Listen to 3 conversations in the ER, and choose the correct answers.

Listening Extract 1

1. The patient says she is in a lot of **(a) pain / (b) pressure**.
2. The accident happened because she **(a) slipped on water / (b) tripped over a chair**.
3. The doctor suggests she might have **(a) dislocated a joint / (b) fractured her hip**.

Listening Extract 2

1. The patient's main complaint is **(a) wrist pain / (b) shoulder pain**.
2. The patient injured herself when she **(a) fell and landed on her hands / (b) hit her hand on a door**.
3. The doctor decides to order **(a) an X-ray / (b) an MRI**.

Listening Extract 3

1. The child **(a) fell from a chair at school / (b) fell off a tree**.
2. The father believes she has **(a) fractured her leg / (b) sprained her ankle**.
3. The doctor says she **(a) may not have broken anything / (b) must have a broken bone**.

Read the NHS information for patients with an ankle fracture and choose:

Please follow the Management / Rehabilitation plan shown below:

Weeks since injury	Rehabilitation plan
0-3	If supplied, wear the boot for comfort when walking. You do not need to wear the boot at night but may do so for comfort if you prefer. It is fine to remove it to wash and air the foot when not walking. Begin gentle movement exercises.
3-6	Try and wean yourself out of the boot and walk without the crutches if you can walk without limping. Try walking around the house at first. You will want to wear the boot if you go on a long walk. Continue with the exercises to regain flexibility in your foot and ankle.
6 -12	The fracture is united (healed) and you can begin to resume normal activity but be guided by any pain you are experiencing. You should be able to carry out day to day activities. Arduous tasks, long walks etc., may still cause some discomfort and swelling.
12	**If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.**

LIVEWORKSHEETS

Initial advice

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes, every few hours ensuring the ice is never in direct contact with the skin.

Rest and Elevation:

Try to rest the foot for the first 24-72 hours to allow the early stage of healing to begin. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

Early movement and exercise:

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises below without causing too much pain. This will ensure your ankle and foot do not become too stiff. These exercises will help the healing process.

Early weight bearing (putting weight through your injured foot) helps increase the speed of healing. Try to walk as normally as possible as this will help with your recovery.

Ankle Fracture Rehabilitation Plan

1. During the first **three / six** weeks, patients may remove the boot to wash and air the foot when not walking.
2. You **don't need to / must** wear the boot at night, though you can if it makes you more comfortable.
3. Between weeks **3 and 6 / 6 and 12**, patients should start reducing use of the boot and walk without crutches if possible.
4. When walking long distances during the 3–6 week period, it's recommended to **wear / avoid wearing** the boot.
5. By weeks **6–12 / 0–3,** the fracture is considered healed and normal activity can gradually be resumed.
6. If significant pain or swelling continues after **12 weeks / 6 weeks**, patients should contact the Fracture Care Team.
7. A cold pack should be applied for **15 / 30** minutes every few hours, always wrapped in a damp towel.
8. Early movement helps reduce the risk of a **DVT / sprain** and improves circulation.



LIVEWORKSHEETS

Talking about the present

Present Simple

We use the Present Simple to describe a state. We can use the verb *be* or a verb of perception, or verbs such as *need* or *have got*.

*The wound **is** very sore.*
*It **looks** serious.*
*That **doesn't sound** good.*
*He **needs** stronger painkillers.*

We can also use the Present Simple to talk about a habit or repeated action. This is sometimes combined with an adverb of frequency such as *often* or *regularly*.

*She **falls** over very easily.*
*He **doesn't take** his medication every day.*
***Do** you **get** pains in your back?*

With some verbs, we can use either the Present Continuous or Present Simple with no real change in meaning, e.g. *hurt*, *show*, or *work*.

*It **hurts** just here.*
= *It's **hurting** just here.*

*The X-ray **shows** a hairline fracture.*
= *The X-ray's **showing** a hairline fracture.*

*The tablets **don't work**.*
= *The tablets **aren't working**.*

Present Continuous

We use the Present Continuous to describe an action or situation that is happening now. We don't generally use the Present Continuous with verbs of perception such as *think*, *know*, *sound* or *look* + adjective.

*My head's **throbbing**.*
*I'**m getting** pains in my shoulder.*

*His arm **isn't aching** as much as it was before.*
= *am / is / are* /(+ *not*) + *-ing* form

Present Perfect

We use the Present Perfect to talk about something that has happened recently. We sometimes use *just* to emphasize a very recent event.

*The patient **has** (just) **discharged** himself.*

*You **haven't broken** your arm.*
= *have / has* (+ *not*) + past participle

We also use the Present Perfect to refer to a time span from any time in the past up to the present.

*He's **broken** his arm several times.*
= during his life

*She's **fallen** over twice this month.*

1. The patient **has just arrived / just arrives** at the emergency room.
2. Her ankle **is swelling / swells** quickly after the fall.
3. He **doesn't take / isn't taking** his medication regularly.
4. The doctor **is checking / checks** her blood pressure right now.
5. She **breaks / has broken**her arm twice in the past year.
6. It **looks / is looking** like a deep cut.
7. The nurse **already cleans / has already cleaned** the wound.
8. He **isn't feeling / doesn't feel** very well at the moment.
9. The child **falls / is falling** over very easily.
10. We **haven't received / aren't receiving** the X-ray results yet.

LIVEWORKSHEETS