

Bedside Manner

Basic English for Nurses

SIMON CAPPER

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☁ NAGOYA ☁



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Unit 6. Medication

"TAKE TWO OF THESE PILLS, THREE TIMES A DAY, AFTER MEALS."

COMMUNICATION TASK 1

➤ **Match the items to the pictures. Circle the six that are not illustrated. Check your answers with a partner, and try to be conversational:**

- Do you think this is a suppository?
- This looks like ...
- Which one's the powdered medicine?
- That's definitely ...

an inhaler
capsules / pills
gargle
painkilling gel
throat lozenges

antibiotics
compresses
IV nutrition
powdered medicine
vitamins

antiseptic cream (ointment)
cough syrup
nasal spray
suppositories

antiseptic spray
eye drops
nicotine patches
tablets / pills



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

KEY QUESTIONS FOR NURSES

- **Partner A: Ask the questions to your Partner B.**
 - **Partner B: Use your imagination and give a suitable reply. Reverse roles and repeat.**
1. Have you taken your medication today?
 2. What time did you take your medication?
 3. Has someone explained your medication?

KEY QUESTIONS FOR PATIENTS

- **Partner A: Ask the questions to Partner B.**
 - **Partner B: Use your imagination and give a suitable reply. Reverse roles and repeat.**
4. How often should I take this / these?
 5. When should I take this / these?
 6. How many / much should I take?
 7. What's this cream for?
 8. Does it have any side-effects?
 9. How do you say 'fukusayô' in English?

CONVERSATION 1: Have You Taken Your Medication Today?

- **A nurse is talking to a patient. Listen to the conversation and practise it with a partner.**

NURSE Have you taken your medication today?

PATIENT No I haven't. I'm a bit confused by it all. Can I just check a few things with you?

NURSE Of course, no problem. What do you want to know?

PATIENT How often should I take these blue ones?

NURSE These? You should take two of these, four times a day.

PATIENT When should I take them? Before or after meals?

NURSE After meals is best.

PATIENT Do they have any side effects?

NURSE You may feel a little drowsy or sleepy. But most people don't notice it.

PATIENT And this syrup? How much should I take?

NURSE You should take two 5-milliliter spoonfuls, 4 times a day, but be sure to leave at least 4 hours between doses.

PATIENT OK. And what's this cream for?

NURSE That's for your rash. You need to massage a small amount into your skin every 6 hours.

MATCHING TASK: What's it for?

- **Fill the gaps with a suitable type of medication. Then give your partner the sentence head or tail. Your partner should complete the sentence.**

- This cream is to reduce the swelling.
- This cream is / These pills are ... / The antibiotics are ... / This powdered medicine is

1. to settle your stomach.
2. to stop the itching.
3. to reduce the swelling / the inflammation.
4. to help you sleep.
5. to calm your nerves.
6. to fight the infection.
7. to bring down your temperature.

CONVERSATION 2: Take One Of These, Twice A Day

- **A patient asks the nurse to explain the medication. Listen to the conversation and practise it with your partner.**

NURSE So have you got all your medication now?

PATIENT Yes, thanks, but could you just go over it with me? I want to make sure I'm taking the right things at the right times.

NURSE Sure, let's see what we have here. OK. This is your pain medication – you need to take one of these red ones when you feel pain, but no more than once every three hours.

PATIENT OK, and these ...

NURSE OK, these are antibiotics, they're to stop the infection. You take one of these, twice a day, after breakfast and dinner.

PATIENT Do they have any side-effects? Will they make me nauseous or drowsy?

NURSE No, these shouldn't have any side-effects. But some people find that the medication upsets their stomach, so if you have any stomach trouble you can use this powdered medicine. You take one sachet, with water, at the same time as the antibiotics.

PATIENT And this cream?

NURSE This is for your rash. Spread a small amount on the affected area whenever it itches. It's for external use only, so keep it away from your eyes. There, I think that's everything. Feel free to ask me if you have any more questions.

PATIENT OK, thanks very much.

NURSE I hope you feel better soon.

COMMUNICATION TASK 2: Collocation Building

- **Match the medication to the most commonly used verbs:**

the capsules
the pills
the tablets

the cream
the powder
the patch

the inhaler
the spray
the antibiotics

the ointment
the suppository
the cough syrup

massage /rub/ spread / apply	insert	take	use

- **Close your book. Say a type of medication to your partner. Your partner should give instructions to a patient, for example:**

Partner A: "Inhaler."

Partner B: "You should use the inhaler every four to six hours."

USEFUL EXPRESSIONS ABOUT DOSAGE

➤ *Practise these useful expressions.*

How much? How many?	How often?	When?
take ... <ul style="list-style-type: none"> • one capsule / one pill • two capsules / two tablets • one 5 milliliter (ml) spoonful • two spoonfuls • a small amount • one packet / one sachet • two puffs • two drops in each eye 	once a day twice a day three times a day every six hours every morning	after meals before meals at bedtime whenever you feel pain before you sleep whenever it itches every 6 to 8 hours

KEYWORD RECREATION

- **Partner A (Patient):** Use the key words below. Ask for information about 4 different types of medication.
 explain / what for? / how much? / how often? / when? / side-effects?
- **Partner B (Nurse):** Answer the patient's questions about each type of medication. Use the 'Useful Expressions About Dosage' as a guide.

VOCABULARY BUILDING

- *These prefixes are very common in medical English. Try to remember the meanings and examples.*
- 'anti' means 'against', e.g. antihistamine, antibiotic, anti-depressant, anti-pyretic, antacid.
 - 'an' or 'a' means 'not having', e.g. anesthetic, anemic, anorexic, asymptomatic.
 - 'hyper' means 'high' or 'above', e.g. hypertension, hyperactive, hyperventilating.
 - 'hypo' means 'low' or 'below', e.g. hypodermic needle, hypotension, hypothermia.
 - 'ext' (and sometimes 'ex') mean 'outside', e.g. exterior, external, exit, export.
 - 'int' (and sometimes 'in') mean 'inside', e.g. interior, internal, inner, innate.

GET READY

- *Before the next class, look at Unit 7, Things We Use In The Hospital. Match the items to the illustrations.*

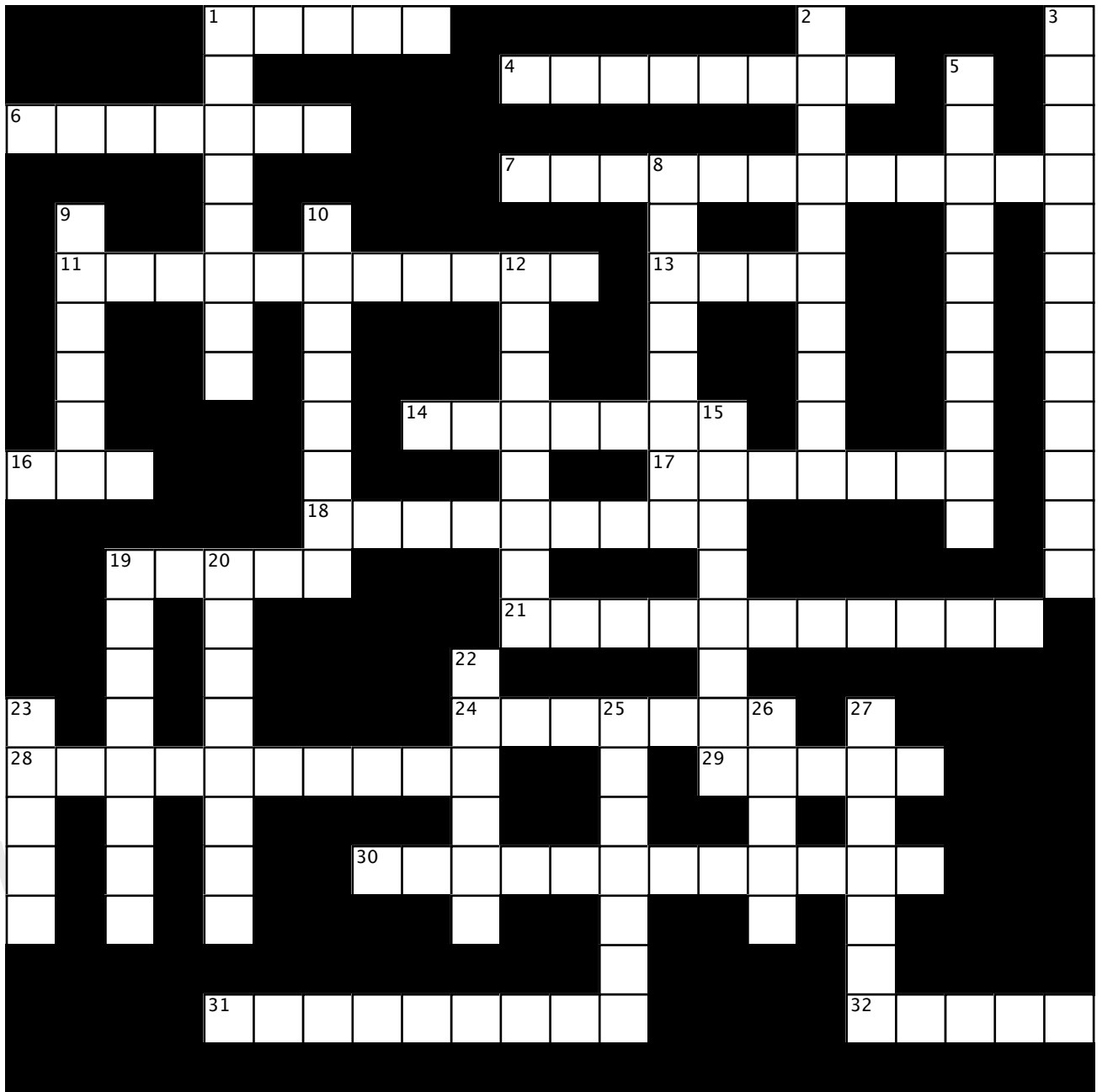
UNIT 6: MEDICATION CROSSWORD

ACROSS

- 1 We can use a nasal _____ to clear a blocked nose. (5)
4 A type of medical cream. (8)
6 If you have asthma you may need to use an _____. (7)
7 A doctor writes a _____ for the patient to take to the pharmacy. (12)
11 These medicines are used to treat infections. (11)
13 The correct amount of medicine to take is called 'the _____' or 'dosage'. (4)
14 Some diabetics use a drug called _____. (7)
16 This thick, wet substance may also be used on hair! (3)
17 This medication (often an injection) helps to protect against disease. (7)
18 This makes a fine cloud, or spray for inhaling liquid medicine. (9)
19 Small, hard pieces of medicine that are swallowed. (5)
21 This medicine is placed in the anus. (11)
24 This medicine is used to treat indigestion. (7)
28 This drug stops pain, usually before operations. (10)
29 This often comes in a tube or a pot. (5)
30 This will help you if you need to sleep (8,4)
31 We use a syringe to give someone an _____. (9)
32 A sticky, liquid medicine, often given for coughs. (5)

DOWN

- 1 When we mix powder or gas with water, it becomes a _____. (8)
2 _____ cream helps to prevent infection in a cut or wound. (10)
3 This medicine makes people feel calm or sleepy. (12)
5 This pill or capsule stops people feeling pain. (10)
8 Another name for 3 down. (8)
9 A liquid used in the mouth, but not swallowed. (6)
10 These keep us healthy. It's as easy as A, B, C! (8)
12 Small pills often containing powdered medicine. (8)
15 A drug that stops pain and makes people feel sleepy. (8)
19 _____ medicine is usually sold in small paper or foil packets. (8)
20 This medicine is good for treating constipation. (8)
22 This is a small paper or foil container for 19 down. (6)
23 This is one way of providing nicotine. (5)
25 _____ is a common household medicine that helps to stop pain. (7)
26 Eye _____ are often used to treat eye infections. (5)
27 Another word for 19 across. (7)



GET YOUR MEDICATION!

- Each square on the grid contains a medically related word root or affix. Before starting the game, each student should draw a pill or capsule in eight randomly chosen boxes.
- Partner A: Call a number & letter combination, for example, "1E" ("mal"). Your partner should make two sentences using two different words that contain "mal." If they can do this, they are safe, and (if a pill is in that box) they can keep it. If they can't give two examples of 'mal', you can claim any pills in the box.
- Take turns and collect as many pills as you can!

	A	B	C	D	E	F
1	bi-	bio-	audi-	-itis	mal-	re-
2	-ia	therm-	-ism	micro-	-graph / -graphy	pre-
3	hem / em	para-	man-	-osis	gastr-	hypo-
4	psych-	derm-	hydr-	anti-	-ology	auto-
5	ur / uria	hyper-	cardi-	post-	ped / pod	in- / intra-
6	inter-	uni-	a- / an-	-scope / scopy	ex- / extra-	sub-

CONTENTS

a-/an-	-ism
anti-	-itis
audi-	mal-
auto-	man-
bi-	micro-
bio-	-ology
cardi-	-osis
derm-	para-
ex- / extra-	ped / pod
gastr-	post-
-graph / graphy	pre-
hem / em	psych-
hydr-	re-
hyper-	-scope / -scopy
hypo-	sub-
-ia	therm-
in- / intra-	uni
inter-	ur / uri

UNITS 1 & 2 VOCABULARY

allergic, an allergy	<i>arerugii</i>	アレルギー
appetite (appetite loss)	<i>shokuyoku, shokuyoku ga nai</i>	食欲 (食欲がない)
blister	<i>suihou, mame, mizubukure</i>	水疱, まめ, 水ぶくれ
blocked (stuffy) nose	<i>hanazumari</i>	鼻詰まり
chest pain	<i>kyoutsuu</i>	胸痛
chilblains	<i>shimoyake, tousou</i>	霜焼け, 凍瘡
chills	<i>samuke, okan</i>	寒気, 悪感
cold	<i>kaze</i>	かぜ, 風邪
constipated, constipation	<i>benpi</i>	便秘
convulsions	<i>hikitsuke, keiren</i>	引きつけ, 痙攣
cough, a dry cough	<i>seki, karaseki, konkon</i>	せき, 空咳, こんこん
cramp(s), (leg cramp)	<i>keiren, komuragaeri</i>	痙攣, こむら返り
deafness	<i>nanchou, mimigakikoenai, (choukakushicchoushou)</i>	難聴, 耳が聞こえない
dehydrated, dehydration	<i>dassui (shou)</i>	脱水症
diarrhea	<i>geri</i>	下痢
dizzy, dizziness (vertigo)	<i>memai</i>	めまい
earache	<i>miminoitami, jitsuu</i>	耳の痛み, 耳痛
exhaustion	<i>hirou, darusa</i>	疲労, だるさ
fatigue	<i>tsukare</i>	疲れ
fever, feverish	<i>netsu, netsuppoi</i>	熱, 熱っぽい
hard of hearing	<i>nanchou</i>	難聴, 聞こえにくい
hay fever	<i>kafunshou</i>	花粉症
headache	<i>zutsuu</i>	頭痛
high blood pressure (hypertension)	<i>kouketsuatsu</i>	高血圧
hives	<i>jinmashin</i>	じん麻疹
insomnia (trouble sleeping)	<i>fuminshou</i>	不眠症
itch, itchy, itching	<i>kayui</i>	かゆい
joint pain, aching joints	<i>kansetsutsuu</i>	関節痛
low blood pressure (hypotension)	<i>teiketsuatsu</i>	低血圧
lower back pain	<i>youtsuu</i>	腰痛
lump	<i>tankobu, shikori</i>	たん瘤, しこり
migraine	<i>henzutsuu</i>	片頭痛
muscle	<i>kinniku</i>	筋肉
muscular aches, aching muscles	<i>kinnikutsuu</i>	筋肉痛
nauseous, nausea (feeling sick)	<i>hakike</i>	吐き気
numb, numbness	<i>shibire</i>	しびれ
palpitations	<i>douki</i>	動悸
paralysis	<i>mahi</i>	麻痺
period, period pains	<i>seiri, seiritsuu</i>	生理, 生理痛
phlegm	<i>tan</i>	痰
pressure ulcer (bedsore)	<i>tokozure, (jokusou)</i>	床擦れ, 褥瘡
rash (heat rash)	<i>hosshin (asemo)</i>	発疹, (汗疹)
ringing in the ears	<i>miminari</i>	耳鳴り
runny nose	<i>hanamizu</i>	鼻水
seizure	<i>hossa, hikitsuke, keiren</i>	発作, 引きつけ, 痙攣
shiver(s)	<i>samuke, samusa de furueru</i>	寒気, 寒さで震える
short of breath	<i>ikigire</i>	息切れ
sinus pain, sinusitis	<i>chikunoushou, (fukubikuuen)</i>	蓄膿症, 副鼻腔炎
sneeze, sneezing	<i>kushami</i>	くしゃみ
sore throat, soreness	<i>nodo no itami</i>	のどの痛み
spots	<i>hosshin, hanten</i>	発疹, 斑点

BUILDING MEDICAL VOCABULARY 1: AREAS OF MEDICINE

➤ Match the area of medicine to its root. Add two more examples:

osteo (bone)	osteopath	osteoporosis	osteoma
women, pregnancy	brain	radioactivity	ear
correct, right	urine	mind, soul	nose
children	eye	stomach	foot, feet
elderly, age	heart	kidney	

- I.

cardi-

(.....)

2.

cerebr-

(.....)

3.

gastr-

(.....)

4.

ger-

(.....)

5.

gyn- / obst-

(.....)

6.

nephr-

(.....)

7.

opt-

(.....)

8.

ortho-

(.....)

9.

oto-

(.....)

10.

ped-

(.....)

11.

ped-

(.....)

12.

psych-

(.....)

13.

radi-

(.....)

14.

rhin-

(.....)

15.

uro-/-ur

(.....)

BUILDING MEDICAL VOCABULARY 2: PREFIXES & ROOTS

➤ *Match the meanings to the prefixes and roots. Add two more examples.*

peri- (around, about)	perinatal	periodontics	peritonitis	periscope
out, outside	heart	on, over, above	bad, painful	
windpipe	life	not, without	through	
away from	in, on			

- | | | | | | |
|----|---------|---------|-------|-------|-------|
| 1. | a-/an- | (.....) | _____ | _____ | _____ |
| 1. | ab- | (.....) | _____ | _____ | _____ |
| 2. | bio- | (.....) | _____ | _____ | _____ |
| 3. | bronch- | (.....) | _____ | _____ | _____ |
| 4. | cardi- | (.....) | _____ | _____ | _____ |
| 5. | dia- | (.....) | _____ | _____ | _____ |
| 6. | dys- | (.....) | _____ | _____ | _____ |
| 7. | epi- | (.....) | _____ | _____ | _____ |
| 8. | ex(o)- | (.....) | _____ | _____ | _____ |
| 9. | in- | (.....) | _____ | _____ | _____ |

BUILDING MEDICAL VOCABULARY 3: PREFIXES & ROOTS

➤ *Match the meanings to the prefixes and roots. Add two more examples.*

hyper- (above, beyond)	hypertension	hyperactive	hypermarket
stomach	bad	new	after, behind
deficient, below	within	small	between
before, in front of	large		

- | | | | | | |
|-----|--------|---------|-------|-------|-------|
| 1. | gastr- | (.....) | _____ | _____ | _____ |
| 2. | hypo- | (.....) | _____ | _____ | _____ |
| 3. | inter- | (.....) | _____ | _____ | _____ |
| 4. | intra- | (.....) | _____ | _____ | _____ |
| 5. | macro- | (.....) | _____ | _____ | _____ |
| 6. | mal- | (.....) | _____ | _____ | _____ |
| 7. | micro- | (.....) | _____ | _____ | _____ |
| 8. | neo- | (.....) | _____ | _____ | _____ |
| 9. | post- | (.....) | _____ | _____ | _____ |
| 10. | pre- | (.....) | _____ | _____ | _____ |