

Listening

Listen to a recording about common cold. Do the tasks.

Task 1. Choose the correct sentence in each pair.

1.
 - a. People often have colds in winter because it gets cold.
 - b. People often have colds in winter because they stay close to each other.

2.
 - a. Children usually have more than three colds a year.
 - b. Adults usually have more than three colds a year.

3.
 - a. Some people develop life-long resistance to colds.
 - b. People cannot develop life-long resistance to colds.

4.
 - a. Cold may be caused by two thousand different viruses.
 - b. Cold may be caused by two hundred different viruses.

5.
 - a. You will feel better sooner if you take one gram of vitamin C a day.
 - b. You will feel better sooner if you take vitamin C on the first day when you feel the symptoms.

Task 2. Choose the best answer.

6. Dr. Mishori says that honey
 - a. makes the symptoms of cold less severe.
 - b. is very effective in children with colds.
 - c. should be given to babies younger than one year old.

7. Dr. Mishori **does not** say that
 - a. chicken soup shortens the time when a person has symptoms of a cold.
 - b. chicken soup helps to prevent infections with a cold.
 - c. chicken soup helps to remove mucus from the body.

8. Dr. Mishori says that if you have a cold
 - a. it is important to eat regularly.
 - b. it is important not to eat too much.
 - c. it does not matter if you eat a lot or not.

9. Dr. Mishori claims that you should drink
 - a. only water or tea.
 - b. what you want and when you want.
 - c. a lot of fluids.

10. Dr. Mishori says that
 - a. when you drink milk, your organism produces more mucus.
 - b. babies should not drink milk when they have a cold.
 - c. products such as cheese may make you feel worse when you have a cold.

Reading

Read the text and do the tasks.

Smallpox vaccinations

- (1) Smallpox is caused by variola virus and is most often transmitted by inhaling the virus. It has an incubation period of between 7 and 17 days, after which symptoms begin to appear. The initial symptoms are flu-like. An important feature of the disease is the development of blisters on the upper part of the body, which leave scars. Around 30 percent of those infected with smallpox die, usually within two weeks of symptoms appearing.
- (2) The first attempts to control the disease used a technique known as variolation. Dried scab tissue from victims of smallpox was used to infect young people. Of those infected by variolation, one percent died, far fewer than the 30 percent killed by infection in the normal way.
- (3) However, it was the discovery of vaccination by Edward Jenner in 1796 which was a major step forward in controlling the disease. Vaccination involves the administration of a preparation that allows the body to develop resistance to a disease without having to be exposed to it. By infecting children with cowpox, a relatively minor disease, Jenner found they developed immunity to smallpox. By 1853, infants in the UK were required by law to be vaccinated against smallpox, though the vaccines used were not always effective.
- (4) Further advances were made in 1920s with the development of dried vaccines in France and the Netherlands. These were more effective but were difficult to store in hot climates. An outbreak of smallpox in New York City in 1947 led to the development of a freeze-drying technique which meant the vaccine could be stored for months without refrigeration, even in tropical climates.
- (5) In 1966, the WHO set a ten-year goal for the eradication of smallpox worldwide. Large funds were devoted to the development of mechanisms for reporting and monitoring the disease.
- (6) By 1980, the WHO could formally declare smallpox eradicated worldwide. The last naturally occurring case was reported in 1977 in Somalia. The last fatality was in the UK in 1978, after the escape of the virus from the research lab. Smallpox was no longer a killer of humanity. However, it still remains a potential danger. Though the possibility of the virus surviving in animals is very low, it is still a possibility. So, too, is the accidental release of material traditionally used for variolation in remote countries.

Task 1. Decide if the sentences are true (T) or false (F).

1. Smallpox is most commonly transmitted by vertical transmission.
2. Variolation made use of cells taken from smallpox patients.
3. Edward Jenner found a method of vaccinating children with an inactive form of smallpox.
4. The text says that around 1966 the World Health Organization offered a lot of money for the development of more effective vaccines.
5. The smallpox virus has been totally destroyed by 1980.

Task 2. Find words in the text with the following meanings:

1. the time between exposure to an infection and the appearance of the first symptoms (two words) (paragraph 1)
2. areas of fibrous tissue that replace normal skin after an injury (paragraph 1)
3. the ability not to be affected by disease (paragraph 3)
4. a sudden start of epidemics (paragraph 4)
5. a death caused by disease (paragraph 6)

Vocabulary

Complete the text with 10 words. Use the words given in the box.

administer	redness	immobilize	decreased	procedure
dressing	presence	elevation	notify	vital
drainage	breathing	puncture	bleeding	rest

Pacemaker Therapy Nursing Plan

1.

Possible complication: risk of infection

Possible signs: (1) , pain and swelling at the insertion site

Nursing interventions:

- Assess presence of hematoma and swelling at site, temperature (2) , and/or skin erosion.
- Apply sterile (3) until wound heals.
- (4) antibiotics as ordered.

2.

Possible complication: limited mobility

Possible signs: (5) muscle strength and coordination, pain

Nursing interventions:

- Maintain bed (6) following pacemaker insertion for 24-48 hours or depending on protocol.
- (7) the arm closer to pacer insertion site with an arm board, sling, and so forth.
- Instruct patient regarding deep (8) exercises to be done every 1-2 hours

3.

Possible complication: injury

Possible signs: haemorrhage, pain, decreased cardiac output, hypotension

Nursing interventions:

- Monitor patient for (9) at pacemaker site.
- Monitor (10) signs; observe for diaphoresis, dyspnea, and restlessness.

Grammar

Put the words in brackets into the correct form.

1. "Nurse, when will the doctor see me? I (wait) here for three hours!"
2. "I am used to (spend) time in hospital. I need a dialysis every week."
3. "These instruments (should/sterilize) after each use."
4. "Nurse, please, stay in the post-op room. I hope you will be with this patient when he (regain) consciousness."
5. "You should avoid (eat) fast food."
6. "Your blood pressure would be lower if you (not/smoke)."
7. "When I arrived, the patient (already / take) five painkillers."

Complete the second sentence so that the meaning is the same as in the first sentence.

8. "Where are my pills?" asked Mrs Black.

Mrs Black asked

9. The transplant kidney operation of this patient is scheduled for tomorrow.

This is the patient is scheduled for tomorrow.

10. Five weeks after the surgery I could ride a bike.

Five weeks after the surgery I was a bike.

Writing

Write a formal letter. Give the following information. Write at least 90 words.

Jesteś pielęgniarką zatrudnioną na oddziale neurologicznym. Piszesz do pani Elisabeth Windsor, która jest dyrektorką szkoły dla dzieci przewlekle chorych. Chcesz jej podać informacje o pacjentce, 9-letniej dziewczynce o imieniu Mary Stuart.

1. Przedstaw się, powiedz gdzie pracujesz/podaj w jakim celu piszesz.
2. Mary brała udział w wypadku samochodowym/po wypadku została przewieziona nieprzytomna do szpitala.
3. Miała złamaną czaszkę i krwawienie do głowy/przeszła operację.
4. Obecnie dziewczynka rozpoznaje osoby/potrafi mówić i rozumie proste polecenia.
5. Porusza się na wózku inwalidzkim/wymaga pomocy przy myciu się i innych zabiegach higienicznych.
6. Ma trudności z koncentracją i pamięcią/jej stan prawdopodobnie się polepszy.

KEY

Listening

1. b, 2. a, 3. b, 4. b, 5. b, 6. b, 7. b, 8. c, 9. c, 10. c.

Reading

Task 1

1. F 2. T 3. F 4. F 5. F

Task 2

1. incubation period
2. scars
3. resistance
4. outbreak
5. fatality

Vocabulary

1. redness
2. elevation
3. dressing
4. Administer
5. decreased
6. rest
7. Immobilize
8. breathing
9. bleeding
10. vital

Grammar

1. have been waiting
2. spending
3. should be sterilized
4. regains
5. eating
6. did not smoke
7. had already taken
8. where her pills were
9. whose kidney operation
10. able to ride

Listening – Transkrypcja

Do you think getting cold can give you a cold? Is it bad to drink milk when you have a cold? Can chicken soup cure a cold? Ranit Mishori is a family medicine doctor at Georgetown University Medical Center in Washington. She says colds are more common in winter, but not because of low temperatures. The cold weather just means people stay inside more.

RANIT MISHORI: "People tend to congregate and be together and the way the common cold virus is transmitted from one person to another is through handshakes, through sneezing, or coughing on one another."

Adults generally get two to three colds a year. Children are likely to catch four or five. Dr. Mishori says some people mistakenly believe they can become resistant to colds.

RANIT MISHORI: "There are about two hundred different viruses that cause the common cold. People think that once you get infected one time you develop immunity for the rest of your life. This is wrong."

There is still no cure for the common cold. But Dr. Mishori says there are ways to feel better sooner.

RANIT MISHORI: "So if you get a cold and on day one and you start taking about two grams of vitamin C a day, there is evidence that it might shorten the number of days that you will be suffering with these symptoms."

She says honey can also help.

RANIT MISHORI: "There is increased evidence that it helps shorten the duration of the common cold sometimes even by two to three days."

Dr. Mishori says honey seems to be especially effective in children with colds. But the Agriculture Department says never to feed honey to babies less than one year old. It says even honey in prepared foods may contain substances that can make babies very sick. Some people believe in treating a cold with chicken soup. Does it work?

RANIT MISHORI: "Chicken soup has anti-inflammatory properties, so it helps reduce the duration of the cold but also it helps clear the mucus."

Mucus is the sticky substance that can make you cough and have trouble breathing during a cold. Have you ever heard the old saying "feed a cold, starve a fever"? Dr. Mishori says this is not necessarily a good guideline to follow. She says if you have a cold but do not feel hungry, then don't eat.

RANIT MISHORI: "But you have to drink a lot and you can drink water or you can drink tea -- anything that gets fluids into your body. That's very important."

But what about drinking milk during a cold? Some people think it only causes more mucus. Dr. Mishori says yes and no.

RANIT MISHORI: "Dairy products do not cause increased secretions, but they can thicken the secretions. So it's possible that discomfort is somewhat more enhanced when you drink milk. But obviously, if you're a baby and that's all you drink, you should not stop giving babies milk."

Source: <http://www.manythings.org/voa/health/4072.html>

Reading – Miara trudności tekstu

Readability	
Flesch Reading Ease	43,5
Flesch-Kincaid Grade Level	11,1
Passive Sentences	0,0%

- Lexile® Measure: 1000L - 1100L
- Mean Sentence Length: 15.96
- Mean Log Word Frequency: 3.31
- Word Count: 383

Syntactic Complexity (Higher Values Indicate Higher Complexity)	55
Vocabulary Difficulty	
Academy Vocabulary (Higher Values Indicate Higher Complexity)	78
Word Unfamiliarity (Higher Values Indicate Higher Complexity)	83
Concreteness (Lower Values Indicate Higher Complexity)	24
Connections Across Ideas	
Lexical Cohesion (Lower Values Indicate Higher Complexity)	47
Interactive/Conversational Style (Lower Values Indicate Higher Complexity)	27
Level of Argumentation (Higher Values Indicate Higher Complexity)	61
Organization	
Degree of Narrativity (Lower Values Indicate Higher Complexity)	55
Overall Text Complexity	
TextEvaluator Complexity Score	1190