

REVISION ACTIVITIES - MIDWIFERY

Complete the two short texts and their gaps using ONE word only.

Blood Formation.

Plasma is the liquid _____ of blood. It _____ 92% of water and other plasma proteins, gases, nutrients, salts, hormones and excretory products. Erythrocytes are _____ most numerous circulating particles. They _____ formed in red marrow of the skull, ribs and ends of long bones called epiphyses. Haemoglobin _____ oxygen to body tissues where it _____ exchanged for carbon dioxide.

Who is a midwife?

In Britain a midwife is a non-medical _____ who has got the qualifications to be registered and legally licensed to practise midwifery. She must be able _____ give the necessary supervision, care and advice to women during _____, labour and the six weeks after birth (postpartum period). She may practise _____ hospitals, clinics, health units, mother's homes or in any other service. The midwife _____ with women and families during pregnancy, birth and the postnatal period. Midwives believe that childbirth is an essentially normal significant life event for women and their families.

Explain in your own words in English, use more than a couple of words.

1. midwife

2 fetus

3. PMT

Match the expression on the right with the best definition on the left. ANSWERS:

41. inflammation of the urinary bladder	A. atherosclerosis	41.
42. extra uterine (pregnancy)	B. cystitis	42.
43. limited ability of blood to coagulate	C. sphincter	43.
44. entry point between vagina and uterus	D. haemophilia	44.
45. hardening of walls of arteries	E. ectopic	45.
46. oval muscle which closes some opening	F. cervix	46.

For items 47 – 51 write their synonyms.

For items 47 – 50 write their opposites.

47. maxilla		52. expand	
48. carpus		53. posterior	
49. mandible		54. ventral	
50. scapula		55. healthy	
51. cranium		56. upper	

VOCABULARY: Match the definitions with the words they define.

16. a doctor	A. flu
17. an appointment to see one's doctor to check one's general health	B. heart attack
18. a small instrument for pulling out hairs and picking up small objects	C. illness
19. a condition in which blood stops pumping through the heart	D. inflammation
20. painful	E. tweezers
21. general term for any condition that makes a one not to feel well for a certain period of time	F. intensive care unit (ICU)
22. a type of medicine that removes some or all of the discomfort of an illness or injury	G. itchy
23. an injury (less serious than a breakage) to a joint (typically the ankle, wrist, knee etc)	H. constipation
24. many types of respiratory or intestinal infections passed on through a virus	I. pain killer
25. a small document carrying the information on the correct amount and type of medication needed to cure an illness or relieve symptoms	J. pharmacy
26. an image of somebody's bones and inner organs	K. wound
27. a condition when an injured or infected body part feels/looks red, swollen or hot	L. physician
28. a feeling of discomfort on the skin's surface which makes you scratch it; the character of the sensation	M. prescription
29. an abnormal enlargement of a part of the body as a result of fluid accumulation	N. dizziness
30. damage to the body typically done by someone else with an instrument, may also apply to an external disruption of one's skin	O. x-ray
31. a condition in which there is difficulty in emptying your intestines	P. swelling
32. a hospital section where patients get constant attention and doctors rely on specialized equipment	Q. routine check-up
33. to touch your skin or make a very small hole in it so that you feel a sharp pain, used for insects or plants	R. sore
34. a place where people go to buy medication and other medical supplies	S. sprain
35. a sensation of spinning in space and losing one's balance	T. sting

VOCABULARY: Complete the sentences with the correct form of the words from exercise I.

36. People who smoke are at greater risk of having a _____.
37. If you are allergic to this medication you will come out in a rash which will be very _____.
38. My right ankle was so _____ - it was twice the size of my left one.
39. If you have a splinter under your skin, you will need a pair of _____.
40. Ask your family _____ to refer you to a specialist.
41. She will remain in the _____ until she can breathe on her own.
42. You can take two _____ every 2 hours.
43. I _____ my ankle playing soccer.
44. A diet high in fiber is a great way to avoid _____.
45. You should be able to buy a bandage at the _____.
46. In arthritis, your joints become _____.
47. The technician took an _____ of my shoulder to make sure it wasn't broken.
48. The _____ soldiers are being airlifted to the hospital.
49. Standing on the top of the hill, he felt _____ when he looked down into the valley.
50. You will need to see your doctor to get another _____ for the medicine.
51. I'd like to see you a year from now for a _____.
52. People who have the _____ should not visit hospital patients.
53. I have a _____ throat and a runny nose.
54. It may _____ when I insert the needle.

Choose **ONE** word which is correct:

- 14) Can you tell me - did the labour come on quickly or _____?
a) at the same time b) institutionally c) slowly
- 15) The condition of the newborn baby and the mother is _____, they are now safe.
a) getting better b) decreased c) got better
- 16) Postpartum blues is known as one of the post-birth mental complications but it isn't as _____ as depression may be.
a) easy b) serious c) mild
- 17) The delivery was _____ as a cesarian section.
a) performing b) performed c) increased
- 18) Could you please _____ your arm, I'd like to take your blood pressure.
a) break b) stand c) stretch
- 19) "I think the labour is coming! My waters have just _____!"
a) bubbled b) crushed c) broken
- 20) "We still have time, the baby must move a little bit more _____ in your pelvis before the cervix is completely dilated."
a) up b) lower c) middle

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.**