UNIT 13

MEDICAL HISTORY

1. Think about the questions a physical or massage therapist has to ask the patient before beginning a massage. Write down your ideas.
Zastanów się nad pytaniami, jakie fizjoterapeuta lub masażysta musi zadać pacjentowi, zanim zacznie wykonywać masaż. Zapisz swoje pomysły.

Questions I would ask:

_____

_____

_____

_____

22 **2. Read the text and answer the following questions. Then check your ideas for questions in exercise 1.**
Przeczytaj tekst i odpowiedz na poniższe pytania. Następnie sprawdź swoje pomysły na pytania z ćwiczenia 1.

1 What does a physical or massage therapist need to do before he/she begins a massage?
2 Why is knowledge of a patient's medical history important?
3 What kind of things does a therapist have to ask the patient about?

GLOSSARY

accident – wypadek
conduct – przeprowadzić
current – aktualny, bieżący
deviation – odchylenie
fracture – pęknięcie
influence – wpływ, wpływać
interfere – ingerować, przeszkadzać
lawsuit – pozew
miss – nie trafiać, przeoczyć
palpation – badanie palpacyjne
prescribe – przepisać, zalecać
restriction – ograniczenie
sound – rozsądny, solidny, zdrowy
surgery – operacja
tailor – krawiec, tutaj: **tailor to** – dopasować do, dostosować do

LIVEWORKSHEETS

The importance of diagnosis

Patients are like puzzles. To successfully help them you need to have all the pieces of this puzzle. Or at least as many as possible. A good diagnosis of movement dysfunctions will help you **tailor** the treatment plan to the needs of a particular patient. **You need to know** which type of massage will be suitable for the patient and which one might do more harm than good. To correctly diagnose the patient and come up with a **sound** treatment plan, you need to know the past medical history of the patient (PMH) and the history of present illness (HPI). Why is this important? PMH and HPI provide most of the information needed for a correct diagnosis.



You need to look at the big picture and remember that past **accidents** or conditions, however unimportant, may affect your patient's **current** condition and **interfere** with the treatment plan you developed. If you don't ask your patients about their medical history, you might **miss** something important and end up putting them and yourself, at risk. If a patient gets injured because you failed to take their medical history (which could show that there are contraindications for some techniques or treatments), you are leaving yourself open to a **lawsuit**. For this reason, **you need to collect the following information** about your patients:

- any existing medical conditions,
- previous **surgeries** or **fractures**,
- previously received treatments (type of treatment, duration of the treatment, response to the treatment, reasons for discontinuation)
- joint range of motion,
- manual muscle tests (MMT),
- movement or activity **restrictions**,
- painful or unpleasant positions or movements,
- present medication (it could **influence** your intervention),
- pain or symptoms in other areas such as thoracic spine or shoulder,
- known allergies (if you **prescribe** any medication),
- vital signs: heart rate, blood pressure, temperature.

LIVEWORKSHEETS

Once you gather all this information you can:

- begin the examination of the patient's standing and sitting position,
- look for postural **deviations**,
- use **palpation** to assess muscle spasms and the tenderness of musculoskeletal structures,
- test muscle strength,
- check the active range of motion (AROM),
- check the passive range of motion (PROM),
- **conduct** the sensory examination,
- check reflexes.

3. Match the suitable words with their definitions.

Dopasuj odpowiednie słowa do definicji.

blood pressure **thoracic spine** **diagnose** **fracture**
heart rate **sensory** **lawsuit** **palpation**

1 _____ – a legal complaint against someone that a court has to settle

2 _____ – the force with which blood flows around a person's body

3 _____ – part of the spine in the upper back

4 _____ – a break or crack in a bone

5 _____ – an examination of a part of the body, by touching it with the fingers or hands

6 _____ – the number of times someone's heart beats per minute

7 _____ – to recognise and name the exact character of a disease by examining it

8 _____ – connected with the physical senses (touch, smell, taste, hearing and sight)

LIVEWORKSHEETS

4. Complete the sentences with the suitable words.
Uzupełnij zdania odpowiednimi słowami.

fracture **affect** **interfere with** **heart rate**
restrictions **blood pressure** **lawsuit** **the big picture**

1 If a patient is currently taking any medication, the medication might _____ the treatment.

2 A normal resting _____ for adults varies from 60–100 beats a minute.

3 Rheumatism doesn't only _____ older people.

4 Very high or very low _____ can be dangerous to a person's health.

5 Patients who had a wrist or hip _____ usually require physical therapy to regain use and full range of motion.

6 Which type of treatment to choose depends on whether or not any movement _____ are present.

7 When you take medical history of a patient, try to concentrate on _____ and not just on current condition.

8 A patient may file a _____ against you if you make any serious mistakes treating the patient.

5. Look at the phrases in bold black letter. What is the meaning of the verb *need* in these cases? What other verbs can be used to convey a similar meaning?
Spójrz na pogrubione na czarno wyrażenia w tekście. Jakie jest znaczenie czasownika ***need*** w tych przypadkach? Jakie inne czasowniki mogą zostać użyte w podobnym znaczeniu?

GRAMMAR: 7. Have to, must, need to, should

_____

_____

_____

LIVEWORKSHEETS

6. Read the information about assessing symptoms and match the missing questions to the eight aspects.

Przeczytaj informację o ocenie symptomów i dopasuj brakujące pytania do ośmiu aspektów.

1 When did the pain start?
2 How long has this pain lasted?
3 Where is the pain located?
4 Does the pain come and go?
5 Does the pain change with any specific activities?
6 How bad is the pain?
7 Is there anything that reduces the pain?
8 Is there anything that makes the pain worse?
9 Is the pain severe, moderate or mild?
10 What makes the pain better?

DIMENSION	QUESTIONS
ONSET	When did the pain first occur?
LOCATION	_____ Does the pain radiate to any other area of the body?
DURATION	_____ How long have you had these symptoms?
CHARACTER	_____ Do you have any other symptoms?
AGGRAVATING/ ASSOCIATED FACTORS	_____ What activities make the pain worse?
RELIEVING FACTORS	_____ _____
TIMING	Is the pain recent? Is the pain chronic?
SEVERITY	_____ Does the pain interfere with any activities?

LIVEWORKSHEETS