

ENGLISH FOR PARAMEDICS – REVISION TEST

NAME:

NOV 5, 2014

TOTAL 72 PTS

I. LISTENING: Listen to a radio programme about ministrokes (=small cerebrovascular accidents) and answer the questions with 1-5 words. You will listen twice.

1. How do the symptoms of ministrokes resolve (= develop)?
2. How fast should you get to hospital in case of a ministroke?
3. What kind of damage does the clot-busting drugs reverse?
4. What happens with blood flow to the brain in ministrokes?
5. What is the reason why many patients don't recognize ministrokes?

II. Complete the sentences. Use the words from the box. There are more words than needed. 20

itchy	wounded	stitches	referral	blisters	roll	appointment	infect
prescription	swollen	scar	treatment	injured	rash	see	
wound	check-up	stung	sore	bruise	relieve	sprained	hurts

1. The doctor will give you a REFERRAL to go to a specialist in your area.
2. My mother comes out in a RASH if she eats seafood – she is allergic to it.
3. Scratch my back please – I have a rash there which is very ITCHY.
4. He fell down the stairs and a horrible WOUND/BRUISE appeared on his thigh.
5. I have a SORE throat and a runny nose.
6. He had a deep wound in his head and had to have 10 STITCHES.
7. New shoes always give me BLISTERS.
8. The best TREATMENT for a cold is to rest and drink lots of fluids.
9. The nurse put a bandage on his SWOLLEN/SPRAINED ankle to keep the joint fixed.
10. After ten years he still has the SCAR of his appendectomy.
11. He made an APPOINTMENT with the dentist for Thursday afternoon.
12. The physician wrote me a PRESCRIPTION for strong antibiotics.
13. Yesterday I was working in the garden and got STUNG by a bee.
14. Her eyes were red and SWOLLEN from crying.
15. There was a car accident yesterday. Several people were seriously INURED.
16. There were 79 killed and 230 severely WOUNDED soldiers in the battle.
17. The doctor encouraged him to come for a CHECK-UP even if he had no symptoms.
18. If you have a backache, have someone to massage your back to RELIEVE the pain.
19. I'd like to take your blood pressure. Please ROLL up your sleeve.
20. Diarrhoea can be a sign of an infection, so you should go and SEE your doctor.

III. Complete the definitions. 5

1. A muscular sac attached to the right lobe of the liver that stores bile and ejects it into the duodenum.
GALLBLADDER
2. Big triangular muscle covering the shoulder joint and attached to the humerus, which lifts the arm sideways. DELTIOD MUSCLE
3. Type of muscle whose movements are controlled by our conscious decisions.
VOLUNTARY/SKELETAL/STIATED/STRIPED
4. A condition in which bones become weak and are easily broken, usually when people get older or because they do not eat enough of certain substances, e.g. calcium OSTEOPOROSIS

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5. A flap, mainly in the heart, blood vessels or lymphatic vessels, which opens and closes to allow liquid to pass in one direction only. _____ VALVE _____

IV. Write the general English words (synonyms) for the following medical term: e.g. cervix – neck. 10

1. mandible	LOWER JAW
2. carpus	WRIST
3. thrombocyte	PLATELET
4. tibia	SHIN-BONE
5. trachea	WINDPIPE

6. esophagus	GULLET
7. spasm	CRAMP/ CONVULSION
8. scapula	SHOULDER- BLADE
9. orbit	EYE-SOCKET
10. clavicle	COLLAR BONE

V. Write the opposites: e.g. hot – cold. 10

1. upper	LOWER
2. inferior	SUPERIOR
3. external	INTERNAL
4. high	LOW
5. improve	GET WORSE/ IMPAIR

6. inner	OUTER
7. anterior	POSTERIOR
8. ventral	DORSAL/ BACK
9. profound	SUPERFICIAL
10. increase	DECREASE MINIMIZE

VI. Choose the best answer for each item. 5

1. The cardiovascular system **is COMPOSED** of the heart, blood, and blood vessels.

consisted contained included composed

2. The OUTERMOST layer of the heart is one of the two layers of pericardium.

outermost outdoor outgoing outing

3. Heart attacks occur when a blood CLOT blocks vessels to the heart muscle.

clothing clotting clot cloth

4. The heart needs to EXERT enough pressure so that blood can get to the farthest parts of the body.

constrict branch exert dilate

5. PLAQUE is a deposit of fatty material and other substances on a vessel wall that obstructs blood flow and may block the vessel.

plague plage plaque placket

VII. Form new words. Use the base word in the brackets to form a new word which completes the sentence. 5

1. The humerus, the UPPER arm bone, attaches to the scapula and clavicle. (**UP**)

2. Epiphysis is a name for the IRREGULAR shape at the end of a long bone. (**REGULAR**)

3. The joints or ARTICULATIONS are classified according to the degree of movement they allow.

(**ARTICULATE**)

4. The AXIAL portion (80 bones) is composed of the skull, spinal column, ribs, and sternum.

(**AXIS**)

5. Diseases may VARY from mild to severe. (**VARIOUS**)

VIII. Fill in the gaps using one word. 6

Normally, about 8% of human body weight is from blood. IN / AMONG (1) adults, this amounts

to circa 5 litres of blood. This essential fluid PROVIDES / MAINTAINS / ENSURES (2) the

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critical functions of transporting oxygen and nutrients to our cells and getting rid ___ OF__ (3) waste products. It plays a vital role in our immune system and in maintaining a relatively constant body ___ TEMPERATURE / HOMEOSTASIS__ (4). Blood is a highly specialized tissue composed of many different kinds of components, it is also a biological liquid (technically a tissue) which ___ CONSISTS__ (5) of erythrocytes, leukocytes and thrombocytes, the last of which is also called ___ PLATELETS/CELLS ___ (6). Such a substance is placed in a complex medium known as blood plasma.

IX. READING: You are going to read a magazine article about acupuncture treatment. Six sentences have been removed from the text; complete the text using options A-G. There is ONE extra sentence you will not need to use. 6

Pins and needles

I was curious to find out more about acupuncture as I'd heard a lot about its beneficial effects. However, I didn't feel in any particular need of treatment myself so I decided to ask a friend of mine if I could observe her receiving treatment. I asked Joan Hughes, who I knew had been complaining of muscular stiffness for some time. **1.** _____.

The Traditional Acupuncture Centre was just as you'd expect: the incense, rubber plants and charts and diagrams on the wall. **2.** _____. They seem to be the typical wall coverings of an alternative health centre. Nina Doughty, the acupuncturist, introduced herself and then slipped away to prepare the treatment room. Joan was anxious. 'I hope this doesn't hurt too much,' she murmured.

Nina returned and explained that she needed to ask Joan questions about her health, lifestyle, diet and personal history. **3.** _____. Joan described the shoulder stiffness and backache that had bothered her for years. Surprisingly, these questions went on for a whole hour. Joan was asked about her attitudes to many things, including work and relationships. She was also asked about her attitude to herself on several occasions.

Nina then explained that in Chinese medicine, physical and emotional aspects are not distinct.

4. _____. The division between mind and body is a Western idea.

Our health apparently depends on the motivating energy, or chi, made up of the equal and opposite qualities of Yin and Yang. When these are unbalanced, one can become ill. By inserting needles into points on the energy channels, healing responses are stimulated and the balance is restored.

Nina opened a sachet of sterile 4 cm long needles. **5.** _____. Nina took a pulse at six points on each of Joan's wrists, looking for certain 'qualities' that she would then treat. She also looked at Joan's tongue, an indicator of her general state of health. At this point, Joan felt that the experience was rather like being at the dentist. However, at the dentist one usually knows where the needle will be inserted.

Nina inserted the first needle into Joan's shin. It went in a surprisingly long way before she twisted it to the right and Joan's leg shot up suddenly. 'Ow!' she exclaimed. She was visibly tense, but as Nina inserted the next needle it wasn't so bad. She placed more needles in Joan's ankles, feet, lower back and forearms.

6. _____. Joan lay on the bed all this time. When the time came to remove the needles, Joan was more relaxed, though she flinched as they came out. All the time Nina was reassuring her. She informed Joan that the shocks she felt were due to blockages of the energy channels.

Nina finished with a pressure point massage on Joan's shoulders and back. 'I'm looking forward to seeing you again,' Nina said, as she bade a relieved Joan a fond farewell. Nina left the decision to Joan about arranging another appointment.

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I asked Joan the next day about how she felt. She said that she felt a little more relaxed and that she had slept deeply that night. However, she really felt that she needed a course of treatment to be able to assess its effectiveness.

- A. They were fine and flexible, but Joan was still apprehensive.**
- B. She began by asking why Joan wanted acupuncture.**
- C. She tweaked them as she put them in, regularly checking Joan's pulse, then left them for 20 minutes.**
- D. Nina said that she felt Joan's problems with her back and her shoulder stiffness came from her office job.**
- E. She agreed, so excitedly we attended her first appointment at the local centre.**
- F. An imbalance of either manifests itself in the same way.**
- G. These mapped out the body's energy channels.**