

BINA INSAN NURSING ACADEMY
MID-TERM TEST FOR NURSING ENGLISH PROFICIENCY
THE ACADEMIC YEAR 2023-2024

Student's Name :

Level :

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I. Select A, B, C, or D correspond to your best answer

1. Ann...help your brother. He's got a _____ on his thumb for stumbling on stones.
Puncture it with this needle.
 - a. Swelling
 - b. Bruise
 - c. Blister
 - d. Lump

2. The nurse has been accustomed to reading the doctor's _____. She can even read the doctor's writing when another person does not.
 - a. Perception
 - b. Prescription
 - c. Prediction
 - d. Presumption

3. The human body requires _____ of food from all the main food groups: carbohydrates, protein, fats, vitamins, fibre and minerals.
 - a. A balanced diet
 - b. A balanced mixture
 - c. A tight diet
 - d. A bland diet

4. Are you _____ Tuna fish?
- a. Allergic on
 - b. Allergic at
 - c. Allergic to
 - d. Allergic with
5. A: _____ that medicine?
- B: Dr. Kenny
- a. Who prescribing you
 - b. Whose prescribe you
 - c. Who prescribed you
 - d. When prescribed you
6. After walking so far, she felt _____ and needed to sit down.
- a. Vomited
 - b. Nauseous
 - c. Nauseating
 - d. Nausea
7. _____ your uncle tomorrow? He is hospitalized now.
- a. Are you to visiting
 - b. Will you visit
 - c. Must you visit
 - d. You will visit
8. Rita could die of _____ because of her tight diet, so she must eat something to get her better.
- a. Dyspepsia
 - b. Intestinal colic

- c. Anorexia
- d. Dysphagia

II. For numbers 9 to 12, read the following text and choose the best answer according to your choice.

Nutritionists classify food by groups. They say that the human body requires a balanced mixture of food from all the main food groups: carbohydrates, protein, fats, vitamins, fibre and minerals. The secret of good health is to eat a balanced diet, with the right amount of food, and to take plenty of physical exercise.

When there is an imbalance – for example, if you eat too little or too much, or when one of the food groups is missing from your diet – this can cause vitamin deficiency, illness, and even death. If there is no treatment and the diet does not change, death is a possibility. One example of this is the problem of obesity – this is when a person is dangerously overweight. Obesity is most common in developed countries.

The imbalance comes from eating a diet that is high in fat, sugar, and salt, not eating enough fruit, vegetables, and fibre, and not burning the extra calories through physical exercise. In the case of eating disorders such as anorexia nervosa and bulimia, the imbalance leads to weight loss, when a person eats less than they need. Sufferers are mostly teenage girls – they either starve themselves in order to lose weight, or eat a lot of food at once (binge-eating) and vomit up all the food later. They often end up in the hospital, and after emergency life-saving treatment they receive psychiatric help and counselling

9. What is the cause of anorexia nervosa?
- a. Having a weight loss
 - b. No appropriate treatment given
 - c. Eating pattern disorder
 - d. Imbalanced diet

10. The following are the cause examples of imbalanced eating patterns, unless
- a. Vitamin deficiency
 - b. Burning calories too much
 - c. Producing weight loss
 - d. Requiring psychiatric help
11. According to the text, what does the imbalanced disorder of diet derive from?
- a. Eating too many calories
 - b. Consuming much vegetables
 - c. Consuming too much fabric food.
 - d. Having consumed too much salty food.
12. What is the cause of vitamin deficiency according to the text?
- a. Too much physical exercises
 - b. Eating less than one needs
 - c. Having a right amount of food
 - d. Dislike all fruits and vegetables on her diet

For numbers 13 to 17, read the following text and choose the best answer according to your choice.

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 the intensity, so medics use smiley faces or sometimes colours. For example, blues mean 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.

13. Why does pain give an important aspect to us?

- a. it gives a sensitive feeling to those who get injured
- b. It provides a wide range of experiments for researchers.
- c. it provides us with information that we are feeling sick.
- d. It can inform us that children can tolerate more than a man.

14. What is the most difficult problem for medical staff about pain?

- a. pain cannot give a piece of specific information about certain diseases
- b. Patients are mostly reluctant to give information about their disease.
- c. It is difficult to get clear information about the measurable and describable pain.
- d. The medical staff find it difficult to define between signs and symptoms.

15. The following are the techniques used by medical staff to get information about the patient's pain, unless:

- a. Medical staff give a list of words to patients about the pain
- b. Ask the patient to describe the pain by the medical staff
- c. Ask the patient's pain intensity by the medical staff
- d. The frequency of the medical staff gets information about the pain

16. According to the text, what is “the referred pain” meant?
- a. unbearable pain in which the patient feels the pain
 - b. injury in the internal organ of parts of our body in which it is difficult for the nurse to measure
 - c. pain in nerve endings when a part of our body is injured
 - d. injury in the organ felt in other parts of the body
17. To get clear information about the child's pain intensity, what do the medical staff frequently use?
- a. Persuade the child with a colorful toy.
 - b. give the child many colors he likes.
 - c. give a bewitching smile to the child.
 - d. interpret the colors chosen by the child.

For numbers 18 to 21, read the following text and choose the best answer according to your choice.

Signs and symptoms are the tools for making a diagnosis, but what is the difference between the two? The signs of an illness are the things that a doctor or nurse can see and measure. Signs are things like spots and bleeding. Temperature, heart rate, blood pressure, and respiration rate are all signs because you can measure them. Symptoms are the things that a patient experiences, but others can't always see. Dizziness and nausea are examples of symptoms.

The symptoms that make a patient seek medical help in the first place are called the presenting symptoms. Medics describe them in terms of being either strong, mild or weak. Sometimes the symptoms of serious illnesses like cancer and diabetes are weak. They stay weak for a long time and the illness remains undiagnosed.

Many illnesses have the same symptoms. These symptoms are called non-specific. Fatigue is an example of this. It's a symptom of many kinds of illness, both chronic and acute, and of both physical and mental disorders.

Doctors ask patients about the onset of the symptoms, what they feel like, what relieves them, and what makes them worse. The more detail they have, the faster they can make a diagnosis.

18. The followings are the example of symptom according to the text.

- a. dizzy, nausea, bruise, sneezing
- b. vomiting, headache, spot, measles
- c. fatigue, restlessness, headache, dyspepsia
- d. stomatitis, irritation, swollen gums, dizzy

19. Why is the respiration rate included in the signs, rather than the symptoms?

- a. the patient cannot tell about what he feels.
- b. the diagnosis is difficult to be taken
- c. measurement is an indication of a sign
- d. it is difficult to measure the respiration

20. What is meant by presenting symptoms?

- a. Patient seeks medical service
- b. Patient makes complaint about his illness
- c. symptom that is strong or weak
- d. the patient who checks his symptom

21. According to the text, how does the doctor get faster in diagnosing of diseases?

- a. observing the symptoms of many kinds of illnesses
- b. observing a specific symptom in a detailed manner
- c. observing the onset of symptoms
- d. observing what the patient feels worse.

For numbers 22 to 24, read the following text and choose the best answer according to your choice.

The prefix haem- means blood. The study of blood is haematology, haemophilia is a disease of the blood and a haemorrhage is a bruise. In humans, blood forms in the bone marrow by a process called haemogenesis. Blood circulates around the body through the cardiovascular system of arteries, veins, and capillaries.

Blood has many functions. It distributes oxygen, keeps the body warm, and removes waste. More than half of the blood in the body is a fluid called plasma – plasma is mostly water. The rest of the blood is made up of red cells which carry oxygen, white cells which protect against disease, and platelets which heal wounds.

When someone loses a lot of blood they need a transfusion. There are different types of human blood and medics usually use the ABO system which puts blood into four main groups: A, B, AB, and O. The donor blood must be compatible with the blood of the recipient because a transfusion of the wrong blood can be fatal. Medical conditions affect blood in many ways, so a blood test is a good way to get information about a patient's state of health. The shape, size, behavior, and number of blood cells can provide information about kidney and liver function, levels of hormones, glucose, and cholesterol, and about a patient's immune system.

22. The followings are the functions of blood, unless:

- a. to distribute oxygen around our body.
- b. to protect against diseases
- c. to heal the wound
- d. remove fluid in our body

23. The donor blood must be **compatible** with the blood of the recipient. The highlighted word means:

- a. adaptable
- b. suitable
- c. adjustable
- d. receivable

24. According to the text, the following are the functions of blood cells, unless.

- a. provide the shape and size of blood
- b. inform the medical condition
- c. provide information about renal function
- d. help inform the body's immune system.

For numbers 25 to 27, read the following text and choose the best answer according to your choice.

We have to accept death and the dying process. This is why palliative care does not try to cure people with terminal illnesses but tries to relieve symptoms, alleviate pain, and prepare relatives. Drugs are not the only way to manage pain. Hospices now use a variety of other methods. Massage, relaxation therapy, acupuncture, and music can be useful too. It is very hard to watch someone go through a long, painful, debilitating illness. Some grieving relatives and other carers will help a person they love end their life if that's what they want. However, in most countries this is illegal and the process of dying takes its natural course. It is not always easy to say exactly when someone is actually dead, especially now that mechanical aides can keep patients alive artificially. But for most doctors, a person is dead when all brain activity, breathing, metabolism, and pulse have stopped.

Sometimes there is an autopsy after someone dies. But in most cases, post-mortem care involves making careful records and preparing the body for a funeral. This usually means a burial or cremation, according to religion and belief. Bacteria and acids begin the process of decomposition almost immediately after death. The body goes pale, its temperature drops, and a short time later the limbs go stiff. The rate of decomposition varies according to climate, but a body will eventually disappear completely

25. What does palliative care do according to the text?

- a. to cure people with terminal illness
- b. to provide appropriate drugs form certain diseases
- c. reduce pain felt by the patient
- d. to manage the pain well.

26. What do most doctors conclude about the death?
- a. when the process of dying comes illegally and normally
 - b. when the decomposition process begins
 - c. when pulse, metabolism, brain, and breathing rejuvenate.
 - d. not all of the answers are correct.
27. What happens to the dead body soon after the decomposition?
- a. the body does not go pale and pale
 - b. the temperature rises slightly
 - c. the body will appear completely
 - d. the limbs go stiff

III. Drag the words to fill the suitable missing words

susceptible	consciousness	stretcher	passed away	spotless
drops of blood	post-mortem	clot	foreign bodies	veins
haemoglobin	dementia	funeral	wound	grieving

28. After the accident, the emergency room doctor noticed a deep _____ on the patient's leg.
29. The detective found _____ at the crime scene, indicating that someone had been injured.
30. He went through a detailed _____ examination to determine the cause of death.
31. The nurse carefully inserted a needle into the patient's _____ to draw a blood sample.
32. After the surgery, the surgeon checked to make sure there was no _____ in the blood vessels.
33. The laboratory technician analyzed the patient's blood sample to measure the level of _____.
34. Despite her age, she had a _____ complexion without any blemishes.

35. The doctor explained to the family that their loved one had unfortunately _____.
36. The elderly woman's _____ left her in a state of confusion and memory loss.
37. The family was in a state of deep _____ following the loss of their grandfather.
38. The patient gradually regained _____ after waking up from anesthesia.
39. The _____ took place in a somber atmosphere as friends and family paid their last respects.
40. The patient's weakened immune system made her more _____ to infections.
41. Ann, you'd better use _____ to take him to the lab for he is not able to sit up well.
42. _____ can be very dangerous for his wound. Check and wipe it with an antibiotic ointment.

IV. Match the sentences in left box with the words in the right box.

43. She experienced sudden and severe _____ in her emotional state, making it difficult to predict her mood.
44. The doctor administered local _____ to numb the area before stitching up the wound.
45. After the injury, there was noticeable _____ and discoloration around the affected area.
46. It's important to maintain a _____ to ensure you're getting all the necessary nutrients for good health.
47. The patient developed a red, itchy skin _____ as an allergic reaction to a new medication.
48. In her last trimester of pregnancy, the doctor advised her to prepare for _____ during childbirth.
49. He had an uncontrollable _____ for sugary snacks, making it hard to resist indulging in them.
50. The test results showed several small _____ on his skin, which required further examination.
51. The injury left a painful _____ under his skin, which the doctor had to examine.
52. After the surgery, the doctor used _____ to close the incision, ensuring proper wound healing.
53. She felt _____ and had difficulty moving the affected body part due to the inflammation.
54. The woman was _____ to her smartphone and couldn't go a day without using it.
55. In labor, she opted for the use of _____ to manage the pain and discomfort.

- A. Stitches
- B. balanced diet
- C. cravings
- D. confinement
- E. mood swings
- F. swollen
- G. lump
- H. spots
- I. anaesthetics
- J. gas and air
- K. rash
- L. agonizing
- M. bruising
- N. addicted