

Monika Nowicka

JĘZYK ANGIELSKI DLA ZAWODÓW MEDYCZNYCH

ENGLISH
FOR MEDICAL PROFESSIONS



ENGLISH FOR MEDICAL PROFESSIONS

THIS BOOK BELONGS TO

Name

Surname

E-mail

Phone

AUTOR	Monika Nowicka
REDAKTOR PROWADZĄCY	Monika Nowicka
OPRACOWANIE REDAKCYJNE	Edyta Detz, Sylwia Skrzypińska
KONSULTACJE	Beata Chrust
LEKTORZY	Katarzyna Burzyńska, Urszula Kizelbach, Łukasz Pakuła
PROJEKT OKŁADKI	Magdalena Skrzydlewska
OPRACOWANIE GRAFICZNE, SKŁAD I ŁAMANIE, PRZYGOTOWANIE DO DRUKU	UKRYTY WYMIAR Krzysztof Kanclerski biuro@uwymiar.pl
ILUSTRACJE	Fotolia®
WYDAWNICTWO	Centrum Rozwoju Edukacji EDICON sp. z o.o. ul. Kościuszki 57 61-891 Poznań
	Wydanie I
ISBN	978-83-946506-8-1
DRUK I OPRAWA	CGS Drukarnia ul. Towarowa 3 62-090 Mrowino www.cgs.pl

Materiały edukacyjne obejmują zagadnienia zawarte w rozporządzeniu Ministra Edukacji Narodowej z dnia 31 marca 2017 r. w sprawie podstawy programowej kształcenia w zawodach (Dz.U. 2017 poz. 860)

TABLE OF CONTENTS

SPIS TREŚCI

5	Introduction Wprowadzenie
8	Unit 1: Healthcare jobs
18	Unit 2: Domiciliary care
26	Unit 3: Home care nursing
34	Unit 4: Housing options for the elderly
46	Unit 5: Parts of the body
54	Unit 6: Body systems
62	Unit 7: At the hospital
70	Unit 8: Health conditions
80	Unit 9: Health problems of the elderly
88	Unit 10: Medications
98	Unit 11: First aid
106	Unit 12: Looking for a job
114	Polish up on your grammar!
154	Transcripts Transkrypcje nagrań
173	References Źródła

HEALTHCARE JOBS

1. Look at the pictures. Who are these people? What are they doing? Try to identify some of the tasks and different jobs.

Spójrz na zdjęcia. Kim są ci ludzie? Co robią? Spróbuj nazwać niektóre z wykonywanych zadań oraz zawody.



1



2



3











2. Read the text and describe selected pictures from exercise 1. This time use the information and vocabulary from the text.

Przeczytaj tekst i opisz wybrane zdjęcia z ćwiczenia 1. Tym razem wykorzystaj informacje i słownictwo z tekstu.

GLOSSARY

carry out - wykonywać, realizować

common - często występujący, zwyczajny, wspólny

depend on - zależeć od

disabled - niepełnosprawny

enter - wpisywać

hospice - hospicjum

housekeeping - prowadzenie domu, porządkowanie

improve - poprawiać

independently - niezależnie

injury - uraz, kontuzja

master - opanować

memory loss - utrata pamięci

mental health - zdrowie psychiczne

prescription - recepta

query - zapytanie

recover - wyzdrowieć, dojść do siebie

refer - odsyłać, skierować

supervision - nadzór

surgeon - chirurg

surgery - operacja (chirurgiczna), przychodnia, gabinet lekarski

treatment - leczenie, zabieg

Healthcare assistants

They carry out a wide range of duties, often under the **supervision** of qualified nursing staff. Their tasks differ **depending on** where they work, e.g. they may work as live-in carers (in someone's home).

Healthcare assistants:

- help patients with personal care, hygiene, meals and mobility,
- take a patient's temperature and blood pressure,
- **carry out** a range of **housekeeping** duties,
- help with basic day-to-day tasks.

Nurses

They support healthcare professionals such as **surgeons** and doctors. Nurses work in hospitals, **hospices**, schools and many other places.

Nurses:

- assist doctors with a number of tasks and examinations,
- supervise the work of healthcare assistants,
- administer medications,
- take a patient's temperature and blood pressure,
- collect blood samples,
- vaccinate children and adults.

General Practitioners (GPs)

They provide general medical **treatment** for people who live in a particular area. They're usually a patient's first point of contact (e.g. in the **surgery**, at home).

GPs:

- diagnose a patient's condition (the stethoscope is the most popular equipment used by GPs),
- treat **common** medical conditions, e.g. a sore throat and a cold,
- **refer** patients to other doctors or hospitals for specialist treatment.

Pharmacists

They are experts in medications and their use. They usually work in pharmacies.

Pharmacists:

- advise patients about health issues and symptoms,
- sell **prescription** and over-the-counter medications,
- advise patients on how to take their medications,
- inform about potential side effects.

Occupational therapists

They help children and adults who are physically **disabled**, have learning difficulties, **mental health** problems or who are **recovering** from an illness. They work in hospitals, patients' own homes and other places.

DOMICILIARY CARE

4  1. Read the text and answer the questions below.

Przeczytaj tekst i odpowiedz na poniższe pytania.

GLOSSARY

available - dostępny

domiciliary - domowy, w domu

need - potrzeba

recuperation - powrót do zdrowia,
rekonwalescencja

rehabilitation - rehabilitacja

round-the-clock - całodobowy

routine - rutyna, zwyczaj, ustalony porządek

support - wsparcie

Domiciliary care (also known as care at home) is for people who want to stay in their own home while receiving the treatment they need (e.g. during **recuperation** or **rehabilitation**). It is especially good for seniors who need extra help with personal care, medication management and household tasks.



People choose domiciliary care because it means that they or their loved ones can continue to stay in the place they feel most comfortable and have the **support** that's completely built around the **needs** and **routines** of an individual.

There are different options **available** for those who are interested in domiciliary care: one-to-one personal care for a couple of hours a week, several visits a day, overnight support or a live-in carer who will provide **round-the-clock** care.

Adapted from: www.helpinghandshomecare.co.uk

- 1 Who can benefit from domiciliary care?
- 2 What different types of domiciliary care are available?
- 3 Who could be most interested in the round-the-clock care?
- 4 How is the work as a live-in carer different from that of a healthcare assistant who works in a hospital?

2. Read the job offer below and decide whether the following statements are true (T) or false (F).

Przeczytaj ofertę pracy i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

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

GLOSSARY

asset - atut, zaleta

competitive salary - konkurencyjne wynagrodzenie

driving licence - prawo jazdy

flexible - elastyczny

pattern - schemat, wzorzec

PPE, personal protective equipment - środki ochrony osobistej

prompt - podpowiadać, przypominać

tidy - schludny, czysty

uniform - mundur, ubranie służbowe

Have you got previous experience of minimum 1 year as a live-in carer?

Do you love helping others? If so, think about a career with Carers4U!

We are looking for experienced live-in carers who will be responsible for assisting our Customers with personal care, helping them to get dressed, medication **prompting**, meal preparation, shopping and keeping their home clean and **tidy**.

Benefits & Rewards:

- **competitive salary**
- free **uniform** and **PPE**
- free training
- **flexible** working **pattern** (2 weeks on/2 weeks off)

Driving licence is not required, but will be an **asset**.

- 1 You must have minimum two years of experience.
- 2 You won't have to do the shopping.
- 3 You don't need to have your own uniform.
- 4 You will not have to pay for the training.
- 5 You must have a driving licence.

3. Translate the following sentences using modal verbs.

Przetłumacz poniższe zdania, używając czasowników modalnych.

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

- 1 Przed rozpoczęciem pracy musisz odbyć specjalistyczne szkolenie.

- 2 Opiekunowie medyczni nie powinni podawać leków bez nadzoru pielęgniarek.

- 3 Nie musisz posiadać własnych środków ochrony osobistej.

- 4 Będziesz musiał przygotowywać dwa posiłki dziennie.

- 5 Powinnaś mieć doświadczenie w pracy ze starszymi osobami.

4. Match the phrases with their Polish equivalents.

Dopasuj wyrażenia do ich polskich odpowiedników.

- | | |
|----------------------------------|---------------------------------|
| 1 do the laundry | a pozmywać naczynia |
| 2 dust the furniture | b podlewać rośliny |
| 3 do the washing-up | c zrobić pranie |
| 4 iron clothes | d wyprasować ubrania |
| 5 load and unload the dishwasher | e odkurzyć podłogi |
| 6 take out the rubbish | f nakarmić psa |
| 7 water the plants | g zrobić zakupy |
| 8 vacuum the floors | h wynieść śmieci |
| 9 feed the dog | i załadować i wyładować zmywarę |
| 10 do the shopping | j zetrzeć kurz z mebli |

2. Circle the correct answer.

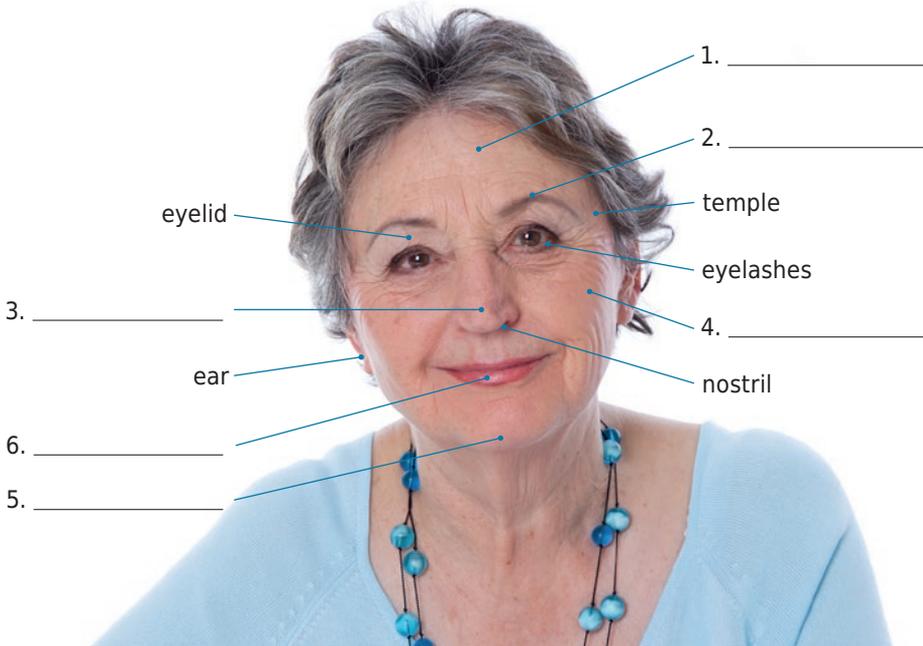
Zakreśl poprawną odpowiedź.

- 1 **Calf/Thigh** is the part of your leg above your knee.
- 2 **Hips/Shoulders** are below the waist.
- 3 The part of the body between the hand and the forearm is called the **shoulder/wrist**.
- 4 The part at the back of the lower leg is called the **calf/shin**.
- 5 The bottom is made up of two **buttocks/hips**.
- 6 The part in the middle of the arm where it bends is called the **knee/elbow**.

3. Label the picture with the missing words.

Podpisz rysunek brakującymi wyrazami.

nose eyebrow lips forehead chin cheek



4. Match the English words with their Polish equivalents.

Dopasuj angielskie wyrazy do ich polskich odpowiedników.

- | | |
|------------------|--------------------|
| 1 ankle | a łokieć |
| 2 hip | b rzęsy |
| 3 elbow | c łydka |
| 4 eyelashes | d biodro |
| 5 temple | e skroń |
| 6 thigh | f nadgarstek |
| 7 calf | g łopatka |
| 8 chin | h czoło |
| 9 shoulder blade | i kostka |
| 10 forehead | j pośladek |
| 11 buttock | k broda, podbródek |
| 12 wrist | l udo |

5. Translate the following sentences using the imperative form.

Przetłumacz poniższe zdania, używając trybu rozkazującego.

GRAMMAR: 10. Imperative

- 1 Zamknij oczy.

- 2 Podnieś prawą nogę.

- 3 Zegnij lewą nogę w kolanie.

- 4 Dotknij palcem czubka nosa.

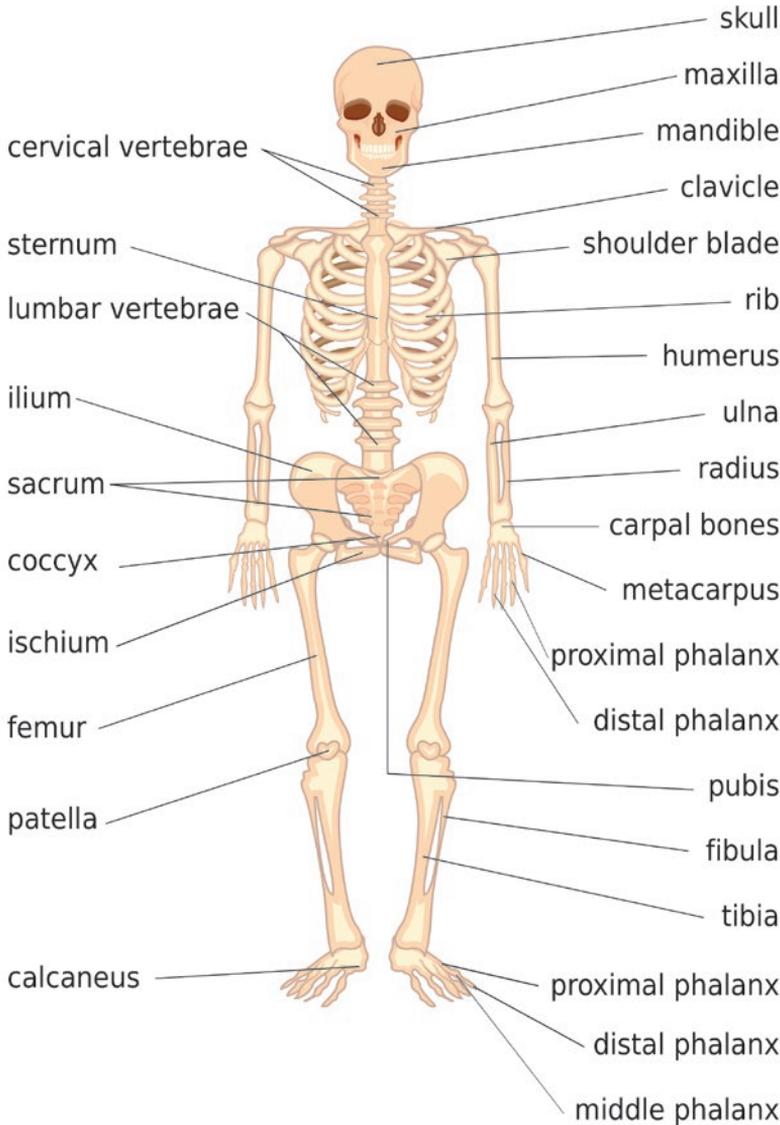
- 5 Otwórz prawe oko.

- 6 Ułóż ręce za głową.

11  6. Look at the picture and answer the questions below.

Spójrz na rysunek i odpowiedz na poniższe pytania.

- 1 Which bones make up the forearm?
- 2 Which bones protect the heart and the lungs?
- 3 Which bones make up the lower leg?



AT THE HOSPITAL

**1. Work in pairs. Look at the pictures and try to answer the questions below.**

Praca w parach. Spójrzcie na zdjęcia i spróbujcie odpowiedzieć na poniższe pytania.

- 1 What are the different professionals responsible for?
- 2 Can you identify the different hospital departments that the patients are staying in?



2. Complete the table with the missing names of hospital wards/departments.

Uzupełnij tabelę brakującymi nazwami oddziałów szpitalnych.

Oncology Cardiology Intensive care unit (ICU) Orthopaedics
Neurology Accident and emergency (A&E) Gynaecology
Neonatal unit Diagnostic imaging Maternity ward

HOSPITAL WARDS/DEPARTMENTS	
1. _____ _____	Sometimes called Casualty department or Emergency room. Takes care of patients who may have life-threatening injuries and who arrive at the hospital in an ambulance or on their own.
2. _____ _____	Provides medical care to patients who have problems with their heart or circulation.
3. _____ _____	Looks after patients with severe or life-threatening illnesses and injuries, which require constant care, supervision from life support equipment and medication in order to ensure normal bodily functions.
4. _____ _____	Provides a full range of diagnostic imaging services including general radiography (X-ray scans), mammography (breast scans) and ultrasound scans.
5. _____ _____	Deals with disorders of the nervous system, including the brain and spinal cord.
6. _____ _____	Provides radiotherapy and a full range of chemotherapy treatments for cancerous tumours and blood disorders.
7. _____ _____	Treats problems that affect musculoskeletal system.
8. _____ _____	Treats problems of the female urinary tract and reproductive organs.
9. _____ _____	Provides antenatal care, care during childbirth and postnatal support.
10. _____ _____	Has a number of cots that are used for intensive and special care for newborn babies.

Adapted from: www.netdoctor.co.uk

1. Label the pictures with the missing words.

Podpisz rysunki brakującymi wyrazami.

cream capsules nasal spray
injection syrup eye drops

Dosage forms



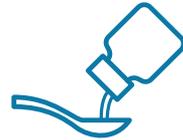
inhaler



1. _____



2. _____



3. _____



tablets/pills



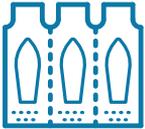
4. _____



effervescent
tablets



5. _____ ampoules



suppositories



6. _____/
gel/ointment



patch

2. Match the words with their Polish equivalents.

Dopasuj wyrazy do ich polskich odpowiedników.

- | | |
|-----------------------|---------------------|
| 1 eye drops | a strzykawka |
| 2 patch | b czopek |
| 3 effervescent tablet | c plaster |
| 4 syringe | d krople do oczu |
| 5 ointment | e ampułka |
| 6 pill | f tabletką, pigułka |
| 7 suppository | g maść |
| 8 ampoule | h tabletką musującą |

USEFUL TIPS

Drug, medication, medicine

Wszystkie trzy słowa oznaczają „lek, lekarstwo” i zarówno w mediach, jak i w literaturze fachowej stosuje się je często zamiennie. Należy jednak pamiętać, że słowo **drug** może odnosić się zarówno do lekarstwa (legalnej substancji), jak i do narkotyku (nielegalnej substancji).

3. Try to answer the questions below.

Spróbuj odpowiedzieć na poniższe pytania.

- 1 What types of drugs do you know?
- 2 When do doctors prescribe antibiotics?
- 3 What do you need to do to buy prescription drugs?
- 4 What are OTC drugs?

1. Margaret Holt sent her CV to a prospective employer. Label Margaret's personal details with suitable words.

Margaret Holt wysłała swoje CV do potencjalnego pracodawcy. Podpisz dane Margaret odpowiednimi wyrazami.

	Address	Certificates	Awards	Name	Gender
	Surname	Phone number	Nationality	E-mail	Education
1	_____			Margaret	
2	_____			Holt	
3	_____			93 Morton Lane, Shipley BD17 5DX	
4	_____			margaret.holt@ukmail.com	
5	_____			07341 627423	
6	_____			Female	
7	_____			British	
8	_____			NVQ Level 3 Diploma in Health and Social Care, Understanding End of Life Care Level 2 Certificate, NVQ Level 3 in Primary Care	
9	_____			First Aid for Seniors, Managing Alzheimer's Patients at Home	
10	_____			West Yorkshire's Professional HCA, 2017	

2. Read Margaret's CV and answer the following questions.

Przeczytaj CV Margaret i odpowiedz na poniższe pytania.

- 1 What is her present job?
- 2 What did she do in her previous jobs?
- 3 What kind of qualifications does she have?
- 4 Does she specialise in the treatment of patients with particular health conditions?

Margaret Holt

Curriculum Vitae



PROFESSIONAL EXPERIENCE

Healthcare Assistant – 2012 – Present
Regency Court Nursing Home, Bradford

- Assist with personal care and transfers
- Organise activities for residents
- Supervise the work of other assistants
- Keep residents' families up-to-date
- Report to nurses on shift

Live-in Carer – Carers4U, Switzerland 2010 – 2012

- Assisted with personal care
- Helped with housekeeping tasks
- Contacted district nurses, doctors and occupational therapists to provide the highest level of care

Healthcare Assistant – 1998 – 2009
GP Surgery, Main Road, Preston

- Assisted the practice nurses in the delivery of direct and indirect patient care
- Carried out health assessments on newly registered patients
- Ensured that the clinical rooms were clean
- Maintained equipment and inventory (drugs, supplies)



EDUCATION

Understanding End of Life Care Level 2 Certificate 2013
 Preston's College

NVQ Level 3 Diploma in Health and Social Care 2009
 Preston's College

NVQ Level 3 in Primary Care 1999
 Preston's College



CERTIFICATES

First Aid for Seniors 2016
Managing Alzheimer's Patients at Home 2014



AWARDS

West Yorkshire's Professional HCA 2017



93 Morton Lane,
 Shipley BD17 5DX

07341 627423

margaret.holt@ukmail.com

PROFESSIONAL SKILLS

ORGANISATION	● ● ● ● ● ●
TRAINING	● ● ● ● ● ●
PERSONAL CONDUCT	● ● ● ● ● ●
TEAM WORK	● ● ● ● ● ●
COMMUNICATION	● ● ● ● ● ●
MULTITASKING	● ● ● ● ● ●

POLISH UP* ON YOUR GRAMMAR!

*to polish up – odświeżyć

1. TO BE

Czasownika **to be** (*być*) używamy m.in. wtedy, gdy mówimy o:

- wieku
I am 30.
- czasie
It is 9 p.m.
- zawodach
He is a firefighter.
- cenach
This watch is very expensive.
- kolorach
Her dress is blue.
- narodowościach
They are Japanese.
- stanach i emocjach
She is sick.

POSITIVE (forma twierdząca)

I	am	I'm
he		he's
she	is	she's
it		it's
we		we're
you	are	you're
they		they're

NEGATIVE (forma przecząca)

I	am not	I'm not
he		he's not/he isn't
she	is not	she's not/she isn't
it		it's not/it isn't
we		we're not/we aren't
you	are not	you're not/you aren't
they		they're not/they aren't

QUESTIONS (pytania)

I	Am I?
he	Is he?
she	Is she?
it	Is it?
we	Are we?
you	Are you?
they	Are they?

2. PRESENT SIMPLE

Czasu **Present Simple** używamy, gdy:

- mówimy o czynnościach, które się regularnie powtarzają
I get up at 7 a.m. every day.
- mówimy o przyzwyczajeniach lub o sytuacjach, które stale mają miejsce
We go to yoga on Thursdays.
- wyrażamy opinie
I agree with you.
She thinks it is a good idea.
- mówimy o uczuciach
Tom loves Karen.
- mówimy o zaplanowanych czynnościach w przyszłości, na które nie mamy bezpośrednio wpływu, np. rozkładach jazdy, harmonogramach
Their train arrives at 5.
- mówimy o prawach natury lub faktach
Water boils at 100 degrees Celsius.
France is in Europe.

POSITIVE AND NEGATIVE (forma twierdząca i przecząca)			
	positive	negative	
I We You They	work	don't do not work	a lot.
He/She	works	doesn't work does not work	a lot.
It	works	doesn't work	well.

TRANSCRIPTS

TRANSKRYPCJE NAGRAŃ

Unit 1: Healthcare jobs



1 **Healthcare assistants**

This text can be found in the relevant unit of the book.



2 **Track 2**

SPEAKER 1

My workplace changes very often because I work as a live-in carer with patients who recover from different health conditions at their own homes. I help them with everyday activities, make sure they follow their doctor's orders and I also help with housekeeping and shopping. When my patient gets better, I get a week off and then I move in with another person who needs my help.

SPEAKER 2

My job is very difficult. I work with patients who are terminally ill, so it's not like they are going to get better and go back to their homes and I will be happy that I helped them during their stay. Their lives will come to an end here, so everyone tries very hard to make the patients and their families feel as good as possible in these difficult moments.

SPEAKER 3

I work with patients after surgeries. I help them to maintain personal hygiene and get dressed. The nurses on my ward decide on the specific tasks for each patient. Sometimes I only make their beds and empty their bedpans, sometimes I feed them and help them start moving after the surgery ... Whatever their needs, I always try to make sure they are comfortable!

REFERENCES

ŹRÓDŁA

Przy pisaniu tekstów wykorzystano m.in. poniższe źródła:

Books Książki

- Allum V., McGarr P., *Cambridge English for Nursing*, Cambridge University Press 2018.
- Dandridge Boshier S., *Talk Like a Nurse: Communication Skills Workbook*, Kaplan 2014.

Websites Strony internetowe

www.aging.com

www.bbc.com

www.carehome.co.uk

www.diabetes.co.uk

www.gov.uk

www.happyseniors.care

www.healthcareers.nhs.uk

www.helpinghandshomecare.co.uk

www.howsyourcare.org

www.kindleycare.com

www.motelife.co.uk

www.netdoctor.co.uk

www.nursingtimes.net

www.prospects.ac.uk

www.uhs.nhs.uk

JĘZYK ANGIELSKI DLA ZAWODÓW MEDYCZNYCH

ENGLISH FOR MEDICAL PROFESSIONS

Język angielski dla zawodów medycznych to książka przeznaczona dla osób kształcących się przede wszystkim na kierunkach opiekun medyczny i terapeuta zajęciowy. W szczególności adresowana jest do personelu medycznego średniego szczebla. Mogą z niej skorzystać również osoby, które chcą lub powinny poszerzyć swoje umiejętności w zakresie języka angielskiego potrzebnego do efektywnej komunikacji w branży medycznej.

Książka została napisana w przystępny sposób i zawiera zróżnicowane teksty oraz ćwiczenia, tak aby odpowiedzieć na potrzeby odbiorców na różnym poziomie zaawansowania umiejętności językowych. Większość tekstów, a także niektóre ćwiczenia, zostały poprzedzone glosariuszem, czyli zestawieniem tłumaczeń wybranych słów oraz zwrotów, dzięki czemu zrozumienie nawet fachowych opisów będzie o wiele łatwiejsze.



ISBN 978-83-946506-8-1



9 788394 650681

cena: 60,00 zł