

REVISION ACTIVITIES – SPRING 2015

PARAMEDICS

1 LISTENING: Listen to a radio programme about influenza and complete the gaps. You will listen twice.

In the speaker's words, influenza with its symptoms may be so threatening that sufferers may even _____ (1) of it (more than 30,000 yearly in the US).

When among other people, patients should take utmost care and remember to keep their hands _____ (2). The virus tends to be active and stays on objects that the patient _____ (3).

To _____ (4) the virus from spreading, you may use either soap or alcohol hand sanitizer.

Influenza may also be _____ (5) through the little particles contained in the air you cough or breathe out.

Coughing can be made even less contagious when you try to use your _____ (6) to cover your mouth, compared to covering your mouth with your hands.

Finally, a surgical face mask presents another _____ (7) in influenza prevention.

VOCABULARY: CASE REPORTS – FILL IN THE GAPS USING THE FOLLOWING WORDS

1. For communication to be effective, the _____ must give appropriate ideas, encodings, decodings and feedback to sender. _____ is vital part of communication allowing the sender to know what the receiver understands the _____

FEEDBACK – MESSAGE – RECEIVER

2. When communicating medical information, using _____ can shorten the transmission and provide a _____ form of communication. Appropriate terminology helps to make communication clear, _____ and unambiguous.

CONCISE – TRANSPARENT – PROPER TERMINOLOGY

3. Functions of an EMS dispatcher include all of the following: call taking, alerting and directing EMS responses, giving pre-arrival instructions to the caller. EMS _____ serve by receiving the calls, taking information regarding the _____ of events and providing before-arrival _____ to assist prior to the EMS unit's arrival.

NATURE – INSTRUCTIONS – DISPATCHERS

4. Communication from the EMS dispatcher who provides the _____ with prearrival information, may be life sustaining to the patient during a critical event. He or she provides immediate _____ to the caller as well as ongoing information to the responding unit.

EMOTIONAL SUPPORT – CALLER

5. You respond to the home of a patient with an unknown illness for two days. You approach the call suspecting a _____ disease. What action is not appropriate for the patient's care?

- a) gloves and eye protective goggles? b) taking a full history and detailed physical exam
- c) using the handling "load and go" due to the potential for paramedic exposure
- d) disposing of any supplies and instrument used for patient care

Answer: Making this patient a " _____ " patient based on the information provided is an _____ action. **INAPPROPRIATE – LOAD-AND-GO – CONTAGIOUS**

6. You are called for a 55-year-old man who "suddenly collapsed". He is _____. Initial management of this patient's airway should include insertion of an oropharyngeal airway and ventilation with bag-valve mask. An apnoeic patient is unlikely to have a gag reflex, _____ an OPA to help control the _____. A BVM will need at least 10 Lpm of oxygen flow in order to adequately _____ to the patient during ventilation.

OXYGEN – APNOEIC – UPPER AIRWAY - NECESSITATING

Fill the gaps in the text with words that fit best. Each gap contains only one word.

Cardiovascular system

The _____ (34.) important muscle in the body is the heart. Without the heart and its cardiovascular (circulatory) system, human life (35.) _____ not be possible. The heart is roughly the (36.) _____ of a fist. It contracts (37.) _____ an average rate of 72 times per minute or nearly 38,000,000 times a year. These rhythmic contractions are called the pulse rate and can (38.) _____ felt in the radial artery of the wrist. The human heart consists of four (39.) _____, which are unevenly big parts, two atria (or auricles) and two (40.) _____. Each is made (41.) _____ of several layers of cardiac muscle arranged in circles and spirals. The rest of the system consists of (42.) _____ (small arteries), venules, and capillaries, the smallest of blood (43.) _____. In total, (44.) _____ are more than 70,000 miles of them in the human body. The blood consists of plasma erythrocytes, leukocytes and (45.) _____ (also known as thrombocytes), whose function is to facilitate blood (46.) _____.

Word formation:

Here you can see a diary of a typical Saturday night shift in Sydney's Kings Cross, from 7pm until 7am Sunday morning: it was a relatively quiet night due to bad weather conditions, we only _____ (ALLOCATE) 11 cases. At 7 pm on start of shift/sign-on. We began station duties such as checking case clinical records, general _____ (ADMINISTER) of tasks, vehicle statistics and _____ (EQUIP) cleaning. At 9.45 pm the first case, intoxicated female over indulging with alcohol. Drunk and required transport to hospital. 10.45 we treated a 25-year-old male with post epileptic _____ (SEIZE). The Patient was still confused on arrival of paramedics, and was _____ (TRANSPORTATION) to hospital. 11.30 we had a suicidal patient after a fight, however, not problematic, after a short talk he was taken to hospital _____ (VOLUNTARY) for a psychological _____ (EXAMINE).

5 SYNONYMS

tibia –
tarsus –
cranium _
coccyx –

6 OPPOSITES

completely
inner
inferior
irregular

Read the article about **health issues with extreme runners**. For items below, choose the correct sentence for each space (A – J). There are two extra sentences that you will not need:

For some runners, a marathon is not enough.

Participation in so-called ultra marathons, defined as any distance beyond the standard 42-km marathon, has grown exponentially in recent years. The number of runners who finished ultra-length races in North America increased from 15,500 in 1998 to 63,530 in 2012, according to Ultra Running Magazine. **1 _____**

To learn more about the health of ultra runners, Eswar Krishnan, MD, assistant professor of medicine at the Stanford University School of Medicine, teamed up with Martin Hoffman, MD, a professor of physical medicine and rehabilitation at UC-Davis and an eager ultra runner. **2 _____** More than 1,200 ultra runners answered a web-based questionnaire about the competitions they entered and their training regimens, general health and running-related injuries over the previous 12 months. The researchers plan to follow this cohort of runners for 20 years. **3 _____**. "It will help us to understand how much exercise is optimal, how much recreational activity is appropriate and beneficial, and if there is a reason not to push your body beyond a certain point," he said.

Not unexpectedly, baseline statistics indicate that ultra runners are healthier than the overall U.S. population. During the previous year, study participants missed an average of just two days of work or school because of illness or injury, compared with four days for the general population. **4 _____** More than three-quarters of the ultra runners reported an exercise-related injury in the prior year, while 65 percent had lost at least one training day to injury. Comparing the profiles of injured runners with those who had avoided injury revealed an interesting trend: Injuries appeared to be more common in younger, less experienced runners. "It's a bit like drivers. **5 _____** So similarly, people who have recently started running are much more likely to suffer injuries than veteran ultra marathoners," Krishnan said.

With the next questionnaire, to be sent in early 2014, Krishnan and Hoffman hope to investigate whether particular knowledge or adaptations help to protect more experienced runners from injury. **6 _____**. Notably, just 3.7 percent of injured ultra runners reported stress fractures, small cracks in bones that can arise from repeated application of force over time. Stress fractures may be less frequent in ultra runners than in other runners; studies have shown they make up 5 to 16 percent of all injuries in runners. However, stress fractures in the foot appear to be especially common in this group, accounting for 48 percent of all reported stress fractures. **7 _____** Another striking, yet anticipated, finding was a high incidence of asthma and allergies. While only 7 to 8 percent of the overall U.S. population has each of these conditions, 11 percent of ultra runners reported asthma, and 25 percent reported allergies. **8 _____** Krishnan expects that, as in marathon runners, most of the asthma in the study participants is related to allergies, but he plans to follow up on this in subsequent questionnaires.

- A. In November 2011 they launched the Ultrarunners Longitudinal Tracking Study.**
- B. Most of their visits to health-care professionals were for exercise-related injuries, not illnesses.**
- C. The study authors believe that these two conditions may develop simply as a response to spending more time outdoors.**
- D. Krishnan hopes these findings can help improve the education of runners.**
- E. Hoffman and Krishnan speculate that running on uneven terrain may be the reason why.**
- F. Young drivers are at higher risk of car crashes than older people.**
- G. Krishnan, a clinical epidemiologist, believes that studying the effects of extreme exercise could have broader applicability.**

H. Despite its popularity, however, little is known about the health effects of this intense form of exercise.

I. The psychological profiles of ultrarunners are of particular interest to the researchers.

J. As in all runners, most injuries among study participants involved the knees and other parts of the lower extremities.