



Complejo Educativo "Dr. Humberto Romero Alvergue"

LABORATORIO DEL SEGUNDO PERIODO. Materia: INGLES MODULAR

SEGUNDO AÑO DE BACHILLERATO EN ATENCION PRIMARIA PARA LA SALUD. SECCION: A

Student's name: _____ Grade: _____

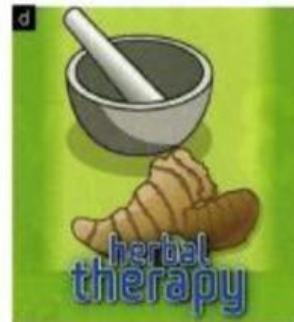
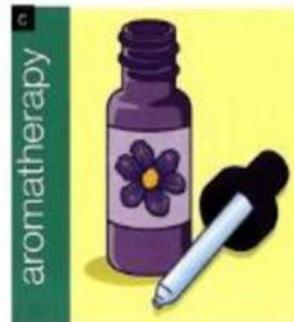
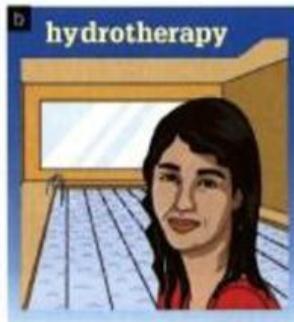
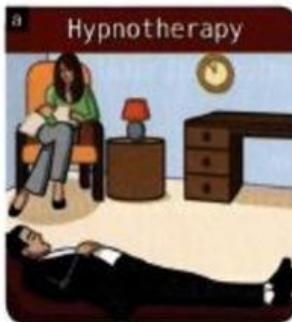
INSTRUCTIONS:

Complete the description of good communication practice using the words in the box.

eye ease friendly name open quickly
questions (x2) relaxed smile sit

Putting your Patient at Ease

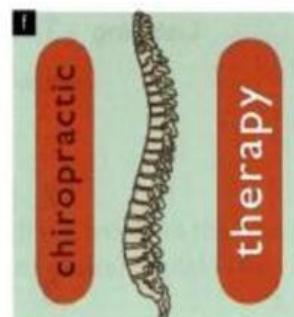
Good communication with your patient is essential. Imagine the patient is a close family member or friend and treat him or her as you wish to be treated yourself. Always try to put your patient at ¹ _____ and make them feel ² _____. If possible, ³ _____ at the same level as the patient. The expression on your face is important, so ⁴ _____ and maintain ⁵ _____ contact with your patient. When you talk, don't rush the patient or speak too ⁶ _____ and always use a ⁷ _____, open tone of voice. Take an interest in your patient, use their ⁸ _____ and ask them general ⁹ _____ about their life. It is also important to use an ¹⁰ _____ posture, i.e. don't fold your arms, as this can look aggressive. Finally, check it is OK to ask ¹¹ _____ and tell them roughly how long the interview will last.

**Vocabulary**

6 Some patients choose to use complementary and alternative medicine (CAM) to treat their pain.

Match the different examples of CAM a-f with the descriptions 1-6.

- 1 The therapist uses sound to help relax the muscles and improve the patient's mental well-being. _____
- 2 This therapy uses natural oils to help control pain, sometimes through massage. _____
- 3 The therapist gives advice on underwater exercise to help treat pain and injury. _____
- 4 This therapy uses herbs and plants to help treat medical problems including muscle ache and pain. _____
- 5 The therapist manipulates the bones in the spine to help treat pain. _____
- 6 The therapist talks to the patient when he or she is 'asleep' to influence their feelings about pain. _____



2 Read and complete this article from a health website with the words in the box.

anti-inflammatory comfortable position heat patches
hot-water bottle ice pack muscles pain killers pillow
shower swimming

Lower back pain

Follow this treatment and most lower back pain will improve:

- 1 Rest in a ¹ _____ for the first 1–2 days. You can lie on your side with a ² _____ between your knees, or on your back on the floor with it under your knees. Take a quick ³ _____ (10–20 minutes) every 2–3 hours, then rest in a comfortable position.
- 2 Take ⁴ _____ such as paracetamol, or an ⁵ _____ such as ibuprofen. These medicines usually work best if you take them regularly and not when the pain is serious.
- 3 Use a ⁶ _____ for 15–20 minutes, every 2–3 hours. You could also buy ⁷ _____ that last for a maximum of eight hours. Or you could try an ⁸ _____ for 10–15 minutes every 2–3 hours.
- 4 Return to normal activities as soon as possible. It is important that you don't stay in bed for more than 1–2 days, as your ⁹ _____ become weak and this worsens the problem.
- 5 The best exercise for the lower back is walking, beginning with 5–10 minutes a day. Another good form of exercise for lower back pain is ¹⁰ _____ in shallow water.

Write *Do* or *Don't* to complete the advice for the patient.

Example: 1 *Don't stay in the same position too long.*

- 1 _____ stay in the same position too long.
- 2 _____ take pain medication before the pain becomes really bad.
- 3 _____ use heat or ice to help reduce the pain.
- 4 _____ stay in bed for more than two days.
- 5 _____ go for short walks.