

Critical Reading Workshop

Clinical Case 1: Diabetes

Follow-up

Mr. Lopez is a 55-year-old patient with type 2 diabetes.

He visits the community clinic every month. He checks his blood sugar daily and takes oral medication. The nurse advises him to eat healthy food and walk 30 minutes a day.

1. How old is Mr. Lopez?
A) 45
B) 50
C) 55
D) 60
2. What illness does he have?
A) Hypertension
B) Diabetes type 2
C) Obesity
D) Heart disease

3. What advice does the nurse give?

- A) Sleep more
- B) Drink coffee
- C) Eat healthy and walk
- D) Stop medication

Clinical Case 2:

Respiratory Infection

Ana is a 6-year-old girl with cough and fever. Her mother takes her to the health center. The doctor says it is a mild respiratory infection.

Ana needs rest, water, and medicine for three days.

4. Who takes Ana to the clinic?
A) Her father
B) Her nurse
C) Her teacher
D) Her mother
5. What problem does Ana have?
A) Stomach pain
B) Broken arm

- C) Respiratory infection
- D) Allergy

6. How long does she need medicine?

- A) One day
- B) Two days
- C) Three days
- D) One week

- B) Her exercise plan
- C) Her medication
- D) Her appointment

9. What should she reduce?

- A) Sugar
- B) Water
- C) Salt and stress
- D) Sleep

Clinical Case 3: High Blood Pressure

Mrs. Green is 62 years old. She has high blood pressure. The doctor checks her blood pressure and changes her medication. He also recommends reducing salt and stress.

7. What condition does Mrs. Green have?

- A) Diabetes
- B) High blood pressure
- C) Asthma
- D) Infection

8. What does the doctor change?

- A) Her diet

Clinical Case 4: Prenatal Care

Maria is pregnant and visits the clinic for prenatal care. The nurse checks her weight and blood pressure. She explains the importance of vitamins and regular visits.

10. Why does Maria visit the clinic?

- A) Vaccination
- B) Emergency
- C) Prenatal care
- D) Surgery

11. What does the nurse check?

- A) Vision
- B) Weight and blood pressure

- C) Temperature only
- D) Heart rate only

12. What does the nurse explain?

- A) Exercise routines
- B) Labor process
- C) Importance of vitamins
- D) Baby names

Clinical Case 5: Child Nutrition

A community nutrition program helps children with low weight. Health workers give parents advice about balanced meals and clean water.

13. Who does the program help?

- A) Elderly people
- B) Doctors
- C) Children
- D) Teachers

14. What do health workers give?

- A) Medicine
- B) Advice
- C) Money
- D) Toys

15. What is important for meals?

- A) Fast food
- B) Balanced meals
- C) Sugar
- D) Salt

Clinical Case 6: Elderly Home Visit

A nurse visits Mr. Brown at home. He is 78 years old and lives alone. The nurse checks his medication and asks about pain.

16. Where does the nurse visit Mr. Brown?

- A) Hospital
- B) Clinic
- C) Home
- D) Pharmacy

17. How old is Mr. Brown?

- A) 68
- B) 70
- C) 75
- D) 78

18. What does the nurse check?

- A) His vision
- B) His medication

- C) His weight
- D) His temperature

Clinical Case 7: Hygiene Education

Health workers visit a school to teach children how to wash their hands correctly to prevent infections.

19. Where do health workers go?
- A) Hospital
 - B) Clinic
 - C) School
 - D) Home
20. What do they teach?
- A) Exercise
 - B) Hand washing
 - C) Nutrition
 - D) Sports
21. Why is hand washing important?
- A) For fun
 - B) To save water
 - C) To prevent infections
 - D) To clean clothes

Clinical Case 8:

Community Vaccination

A vaccination campaign is organized in a rural area. Nurses vaccinate adults and children.

22. Where is the campaign?
- A) City hospital
 - B) Rural area
 - C) Private clinic
 - D) School
23. Who gives the vaccines?
- A) Doctors
 - B) Teachers
 - C) Nurses
 - D) Parents
24. Who receives vaccines?
- A) Only adults
 - B) Only children
 - C) Adults and children
 - D) Only elderly

Clinical Case 9: Obesity

Prevention

The clinic offers talks about physical activity and healthy food to prevent obesity.

25. What problem do the talks prevent?

- A) Infection
- B) Obesity
- C) Injury
- D) Stress

26. What activities are recommended?

- A) Rest only
- B) Physical activity
- C) Sleeping
- D) Watching TV

27. What food is recommended?

- A) Fast food
- B) Healthy food
- C) Sugar
- D) Salt

Clinical Case 10: Clean

Water Access

In a small community, people learn to boil water before drinking it to avoid diseases.

28. What do people learn to do?

- A) Buy water
- B) Boil water
- C) Save water
- D) Filter air

29. Why do they boil water?

- A) To improve taste
- B) To sell it
- C) To avoid diseases
- D) To cool it

30. Where does this happen?

- A) Big city
- B) Hospital
- C) Small community
- D) School

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