

PART ONE

Unit 1


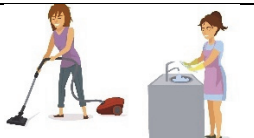






Introducing healthcare professionals

Before we start...

Conversations in the hospital waiting room



Connect each word to the corresponding picture

| | | | |
|--------------|---|--------------|---|
| 1. Ankle |  | 5. Queue |  |
| 2. Housework |  | 6. Rest |  |
| 3. Joint |  | 7. Ward |  |
| 4. Pregnant |  | 8. Tracksuit |  |

1

Mrs. Allen: Good morning, is this the waiting room of the Geriatrics ward?

Tom: Yes!

Mrs Allen: Oh, thank you! I am a little confused by your presence here. I expected only old people like me!

Tom: Haha! You're not old, Mrs...?

Mrs Allen: ...Allen, but you can call me Patricia. Darling, I am 85 years old. How old are you?

Tom: Wow, you look younger! I am 25. Oh, I didn't introduce myself. I'm Tom.

Mrs Allen: Tom, what are you doing here, then?

Tom: *I am waiting* for my grandma. She's in the doctor's office, at the moment. *I always come* with her because she can't come here on her own.

Mrs Allen: Oh, I see. How old is she?

Tom: She's 83, a bit younger than you, but not as independent...

Mrs Allen: Well, I'll tell you my secret. I live a very healthy life. *I always wake up* early in the morning, at 7 o'clock, but I sleep at least eight hours. Still today, I try to get as much rest as possible. I have a very rich breakfast, with yoghurt, fruit and cereal. *Sometimes I change* my routine and *I have* some coffee and biscuits.

Tom: Oh, here's my first mistake. *I never have* breakfast. I don't have time to make breakfast in the morning so I usually eat something when I get to the office...And neither does my grandma!

Mrs Allen: You should. It's very important. Then I spend the morning doing everyday housework, I have lunch – usually some meat and vegetables and then relax.

Tom: Lucky you, Patricia! I never have time to relax. I work 10 hours a day!

Mrs Allen: I can understand that. But you can't work so much, you need to relax sometimes. I spend my afternoon watching my favourite soap opera on TV; then *I usually water* my plants and *I always have* some tea at 5. My friends and relatives always come over to visit me. And now, it's time for my real secret!

Tom: What is it?

Mrs Allen: Walking. Before sunset, I put on my tracksuit and go out, even when it rains. I have some long walks, at least one hour a day. It helps keep your body healthy; your muscles never lose their tone, your joints are always supple, and it stimulates your circulation!

Tom: That's true. *I rarely walk* to work, but *I go to work by bike sometimes*!

Mrs Allen: Biking is good for your health, too! But you should bike to work regularly, darling!

2

Barbara: Are you ready, dad? We're up next.

Mr Brown: Oh really? *I'm not paying* attention to the queue.

Barbara: Dad, there's nobody else here. This lady has just arrived and the boy over there is waiting for his grandmother.

Mr Brown: Alright, then. Help me stand up, please.

Barbara: Ok... Here we are!

Mr Brown: *I'm getting old*, Barbie! I have difficulty standing up, my joints *are always aching*, my legs sometimes can't hold me. I'm losing my strength and it is difficult to accept for a former soldier like me.

Barbara: I know, dad. But don't worry, *you're getting better*. The physiotherapist says that you're making so much progress he can't believe it.

Mr Brown: *He's only trying* to encourage me. *I'm also putting on* weight...

Barbara: It's normal at your age! *I'm putting on* weight too!

Mr Brown: ...But you're pregnant, Barbara!

Barbara: Yes, and try to think of this. *You're having* a grandson soon. Aren't you excited?

Mr Brown: Of course, I am. Speaking of which, how do you feel these days?

Barbara: I'm always tired, my ankles are always swollen...and my back! I can rarely sleep a whole night.

Mr Brown: Well, Barbara. You're going to sleep even less when your baby is born!

Exercises

1. Healthcare professionals







1. Connect each figure to a healthcare professional from the list below:

Anaesthetist – Cardiologist – Geriatrician – Lab technician – Midwife – Neurologist – Paediatrician – Paramedic – Pharmacist – Physiotherapist – Porter – Radiographer – Receptionist – Scrub nurse – Speech therapist – Surgeon







Exercise

2. Connect each member of the hospital team to the most appropriate definition. The first one has been done for you as an example.

| | |
|---------------------|---|
| a. Anaesthetist | 1. manages medical conditions that affect infants, children, and adolescents |
| b. Cardiologist | 2. performs experiments in scientific research; analyses <i>samples</i>  of liquids and tissues and gives results |
| c. Geriatrician | 3. fills out prescriptions, dispenses medicinal drugs and sometimes prepares them |
| d. Lab technician | 4. sets up the Operating Room (OR), sterilizes <i>surgical tools</i>  and hands tools to the doctor during surgery |
| e. Midwife | 5. transports patients, drugs, samples, documents etc. to different hospital units |
| f. Neurologist | 6. restores movement functions in patients by methods such as massage and exercises |
| g. Paediatrician | 7. treats disease or <i>injury</i>  via operative or manual methods physically changing body tissue |
| h. Paramedic | 8. treats patients with diseases and defects of the <i>heart and blood vessels</i>  |
| i. Pharmacist | 9. produces and interprets scans and screenings of the body to identify injuries and diseases |
| j. Physiotherapist | 10. treats diseases in older people and problems specific to aging; rehabilitates the elderly |
| k. Porter | 11. helps people with physical or psychological problems in communicating, e.g., stuttering |
| l. Radiographer | 12. deals with patients on their first arrival; arranges reservations, appointments etc. |
| m. Receptionist | 13. prepares patients for surgery by giving them drugs that put them to sleep and resuscitate them |
| n. Scrub nurse | 14. treats diseases of the <i>brain</i>  and spinal cord, peripheral nerves and muscles |
| o. Speech therapist | 15. is not a doctor but gives emergency medical care to ill or <i>injured</i>  people outside a hospital |
| p. Surgeon | 16. helps women during pregnancy, labour and delivery and takes care of babies after birth |

Connect each word to the corresponding picture.

| | |
|-----------|---|
| Bathing |  |
| Degree |  |
| Labour |  |
| Pregnancy |  |

Doctors of Medicine (MD), or **physicians**, are the professionals who work to ensure the health of people. They visit patients, analyse signs and symptoms, get to a diagnosis, and suggest the best treatment for the disease or injury.

Doctors need a long and complex education to know about some basic academic disciplines (e.g. physiology, anatomy, etc.) and have competence in applied practice.

In the United Kingdom and most English-speaking countries, doctors get a 'first degree' in Medicine, called *Bachelor of Medicine* and *Bachelor of Surgery*, which consists in 4-6 years of study and clinical training. However, to practise as a MD, you need a postgraduate research degree in Medicine.

In most European countries, practising doctors get a Master's degree or equivalent which generally lasts six years and often involves a *numerus clausus* system. After that, extra training and education are usually required to work with patients.

In the United States, before obtaining their Bachelor's degree, students must pass two exams, called *Steps*, and this usually requires 4 years. Afterwards, they must complete at least one internship year and pass Step 3.

To receive a specialty in medicine, doctors can choose to do additional specialized training (*residencies*) or they can provide medical care (*general practice*) and work as **GP (General Practitioners)**.

A GP manages acute, non-life-threatening illnesses in the early stages that need urgent intervention. They can also treat chronic health problems, provide immunisation, perform pre-hospital emergency care and simple surgical procedures.

Similarly, **nurses** need a specific education and professional training. In the United Kingdom, there is the **Nursing and Midwifery Council (NMC)**, an organization which establishes standards for the education and training of **nurses and midwives** and allows them to practice.

To be registered at the NMC, nurses must follow an approved education programme first, which usually takes place at universities.

Universities often offer separate courses to prepare nurses for adults or for children. These three or four-year programmes include courses in medical sciences and more specific disciplines, such as Nursing Practice, and training to manage patients in the short and long term. They often allow to practice their

profession immediately after their degree (usually a BA), and passing a specific examination.

Before starting a nursing career, some people start as Nursing Assistants, or as **Certified Nursing Assistants (CNA)**. They provide basic patient care, like moving, feeding, bathing them, taking vital signs or doing simple treatments.

"It's not always a glamorous work", says a CNA. "But you give a dignified care to patients; you see the reality of working in healthcare and you help patients who can't take care of themselves".

CNAs can work in nursing homes, long-term care facilities and in the patient's own homes. To work as a CNA, you usually need a diploma and then attend a nursing assistant training program and pass an exam which may ask about specific sanitary practices¹.

In the United Kingdom, '**Newly qualified nurses**' start from a pay grade 5. After working in a specific ward, 'beginner' nurses can apply for grade 6, as **Nursing specialist** or **Senior nurse**, who are more qualified.

A grade 7 nurse usually possesses a Master's level degree, as in the case of **Advanced Nurse Practitioners (ANPs)**, who can conduct assessments, make diagnoses and prescribe medicines, or **Operating Department Assistants**, who can prepare

patients for surgery and assist the surgical team.

The highest levels in nursing career are those of **Nursing Officer**, also referred to as **Matron**, or **Chief Nurse** for men, who have experience, qualification and management skills and manage a whole nursing staff².

The titles of Doctors of nurses practice (DNP), and PhD can certify contribution to academic research.

Midwives are healthcare professionals who help women during pregnancy and labour; after the childbirth, they take care of babies in the early postnatal period.

Their main responsibilities include:

- 1) monitoring and examining women during pregnancy and assisting them in labour;
- 2) providing antenatal care, e.g. screening tests;
- 3) identifying high risk pregnancies and make referrals to doctors;
- 4) monitoring the condition of the foetus;
- 5) supporting mothers in case of miscarriage, termination, stillbirth, neonatal abnormality and neonatal death;
- 6) supporting and advising on the daily care of the baby, including breastfeeding and bathing;
- 7) ensuring continuity of care and social support³.

Exercise

Complete the following sentences with the right words from the text:

1. The professionals who visit patients and analyse signs and symptoms are called doctors of medicine or
2. Aconsists in 4-6 years of study and clinical training.
3. In most European countries, to become a qualified doctor you need to get a
4. To work as a doctor in the United States you need to pass three
5. Doctors can choose to be General Practitioners or to specialize by attending
6. A can treat patients at different levels of complexity and can perform simple surgical procedures.

7. If you are a you can provide basic patient care, and can work in nursing homes and in patients' homes but you don't need a university degree.
8. Nurses as or get a grade 6 pay.
9. The highest level in nursing career is that of Nursing Officer, who is called if it's a woman, or if it's a man.
10. The healthcare professionals who take care of pregnant women and their babies are called

Grammar spot

1. Simple Present

We use the *Simple Present*

a) to talk about:

- routines, habits, regular activities, and tasks:
 - *When I **go** to work, I **wear** my uniform.*
 - *A receptionist **makes** appointments for patients.*
- scientific facts and facts that are always true:
 - *Greenhouse gases **increase** global warming.*
- permanent state:
 - *I **live** in the village where I was born.*
- timetables:
 - *The bus to London **leaves** at 8.30 p.m.*

- b) with time expressions (*in the morning/afternoon/evening, at night; every morning/day/month, etc.; once a day/week, etc., twice a day/week, etc., three/four/five...times a day/week, etc.; on Mondays/Tuesdays, etc.*):
- *I drink coffee **three times a day**.*

Simple Present of the verb to be

We use the verb *to be* to talk about:

- **age:** *My friend's grandmother **is** 90 years old.*
- **nationality:** *We **are** from India. We **are** Indians.*
- **personality:** *A: What's the new sister like? B: Uh, she **is** strict but talkative.*
- **health:** *A: How **are** your twins? B: They **are** fine now, thank you!*
- **profession:** *My husband **is** a neurologist.*
- **time/dates:** *A: What time **is** your appointment? B: It's on Tuesday the 23rd at 9 o' clock.*
- **weather:** *A: What's the weather like there in Rome? B: It's sunny!*
- **price:** *A: How much **is** the new microscope? B: It's 200 pounds.*