



# 5 Pain

## LANGUAGE

### 1 Grammar

Choose the correct option to complete the sentences.

- 1 A fracture is *least serious / painful / less serious* than a break.
- 2 My rash is *more itchy / red / itchier* today than yesterday.
- 3 Do kidney stones hurt *more / most / least* than childbirth?
- 4 You look much *best / better / good* today?
- 5 A migraine is the *most / least / more* severe headache you can have.
- 6 Operations are *most successful / successful / more successful* these days than before.
- 7 *Less / Least / Most* illnesses are curable, if treated early.
- 8 This medication will make you feel less *painful / pain / dull* in your arm.

### 2 Key words from the unit

Complete the sentences with the words from the list.

- 1 \_\_\_\_\_ is often given during labour.
- 2 A \_\_\_\_\_ is a severe headache.
- 3 Hypnosis is an alternative form of \_\_\_\_\_.
- 4 \_\_\_\_\_ or slight pain is **not** severe.
- 5 Local \_\_\_\_\_ are often given for operations.
- 6 He has a pain in the chest when he \_\_\_\_\_.
- 7 The terrible pain her arm is \_\_\_\_\_.
- 8 Women feel \_\_\_\_\_ after giving birth.

migraine  
mild  
sore  
anaesthetics  
coughs  
gas and air  
agonizing  
pain relief

## READING AND VOCABULARY

Pain is important because it tells us that we are injured or ill. However, we don't all feel pain in the same way. Researchers are trying to learn more about this fact. Their experiments show that children are more sensitive to pain than adults, and that men can tolerate more pain than women.

Pain is also difficult to measure and describe. This is a problem because it is an important symptom and medics (medical staff) need information from patients about it. It is therefore common practice to give patients lists of words and ask them to say which words best describe three things: the type of pain they are suffering, its intensity (how bad it is) and its frequency (how often they feel it).

With some patients, such as children, words don't work very well to describe intensity, so medics use smiley faces or sometimes colours. For example, blues mean a mild pain and reds mean severe pain. Some medics prefer a range of numbers; 0 is no pain and 10 is unbearable pain.

Pain does not always show where an injury is. Internal organs, for example, do not have many pain-receiving nerve endings, so internal injuries often cause pain in a different part of the body. This is called 'referred pain'. One example of referred pain is when someone suffering a heart attack feels pain in their left shoulder, arm or hand.



### 3 Comprehension

Use the information in the text to complete the sentences with a, b or c.

- 1 Researchers are trying to find out why \_\_\_\_\_.
  - a people experience pain differently.
  - b people feel pain.
  - c pain is important to people.
- 2 Experiments show that \_\_\_\_\_.
  - a pain is worse for men than women.
  - b men can take more pain than women.
  - c children feel less pain than adults.
- 3 Nurses need to measure a patient's pain because \_\_\_\_\_.
  - a pain is a problem.
  - b pain is a symptom.
  - c patients can't describe it.
- 4 Medics ask patients for a number to describe \_\_\_\_\_.
  - a the kind of pain they have.
  - b how bad the pain is.
  - c how often they're in pain.
- 5 To describe pain, medics ask children to \_\_\_\_\_.
  - a point to a smiley face.
  - b think of some numbers.
  - c say how it feels.
- 6 You experience referred pain \_\_\_\_\_.
  - a only in your internal organs.
  - b long after an injury.
  - c in a different place from an injury.

### 4 Vocabulary

Write 'F' next to the sentences which are about *frequency* of pain.

Write 'T' next to the sentences which describe *types* of pain (T).

- 1 He says his toe is throbbing. \_\_\_\_\_
- 2 It's wearing off now and it's just an occasional ache. \_\_\_\_\_
- 3 The shooting pains are getting worse. \_\_\_\_\_
- 4 He complains of frequent headaches. \_\_\_\_\_
- 5 She has a stabbing pain in her side. \_\_\_\_\_
- 6 She was in constant pain, but now it's gone. \_\_\_\_\_

### 5 Further vocabulary practice

Give these patients' pain a score from 1 to 6. 1 is the lowest pain, 6 is most severe.

- a 'It's moderately painful when you touch it.' \_\_\_\_\_
- b 'It's agonizing, I can't bear it.' \_\_\_\_\_
- c 'There is a very mild pain when I move.' \_\_\_\_\_
- d 'It feels very sore.' \_\_\_\_\_
- e 'There's a severe stabbing pain in my head.' \_\_\_\_\_
- f 'It's not bad today, thank you.' \_\_\_\_\_



## WRITING

## 6 Writing a report

Read the example Pain Report and use the information in the box to write a similar report about a patient with appendicitis, Mrs. Fawza Adnan.

## Example Pain Report

At 18.30 last night the patient complained of a constant shooting pain in his right leg. The pain ranged from moderate to severe. At 08.30 today he says that the type of pain has not changed but it is now occasional. However, when it comes it is much worse. The patient says he is in agony.

Patient's name: Mrs Fawza Adnan				
Time	Location of pain	Pain frequency	Pain intensity	Pain type
19.00	upper abdomen	occasional	mild to moderate	sharp
09-45	lower right abdomen	constant	moderate to severe	stabbing