lucy:** Good. I hope that everything is alright.

**Doctor:** Yes everything is ok. There are no major problems. I would suggest that you try not to eat too much food with a lot of cholesterol in it.

**Lucy:** Oh dear. Is my cholesterol level too high?

**Doctor:** It is quite high and you should try to stop it getting any higher.

**Lucy:** Ok. \_\_\_\_\_ (4) \_\_\_\_\_ to help reduce the cholesterol?

**Doctor:** No. It isn't too high so it would be better for you to lead a healthier lifestyle rather than take medicine.

**Lucy:** Ok doctor I will try.

**Doctor:** Ok that will be good.

**Lucy:** Thank you doctor. I'll make another appointment \_\_\_\_\_ (5)

\_\_\_\_\_

**Choose the best option (A-D) in the following five questions to fill in the blanks in the doctor`s conversation given above.**

1) Which option is the best to fill in the first blank?

- A)  do you have an appointment?
- B)  what do you want?
- C)  what is the matter?
- D)  do you want me to diagnose you?

2) Which option is the best to fill in the second blank?

- A)  Please take a seat in the waiting room
- B)  Please wait outside
- C)  Please go to the hospital
- D)  Please come back tomorrow

3) Which option is the best to fill in the third blank?

- A)  please come back tomorrow.
- B)  please let me examine you now.
- C)  please go to consulting room one.
- D)  please tell me your symptoms.

4) Which option is the best to fill in the fourth blank?

- A)  Can you diagnose me something
- B)  Can the receptionist prescribe me some medicine
- C)  Will I be ok to go to work
- D)  Can you prescribe me some medicine

5) Which option is the best to fill in the fifth blank?

- A)  if I need to come and see you at the surgery again.
- B)  if you need to come and make a house call to see me.
- C)  if I want to see a specialist about this.
- D)  if everything is ok and I feel fine.

**Exercise 3.** Now try to write a doctor`s conversation yourself. This should be between two or three people and be related to visiting a doctor. A couple of ideas could be:

- a) a patient visiting a doctor to get a prescription
- b) a mother taking her son or daughter to see the doctor.

**Exercise 4.** Below you have two sets of doctor`s conversation questions. With a friend discuss the topics. One person should have set of questions **A** and the other set **B**. Try to give long answers and use as much of the vocabulary you have learnt as possible.

#### **Question set A**

- How often do you visit the doctor?
- Do you think it is important for people have health checks from a doctor regularly?
- Would you like to be a doctor?
- What should happen when a doctor makes a mistake?
- Do you think doctors are important, why?

#### **Question set B**

- Is it better to see a doctor in a clinic or a hospital?
- How long do doctors have to train for?
- Have you ever had to visit a specialist doctor?
- Do you know anyone who is a doctor?
- What do you think is the best part of being a doctor?

**Exercise 5.** Choose the correct definition for the doctor's vocabulary in this quiz.

1) What is the definition of headache?

- A)  Where two bones join and there is movement, e.g. elbow, knee, wrist
- B)  A room in a surgery or hospital where patients wait before seeing the doctor.
- C)  A pain in the head.
- D)  To empty the lungs of air quickly and often noisily.

2) What is the definition of examine?

- A)  The process of studying a patient to see what is wrong.
- B)  To have stopped being ill, to have recovered.
- C)  An infection in the stomach from eating food that was not properly prepared (often not cooked enough).
- D)  When the body is being attacked by a bacteria, fungus or virus.

3) What is the definition of pharmacy?

- A)  When a doctor sends a patient to see a different doctor, often a specialist.
- B)  To send air out of the nose often in a violent and loud way.
- C)  A doctor that works in a surgery in the local community and not a



hospital. Is not a specialist in one area but can treat all illnesses.

D)  A place, or shop, where medicines are kept, prepared and sold.

4) What is the definition of wound?

A)  Detailed information about a patient's illness.

B)  Damage to the body, often a cut.

C)  A very small organism that can cause illnesses.

D)  The concept of how a person's body is.

5) What is the definition of appointment?

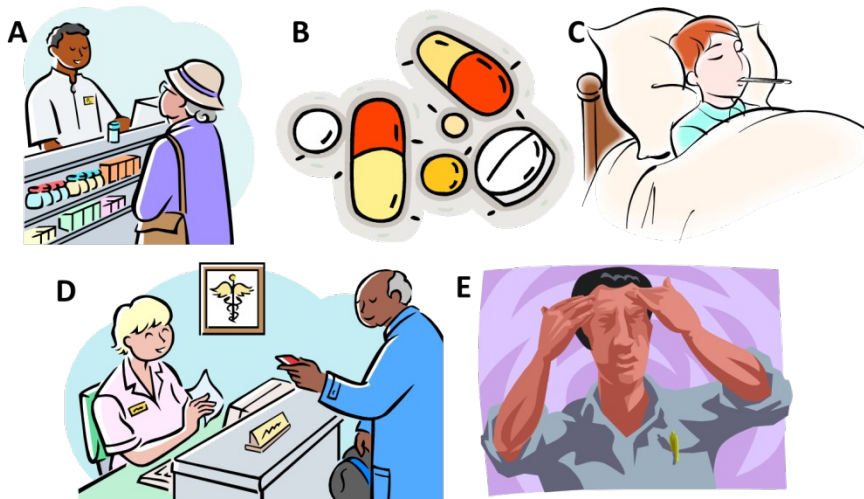
A)  A department in a hospital to treat urgent cases. (British English)

B)  A person trained treat ill people.

C)  A pain that is often low level but constant, often in a joint.

D)  The specific time and place of a meeting between people, e.g. with a doctor.

**Exercise 6.** There are 5 pictures below (A-E) and in the following questions you have to choose the correct option that describes what is shown in each of the pictures.



Identify the best description for each of the images (A-E) given above that corresponds to the five questions in this quiz.

1) Which description best describes picture A given above?

- A)  Chemist
- B)  Infection
- C)  Nurse
- D)  Recover

2) Which description best describes picture B given above?

- A)  Dehydrated
- B)  Doctor
- C)  Medicine
- D)  Flu

3) Which description best describes picture C given above?

- A)  Bed rest
- B)  Test results
- C)  Sneezing
- D)  Well

4) Which description best describes picture D given above?

- A)  Hospital
- B)  Rash
- C)  Unwell
- D)  Receptionist

5) Which description best describes picture E given above?

- A)  Headache
- B)  Consulting room
- C)  Cure
- D)  Cough

**Exercise 7.** Read and translate the dialogue. Act it out.

**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.

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### **Test 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?

**Exercise 8.** Read and translate the dialogue between a nurse and a visitor.

**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 bed-rest 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.

### **Test 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...?

**Exercise 9.** Learn the expressions. Make up a dialogue between a patient who wants to make an appointment with a doctor and a receptionist. Use the expressions given below.

### **Booking Appointments**

#### **Patient**

- I need to make an appointment.
- I need to see the doctor.
- When is the doctor free?
- I need to renew my prescription.
- Do you think the doctor could squeeze us in today?
- I need to make an appointment for my husband.
- My child needs to come in for a check-up.
- The doctor wants to see me again in two weeks` time.

#### **Receptionist**

- What is your chart number?
- What is the appointment regarding?

- Which day/what time is good for you?
- Is January the 3rd okay with you?
- How does four o'clock sound?
- We'll see you then.
- I'm sorry the doctor is not taking new patients.
- We'll call you if there are any cancellations.
- We're running an hour behind schedule.
- Dr. Jones is away. You'll be seeing Dr. Lindsay.

**Exercise 10.** Read and translate the conversation and then test your understanding with the exercise below.

**Receptionist:** Doctor's office. Jane speaking. How can I help you?

**Caller:** I need to make an appointment with Dr. Harris.

**Receptionist:** Do you know your chart number?

**Caller:** No, sorry. It's at home and I'm at work right now.

**Receptionist:** No problem. What's your name, please?

**Caller:** George Mason.

**Receptionist:** Okay Mr. Mason. Hold one moment while I grab your chart, please.

**Caller:** Sure.

**Receptionist:** Thanks for waiting. Now, what do you need to see the doctor about?

**Caller:** Well, I've been fighting a cold for more than a week, and I think I might have a chest infection or something. My cough is getting worse each day.

**Receptionist:** Hmm. Doctor Harris is off tomorrow. Do you think it can wait until Wednesday?

**Caller:** Oh, I was really hoping to get in today or tomorrow in case I need some antibiotics. Maybe I'll have to go to the walk-in-clinic instead.

**Receptionist:** Actually, we had a cancellation for 2:00pm today if you can get away from the office.

**Caller:** Gee, it's almost 1:00pm already. I think I can make it if I leave right now.

**Receptionist:** We're running a bit behind schedule, so you can probably count on seeing the doctor around 2:30.

**Caller:** That's great. Thanks for fitting me in.

**Receptionist:** No problem, Mr. Mason. We'll see you in an hour or so.

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### Test your understanding

1. Why does the caller phone the doctor's office?
2. What are George Mason`s complaints?
3. When will the doctor see Mr. Mason?

**Exercise 11.** A fast way to expand your vocabulary is to make sure you know the different forms of the words you learn. The words in this list are all verbs. What are the noun forms? Write them in the second column. The first one has been done for you as an example.

### Word formation: nouns

- |                         |                  |
|-------------------------|------------------|
| 1. diagnose - diagnosis | 2. examine _____ |
| 3. prescribe _____      | 4. suffer _____  |



5. operate \_\_\_\_\_ 6. cure \_\_\_\_\_
7. recover \_\_\_\_\_ 8. analyse \_\_\_\_\_
9. infect \_\_\_\_\_ 10. carry \_\_\_\_\_
11. replace \_\_\_\_\_ 12. degenerate \_\_\_\_\_
13. refer \_\_\_\_\_ 14. paralyse \_\_\_\_\_
15. obstruct \_\_\_\_\_

**Exercise 12.** There are 20 nouns connected with medicine below. Use them to complete the sentences - in some cases you will need to make them plural. The first one has been done for you as an example.

**Nouns:** accident, **allergy**, ambulance, biopsy, consent, course, examination, excess, exercise, injection, intake, overdose, paroxysm, progress, rash, recurrence, surgery, tendency, treatment, vaccination

1. He developed **an allergy** to penicillin.
2. He suffered \_\_\_\_\_ of coughing in the night.
3. She went into a coma after an \_\_\_\_\_ of heroin.
4. The patient will need plastic \_\_\_\_\_ to remove the scars he received in the accident.
5. She took a \_\_\_\_\_ of steroid treatment.
6. He had a \_\_\_\_\_ of a fever which he had caught in the tropics.

7. There is a \_\_\_\_\_ to obesity in her family.
8. From the \_\_\_\_\_ of the X-ray photographs, it seems that the tumour has not spread.
9. The doctor gave him an \_\_\_\_\_ to relieve the pain.
10. He doesn't take enough \_\_\_\_\_: that's why he's fat.
11. The injured man was taken away in an \_\_\_\_\_.
12. She was advised to reduce her \_\_\_\_\_ of sugar.
13. The \_\_\_\_\_ of the tissue from the growth showed that it was benign.
14. The parents gave their \_\_\_\_\_ for their son's heart to be used in the transplant operation.
15. The doctors seem pleased that she has made such good \_\_\_\_\_ since her operation.
16. This is a new \_\_\_\_\_ for heart disease.
17. Her body could not cope with an \_\_\_\_\_ of blood sugar.
18. Three people were injured in the \_\_\_\_\_ on the motorway.
19. \_\_\_\_\_ is mainly given against cholera, diphtheria, rabies, smallpox, tuberculosis and typhoid.
20. She had a high temperature and then broke out in a \_\_\_\_\_.

## Texts for Reading and Translation

### Text 1. Happiness can Cause Heart Problems

For a long time we have known that **sadness** or a stressful event can **cause heart muscles** to become weaker. This may cause **shortness of breath**, a **pain** in the **chest** and may **eventually** lead to a **heart attack**. Now, a **study published** by the *European Heart Journal* **claims** that happiness can also **lead** to the same **symptoms**.

Swiss **researchers** at the University of Zurich looked at **data** coming from almost 500 patients in 9 countries who were **likely** to **acquire** such a broken heart disease. In most cases the death of a family member or **close relative**, an accident, **divorce** or other relationship problems caused such a heart **weakness**.

**However**, in 20 patients the same symptoms were **triggered** by happy and **joyful** events, such as birthday parties, weddings, the birth of a grandchild or after their favourite team had won a **competition**. Experts call this the happy heart syndrome.

The **researchers point out** that doctors should be **aware** of both sides when **treating patients**. **According to** the **study** reasons for a broken heart syndrome may be more **widespread** than **previously considered**. The study has also found out that in over 90% of the cases older women over 60 were **at risk**. What exactly causes such a syndrome **remains** unknown. The broken heart syndrome was first **witnessed** in Japan in 1990. At the beginning it was **connected to** negative emotions that lead to an **increase** in **hormones**. Doctors believe that emotional reactions make the **nervous system** **behave** in a **certain** way.

### Text 2. Blood Pressure Drugs for All Patients?

A **recently published** medical report **issued** by the University of Oxford **claims** that fewer people would die if doctors gave them **blood pressure drugs**. Medical experts have **analyzed** results coming from over 100,000 patients in two **decades**.

Up to now, doctors started **prescribing** drugs when a patient had a **blood pressure above 140 mmHg**. The study found that **reducing** blood pressure by 10 mmHg would lower the risk of a **heart attack** by 20%. **Research** experts say that doctors should try to keep the blood pressure of their patients to below 130 mmHg.

Doctors of the research team say that risk patients - those who smoke, have high **cholesterol levels** or **diabetes** would profit most if they took blood pressure drugs at an early age. It would lower the risk of **heart attacks** and **strokes**. Some even **recommend** that drugs be given to every adult, **regardless** of their blood pressure.

The results say that **treating** blood pressure to a lower level would **potentially** save millions of lives. Today, more than 1 **billion** people around the world **suffer** from **high blood pressure**. 10 million of them die every year. Prescribing blood pressure drugs to high-risk patients would cost **comparatively** little, but have positive effects.

Heart specialists **argue** that there is a natural way of bringing down blood pressure. People should take on a **healthy diet** and do a lot of exercise. Smoking and drinking alcohol, on the other hand, **raises** blood pressure levels. They claim that there are **side effects** that must be **considered** if blood pressure goes down too low.

### **Text 3. Diabetes – Symptoms, Causes and Treatment**

About 200 million people all over the world **suffer** from a disease called **diabetes**. Sometimes people don't even know that they have it because they you can't see

any **symptoms**. But if you don't treat it, it may **cause** health problems and sometimes may even be deadly.

Diabetes happens when the body has too much sugar in it. It is the energy we need and comes from the food we eat. Normally, a hormone called insulin **regulates** how much sugar the body needs.

There are two type of **diabetes**. Type 1 normally occurs when people are young or are becoming adults. Some cells in the body are destroyed and it cannot produce any more or not enough **insulin**. Type 2 is the most **common** type of diabetes. Adults have problems changing food into energy. It usually starts at around the age of 30. The older you get the higher the risk is of getting diabetes.

### **Symptoms**

People who have diabetes are often very thirsty and they urinate a lot. Your skin can become dry and you may get very tired. Diabetes can lead to heart diseases, **kidney** problems and may even cause death.

### **Causes**

Doctors do not know exactly what causes diabetes. If your parents or grandparents have it you also have a higher chance of getting it. Overweight and not enough exercises can also put you at a higher risk. High blood pressure may also lead to diabetes.

### **How to Treat Diabetes**

People who have Type 1 diabetes must get insulin every day. Usually they inject it into their body. Older people who have Type 2 diabetes can control it by eating healthy food and doing a lot of exercise.

## **Text 4. The Changing Role of Doctors and Health Care in the 21<sup>st</sup> Century**

In the past two **centuries** doctors have had a **dominant** role in **health care**. They **examine** their patients, **diagnose** illnesses and **prescribe** a **cure** to make them better. The profession of a doctor has been **legalized**; **medical associations** make sure that there are no **quacks** among them. With better methods in medicine doctors have been able to treat their patients more **effectively**. In many countries around the **globe** the profession of a doctor is much **admired**. They get good pay, have a university **degree** and save lives as well.

**However**, this may change in the 21st century. In the next two **decades** the **WHO estimates** that 22% of the population in the world's richer countries will be over 65, more than **double** the percentage of 1990. Many of those will be **suffering** from **chronic diseases** and **infectious** illnesses will be **spreading** at a **rapid pace** throughout the slums of the Third World. For middle-aged working people, **cancer** and **heart** attacks will be among the main killers. As the **demand** for doctors rises, their numbers are **decreasing**. The world will not have enough doctors to treat the chronically ill. **Although** the problem is more **acute** in the **developing world**, **developed countries** also have a **shortage** of doctors.

**Especially** the poor countries of the Third World have tried and found new ways of health care. In **India**, for example, **surgeons** in some hospitals **perform** only very complicated operations. Other trained workers do everything else. As a result, **surgeries** cost a **fraction** of what they do in America. Other hospitals lower costs by letting **midwives** take over **routine** births. In **eye care** clinics special **technicians** are taught to do **tasks** that do not **necessarily** have to be done by a doctor. Other ideas in health care are **flourishing**. In Ghana, an SMS service is used to give **pregnant** women **advice** and tell them to go to medical **checkups**. In Mexico, people can phone a health care service. They listen to what the **patient** has to say, then give them medical **advice** or arrange for a doctor to see them. In most cases, patients can be helped on the phone. In other

technological **breakthroughs** surgeons operate over the Internet. Robots can be more **precise** than human hands can.

More and more chronically ill patients are using electronic **devices** like the Health Buddy. These instruments **gather** information about a patient every day. The data is then **transferred** via Internet to a group of **caretakers** who **monitor** their patients. If something is wrong, like high blood pressure or if blood sugar rises a doctor is **notified**. Many people are happier if they can stay at home instead of being treated at a hospital. Many companies are taking part in the **boom** to make home health devices. In the future a person's **overall** health condition may be as easily **measured** as taking someone's temperature.

**However**, there are many difficulties to **overcome** if such a system should work. In some countries there are **regulations** that forbid a person without a doctor's degree to perform health tasks. Japan's medical association is against the **creation** of nurse doctors, females who study medicine for a shorter period of time. Many hospitals **claim** that up to 80% of the duties that a doctor does can be done by someone with less training, **thus** lowering the costs. In many cases **basic treatment** and diagnosis can be done by others.

As the shortage of doctors grows other systems around the **globe** will **proliferate**. Nurses and other medical experts will get more chances to help. Doctors will do the **complex tasks** that **require** good medical training, to the **advantage** of the patients.

## TESTS

### TEST 1

Fill in the necessary word.

1. You shouldn't drive because this medicine might make you feel \_\_\_\_\_.

- life-threatening
- light-headed
- malignant

2. The children's \_\_\_\_\_ is located on the fourth floor of the hospital.

- vein
- transplant
- ward

3. Discontinue using this cream immediately if it makes you feel \_\_\_\_\_.

- itchy
- allergy
- sprain



4. Your blood count is abnormal, so you may have \_\_\_\_\_.

- amnesia
- anemia
- dementia

5. The doctor wrote me a \_\_\_\_\_ for a new type of pain reliever.

- prescription
- patient
- radiation

6. \_\_\_\_\_ from this medication include nausea and depression.

- Side effects
- Stresses
- Spasms

7. The \_\_\_\_\_ suggests that your wife is seventeen weeks pregnant.

- sore
- therapy
- ultrasound

8. The patient has asked for some \_\_\_\_\_ while her family is visiting.

- poison
- privacy
- scrub up

9. The physician will be monitoring your \_\_\_\_\_ to make sure it isn't cancerous.

- pharmacist
- laboratory
- growth

10. You couldn't have inherited the disease because it is not \_\_\_\_\_.

- feverish
- allergic
- genetic

## TEST 2

Choose the word that matches the definition given in each of the five questions in this quiz.

1) What is the meaning of the following definition: A type of medicine that is used to treat infections by bacteria?

- A)  Antibiotics
- B)  Better
- C)  Virus
- D)  Dehydrated

2) What is the meaning of the following definition: When the body is being attacked by a bacteria, fungus or virus?

- A)  Headache
- B)  Hospital
- C)  Infection
- D)  Practice

3) What is the meaning of the following definition: A person who answers telephones and makes appointments?

- A)  Nurse
- B)  Doctor
- C)  Specialist
- D)  Receptionist

4) What is the meaning of the following definition: To empty the stomach through the mouth?

- A)  Sneeze
- B)  Vomit
- C)  Cough
- D)  Virus

5) What is the meaning of the following definition: Something to make an ill person better?

- A)  House call
- B)  Hospital

C)  Medicine

D)  Recover

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