

Государственное бюджетное профессиональное  
образовательное учреждение  
«Курганский базовый медицинский колледж»

# **АНГЛИЙСКИЙ ЯЗЫК** **«THE FIRST MEDICAL AID»**

*(учебно-методическое пособие для  
студентов 3 курса специальностей  
31.02.02 Акушерское дело  
34.02.01 Сестринское дело  
31.02.03 Лабораторная диагностика)*

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Данное учебно-методическое пособие разработано для студентов третьего курса, специальностей 31.02.02 Акушерское дело, 31.02.03 Лабораторная диагностика, 34.02.01 Сестринское дело. Учебные задания к разделу «Болезни и уход за больными» составлены в соответствии с рабочей программой «Иностранный язык» (английский) и соответствуют требованиям ФГОС. В пособие входят терминологические словари, тексты и диалоги на медицинскую тематику, а также упражнения к ним. Учебно-методическое пособие нацелено на расширение объема лексического минимума, развитие различных видов чтения, понимания специальной медицинской литературы, совершенствование владением монологической и диалогической речью.

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## Введение

Учебно-методическое пособие предназначено для студентов очной формы обучения третьего курса пятого семестра, специальностей 31.02.02 Акушерское дело, 31.02.03 Лабораторная диагностика, 34.02.01 Сестринское дело и составлено в соответствии с рабочей программой учебной дисциплины «Иностранный язык» (английский) для организации работы практических занятий (22 часа) и самостоятельной подготовки (8 часов).

Настоящее учебно-методическое пособие содержит терминологические словари, тексты и диалоги профессиональной направленности, а также упражнения к ним.

Терминологические словари составлены в соответствии с логикой текста, все переводы имеют то значение, с которым слово или лексическое единство употреблены в тексте. Словари профессиональных терминов составлены с расчетом на то, что студент неоднократно встречается с новыми словами до тех пор, пока эти слова не войдут в его личный продуктивный словарь.

При подборе текстов и диалогов учтена необходимость изучения профессиональной терминологии. Предусматривается возможность развития разных видов чтения: ознакомительного, изучающего, просмотрового. Раздел «Texts for additional advanced reading» включает материал для дополнительного углубленного чтения.

Пред- и послетекстовые упражнения нацелены на закрепление языкового материала и на совершенствование речевой деятельности.

Целью пособия является сформировать навыки студентов по пониманию сущности и социальной значимости своей будущей профессии, проявлять к ней устойчивый интерес, сформировать умения студентов работать в коллективе и в команде, эффективно общаться с коллегами, руководством, пациентами на иностранном языке на профессиональные темы.

В ходе изучения раздела должны быть сформированы следующие компетенции:

ОК 4. Осуществлять поиск и использование информации, необходимой для эффективного выполнения профессиональных задач, профессионального и личностного развития.

ОК 5. Использовать информационно-коммуникационные технологии в профессиональной деятельности.

ОК 8. Самостоятельно определять задачи профессионального и личностного развития, заниматься самообразованием, осознанно планировать и осуществлять повышение квалификации.

Проведение профилактических мероприятий.

ПК 1.3. Участвовать в проведении профилактики инфекционных и неинфекционных заболеваний.

Участие в лечебно-диагностическом и реабилитационном процессах.

ПК 2.2. Осуществлять лечебно-диагностические вмешательства, взаимодействуя с участниками лечебного процесса.

ПК 2.3. Сотрудничать с взаимодействующими организациями и службами.

ПК 2.8. Оказывать паллиативную помощь.

Оказание доврачебной медицинской помощи при неотложных и экстремальных состояниях.

ПК 3.3. Взаимодействовать с членами профессиональной бригады и добровольными помощниками в условиях чрезвычайных ситуаций.

## What is the first aid?

Learn the words:

first aid – первая помощь

to save – спасать

emergency – чрезвычайная ситуация

to lose one's head – терять голову

injured – пострадавший

accident – несчастный случай

to give the first aid – оказывать первую помощь

calm – спокойный

panic – паника

Read and translate the text:

Everybody must know how to give the first aid. The first aid saves many lives. The most important thing in an emergency is not to lose one's head. The first aid is the help which you give to an injured person. You must know different methods of helping in accidents. When you give the first aid you must be calm and act without panic.

Ex1. Say in English:

Первая помощь, оказывать первую помощь, главное в чрезвычайной ситуации, не потерять голову, пострадавший человек, разные методы, помощь при несчастном случае, должен быть спокойным, действовать без паники.

Ex 2. Answer the questions:

1. What is the first aid?
2. What is the most important thing in an emergency?
3. How must a person act when he gives the first aid?

Read the text and try to understand it:

I'm Jett Oliver. I'm 24 years old. I decided to become a doctor when I saw two of them giving the first aid to a driver at the place of an accident when I was a boy.

I started as a driver in ambulance, and studied for five years to become a qualified doctor. Now I manage life-saving procedures myself. It's part of my everyday work to defibrillate the heart of a cardiac arrest, to apply splints to limbs and dress wounds, and to set dropping bottles.

I have to make quick decisions – it's an important part of giving emergency treatment. It is also necessary to communicate clearly and not to lose my head in some difficult situations. And situations are often very difficult, especially when we have to deal with people under the influence of drugs and alcohol. Doctors are always

first at the place when there is a suicide, a road accident, or a fire. When you save a life, you must act without panic. It's the best job in the world.

Ex 1. Answer the questions:

1. When did Jett decide to become a doctor?
2. How long did he study for the job?
3. What is the part of his everyday work?
4. Is it important for Jeff to make quick decisions?
5. Does he like his job? Why?
6. Do you like Jeff's work?

Ex 2. Make up the word combinations and find the sentences with them in the text:

- |              |   |                    |
|--------------|---|--------------------|
| 1. become    | a | a life             |
| 2. deal with | b | as a driver        |
| 3. dress     | c | a qualified doctor |
| 4. make      | d | wounds             |
| 5. save      | e | people             |
| 6. start     | f | decisions          |

Read the text:

### Accidents at home

In the UK, about 2.8 million people every year seek treatment at an Accident and Emergency department after an accident at home. More than 3,000 people die every year as a result of home accidents.

Research shows that most home accidents occur in the following categories:

- Falls
- Poisoning
- Fires
- DIY accidents (Damage It Yourself)
- Kitchen accidents
- Choking
- Burns
- Garden accidents
- Drowning

Many of these accidents could be prevented by following simple guidelines. With this in mind, the government produces a range of safety advices leaflets to warn people about dangers around the home. This would clearly reduce the load on Accident and Emergency departments and emergency services, such as police, fire and ambulance, allowing them to use their limited resources for other work.

Ex 1. Which of categories mentioned in the text refer to the home accidents?

1. Lucy Mann left a candle burning when she went to bed.

2. Two-year-old Toby Smith fell into a neighbor's swimming pool.
3. 76-year-old Eric Baker slipped on a wet bathroom floor.
4. One-year-old Ben Brown put a small toy in his mouth and it lodged in his throat.
5. Kate Green cut his hand badly while opening a tin of peaches.
6. Ten-year-old Jason Gold swallowed some of his father's medicine.
7. 82-year-old Iris Watts dropped a pan of boiling water on her foot.
8. Nick Young suffered cuts, bruises, and a broken arm when he was putting up some shelves in his home.
9. Lee Fenton was hit by a falling tree which he was cutting down.

Ex 2. Find in the text and make up word combinations:

- |              |               |
|--------------|---------------|
| 1. seek      | a. resources  |
| 2. home      | b. leaflets   |
| 3. simple    | c. accidents  |
| 4. limited   | d. services   |
| 5. advice    | e. guidelines |
| 6. emergency | f. treatment  |

Ex 3. Translate from Russian into English:

Станция скорой помощи, несчастный случай дома, отравление, несчастный случай по неосторожности, удушье, утопление, ожоги, падения, несчастные случаи можно было бы предотвратить, ряд информационных листовок по безопасности, полиция, пожарная и скорая помощь.

Ex 4. Соотнесите неотложные состояния с их описанием:

- |   | Burns  | Choking | Heart attack | Poisoning |
|---|--|---------|--------------|-----------|
| • | Blockage of the airway which can quickly result in death due to lack of oxygen           |         |              |           |
| • | The lack of blood flows to the blood vessels supplying the heart muscle                  |         |              |           |
| • | The result of eating contaminated, spoiled or toxic food                                 |         |              |           |
| • | Severe skin damage. They have variety of causes for example hot water, fire, electricity |         |              |           |

## Bruise

Learn the words:

bruise – ушиб, синяк

to fall – падать

bruised place – ушибленное место

to look – выглядеть

swollen – опухший

scratch – царапина



iodine – йод  
to hurt – причинять боль  
cloth – ткань  
to wet – намочить  
to relieve – облегчить  
pain – боль  
to consult – советоваться

Read the text:

When you fall on your knee you get a bruise on it. The bruised place looks red and swollen at first. If there is a scratch on your knee put iodine on it. If your knee hurts you very much, take some cloth, wet it in cold water and put it on the bruise. It will relieve the pain. If the bruise is very bad you must consult a doctor.

Ex 1. Translate into English:

Ушиб, получить ушиб, ушибленное место, распухшее место, царапина на колене, помазать йодом, колено болит (причиняет боль), взять ткань, намочить в воде, облегчить боль, сильный ушиб, советоваться с врачом.

Ex 2. Translate into Russian:

Bruised place, put iodine on the scratch, wet some cloth in cold water, will relieve the pain, put the cold compress on the bruised place.

Ex 3. Continue the sentences:

1. If you fall on the knee ...
2. The bruised place looks ...
3. If there is a scratch you should ...
4. If the bruise hurts very much you should ...
5. If the bruise is very bad you should ...

Read the text and tell why the boy is wrong:

A boy fell in the street and hurt his knee badly. His knee looked red and swollen but he didn't go home at once. In an hour when he finished playing with his friends he went home. He took some cloth, wet it in hot water and put it on his bruise

Ex 1. Give your advice:

1. The boy has fallen. His knee hurts very much. *I think he should ...*
2. I have a scratch. *I think you should ...*
3. The sportsman has a very bad bruise. *I think he must ...*

Read and translate the dialogue:

Granny: What is the matter with you, Ann? You look pale.

Ann: There's nothing the matter with me, Granny.

G.: But I see that something is wrong.

A.: Well, I fell on the skating-rink and hurt my right leg badly.

G.: Let me take off your shoe, Ann.

A.: Thank you, Granny. I can do it myself.

G.: I am afraid you have a fracture.

A.: Don't be afraid, Granny. It's not a fracture. You see there is no swelling on my leg.

G.: But I want you to have an X-ray examination.

A.: All right. I'll consult a doctor.

Role play the dialogue:

Patient: Добрый день.

Doctor: Добрый день. Что вас беспокоит?

P: У меня ушиб.

D: Позвольте мне осмотреть. Ушиб красный и опухший. Он болит?

P: Да. Что мне следует делать, чтобы уменьшить боль?

D: Возьмите ткань, смочите в холодной воде и прикладывайте на ушиб. Вы можете также нанести мазь (ointment) на ушиб.

P: Спасибо за помощь.

D: Выздоровливайте.

## **Bleeding**

Learn the words:

bleeding – кровотечение

wound – рана

scarlet – алый

tightly – туго

bandage a wound – перевязывать рану

raise the limbs – приподнимать конечности

blood transfusion – переливание крови

Read the text:

When the blood flows from an artery it is scarlet. When the blood flows from a vein it is dark red. Stop the bleeding as soon as possible. The simple method is to put clean

cloth over the wound and bandage it tightly. If the bleeding is from an arm or leg raise the limb. If a person has nosebleed after a bad bruise you must put a cold compress on the nose. The person must breathe through his mouth. In severe cases doctors make blood transfusions.

Ex1. Match the parts of the sentences and write down the text:

Many people	the bleeding as soon as possible.
They may	you should raise the limbs.
You should know that when the blood flows from the artery	get into different accidents.
When the blood flows from the vein	put clean cloth over the wound and bandage it tightly.
You should stop	it is scarlet.
The simple method is to	you should put a cold compress on it.
If the bleeding is from an arm or leg	make blood transfusions.
If a person has nosebleed	have bleeding and need the first aid.
In severe cases doctors	it is dark red.

Ex 2. Answer the questions:

1. What blood flows from an artery and a vein?
2. What must you do to stop the bleeding?
3. What should you do if a person has the nosebleed, the bleeding from the limbs?
4. When do the doctors make blood transfusions?

Ex 3. Make up the word combinations:

scarlet	a wound
blood	a compress
raise	blood
have	the first aid
get into	the limbs
stop	cases
bandage	the bleeding
put	a nosebleed
need	an accident
severe	transfusions

Read the text and retell it:

Yesterday when I was sitting in the room and doing my homework I heard my grandmother's voice: "Ann, help me." My granny was in the kitchen. I immediately

ran there and saw while washing a cup she broke it and cut her hand near the thumb. I saw dark blood and understood that granny cut her vein. I told her to raise her hand. Then I took a clean cloth and bandaged it tightly over the cutting. As the cutting was deep, my granny had to go to the polyclinic to a surgeon for medical aid.

Learn the dialogue by heart:

Mother: What's the matter with you, Peter? You have a nose bleeding.

Peter: I've fallen and hurt my nose.

M: Sit down, Peter. I'll bring some cloth and cold water. I'll put a compress on your nose.

P: How should I breathe?

M: Breathe through your mouth, Peter. The bleeding will stop soon.

## Fracture

Learn the words:

fracture – перелом

swelling – опухоль

to break – ломать

splint – шина

bone – кость

to bind – перевязывать

closed – закрытый

open – открытый

X-ray – рентген

to complain of – жаловаться на...

to appear – появляться

to move – двигаться

plaster cast – гипс

Read and translate the text:

The word fracture means a break in a bone. There are two kinds of fracture: closed and open.

In a closed fracture there is no wound on the skin. In an open fracture there is a wound. The open fracture is more serious.

If a person breaks his arm or leg he complains of pain in the place of the break. The pain becomes more severe if he presses the place or tries to move.

Swelling appears quickly.

Do not let the person move. Use a splint for the broken limb. Bind the splints to the limb but not at the place of the fracture. Call an ambulance immediately. Doctors use X-ray to see the break and put plaster cast on the broken limbs. Plaster cast is a special bandage. It will keep the bone in place for 1 or 2 months.

Ex 1. Find the equivalents in the text:

Открытый перелом, закрытый перелом, место перелома, рана на коже, боль становится сильнее, пытаться двигаться, опухоль появляется, не позволяйте двигаться, привязать шину, вызвать скорую, сделать рентген, накладывать гипс, держать кость на месте.

Ex 2. Answer the questions:

1. What does the word “fracture” mean?
2. What kinds of fractures do you know?
3. What fracture is more serious?
4. When does the pain become more severe?
5. How can you help the person with fracture?
6. What do the doctors do with fractures?
7. What is plaster cast?

Read and translate the text using the notes:

A man *slipped* and *injured* his leg. The man's friend *called* an ambulance and when it arrived, transported him to the hospital, which was quite near. Two *orderlies* carried the man to the *receiving-ward* on a *stretcher* and placed him on a *couch*. The man complained of a bad pain in his leg and *suffered* very much. The *surgeon* examined the patient carefully. His *ankle* and *foot* were *swollen*, but the skin was normal in colour.

After the *X-ray* examination the surgeon diagnosed a fracture of the *shin bone*. The surgeon anaesthetized the injured area, placed the fragments in a correct position and applied a *plaster of Paris bandage*. In two days the X-ray examination showed that the bones were in a correct position.

In five weeks the man *recovered* and the surgeon removed the plaster of Paris bandage. The third roentgenogram revealed that the fracture had completely healed. He was *discharged* from the hospital and received a leave for two weeks. The surgeon advised him to come to the polyclinic for further treatment with massage and warm baths.

Notes:

1. to slip – поскользнуться
2. to injure – повреждать
3. to call – вызывать
4. orderly – санитар

5. receiving-ward – приемный покой
6. stretcher – носилки
7. couch – кушетка
8. to suffer – страдать
9. surgeon – хирург
10. to examine – осматривать ,обследовать
11. ankle – лодыжка
12. foot – стопа
13. to swell – вздуться, распухнуть
14. x-ray – рентген
15. shin bone – большая берцовая кость
16. plaster of Paris bandage = plaster cast – гипс
17. to recover – выздоравливать
18. to discharge – выписывать

Ex 1. Complete the sentences with the words: ankle, hospital, leg, friend, ambulance, foot, surgeon.

1. A man slipped and injured his ... .
2. The man's... called an ... .
3. His ... and ... were swollen.
4. The ... anaesthetized the injured area.
5. He was discharged from the ... .

Ex 2. Translate from English into Russian:

To slip and injure the leg, to call an ambulance, to transport somebody to a hospital, quite near, to place somebody on a couch, to suffer very much, the skin was normal in colour, to diagnose a fracture, to remove the plaster of Paris bandage, to discharge from the hospital, to advise to treat with a massage and warm baths.

Ex 3. Answer the questions:

1. What was wrong with the man?
2. Who helped him?
3. What did he complain of?
4. Was it a fracture of arm?
5. What was applied to him?
6. What was advised to him?

Role play the dialogue:

Student1: Sorry. May I come in?

Teacher: Yes, you may. Why are you late today?

Student 1: I fell down and suddenly I felt a severe pain in my arm.

Student 2: Let me help you. I'll accompany you to your place.

Teacher: Does your arm hurt you?  
 Student 1: Yes it does. It hurts me very much.  
 Student 3: Let's look, what an injury it is: a fracture or a bruise.  
 Student 4: What is it a bruise or a fracture?  
 Student 3: I think it is a fracture. It is not like a bruise.  
 Student 5: What kind of fracture is it: an open or a closed one?  
 Student 3: It is an open fracture. I see a wound on the skin of her arm.  
 Student 6: May be we'll give first aid ourselves. We are future nurses. Not so long ago we had a surgical practice.  
 Student 3: But I suggest calling our paramedic. It will be safer.  
 Student 7: I'll look for her. I haven't found her. She is out.  
 Teacher: In such case we must call an ambulance.  
 Student 2: Is it an Emergency Department?  
 Ambulance person: Yes, it is. The Emergency Department is hearing. What is your problem?  
 Student 2: We have an injured person, a student of our group.  
 Ambulance person: What is patient's name?  
 Student 2: Her name is Galina Sokolova.  
 Ambulance person: How old is she?  
 Student 2: She is 17 years old.  
 Ambulance person: What is your address?  
 Student 2: Our address is Alekseev Street, Kurgan Basic Medical College.  
 Ambulance person: Wait, we'll come soon.  
 Doctor: Where is the patient? Let me look, please. It is a fracture. Prepare a splint and a bandage. I'll put a splint. Give an injection of local anesthesia.  
 Nurse: Galina, we will transport you to the hospital. You should consult a surgeon.

Ex 1. Make up your own dialogue "At the Surgeon" using all the learned material.

## **Fainting**

Learn the words:

fainting – обморок  
 cause – причина; вызывать  
 emotion – душевное волнение  
 hunger – голод  
 fatigue – усталость  
 to lose consciousness – терять сознание  
 sweat – пот, испарина  
 to feel dizzy – чувствовать головокружение  
 weak – слабый

shallow – поверхностный  
slow – медленный  
to lay – положить  
flat – плоский  
to loose – ослабить  
to cover – укрывать  
to sprinkle – брызгать  
to regain consciousness – приходить в сознание

Read and translate the text:

The causes of fainting may be different: strong emotion, hunger, fatigue or pain. In fainting person loses consciousness. Blood doesn't get to the brain. The face of a person before fainting gets very pale and sweat appears on his forehead. He feels dizzy and weak. His breathing is shallow. His pulse is weak and slow.

If you help a person who lost his consciousness:

1. Lay the person flat on his back.
2. Raise his feet a little.
3. Loose his dress.
4. Cover him warmly and open the window.
5. Sprinkle cold water on his face.
6. Give the person to breathe in ammonia water.
7. Call an ambulance if the person doesn't regain consciousness.

Ex1. Translate from English into Russian:

The cause of fainting; hunger; the face gets pale; sweat appears; he feels dizzy; shallow breathing; weak and slow pulse.

Ex 2. Find the right translation of the word:

- |                  |                  |
|------------------|------------------|
| 1. consciousness | лоб              |
| 2. fainting      | дыхание          |
| 3. ammonia water | боль             |
| 4. breathing     | обморок          |
| 5. pain          | брызгать         |
| 6. sprinkle      | сознание         |
| 7. forehead      | нашатырный спирт |

Ex 3. Complete the sentences:

1. Person can loses consciousness because of ... .
2. The skin of the person in fainting is ... .
3. The pulse is ... and the breathing is ... .
4. Lay the person on his ... .
5. Give the person to breathe in ... .



Ex 4. Mark the sentences as true or false:

1. In fainting the person doesn't lose consciousness. (T/F)
2. The face of a person gets pale. (T/F)
3. His breathing is shallow. (T/F)
4. His pulse is rapid. (T/F)
5. Close the window immediately. (T/F)
6. Raise his head a little. (T/F)
7. Give the person to drink water. (T/F)
8. Call an ambulance. (T/F)

Ex 5. Make up a short story about your helping a person who had lost his consciousness on the street. Use words and phrases from the text.

## **Shock**

Learn the words:

shock – шок

dangerous – опасный

loss – потеря

rapid – учащенный

to keep him quiet – не тревожить его

Read the text and entitle it:

Shock is very dangerous. Loss of blood can cause shock. Severe pain or strong emotions can cause shock too.

The face of a person in shock is usually pale and the skin is cold. Breathing is rapid and shallow. The pulse is rapid.

If you help a person who is in shock:

1. Lay the person flat on his back.
2. Raise his feet a little.
3. Cover him with blankets to keep him warm.
4. Give him a warm drink.
5. Keep him quiet.

Ex 1. Find phrases in the text:

Очень опасен; потеря крови; вызвать шок; кожа холодная; учащенное дыхание; положить на спину; поднять ноги; накрыть одеялом; теплое питье.

Ex 2. Complete the sentences with the words: pale, rapid, to keep warm, flat, back

1. When a person is in shock his face is ... .
2. The pulse and breathing of a person in shock are ... .
3. If you help a person in shock lay him ... on his ... .
4. It is important ... a person in shock.

Ex 3. Answer the questions:

1. Is shock very dangerous?
2. What can cause shock?
3. What are the symptoms of shock?
4. Why is the skin pale before shock?
5. What should you do to help a person in shock?

Read the text and complete the sentences with these words:

dangerously	blood pressure
abdominal	cardiovascular
respiratory	intestines
abnormally	coma
gastrointestinal	central nervous system

Doctors often have to deal with shock, a condition that is often caused by major trauma such as a traffic accident. Shock occurs when the heart is unable to supply enough blood to the organs. This results in a slowing down of the vital functions, and can cause death. Shock is difficult to diagnose in its early stages, which makes it hard to treat. The \_\_\_\_\_1 is affected. This can cause changes in personality, and restlessness. In advanced stages, confusion and ultimately \_\_\_\_\_2 can result.

Their temperature may be \_\_\_\_\_3 low (hypothermia) or high (hyperthermia).

\_\_\_\_\_4 problems may develop. The patient's heart often beats abnormally fast, but heavy bleeding may cause it to beat too slowly.

An abnormal increase in the breathing rate can lead to \_\_\_\_\_5 distress or failure.

\_\_\_\_\_6 can be high in the early stages, but then hypotension is common as it falls \_\_\_\_\_7 low.

\_\_\_\_\_8 problems arise from a lack of blood supply. The \_\_\_\_\_9 can stop working and can start to die. This can cause \_\_\_\_\_10 pain, nausea, vomiting, or diarrhea.

## Sunstroke

Learn the words:

sunstroke – солнечный удар

dry – сухой

headache – головная боль

to cool – охлаждать; прохладный  
sponge – губка  
to keep up – поддерживать  
blood circulation – кровообращение

Read and translate the text:

It is very dangerous to fall asleep (засыпать) in the open air when the sun is hot or to be in the hot sun for a long time without a hat. You may get sunstroke.

When a person has sunstroke, he has a high temperature. His skin is very hot, dry and red. He has a bad headache and can even lose consciousness.

If you help a person who has sunstroke:

1. Take the patient into a cool and shady (тенистое) place.
2. Put him on his back.
3. Raise his head and shoulders a little.
4. Put cold cloth on his head.
5. Cool his body with cold water.
6. Rub his skin with a sponge to keep up blood circulation.

Ex 1. Tell in English:

На открытом воздухе, высокая температура, сухая красная кожа, сильная головная боль, потеря сознания, перенести в прохладное место, слегка приподнять голову, обтереть кожу губкой.

Ex 2. Make up the sentences:

1. is/the skin/hot/very.
2. bad/a/he/has/headache.
3. dangerous/it/very/to fall asleep/is/air/open/in the.
4. temperature/has/a/high/he.
5. put/back/on/his/him.
6. body/water/cool/cold/his/with.
7. skin/with/sponge/rub/his/a.
8. even/he/lose/can/consciousness.

Read and role play the dialogue:

### In the Country

Sam: Mum, where are you?

Mother: I'm in the kitchen, Sam. What's the matter?

S.: My friend Nick feels bad. He has a bad headache and his skin is very hot.

M.: Where is he?

S.: He is on the bank of the river. He was lying in the sun for a long time.

M.: He probably has sunstroke. Is anybody with him?

S.: Yes, Bob is there.

M.: Don't waste time. Run back quickly and take Nick to a shady place. Raise his head a little. Put a wet cloth on his head. I'll take some medicine and come in a minute.

Read and remember:

#### Rules to follow on the beach

While on the beach, avoid being exposed to the open sun for more than half an hour.

1. Wear a hat or a cap to avoid sunstroke.
2. Avoid swimming in deep water if you are not a good swimmer.
3. Keep an eye on your kids while on the beach.
4. Try not to take much money or wear jewelry to the beach.
5. Avoid swimming in the stormy sea.
6. Avoid touching the unknown sea plants and fish while swimming.

### Poisoning

Read the text and answer the question: What is the first aid for poisoning?

The first aid for poisoning is to empty the stomach. Do it as soon as possible. Give much water to drink – 4-8 glasses. Some poisons cause shock, others – asphyxia. In every case the patient needs prompt medical care.

Ex 1. Find phrases in the text:

Первая помощь при; очистить желудок; в каждом случае; пациенты нуждаются в быстрой медицинской помощи.

Ex 2. Say what is true: «What are the aids for poisoning? »

1. lay the person down;
2. give the person four or eight glasses of water;
3. take off the person's dress;
4. examine the person's mouth.

Read the case using the notes and do exercises:

A doctor was invited to see a family of three persons. *Approximately*, half an hour before the *attack* of illness all of them had eaten some food which was *evidently* not quite fresh.

All the members of the family became *nauseated*; they *vomited* and had *violent* pains in the stomach. At the examination food poisoning was diagnosed. *Gastric tube* with

large amount of boiled water was instituted immediately. Two patients were put to bed and given some medicine.

Hot-water bags were applied to their feet. They obtained almost immediate relief and were allowed to get up.

The third patient was taken to the hospital in an ambulance. He was retained there because of persistent nausea, vomiting, diarrhea and marked *prostration*. A strict diet, bed regime and a proper therapy helped the patient and in a week he *was discharged* from the hospital in a good condition.

*Notes:*

1. approximately – приблизительно, примерно
2. attack – приступ
3. evidently – очевидно
4. nauseate – тошнить
5. vomit – рвать
6. violent – сильный
7. gastric tube – желудочный зонд
8. prostration – слабость
9. to be discharged – быть выписанным

Ex 1. Make up sentences using the words:

1. To see, a family, a doctor, of three persons, was invited.
2. Their feet, to, heating, were applied, pans.
3. To the hospital, in an ambulance, third, was taken, the patient.
4. Became, all, of, nauseated, the members, the family.
5. Were, two, to, some, patients, bed, and put, medicine, given.

Ex 2. Translate the phrases using the text:

Осмотреть семью из 3-х человек; примерно за полчаса до начала болезни; не совсем свежий; сильные боли в желудке; большое количество кипяченой воды; быстрое облегчение; постоянная тошнота; постельный режим.

Ex 3. Answer the questions:

1. What happened to the family of three persons?
2. Had they eaten some food which was not fresh?
3. What did they complain of?
4. Why did they obtain immediate relief?
5. What did the third patient use to become healthy again?
7. When was the third patient discharged?

Ex 4. Fill in the missing words

1. A doctor was...to see a family.
2. The family became...

3. Two patients were... and given some medicine.
4. The third patient was... in an ambulance.
5. In a week he was... from the hospital in a good condition.

Read and retell the text

Stomach pains vomiting and diarrhea can have many different causes, including food poisoning and viral infections, so it is important to see your doctor if the symptoms persist. Vomiting and diarrhea are common in young children and are often caused by gastroenteritis, a viral infection of the bowel or other infections. Food poisoning often results from eating food contaminated by bacteria. Bacteria can breed in foods, such as fish, chicken, ham and dairy products that are not properly handled. Food should always be well cooked and eaten immediately or refrigerated as soon as it is bought. If food is reheated always bring it to boiling point. Food poisoning can also result from naturally occurring toxins in some plants and fish.

Vomiting and diarrhea can cause dehydration – loss of the fluids required for the normal functioning of the body particularly in babies and small children, so it is important that sufferers drink lots of fluid.

## **Burns**

Learn the following words:

burn – ожёг  
damage – повреждение  
severity – степень тяжести  
painful – болезненный  
swell – припухлый  
scarring – рубцевание  
blister – пузырь  
leak – протекать  
wet – влажный  
patchy – неоднородный  
char – обугленный  
waxy – восковый  
despite – не смотря на  
prone – склонный  
grafts – пересадка ткани

Read and translate the text:

## **Burns**

A burn is damage to the skin or underlying tissue usually caused by heat, but also by chemicals, electricity, or radiation such as with sunburn. There are 3 levels of severity: first, second, and third.

#### First Degree Burns

A first degree burn damages only the top layer of skin. The skin is red, dry, and painful. The area may swell. These types of burns heal within 5 or 6 days without permanent scarring.

#### Second Degree Burns

A second degree burn damages both layers of skin: the epidermis and the dermis. Heat, very severe sunburn, and some chemicals can cause this type of burn. The skin is red and has blisters that may open and leak clear fluids making the skin appear wet. The burned skin may look patchy and is usually feels painful. This type of burn heals in 3 or 5 weeks with some scarring possible.

#### Third Degree Burns

A third degree burn destroys both layers of skin as well as any or all of the underlying structures including nerves, blood vessels, fat, muscles, and bones. Severe heat, fire, and electricity such as lightning can cause this kind of burn. These burns look either charred or waxy white. They are usually painless because the nerve endings in the skin have been destroyed. Despite the lack of pain, these kinds of burns are prone to infection and can be life threatening. Treatment often involves skin grafts.

Ex 1. Translate the following words and word combinations from Russian into English:

Тепло, химические вещества, электричество, радиация, повреждение, боль, солнечный ожёг, слой кожи, пузыри, влажный, жидкость, лечение, инфекция, нервные окончания, безболезненный, пересадка ткани.

Ex 2. Give the title for each logical part using the key-words:

1. ... burn damages both layers of skin: the epidermis and the dermis. The skin is red and has blisters that may open and leak clear fluids making the skin appear wet. The burned skin may look patchy and is usually feels painful.
2. ... damages only the top layer of skin. The skin is red, dry, and painful. The area may swell.
3. ... destroys both layers of skin as well as any or all of the underlying structures i.e. nerves, blood vessels, fat, muscles, and bones.

*The key-words:*

First Degree Burns, Second Degree Burns, Third Degree Burns.

Read and translate the text in written form

### First Aid for Burns

For First and Second Degree burns you should cool the area immediately with gently running cold water for about 10-15 minutes or until the burned area has cooled. This will help to remove the heat from the tissue so the burning will stop.

Do not apply ointments unless told to do so by a physician or pharmacist. Keep the area as clean as possible.

For Third Degree Burns do not put anything on the burn. Instead seek professional medical help immediately. Third degree burns are life threatening even when only a small body part is affected.

For electrical burns, check for an exit wound as well as treating for the entrance wound.

For chemical burns, flush the area with lots of water to get it off the person's skin.

Never apply ointments, butter, or other home remedies on burns, as this may make the burn worse or cause an infection.

1. Look at the pictures and tell what should you do at every stage of a burn?





## **Texts for additional advanced reading**

Read and translate the text

### **Basic tasks of First Aid**

Basic task of First Aid refers to the initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress due to choking, a heart attack, allergic reactions, poisoning or other medical emergencies. Basic First Aid allows you to quickly determine a person's physical condition and the correct course of treatment. You have to provide always professional medical care as soon as you are able, because following correct first aid procedures can be the difference between life and death.

There are the following stages of assessment of the situation:

I. Check the surroundings. Evaluate the situation. Are there things that might put you at risk of harm? First Aid becomes useless if you can't safely perform it without hurting yourself.

II. Call emergency services immediately if you believe someone to be seriously injured. If you are the only person, try to establish breathing in the patient before calling for help. Do not leave the victim alone for a long time.

III. Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Remember to be calm and try to be reassuring; let the person know that help is on its way and that everything will be alright.

IV. Determine responsiveness. If a person is unconscious, try to rouse them. If they do not respond to activity, sound, touch, or other stimulation, check these three things:

a) Airway. Does the person have an unobstructed airway?

b) Breathing. Is the person breathing?

c) Circulation. Does the person show a pulse at major pulse points (wrist, carotid artery)?

V. Make sure the person is warm as you wait for medical help.

VI. Protect yourself from blood borne pathogens.

Answer the following questions:

1. Whom does basic first aid refer to?
2. What does basic first aid allow you?
3. Whom should you always call when an accident is happened?
4. What should you do at first when an accident is happened?
5. What should you do in the second when an accident is happened?
6. What should you do in the third when an accident is happened?
7. What should you do in the fourth when an accident is happened?
8. What should you do in the fifth when an accident is happened?

9. What should you do in the sixth when an accident is happened?

Read the text about bruises. Translate it

### Bruises

Bruises are usually caused by a bump or a fall, which ruptures small blood vessels under the skin. Blood seeps into the surrounding tissues causing the black and blue color of a bruise.

People who take blood thinners (anticoagulants) or aspirin may bruise easily. A bruise can also develop after blood is drawn. A bruise on a leg usually will take longer to heal than a bruise on the face or arms.

A black eye is a type of bruise. Apply home treatment for a bruise and inspect the eye.

First Aid:

1. Apply ice or cold packs for 15-minute intervals during the first 48 hours to help vessels constrict and to reduce swelling. The sooner you apply ice, the less bleeding will result.
2. If possible, elevate the bruised area. Blood will leave the area and there will be less swelling.
3. Rest the limb so you don't injure it further.
4. If the area is still painful after 48 hours, apply heat with warm towels, a hot water bottle, or a heating pad.

Answer the following questions:

1. What are bruises usually caused by?
2. Where does the blood seep?
3. What may bruise easily?
4. What bruises will take longer to heal?
5. What should you do at first when you get a bruise?

Read the text about fractures. Translate the text

### Fractures

Traumas of the extremities may occur frequently. There are different types of such traumas, in particular, closed and open. Closed traumas are usually caused by a fracture or a displacement of the bone with no apparent injury on the surface of the skin. Open traumas occur when a fragment of the bone breaks through the surrounding tissues and surface of the skin; the bone can thus be seen.

Signs and Symptoms

- Pain

- Deformity at the injury site
- Decreased mobility, sensitivity and muscle strength
- Variation in the colour and temperature of the limb
- Presence or absence of an open wound
- Edema (swelling or puffiness of the limb)
- Numbness of the limb.

When these signs and symptoms are present, the injury should always be treated as a fracture or displacement. All traumas of the extremities must be treated with care, as improper handling can have serious consequences. A fracture can cause injuries to the blood vessels and nerves.

An open wound can also become infected. The first aider must follow certain basic principles when stabilizing the injury. It is recommended that the injured limb be stabilized in the position in which it was found to prevent any movement that could aggravate the injury. The first aider must not apply traction or try to reposition the limb. If the casualty must be moved, the injured limb must be completely immobilized beforehand so as to reduce pain and again, to avoid aggravating the injury.

The colour, heat and feelings of numbness in the extremities must be verified before and after immobilization. The bandages used to secure the bone splint must never be tied over the injury site or a joint, as this could hinder circulation, increase pain and aggravate the injury. The joints above and below the injury must also be immobilized. An open wound must be protected with a dry non-pressure dressing.

Answer the following questions:

1. How may traumas of the extremities occur?
2. What types of fractures do you know?
3. What are the signs and symptoms?
4. How should you treat a fracture?
5. What can a fracture cause?
6. What must the first aider follow?
7. How must an open wound be protected?

Read and translate the text

### Bleeding

Bleeding is the name commonly used to describe blood loss. Bleeding can take many forms and be anything from simple to being extremely serious and life-threatening, and the treatment for bleeding will depend on what is bleeding and how much bleeding is happening. Bleeding can be internal or external. First aid also depends on personal factors, especially medications the bleeder is taking. A first aid kit should be in every home and car for emergency situations. If the wound is severe, the person

should be taken to the hospital for further care, but until then, there are some simple first aid steps that should be taken. Antiseptics are important cleaning tools that reduce the risk of infections in open wounds. Small bandages for bandage cuts and long rolls should also be available in all first aid kits to close the wound immediately and protect it.

### Different types of bleeding

There are three main types of bleeding.

In preparing yourself to identify and treat different types of bleeding, you must first have a good understanding of the three distinct types of bleeding that a person can experience.

#### Capillary Bleeding

Capillaries are the smallest blood vessels in your body; they are about as thin as the hairs on your head.

When a minor scrape or cut opens some capillaries, the bleeding is almost always very slow and small in quantity. Your body's natural clotting mechanism is able to stop most cases of capillary bleeding within seconds to minutes.

#### Venous Bleeding

Deep cuts have the potential to cut open veins. A cut vein typically results in a steady but relatively slow flow of dark red blood.

The best way to stop most cases of venous bleeding is to put direct pressure on the wound.

#### Arterial Bleeding

This is the least common and most dangerous type of bleeding. It involves bright red blood that comes out in large volume, and in spurts that correspond with each beat of your heart.

In most cases of arterial bleeding, direct and extremely firm pressure on the wound is the best way of stopping it. If direct pressure is not applied, a severe arterial wound can cause you to death within a few minutes.

Answer the following questions.

1. What is bleeding?
2. How many forms of bleedings may occur in the person?
3. What are important cleaning tools that reduce the risk of infections in open wounds?
4. What should you do if the wound is severe?
5. What should also be available in all first aid kits to close the wound immediately and protect it?
6. How many types of bleeding do you know?
7. What is a capillary?
8. What is the most dangerous type of bleeding?

Read and translate the text

### Unconsciousness

An unconscious person is completely unaware of what is going on and is unable to make purposeful movements. Fainting is a form of brief unconsciousness; a coma is a deep, prolonged state of unconsciousness.

Causes of unconsciousness include stroke, epilepsy, heat exhaustion, diabetic coma, insulin shock, head or spinal injury, suffocation, drunkenness, shock, bleeding, and heart attack.

Fainting is a partial loss of consciousness. Lightheadedness is a mild form of shock, and is usually not serious. If it happens often, there may be a more serious problem. Dizziness and fainting can also be the result by sudden emotional stress or injury.

#### First Aid

Make sure the unconscious person can breathe. Check for breathing and, if necessary, open the airway and begin rescue breathing. Put the person lying down.

Check the pulse. If there is none, call for help and start cardiopulmonary resuscitation (CPR).

Treat any injuries.

Do not give the person anything to eat or drink.

Look for medical identification, such as a card that identifies a medical problem such as epilepsy, diabetes, or drug allergy.

If the person has diabetes, he or she may have insulin shock (low blood sugar) or be in a diabetic coma (too much sugar in the blood).

Answer the following questions:

1. What is an unconscious person?
2. What is fainting?
3. What do causes of unconsciousness include?
4. What is a mild form of shock?
5. What can also be brought on by sudden emotional stress or injury?
6. What must you do at first if you see the unconscious person?
7. What must you check?
8. What must you not give the patient?

Read and translate the text

### Sunburn

Over-exposure to the sun is by far the leading cause of skin burns, with consequences ranging from mild sunburn to premature aging and even skin cancer. Most sunburns are also classified as first-degree, more severe, second-degree burns and third-degree sunburns are rare.

The Sun can harm a person's skin all year round whether the sky is clear or overcast weather. Of course, the amount of damage depends upon the intensity of ultraviolet, or UV, radiation. Ultraviolet radiation has two components: the shorter UVB rays, which are responsible for most sunburns, and the longer UVA rays. Both types cause skin damage as well as promote skin cancer. Over-exposure to UV rays may also occur actinic keratoses; these are scaly lesions that may be precancerous.

The tanning process is the body's way of protecting the skin from the sun's damage. Pigment-producing cells send an increasing amount of melanin to the skin's surface to block the harmful incoming rays. This means that fair-skinned, blue-eyed people who do not readily tan are the most vulnerable to sunburn. Those with dark skin are also susceptible, but their heavier layer of melanin helps to protect them against sunburn.

While mild sunburn may seem harmless, research indicates that any prolonged exposure to the sun causes irreversible damage and increases the risk of cancer. Especially dangerous are blistering sunburns suffered in childhood; even one or two at an early can more than double the risk of developing melanoma – the skin cancers.

#### First Aid for Sunburns

Mild sunburn may be relieved with a cool shower or cold-water compresses or by sitting in a pool of cool water to which a cup of cornstarch has been added. Doctors advise against self-care with ointments or lotions that contain the anesthetic benzocaine. They recommend ice packs to alleviate severe pain or itching.

Answer the following questions.

1. What is sunburn?
2. What can harm a person's skin?
3. When can the Sun harm a person's skin?
4. How many components has the ultraviolet radiation got?
5. What can cause skin damage?
6. What kind of skin damages may also occur?
7. What do the pigment-producing cells do?
8. What is the tanning process?
9. What treatment doctors advise when you have sunburn?

Read and translate the text

### Poison

Poison is any substance which causes injury, illness, or death. It can be inhaled, absorbed through the skin, ingested, or injected.

#### Ingested Poisons

These poisons are swallowed or come in contact with the mouth and lips. They include many items found in the home such as medications, cleaning products, pesticides, and plants. Many substances not poisonous in small amounts are poisonous in larger amounts.

### Inhaled Poisons

These types of poisons are breathed into the lungs. These include gases and fumes such as carbon monoxide from a car exhaust or faulty furnace or heater; nitrous oxide, chlorine gas found in commercial swimming facilities; and fumes from household and industrial products, such as glues, paints, and cleaning solvents.

### Absorbed (Dermal) Poisons

These poisons enter the body through the skin. They include plants such as poison ivy, poison sumac and fat-soluble chemicals, paint strippers, and insecticides.

### Injected Poisons

These poisons enter the body through bites or stings of bees, wasps, insects, spiders, ticks, animals, and snakes, or as drugs injected with a needle.

### First Aid for All Poisoning Emergencies

Call your emergency medical system if the person is having trouble breathing, is unconscious or anything else which you think may be serious.

Stay with the person and monitor their condition while waiting for the paramedics.

For inhaled poisons move the person to fresh air immediately as long as it is safe to do so.

For absorbed poisons use lots of running water to flush the area. If it is a powder chemical first brush it off with a cloth.

For ingested poisons do not automatically induce vomiting as this may cause burning of the airway if it is a corrosive substance. Do not give fluids to drink as some substances may react more.

For injected (e.g. needle, insects) poisons remove the object if you can do so without causing further harm.

Answer the following questions:

1. What is a poison?
2. How can poisons enter the body?
3. What substances can be poisons?
4. How can a poison be?
5. What are the ingested poisons?
6. What are the absorbed poisons?
7. What are the injected poisons?
8. How can we help the victim for inhaled poisons?
9. How can we help the victim for absorbed poisons?
10. How can we help the victim for ingested poisons?
11. How can we help the victim for injected poisons?

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