

BLOQUE I - NURSING, A CAREER FOR YOU? NURSES AND HOSPITALS

UNIT 1

“THE NURSE IN THE HOSPITAL”

Pre-questions

Why have you decided to study the nursing career?

Does blood, injured people, death, etc., impress you?

Do you think you can handle any kind of situation in a hospital?

Can you name the main sections in a hospital?*

1. The nurse has a very important role to perform in a hospital. A nurse has been carefully trained to take care of ill people. The nursing profession involves a wide variety of tasks, such as making care plans, administering medication or *doing the drug round*, setting trolleys, giving different types of injections, checking the patient's observations or vital signs, doing the dressings, doing the ward round, documenting everything on the patients' charts, keeping records, preparing a patient for surgery, and so on.
2. Nobody can deny that the doctor's job is highly important but, from the patient's point of view, the nursing staff has a delicate and responsible task to carry out. Actually a small mistake in the performance of his/her job could produce the patient's death.
3. A nurse is not only a part of the daily life of the ward and sees to it that the physician's orders have been carried out, but he/she also provides the patient hope to cope with suffering and, whenever possible, lessen it.
4. Obviously not every person is suited to become a nurse. It requires a lot of dedication and an enormous spirit of sacrifice.

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Answer the following questions

- 1) Which are the vital signs?
- 2) What are some of the nurse's tasks in a hospital? (Name at least 5)
- 3) What different patients' charts are there? What do nurses document on them?
- 4) Synonyms of "to take care of"
- 5) Name different types of trolleys
- 6) Name different types of injections
- 7) Synonym of "administering medication"

Translate the following sentences into English:

- a. Buenos días, señora, soy estudiante de Enfermería y le cuidaré yo hoy
- b. Administramos inyecciones y preparamos carros
- c. ¿Podría tomarle la tensión?
- d. Necesito sacarle sangre
- e. Por favor, ¿podrías traer el carro de paradas?
- f. ¿Le parece bien si le pongo una inyección ahora?

UNIT 2

“HOSPITAL ADMISSIONS”**Pre-questions**

Can you explain/describe expressions like “in-patients” and “out-patient”?

Can you describe the admission process of a patient?*

1. Most people who fall ill are treated at home by their family doctors. Not all illnesses, however, can be treated at home. Many people are admitted to hospital for some kind of treatment at some time during their lives. They are admitted either as arranged admissions or as emergency admissions.
2. A patient who goes into hospital as an **arranged admission** has previously attended an **out-patients' clinic** to which he has been sent by his **G.P or Family Doctor**. At the clinic he is examined, his previous **history** is taken and all the necessary **investigations or tests** are carried out. If admission is recommended, his name is put on a waiting list and, when a bed in an appropriate ward becomes vacant, the patient is contacted and told when to report to the hospital for admission. Most hospitals will inform the patient about what he will need while he is in hospital, the general ward routine and visiting hours.
3. Nowadays, many people go into hospital as a result of accidents or sudden illnesses. These patients are called **emergency admissions**. They are often seriously ill and in need of immediate care and attention.
4. Unlike arranged admissions, little or nothing is known about emergency admissions or their previous histories. They are usually taken to the **accident and emergency department** by **ambulance**. They are often unconscious. Sometimes they are accompanied by friends or relatives who are able to supply at least their personal particulars. In the casualty department, they are examined and the necessary emergency treatment is carried out. If possible their previous histories are taken. The appropriate **ward** is notified that a patient is being sent up so that the necessary preparations can be made. Sometimes, the patient goes straight to the **operating theatre** after being stabilized, never before.

*

A) Answer the following questions:

1. Can all illnesses be treated at home?
2. What happens when a patient is on a waiting list and a hospital bed becomes vacant?
3. What's the difference between an arranged admission and an emergency admission?
4. Can you name some illnesses that can be treated at home? (Name at least 5)
5. Can you name illnesses which must be treated in the hospital? (Name at least 5)
6. Which investigations or tests are carried out in the out-patients' clinic?
7. Which preparations do you think are necessary in the ward before a patient is sent up?

B) Replace the words/expressions in the following sentences for the appropriate synonym:

1. Not all **illnesses** can be **treated** at home _____
2. They are accompanied by relatives who **are able** to **supply** their personal **particulars**

3. A **patient** who goes into hospital has previously **attended** an out patient's clinic _____
4. . The appropriate ward is **notified** that a patient is being sent up so that the necessary **preparations** can be made _____

C) Translate the following sentences into English:

- a. Hay dos tipos de ingresos: ingresos programados e ingresos de urgencia
- b. El paciente ha llegado a Urgencias en ambulancia
- c. El paciente ha ido a su médico de cabecera
- d. No tenemos la historia clínica del paciente porque es un ingreso de urgencia
- e. Estoy en lista de espera esperando cirugía
- f. Necesitamos los datos personales del paciente

UNIT 3

“STUDENTS ON HOSPITAL PLACEMENT”**Pre Questions:**

Do you think you would like to work in a hospital?

Do nurses only work in hospitals?*

What is ‘shift work’?

What shift do you prefer?

Why do you think it is important for medical and hospital staff to enjoy what they are doing?

1. Nursing students work in different **wards** at the hospital. They do **shift work**, so they do not go to work at the same time every day nor every week. When they are **on an early shift**, they **go on duty** at 8 a.m. and **go off duty** at 3 p.m. **Late shifts** start at 3 p.m. and finish at 10 p.m. **Night shifts** last all night, from 10 p.m. until 8 a.m. In some ‘**special services**’ nurses do ‘**long days**’. Student nurses do not like late shifts, they prefer to work in the morning and finish early. Between shifts, nurses give each other a ‘**handover**’, which is an essential part of their work because nurses need to inform the next shift about the patients’ care plans and progress.
2. Nursing students are not qualified nurses; they are still doing their training so they do not work in the ward every day. On certain days they attend lectures on General Nursing, Anatomy, Physiology, Hygiene and various other subjects in university. If they pass their Final Exam, they qualify as nurses. After, they register in the Nursing and Midwifery Council (NMC) and can apply for a job once they have their PIN. As Registered Nurses, they may become staff nurses and can, in time, become **Charge Nurses (C.N)** or **Sisters (SR)**.

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A) Answer the following questions:

1. What do nursing students do during the week?
2. At what time do students go on duty they are on an early shift?
3. How many hours do 'long days' have?
4. What happens when nurses pass their final exams?
5. What is the NMC?
6. Name some 'special services'
7. What is a 'handover'?
8. Name at least 5 places where nurses can work apart from the hospital

B) Fill in with a suitable preposition when necessary (put an X if no particle is necessary):

Raymond Powell is a student nurse who works_____a medical ward. He goes_____work_____bus. He never goes_____home_____taxi. He goes_____duty_____8 a.m. and he normally works_____the seventh floor. He goes_____duty ____ 3 p.m. In spite_____being very tired he walks_____the stairs when he leaves the hospital and runs either_____the bus-stop or_____the taxi-rank.

C) Complete with the following prepositions:**during – from – up – for – of – down – into – away – in**

- 1.-A nurse removed the artificial airway _____ his mouth.
- 2.-She gave him a pillow _____ his head.
- 3.-John woke _____ and complained _____ severe pain _____ his leg.
- 4.-A doctor visited John _____ the evening
- 5.-Two nurses helped John to change _____ the theatre gown _____ his own pyjama jacket.
- 6.-John had been allowed frequent sips _____ water because he had not complained _____ nausea
- 7.-The patient asked for pain relief because her pain would not go _____
- 8.-The nurse on duty offered Anna some painkillers, but she turned them _____

D) Complete with the following prepositions:**on – by – as – from – off – up – of – in – for – to – with**

1. He has got a pain _____ his chest.
2. Would you lie _____ the examination couch, please?
3. She works _____ a surgical ward.
- 4 They always go _____ work _____ bus.
5. When she is _____ an early shift, she goes _____ duty at 7 a.m.
6. This morning we are attending lectures _____ physiology and hygiene.
7. This patient has a rash _____ his stomach.
8. Mary is now working _____ a staff nurse in an Ear, Nose and Throat ward.
9. Jane is learning to set trolleys _____ sterile procedures.
10. This patient is suffering _____ cerebral haemorrhages.
11. The nurse is explaining _____ the students the doses of various drugs.
12. This equipment is obtained _____ the sterilization department
13. The trolleys are mopped _____ an antiseptic.
14. Sterile equipment is placed _____ the top shelf _____ the trolley.
15. Sterile instruments are handled _____ Cheatele's forceps.

16. Ask the patient to roll _____ his sleeve, please.

17. Ask Mr. Smith to take _____ his shirt, please.

18. Now ask him to put it _____ again.

E) Complete the process of digestion, using the following verbs in the correct form:

pass down – lead from – pass into – break down – pass through

absorbed into - excreted through

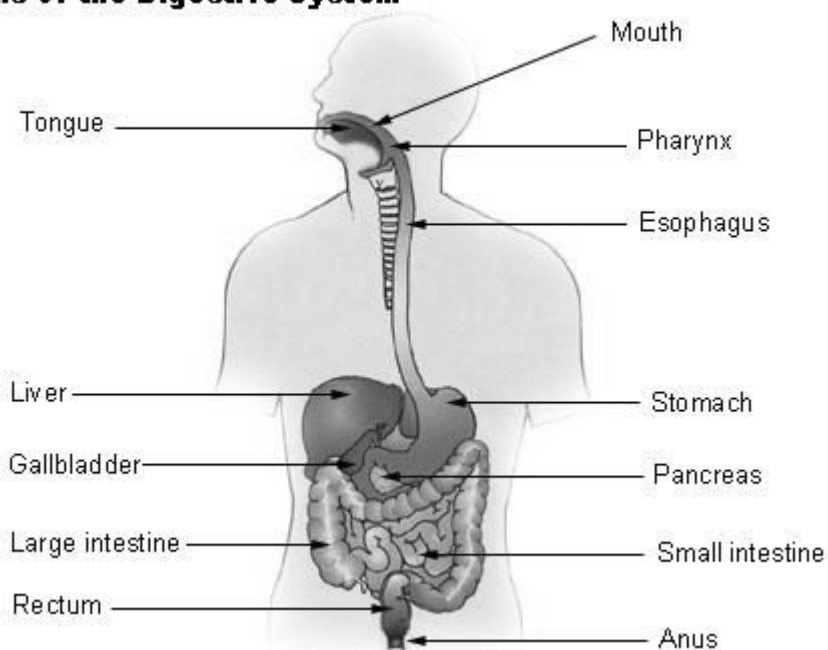
THE PROCESS OF DIGESTION

Digestion begins in the mouth. The salivary glands secrete saliva, which contains enzymes. These enzymes _____ starches into sugars.

Food is swallowed, and _____ the oesophagus, which _____ the pharynx to the stomach. The stomach stores food for several hours. The gastric juice contains enzymes which _____ proteins.

From the stomach, semi-liquid food enters the small intestine. Juices from the pancreas, liver and gallbladder _____ the small intestine. In the small intestine the digested food is _____ the blood. Waste materials _____ the large intestine and are _____ the anus.

Organs of the Digestive System




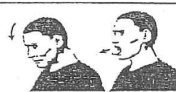












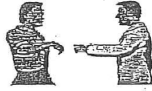
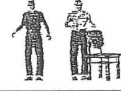
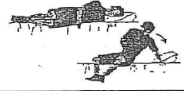








F) Preposition revision:

1. Why don't you ask the patient to come _____ and sit _____?
2. Please, ask him to stand _____ and turn _____
3. Will you lie _____ the couch, please?
4. Would you roll _____ your sleeves, please?
5. Please, ask the patient to take _____ his jacket.
6. Would you please ask the patient to turn his head _____ the left?
7. Come _____ next week, please. Would Friday _____ 11 a.m. be suitable for you?

G) Translate the following sentences into English:

- a. Estoy de prácticas en la 3ª planta, pero algunos días voy a clase
- b. No me gusta el turno rodado, prefiero trabajar de mañanas
- c. Debemos llegar antes a trabajar porque hay que realizar el relevo
- d. Las enfermeras deben colegiarse antes de solicitar un trabajo
- e. En los servicios especiales como UCI hacemos turnos de 12h
- f. Además de en el hospital, los enfermeros pueden trabajar en atención primaria

GIVING INSTRUCTIONS

bend down		put your head down put out your tongue	
breathe in breathe out		raise your leg	
close your eyes		roll on to your back/front roll over roll up your sleeve	
curl up		sit sit up	
do this		slide your hand down your side	
follow my fingertip with your eyes		slip off your coat	
keep your knee straight		stand straight stand up	
let your wrist go floppy		take off your top things	
lie on your side/back lie on the bed/couch lie down		tilt your head back	
look straight ahead look at something		touch your shoulder with your chin	
open your mouth		turn your head to the left turn on your side	
point to the finger that moves		Other instructions: relax show me what movements you can manage tell me if it hurts	
pull as hard as you can			
push as hard as you can			

UNIT 4

“SURGERY AND THE SURGICAL TEAM”

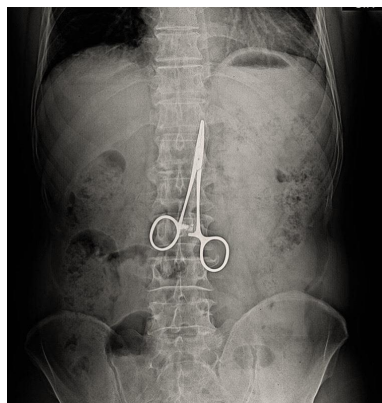
Surgery is a very important branch of medicine and every day it is becoming more popular. The specialists who perform surgery are the surgeons and they are addressed to as ‘Mr or Miss’. The nurses who look after the patients who have been operated on are the **surgical nurses** and they work in the **surgical ward**. Surgical nurses are responsible for educating patients on procedures prior to surgery, adjusting treatment plans, doing the patients’ dressings and teaching them about post-operative self-care. The **scrub nurses** are the ones who assist the surgeon in the **operating theatre**. They arrange all the necessary materials that will be needed during the operation and must count all the swaps, needles, forceps etc. before and after surgery.

Most of the surgeries performed are “elective,” which means that they are medically necessary but not urgent in nature. As elective surgeries are often pre-scheduled to take place during the day, scrub nurses typically work day shifts and through the evening hours sometimes. Nurses employed by hospital units that perform emergency surgeries usually work during the day and overnight as well. Shifts go from eight to twelve hours long, and some surgical nurses are on call and ready to work at a moment's notice.

Surgery is practiced when an extremity of the body needs to be amputated or in order to remove a defective organ; it is also useful for the removal of an appendix that has become inflamed or to eliminate some part of the body that has been infected by cancer.

A) Answer the following questions:

1. What are surgical nurses responsible for?
2. Why do scrub nurses have to count the swaps and other materials before and after surgery?
3. When do surgical nurses typically work?
4. When is surgery deemed necessary?

B) Clinical case:

A gentleman who went into hospital with pain in his stomach was found to have a surgical clamp inside his abdomen from an operation 20 years ago.

This man was operated on due to a gastric ulcer in 2008 and had frequently suffered stomach pain in the following years. The patient said: “I believed it was my old belly problems and each time I took my medication and anti-inflammatories to relieve the pain”. Since his problem was getting worse, his GP sent him to the A&E department at the local hospital for an x-ray. Doctors realised that the patient had a foreign body, a 13 cm long instrument, and the man had to undergo a 2.5h operation. He was a lucky man as part of the abdominal wall had wrapped around the clamp and he could have suffered serious internal injuries like perforation and bleeding or major sepsis.

Answer the following questions:

1. Synonyms of abdomen
2. What is the meaning of G.P?
3. What is a sepsis?

C) Conversation at a GP Surgery:

Jill Edwards takes her elderly father to the doctor for a regular check-up.

JILL- Good morning, Madam. I hope the doctor is not too busy today.

RECEPTIONIST- Busy as usual. But since you have an appointment he won't be long in attending to you. Please, could you take a sit?

JILL- Thank you very much. I was afraid that waiting times would be long!

RECEPTIONIST- Not today. How is your father doing, by the way? Is he well in himself?

JILL- He has a good appetite, he sleeps well, but I've noticed that he's a little deafer, blinder, more crippled, more hunchbacked, and he stutters a little. So he has gone downhill and he is not responding to treatment.

RECEPTIONIST- Those are illnesses of old age. Now, would you please fill out this form before seeing the doctor?

Jill fills out the form on which, among other things, the following information was requested:

“Have you ever had...?”

Arteriosclerosis	Heart trouble	Nervous disturbances
Arthritis	Haemophilia	Shock, trauma
Birth defects	Hereditary defects	Tuberculosis
Brain damage	Kidney trouble	Venereal diseases
Cancer	Meningitis	
Cystic fibrosis	Mental illness	
Diabetes	Mongolism	
Epilepsy	Multiple sclerosis	
Genetic illness	Muscular dystrophy	

D) TRANSLATE THE FOLLOWING SENTENCES INTO ENGLISH:

- a. El instrumentista de quirófano es una persona muy organizada
- b. Las enfermeras quirúrgicas realizan las curas en planta
- c. La Sra. Smith fue a quirófano para que le extirparan el apéndice
- d. El paciente tenía dolor abdominal porque había un cuerpo extraño en su abdomen
- e. Robert sufrió una sepsis porque tuvo una infección muy grave
- f. Voy a coger cita con el médico porque no me encuentro bien

E) PLAIN ENGLISH vs MEDICAL TERMS

1. Read the conversation between Nurse Wilson and Mr. Smith, Wayne's father.

Nurse: Good evening, Sir. Nurse Wilson calling from the Accident & Emergency department. Are you Wayne's father?

Mr Smith: That's right. What happened to him? Is he all right?

Nurse: He'll be fine, Mr Smith. But first things, first. It seems that Wayne finished work at 8 o'clock in the evening and was just going home when two men attacked him. Some people saw the assault and called an ambulance because he had a bleed. The paramedics checked Wayne over, put on a neck collar, and brought him into hospital.

Mr Smith: Did they get the guys who attacked him?

Nurse: I don't know but the police have already spoken to Wayne. Dr. Williams examined him when he arrived and sent him to have a head scan. He had a displaced jaw, which we put back in place, but there don't seem to be any broken bones. Anyway, we decided to keep him in for the night.

Mr Smith: Why? If he's OK, why can't he come home?

Nurse: Well, he was knocked out for about ten minutes after the attack, he has memory gaps and the doctor thinks that it is best to keep an eye on him. He has also been sick.

Mr Smith: Can I see him?

Nurse: Just for a minute. He needs to rest and we need to give him painkillers.

2. Find these lay terms in the conversation above. Then match them with the medical terms.

Lay terms	Medical terms
1. _____ keep an eye on him	a. vomit
2. _____ knocked out	b. analgesia
3. _____ memory gaps	c. unconscious
4. _____ broken bones	d. amnesia
5. _____ neck collar	e. cervical brace
6. _____ displaced jaw	f. dislocated mandible
7. _____ put back in place	g. admit
8. _____ bleed	h. place him under observation
9. _____ keep for the night	i. haemorrhage
10. _____ be sick	j. fractures
11. _____ painkillers	k. reposition

3. Circle the words or expressions that you think are most appropriate to use with patients.

1. a) Did you vomit? b) Did you throw up? c) Were you sick?	2. a) Abdomen b) Stomach c) Belly	3. a) Chronic inflammation b) Long-standing inflammation c) Old inflammation
4. a) Haemorrhage b) Bleeding c) Loss of blood	5. a) Tracheostomy b) Open the trachea c) Cut the neck	6. a) Aspirate some fluid b) Suck out some fluid c) Extract some fluid
7. a) Analgesia b) Painkiller c) Pain relief	8. a) Put an IV line b) Cannulate c) Insert an intravenous catheter	9. a) Do a blood test b) Do a blood analysis c) Take blood out
10. a) Catheterise b) Put a tube in the bladder c) Insert a urinary catheter	11. a) Have surgery b) Perform a surgical procedure c) Undergo an operation	12. a) Wound closure b) Apply sutures c) Put stitches

F) COMMUNICATION

“CARING FOR TERMINALLY ILL PATIENTS”

1. Discuss the following questions.

- a. What is a hospice?
- b. What's the difference between a hospital and a hospice?
- c. What kinds of illnesses do patients in a hospice have?



2. Discuss the following question: “How can you show a patient that you want to listen to what she/he is saying?”

3. Match questions (1-6) to answers (A-F). Listen again and check your answers.

- | | |
|---|--|
| 1 How are you feeling today? | A No. I feel it's getting worse. |
| 2 I'm so sorry to hear that. Anything you want to talk about? | B Yes, in the morning. It made me feel quite sick. |
| 3 Oh dear, I see. You don't think the pain is getting any better with your treatment. | C Yes, please. Then I might try to have a rest. |
| 4 Mm. Did you have radiotherapy yesterday? | D Thanks, Judy. I'd like that. |
| 5 Why don't I get you some medication for pain and nausea? | E I feel a bit down. |
| 6 Can I get you a drink, too? | FI'm still in a lot of pain. |

4. How could you respond to show sympathy and that you are listening to your patient?

5. What other answers could a patient give to the following questions? Write the possible answers in the table below. Use the phrases in the box and your own ideas.

A bit better. Have you got the time? I feel a bit low. I feel a bit sad.
 I feel awful. I feel OK. I'm in a bad way.
 No, not really. No, thanks, I'm not in the mood to talk.
 Not right now, maybe later. Not too good. Thanks, I'd like that.
 Yes. it might make me feel better.

<i>How are you feeling today?</i>	<i>Would you like to talk about it?</i>
Not too good.	

SHOWING EMPATHY

6. Read the extract from an information leaflet about talking to terminally ill patients and answer the questions below.

Talking to terminally ill patients

It can be difficult and uncomfortable talking to patients who are dying. Sometimes nurses put up a barrier; they don't like to talk about the patient's problem, appearing embarrassed or even putting up a physical barrier. Nurses may hide behind a chart or stand at the end of the patient's bed, for example. It's important to use open questions – not questions where the answer is yes or no – so that patients can explain how they feel. Don't use a lot of medical jargon when talking to a patient. Simple, clear sentences are easier to understand. Most patients feel comfortable when nurses show empathy and try to understand how they are feeling.

- 1) Putting a barrier means that you....
 - a) Talk freely about the patient's problem with the patient.
 - b) Don't talk about the patient's problems but talk about other things.
- 2) Why do you think some nurses do that?
- 3) Which of these is an example of medical jargon?
 1. A medicine that stops making you feeling sick.
 2. Anti-emetic medication.

7. Complete the table of *Do* and *Don't* below using the following communication strategies.

- Put up a barrier
- Show empathy
- Use a lot of medical jargon
- Use only Yes/No questions
- Use open-ended questions to encourage patients to talk freely

<i>Do</i>	<i>Don't</i>

8. Match the words (1– 8) to their meanings (A-H).

- | | |
|------------------------|--|
| 1 cope | A press the nurse call button |
| 2 fed up with | B medication which stops patients vomiting or feeling sick |
| 3 buzz | C manage / put up with something |
| 4 anti-emetic | D tired of doing something |
| 5 sick/nauseous | E unpleasant feeling of wanting to vomit |
| 6 medication (meds) | F medicine used to treat an illness |
| 7 down | G sad, not very happy |
| 8 chemotherapy (chemo) | H drugs used to treat cancer |

9. Tick ✓ the communication strategies that the extracts (1-8) from the conversations show. Sometimes more than one answer is possible.

	Put up a barrier	Use open-ended questions	Use a lot of medical jargon	Show empathy	Use only Yes/No questions
1 How was your chemo today?					
2 I'm sure you're fed up with it by now					
3 Cope with the chemo, you mean?					
4 How's he doing?					
5 That must be hard for you					
6 Do you want an anti-emetic for that?					
7 I've got to give out the meds.					
8 Right, look, I'm a bit busy now.					

10. Discuss the following questions

- Do you find it easy to talk to patients about their feelings?
- What topics are difficult for you to talk about with a patient?

REASSURING A PATIENT BEFORE AN UNPLEASANT PROCEDURE

11. Discuss the following questions.

- Look at the picture on the right. What procedure has this patient had?
- How do you think the patient felt during the procedure?
- What would you do to make her feel better during the procedure?



12. Circle the correct words when talking to a patient in the following extracts from a conversation.

- I'm *sorry but* / **afraid** I need to put a tube through your nose into your stomach now.
- I know it's not very pleasant but I'll *try* / **help** to make you as comfortable as possible.
- I'll *show* / **tell** you everything I'm going to *do* / **use** so you'll understand what's happening.
- I must** / *I'll just* turn off the TV so we're not distracted.
- Here's the tube which goes *into* / **through** your stomach.
- I'll **get you to** / *make you* swallow as I feed the tube through your nose.
- I'll stop if you need a *drink* / **break**.
- Just hold *out* / **up** your hand I'll stop.

13. Match the strategies (1-4) to the phrases (A-D).

1 empathise with your patient

A I'll show you everything I'm going to use so you'll understand what's happening.

2 explain everything before you start

B I'll stop if you need a break.

3 let patients stop if they are feeling anxious

C I know it's not very pleasant but I'll try to make you as comfortable as possible.

4 remove distractions

D I'll just turn off the TV.

14. Discuss the following questions.

a. Can you think of any other ways to reassure patients?

b. How would you reassure a child?

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest accomplishment, or the smallest act of caring, all of which have the potential to turn a life around.”