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УЧЕБНО - МЕТОДИЧЕСКОЕ ПОСОБИЕ ДЛЯ АУДИТОРНОГО ЧТЕНИЯ

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Тема 1.1. Современный иностранный язык

1) Read the text about the English language.

There are many languages in the world. Some of them are spoken in small tribes; others are spread all over the world like English or French. There are languages that are extremely difficult to learn, others are very easy. But anyway learning a foreign language is not an easy task and it takes a lot of time and effort.

People still learn foreign languages and there are some reasons for that. The most important is communication. More and more people travel abroad and the knowledge of a foreign language helps them understand each other. There are also a lot of interesting books and magazines in foreign languages and people read them to get various information.

If you want to get a good job, you will have to know one or several foreign languages. This is another reason for learning foreign languages. There are languages of international communication and they are English and French.

The English language is the official language of many international organizations such as the Olympic Committee, the United Nations and others. This is the language of computing, too. Most Internet sites and software are in English. It is the native language of many countries such as Great Britain, the USA, Canada, Australia, New Zealand and others.

A lot of scientific books and articles are published in English. This language is becoming more and more popular and now it is hard to live without knowing it.

2) Find in the text English equivalents for these words and word combinations.

В маленьких племенах, распространены по всему миру, другие очень просто, но в любом случае, не простое задание и требует, есть несколько причин для этого, все больше и больше людей, знание иностранного языка помогает, различную информацию, хорошую работу, несколько иностранных языков, международного общения, таких как, на английском, родной язык, множество научных книг и статей, трудно жить, без знания.

3) Right or false.

- Some of them are spoken in small tribes; others are spread all over the world like Scottish or German.
- There are languages that are extremely difficult to learn, others are very easy.
- People still learn foreign languages and there are some reasons for that.
- If you want to get a good job, you will have to know only your native language.

4) Complete the sentences in a logical way.

- The English language is the official language of many international organizations such as the Olympic Committee, the United Nations and others.
- There are also a lot of interesting books and magazines in foreign languages and people read them to get various information.
- A lot of scientific books and articles are published in English.
- But anyway learning a foreign language is not an easy task and it takes a lot of time and effort.
- There are many languages in the world.
- Most Internet sites and software are in English.

5) Answer the questions.

- *Why do people learn foreign languages?*
- *Is role of English big in our world? Why (not)?*
- *Why do you learn English? Do you like the language? Why (not)?*

Тема 1.2. Страна изучаемого языка

The United Kingdom of Great Britain and Northern Ireland

Britain forms the greater part of the British Isles, which lie off the northwest coast of mainland Europe. Great Britain is separated from the Continent by the English Channel. «Great Britain» is a geographical expression, but «The United Kingdom» is a political expression. The full name is the United Kingdom of Great Britain and Northern Ireland. The Island of Great Britain comprises England, Wales and Scotland. It is in fact the biggest of the group of islands which lies between the North Sea and the Atlantic Ocean.

The British Isles today are shared by two separate and independent states. The smaller of these is the Republic of Ireland, with its capital in Dublin. The larger, with London as its capital, is the United Kingdom of Great Britain and Northern Ireland. This long title is the result of a complicated history.

The Island of Great Britain contains three «nations» which were separated at earlier stages of their history: England, Scotland and Wales. The United Kingdom is a name which was introduced in 1801 when Great Britain became united with Northern Ireland. The capital of Great Britain is London. British people live in Great Britain. The flag of Great Britain is blue, red and white. It is called the Union Jack.

The population of the United Kingdom is 60 million people. The largest cities in the UK of Great Britain and Northern Ireland are London, Birmingham, Manchester, Belfast and Glasgow. The largest rivers are the Severn, the Avon and the Thames.

So, there are four countries in the UK: England, Scotland, Wales and Northern Ireland. The largest and most densely populated part of the UK is England. The capital of England is London. English people live in England. They speak English. The national symbol of England is a red rose. The flag of England is white and red.

Scotland is the northernmost part of the Island of Great Britain. It is divided into 3 parts: the Highlands, the Lowlands and the Southern Uplands. The well-known lake, Loch Ness is there. The capital is Edinburgh. Scottish people live in Scotland. They speak Scottish and English. The national symbol of Scotland is a thistle. The national flag of Scotland is blue and white.

In 1536 Wales was brought into the English system of national and local government by the Act of Union. It is a highland country of old, hard rocks. The capital of Wales is Cardiff. Welsh people live in Wales. They speak Welsh and English. The national symbol of Wales is a daffodil. The national flag of Wales is green and white. You can see a red dragon on the Welsh flag. The Welsh are fond of folk music, singing and poetry. Welsh literature is one of the oldest in Europe.

Northern Ireland is the part of the isle of Ireland and the part of the UK. The capital of Northern Ireland is Belfast. Irish people live in Northern Ireland. They speak Irish and English. The symbol of Northern Ireland is a shamrock and a red hand. The Irish flag is red and white.

Answer the questions:

1) On which rivers do the following towns stand:
a) Newcastle
b) Glasgow
c) Stratford
d) Oxford
e) Bristol

2) Give the name of the following:
a) the longest river
b) the largest county
c) the largest lake
d) the second largest city
e) the busiest port

3) What cities in Britain have the following nicknames:
a) «Auld Reekie»
b) «the Granite City»
c) «the Smoke»

4) What kinds of hard fruits grow well in many parts of Britain?

5) Are all the people in Britain English?
6) What is the name of the Scottish lake in which there is supposed to be a monster?
7) What is the name of the English town where William Shakespeare was born?
8) Who wrote the following books:
a) «Oliver Twist»
b) «Alice Through the Looking-Glass»
9) Which is the most popular British sport?

Тема 1.3 Лауреаты Нобелевской премии в области медицины в России

Russian nobel prize winners

Every year, six Nobel prizes are awarded for outstanding work in science, literature, economics and the promotion of peace. This international prize was founded by the Swedish scientist Alfred Nobel, who invented dynamite and built up companies and laboratories in countries all over the world.

Many Russians have been nominated for the Nobel Prize since it started in 1901 and 19 of them have received the Nobel Prize for their outstanding contributions, particularly in the field of physics, but also in other areas.

The first Russian Nobel winner for medicine (1904) was Ivan Pavlov. He made many remarkable discoveries about blood circulation and the central nervous system and he discovered the conditioned reflex through his research on the digestive system. His experiments on dogs had a great impact on behavioural psychology.

Mickail Sholokhov, the outstanding 20th century Russian writer, wrote and published a number of short stories while completing his most famous work And Quiet Flows the Don, which took him fourteen years to finish. He was awarded the Nobel Prize in Literature in 1965.

In 1978, Russian physicist Pyotr Kapitza was awarded the Nobel Prize in Physics. He founded the Institute for Physical Problems in Moscow, and he was the oldest scientist ever to win the award.

The Nobel Peace Prize has been awarded over the years to individuals and organizations that work actively for peace and greater understanding. It was suspended during both World Wars. It has been awarded to Russian physicist and civil rights campaigner Andrei Sakharov (1975) and to Soviet President Mikhail Gorbachev (1990).

1) Match the names of Russian Nobel Prizewinners to their descriptions.

a) Boris Pasternak
b) Ivan Bunin
c) Alexander Solzhenitsyn
d) Nikolay Semyonov
e) Nikolay Basov and Alexander Prokhorov.

1. A Russian writer wrote “The Gentleman from San Francisco”, which won him a Nobel Prize in 1933.
2. In 1964, two Russian physicists shared the Nobel Prize in Physics with Charles Touwns from the USA.
3. Many of his works are autobiographical, he was awarded the Nobel Prize in Literature in 1970.
4. He made a great contribution to the study of chemical chain reactions, and in 1956 he became the first Russian to gain the Nobel Prize in Chemistry.
5. A Russian poet and novelist is also known for his translations of Shakespeare’s tragedies; in 1957 he wrote the novel “Doctor Zhivago”, which was followed by a Nobel Prize.

Тема 1.4 Лауреаты Нобелевской премии в области медицины в англоговорящих странах

Top Inventions in Medicine by Nobel Prize Winners

1902: Ronald Ross
(Discovery of parasitic nature of mosquitoes causing Malaria)

Ronald Ross was a multidimensional scientist who was also an epidemiologist, mathematician, sanitarian, editor, novelist, poet, composer, and artist. Served as an Indian Medical Service officer in 1981, Ronald Ross began his study of malaria in 1892 in India. After many years of struggle, in 1897, Ross made his landmark discovery on the parasitic nature of mosquitoes causing Malaria. In his

experiment, the mosquitoes were made to feast on a malaria-infected patient four-days prior, which clearly showed the connection of mosquitoes with the propagation of the disease, thereby leading to the successful research and cure for combating the deadly disease of that time.

1945: Sir Alexander Fleming, Ernst Boris Chain and, Sir Howard Walter Florey
(Discovery of Penicillin)

Sir Alexander Fleming used to put a bowl filled with bacteria besides him while working at the desk. He saw that, along with the bacteria, there was a fungal mold growing around it which stopped the growth of bacteria. He concluded that the bacterial growth was disturbed by a substance in the fungal mold, and that substance was Penicillin. However, it was precarious and unstable, which needed to be obtained in a pure form. In the mid-1940's, Chain and Florey with their colleagues succeeded in producing a pure form of penicillin and today, it's the first and still one of the most widely used antibiotic agents.

1990: Joseph E. Murray and E. Donnall Thomas
(Invented modern method of Organ transplantation)

Platelets, which form in the bone marrow, shield the body from ailments. Malfunctioning of bone marrow cells can lead to serious diseases such as Leukaemia. During the 1950's, Donnall Thomas built up a procedure to replace damaged bone marrow cells by means of blood transfusion.

In 1954, Joseph Murray created a strategy utilizing radiotherapy and immunosuppressant to cease the body's habit of rejecting the transplanted organs. Because of such a huge contribution in the organ transplantation, both the scientist shared the Nobel Prize in Physiology or Medicine in 1990.

2010: Robert G. Edwards
(Discovery of in-vitro fertilization)

In cooperation with Patrick Steptoe, Robert G. Edwards found the solution for woman infertility which was caused by Fallopian tube blockage or due to a few eggs or sperm cells. Robert Edward introduced a method to remove the eggs from the ovaries, fertilized them in a test tube and later replaced it in a woman. This method is scientifically called as in-vitro fertilization. As a result, the first child was born in 1978 by in-vitro fertilization process.

2017: Jeffrey C. Hal, Michael Rosbash and Michael W. Young
(Discovery of molecular mechanisms controlling circadian rhythm)

The most recent Nobel Prize in Medicine was awarded to three scientists named Jeffrey C. Hal, Michael Rosbash, and Michael W. Young, for their discoveries of molecular mechanisms controlling the circadian rhythm.

Till date (1901-2017), 108 Nobel Prizes in Medicine have been awarded. Out of these, 39 medicine prizes have been given to individual Laureates only. Twelve women have been awarded this prize so far. These great researches in medical or physiological industry have contributed immensely to the human race and changed the conventional medical methods. The exceptional dedication of these scientists and their commitment to the society has led them to find new pathways to achieve goals beyond imagination. This esteemed Nobel Prize is truly an appreciation towards the remarkable scientists and their unimaginable work, making the world to remember them forever.

1) Make up 10 questions about the text.

Тема 2.1. Моя будущая профессия

Medical Assistant Work in General

The health care industry is expanding so many medical assistants are needed. If you are the nurturing type of person, you could become a medical assistant. Medical assisting is one of the highly-demanded careers in medicine.

Medical assistants practice medicine under the supervision of doctors. Medical assistants are formally trained to provide diagnostic, therapeutic, and preventive health care services, as delegated by a doctor. Working as members of the health care team, they take medical histories, examine and treat patients, order and interpret laboratory tests and X-rays, and make diagnoses. They also treat minor

injuries, by suturing, splinting, and casting. Medical assistants record progress notes, instruct and counsel patients, and order or carry out therapy. Sometimes medical assistants may prescribe some medications.

Medical assistants work under the supervision of a doctor. However, they may be the principal care providers in rural or inner city clinics where a doctor is present for only one or two days each week. Medical assistants also may make house calls or go to hospitals and nursing care facilities to check on patients, after which they report back to the doctor.

Many medical assistants work in primary care specialties, such as general internal medicine, pediatrics, and family medicine. Other specialty areas include general and thoracic surgery, emergency medicine, orthopedics, and geriatrics. Medical assistants specializing in surgery provide preoperative and postoperative care and may work as first or second assistants during major surgery.

Besides working in traditional office-based settings, medical assistants should find a jobs in hospitals, academic medical centers, public clinics, and prisons.

Job opportunities for medical assistants should be good, particularly in rural and inner-city clinics because those settings have difficulty attracting doctors.

1) Answer the questions:

1. What is your future profession?
2. Do you like your future profession?
3. Why did you choose profession of medical assistant?
4. Where can you work after Medical college?
5. How can you describe your future profession?
6. Have you ever had experience of practical medical work?
7. Is profession of medical assistant popular in your city?

Тема 2.2. Профессиональная деятельность фельдшера

1) Read the text and retell it:

Some of the everyday heroes in the United States are the country's paramedics. These young men and women are usually the first people who respond to medical emergencies suffered by citizens. Paramedics must complete a very extensive physical training program that is designed to weed out those who cannot make the cut. A paramedic must be in fit condition, and be mentally strong to perform his or her duties in the face of danger. Many of these heroes must endure life-threatening situations when responding to emergencies. Paramedics are usually attached to a county, or city fire department, but there are also some private paramedic organizations.

In Southern California, there are two primary schools for paramedic training. They are UCLA's Daniel Freeman Paramedic program and the Paramedic Training Institute. Both of these schools provide candidates for the Los Angeles County and City Fire Departments. To become a paramedic for a county or city organization, candidates must also pass a psychological screening and a physical training program.

Some of the equipment paramedics carry is very specialized. They carry basic and advanced life support gear such as forcible entry tools so they can reach people in peril, saws to cut through obstacles, and other emergency equipment. Paramedics provide a valuable service to the communities they serve. They must be certified in Cardiopulmonary Resuscitation (CPR) techniques, and be trained to handle all situations.

Some paramedics are trained to respond to what is called Mass Casualty Incidents (MCI). These emergencies occur whenever there is a tragic event such as the September 11, 2001 attacks on the country, and other emergencies like earthquakes, mudslides, or floods. Paramedics can also be sent to emergency situations by citizens who call the 911 emergency phone number.

Тема 2.3. Медицинское образование в России и за рубежом

Medical education in Russia

All establishments of higher medical education are financed and guided by the Ministry of Health and Social Development of the Russian Federation.

Doctors of different specialties are trained at medical institutions of higher education, at medical universities and academies. There are also pharmaceutical academies, which train specialists in pharmacy.

Medical institutions of higher education offer various faculties and specialties which an entrant may choose according to his or her abilities and wishes. Nowadays a new examination system is being introduced. The so-called «The General State Exam» allows pupils to enter any institution of higher education according to its results.

Medical colleges train paramedical personnel: nurses, midwives, dental technicians and doctor's assistants. The course of studies is 3-4 years.

The training at medical institutions of higher education takes 5 or 6 years. It consists of lectures, practical classes and medical practice. The attendance of lectures, practical classes and seminars4 is compulsory. Academic year begins on September the 1st and is divided into two semesters of four months each. At the end of each semester the students have to pass examinations and tests. If a student passes the exams well he gets a grant paid monthly. paramedical personnel. For the first two years, students study pre-clinical subjects such as: Physics, Chemistry, Biology, Social Sciences, Latin and so on. They also study Human Anatomy, Physiology, Histology, and Microbiology. Clinical subjects are taught from the third to the fifth or sixth year.

The students have practical course at therapeutic, surgical and other departments in hospitals and clinics. They master practical skills in clinical conditions. They are taught how to take and record the patient's case history, to carry on medical examination of the patient, to make diagnosis, to prescribe treatment and carry on different medical procedures. There are all facilities for talented students to carry on research work. They attend scientific societies at different departments where they are offered modern guidelines for research activity. Having passed state examinations graduates receive their diplomas and can apply for clinical internship.

The post graduate course and the Institute of Post-Diploma and Additional Education are for doctors, paramedical personnel. During three years the post-graduate students prepare a thesis, defend it and obtain the degree of Candidate of Medical Sciences.

1) Find Russian equivalents.

The Ministry of Health and Social Development of the Russian Federation; an entrant may choose according to his or her abilities and wishes; paramedical personnel; master practical skills in clinical conditions; to carry on research work.

2) Answer the questions.

1. Who finances and guides the higher medical education in Russia?
2. Where are the doctors trained?
3. Where are the specialists in pharmacy trained?
4. Who may enter a medical institution of higher education?
6. Whom do the medical colleges train?
7. What is the course of training at the medical institution of higher education?
8. How many semesters has the academic year?
9. What subjects does the curriculum include?
10. Where do the students have medical practice?
11. What are the students taught during medical practice?
12. Where do the students carry on research work?
13. When do the graduates receive their diplomas?
14. Where can the doctors improve their qualification?
15. For what degree does the post-graduate student defend a thesis?

Тема 2.4. Медицинские университеты в англоговорящих странах

1) Study the vocabulary and read the text.

medical institution – медицинское учреждение
protect the health – охранять здоровье

medical assistance – медицинская помощь
consulting room – кабинет врача
X-ray – рентген
out-patient – амбулаторный больной
district therapeutist – участковый терапевт
staff – персонал
get a sick-leave – получать больничный лист
undergo a preventive examination – проходить профилактический осмотр
medical equipment – медицинское оборудование

Medical Education in Great Britain

In Great Britain physicians are trained in medical schools or faculties of Universities. They have medical schools in the Universities of London, Oxford, Birmingham, Bristol and Edinburgh.
Entry to a medical school is highly competitive and usually the number of candidates is much higher than the number of the places.

To enter a medical school in Great Britain candidates must pass entrance examinations. Entrance examinations are both oral and written. Students take these examinations at the end of their 6-year secondary- school course, generally at the age of 18-19 years.

For entrance to faculty of medicine or a medical school, it is required that the subjects of chemistry, physics and biology or mathematics should be taken at advanced level. Tuition fees are charged. Most students receive financial assistance in the form of grants, which cover their expenses wholly or in part.

The academic year is divided into 3 terms, each of 10-11 weeks' duration. The terms run from October to December, from January to March and from April to June. Clinical students, however, attend for 48 weeks of the year.

Undergraduate education occupies five years, consisting essentially of two years of basic sciences and three years of clinical work. Two pre-clinical years are occupied by human anatomy and biology, physiology and biochemistry. They also study statistics and genetics. Students attend lectures; do dissections and practical work in labs.

Latin is not taught in all medical schools. English and Latin spellings are similar and it is possible to write out prescriptions in English too.

Beginning with the third year the students study the methods of clinical examinations and history taking, general pathology, microbiology, pharmacology and community medicine. Medical students have practical training in teaching hospitals. These hospitals consist of in-patient and out-patient departments.

Senior students and especially undergraduates spend most of the time in teaching hospitals. Daily bedside instruction in hospital wards and out-patient departments is given by teachers and doctors. Students follow up their patients and attend ward rounds. Besides the work in the wards the students attend demonstrations and clinical conferences as well as lectures in clinical subjects which are being studied.

Examinations in medical schools are held at the end of each term. It is three times a year. At the end of each term and after each special course students take final exams. Most of the exams are written. The final examinations or finals are in Medicine, Surgery, Obstetrics and Gynecology and Pathology. Finals also include history taking and diagnosing. Before finals in Surgery, students assist in operations. Before finals in Obstetrics and Gynecology they must assist during the delivery of at least 20 babies.

So three years are spent in clinical studies to obtain degrees of Bachelor of Medicine (B.M.) and Bachelor of Surgery (B.S.).The degrees of B.M. and B.S. give the right to register as a medical practitioner. After the finals graduates work in hospitals for a year. This period is called internship.

The work of interns is very difficult but their salary is very small. Interns work at least 6 hours a week. After internship a young doctor obtains a "Certificate of Experience" from the medical school and he or she may work as medical practitioner.

Тема 2.5. Этические аспекты работы медицинских специалистов

A widely used modern version of the traditional oath was penned by Dr. Luis Lasagna, former Principal of the Sackler School of Graduate Biomedical Sciences of Tufts University.

In the 1870s, many American medical schools chose to abandon the Hippocratic Oath as part of graduation ceremonies, usually substituting a version modified to something considered more politically and medically correct, or an alternate pledge like the Oath of Maimonides.

The Hippocratic Oath has been updated by the Declaration of Geneva. In the United Kingdom, the General Medical Council provides clear modern guidance in the form of its Duties of a Doctor and Good Medical Practice statements.

1) ***Read the oath and learn it by heart:***

The Hippocratic Oath (Modern Version)

"I swear to fulfill, to the best of my ability and judgment, this covenant:
I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.

I will apply, for the benefit of the sick, all measures [that] are required, avoiding those twin traps of overtreatment and therapeutic nihilism.

I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug. I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.

Тема 2.6. Поликлиническое обслуживание в России

Health service in Russia

Health care in Russia, both preventive and curative, is available to the whole population. The most distinctive feature of it is the attention paid to prophylaxis. One of the main tasks in the fight against various diseases is the early detection of the first signs of disease. We pay much attention to the health education of the population. We believe that is one of the main available methods of preventing the spread of diseases. For this purpose the press, cinema, radio and television are very helpful.

The basic medical unit in our country is the polyclinic. Polyclinics are large medical centres employing many doctors and nurses. Polyclinics have their own laboratories and X-ray, physiotherapy, surgical and dental departments. We have polyclinics for the adult population and for children. Ambulant patients are seen at the polyclinic by district doctors. Patients who are seriously ill are visited by their district doctor at home. The doctor works 6 hours a day. For the district doctor this is made up of 3 hours seeing patients at the polyclinic and 3 hours in visiting patients in their homes.

The emergency ambulance service operates day and night and is free of charge. The ambulances are equipped with diagnostic, respiratory and anaesthetic apparatus, as well as blood-transfusion and other devices, which enable the doctor to give emergency surgical and medical treatment.

There are several specialised hospitals in Russia for the treatment of particular diseases – infectious and psychiatric diseases, cancer and ophthalmological diseases and others. The Mother-and-Child Health Care Centre is in Moscow. This Centre deals with not only routine problems of obstetrics and gynaecology but also with research in the normal physiology of a female organism starting from an early stage of development. The main task of this centre is to ensure the birth of a healthy child.

At present, there have emerged a number of private diagnostic and consultation centres, general hospitals and specialised clinics. Medical and health care is provided in line with compulsory and voluntary medical insurance programmes set up by the state via private insurance companies.

1) Say true or false:

1. Health care in Russia, both preventive and curative, is available to the whole population.
2. It isn't one of the main tasks of the fight against various diseases is the early detection of the first signs of disease.
3. We don't pay much attention to the health education of the population.
4. We believe that the press, cinema, radio and television are very helpful to prevent the spread of diseases.
5. The basic medical unit in our country is the polyclinic.
6. Polyclinics have only laboratories and X-ray, physiotherapy I our poliyclinics.
7. The doctors can't work 6 hours a day.
8. The emergency ambulance service operates day and night and is free of charge.
9. The ambulances are equipped with diagnostic and other devices.
10. There are many specialized hospitals in Russia for the treatment of particular diseases.

Тема 2.7. Строение и функции человеческого организма

The Human body

In the practical Anatomy class we study the human body. The principal parts of the human body are the head, the trunk and the limbs (extremities). We speak of the upper extremities (arms) and of the lower extremities (legs).

The head consists of two parts: the skull which contains the brain, and the face which consists of the forehead, the eyes, the nose, the mouth with the lips, the cheeks, the ears, and the chin.

The ear includes three principal parts: the external ear, the middle ear, and the internal ear.

The mouth has two lips: an upper lip and a lower lip. In the mouth there are gums with teeth, a tongue and a palate.

The head is connected with the trunk by the neck. The upper part of the trunk is the chest and the lower part is the abdomen. The principal organs in the chest are the lungs, the heart, and the gullet (esophagus). We breathe with the lungs. The heart contracts and makes about 60-80 beats per minute.

The principal organs in the abdominal cavity are the stomach, the liver, the spleen, the intestines, the kidneys, the gall-bladder and the bladder.

The framework of bones called the skeleton supports the soft parts and protect the organs from injury. The bones are covered with muscles.

The upper extremity is connected with the chest by the shoulder. Each arm consists of the upper arm, the forearm, the elbow, the wrist, and the hand. We have four fingers and a thumb on each hand.

The lower extremity (the leg) consists of the hip (the thigh), the knee, the calf, the ankle and the foot. The body is covered with the skin.

1) Answer the questions:

1.What are the main parts of the human body?
2. What are the parts of the head?
3. What are the parts of the ear?
4.How many vertebrae are there in the spine?
5.What does the lower extremity consist of?

2) Insert missing phrases:

1.We breathe with the …..
2.The ear …. three…. parts: the…..ear, the….ear and the….
3.The tongue is in the…. .
4.The legs are…extremities, and the arms are…extremities.
5.The skull contains the…

Тема 2.8. Скелет

The skeletal system

The skeletal system is one of the important systems in the human body. Its main functions are to support the organs, anchor the muscles, and protect the organs such as heart, lungs, and brain. The adult human skeleton consists of 206 bones.

The human skeleton contains fused and individual bones that are supported by muscles, tendons, ligaments, and cartilage. The size and shape of a bone varies according to its location in the body. There are five types of bones by shape, such as, long bones, short bones, flat bones, sesamoid bones, and irregular bones.

The main parts of skeleton are: the ribs, the skull, the jaw bone, the backbone, the breastbone, the collarbones, the shoulder blades, the thigh bones, the kneecaps, the shinbones. The skull is located in the head. It protects the great brain. The backbone is the basis of the skeleton. It consists of vertebrae. Most other bones are connected to the backbone. Feet and hands contain many small bones. They are connected with different types of joints. It allows them make many various motions.

1) Read the text and find the necessary information:

1. Main functions of the skeletal system are …
2. The adult human skeleton consists of …
3. The size and shape of a bone varies according to …
4. The main parts of skeleton are …
5. There are five types of bones …
6. The skull protects …
7. The basis of the skeleton is …
8. The backbone consists of …
9. Feet and hands contain …
10. Small bones are connected with …

Тема 2.9. Сердечно-сосудистая система

The Structure, functions of the cardio-vascular system.

Cardio-vascular system is the complex of anatomical and physiological formations that provides the directed movement of blood and lymph in the organism of man and animals. It is necessary for the transport of gases in the tissues, substrata of nutrition and their metabolites. It is important in the process of metabolism and energy between the organism and the environment too.

The cardio-vascular system consists of the heart and blood vessels: blood and lymph. The Central part of the cardio-vascular system is the heart pumping blood in the arteries. According to their distance from the heart they become smaller and turn into arterioles and capillaries.

Blood constantly moves through the vessels. It makes all important vital functions, namely transport function (carring of oxygen and nutrition), protective (contains antibodies) and regulatory (contains enzymes, hormones and other biologically active substances). There are some different types of blood vessels in the cardio-vascular system: large and small arteries, large and small veins and capillaries.

The human heart is a hollow muscular organ. With the help of continuous vertical partition heart is divided into two parts: left and right. Running in a horizontal direction the second partition forms four cavities in the heart: the upper cavity - the atria, the lower ventricles.

In its activity the heart can be divided into two phases: systole (contraction) and diastole (relaxation).

The heart rate per 1 min or the number of heart beats depends mainly on the functional state of wandering and sympathetic nerves. The heart of a healthy adult man makes from 60 to 72 beats per minute.

1) Answer the questions:

1. What does cardio-vascular system provide in the organism of man and animals?
2. What is the central part of the cardio-vascular system?
3. Blood constantly moves through the vessels, doesn't it?
4. What makes all important vital functions?
5. Is heart a hollow muscular organ?

2) Continue the sentences:

1. Cardio-vascular system is …
2. The cardio-vascular system consists of …
3. The Central part of the cardio-vascular system …
4. Blood constantly moves …
5. The human heart is …

Тема 2.10. Строение сердца

Work of the human heart

The human heart contracts from the first moment of life until the last one. The contractions of the heart pump the blood through the arteries to all the parts of the body. Physiologists have determined that in the adult the heart makes from 60 to 72 beats per minute. In children the rate of heart beat is much higher. Research work has determined that rate of heart beat increases depending on different emotions.

Each beat of the heart is followed by a period of rest. Each contraction and a period of rest compose a cardiac cycle.

Each cardiac cycle consists of three phases: the first phase of short contraction- the atrial systole, the second phase of a more prolonged contraction- the ventricular systole. The period of rest is called the diastole.

Research work of many physiologists has estimated the role of the ventricles as the main pump of the human heart.

1) Translate the sentences:

1. The human heart makes 60-80 contractions per minute.

2. On physical exertion the heart has a short period of rest and the diastole becomes less.
3. Ten tons of blood are pumped through the heart daily.
4. The heart acts as a pump.
5. John Floyer, an English doctor, was the first scientist to find out the varying pulse rate in man.

2) Find English equivalents for these expressions:

Человеческое сердце, сокращаться, сокращение сердца, артерия, взрослый человек, 72 удара в минуту, определить частоту сердцебиения, зависит от различных эмоций, сердечный цикл, систола предсердия, систола желудочка, диастола, насос.

Тема 2.11. Строение дыхательной системы

Breathing

In order to stay alive the body has to breathe air. We breathe in oxygen and breathe out carbon dioxide. This process is known as respiration. Breathing happens automatically. Every day the body breathes about 20000 times. By the time we live 70 years old that's about 600 million breathes.

All of this breathing occurs of the respiratory system, which includes the nose, throat, voice box, windpipe and lungs. At the top of the respiratory system the nostrils bring air into the nose where filtered, warmed and moistened. Tiny hairs called "cilia" protect the nasal passageways and other parts of the respiratory tract and filter out dust and other particles that enter the nose through the breathed air.

Air can also breathed in through the mouth. The two airways are the nose and mouth meet up at the pharynx, which is located at the back of the throat. The pharynx carries both food and air and is used for digestion and respiration. One path is for food – this is called the esophagus which leads to the stomach. The other side is for air it's called the trachea. A small flap of tissue called the epiglottis covers the air-only passage when we swallow. This stops food and liquid from going into the lungs.

The larynx voice box is located at the top of the trachea, the air-only pipe. This is where our vocal cords are. The trachea or windpipe – which is a 3cm to 3cm tube then extends downwards from the bottom of the larynx for about 12cm. the walls of the windpipe are made strong by stiff rings of cartilage that keep it open. The trachea is also lined with tiny hairs. They sweep foreign particles and fluids out of the airway, keeping them from entering the lungs.

The windpipe divides into two branches and each of these enters one of the two lungs of the body. Each branch resembles the limbs of a tree dividing into smaller, finer branches called bronchioles. The bronchioles end in tiny air sacs called alveoli which look a bit like grapes. These structures enable fresh air to get to the air sacs which are surrounded by tiny blood vessels, or capillaries. The oxygen passes through these air sacs and travels through the capillary walls into the bloodstream. At the same time carbon dioxide transfers from the bloodstream into the air sacs where it gets breathed out of the body.

When we exercise the body needs more oxygen to feed the muscles as they work harder. The body responds by breathing more quickly and deeply. As the cells of the muscles use up more oxygen the lungs have to work harder to keep up the supply. The respiratory system then speeds up to supply the body with much-needed oxygen and also to get rid of the carbon-dioxide waste in the system.

Over time exercising also helps our chest cavity to get bigger which enables the body to increase the amount of air it takes in. More capillaries from around the air sacs so the body gets better at swapping oxygen and carbon dioxide gases. We can see how the body's respiratory system helps the body to move about and is influenced by regular and ongoing physical activity as well.

Questions to the text:

1. Why do we breathe?
2. What is a respiration?
3. What part of the respiratory system brings air into the nose?
4. Which organs meet up at the pharynx?
5. What is the function of epiglottis?
6. Where is the larynx located?
7. How does the oxygen pass into the bloodstream?
8. When does the body need more oxygen?
9. What occurs during physical exercises?

Тема 2.12. Заболевания органов дыхательной системы

Diseases of the respiratory system

The respiratory system is a vital network of organs responsible for taking in oxygen and expelling carbon dioxide. It includes the nose, pharynx, larynx, trachea, bronchi, and lungs. Disruptions to any part of this system can lead to a range of respiratory diseases. These diseases can range in severity from mild and self-limiting to chronic and life-threatening.

Common respiratory diseases include:

* Acute Respiratory Infections (ARIs): A broad category encompassing illnesses caused by viruses like rhinoviruses, adenoviruses, and influenza viruses. Symptoms typically include runny nose, cough, sore throat, and fever. Most ARIs resolve on their own within a few days.
* Influenza (Flu): A viral infection caused by influenza viruses. Generally more severe than other ARIs, it's characterized by high fever, body aches, cough, and fatigue. Complications such as pneumonia can occur.
* Pneumonia: An infection that inflames the air sacs in one or both lungs. It can be caused by bacteria, viruses, or fungi. Symptoms include cough (often with phlegm or pus), fever, chills, shortness of breath, and chest pain. Requires medical treatment.
* Bronchitis: Inflammation of the bronchi, the airways in the lungs. It can be acute (short-term) or chronic (long-term). Acute bronchitis is often a consequence of a viral infection. Chronic bronchitis is a persistent condition associated with a long-lasting cough with mucus production.
* Asthma: A chronic condition characterized by recurring episodes of wheezing, breathlessness, chest tightness, and coughing. These episodes are triggered by inflammation and narrowing of the airways. Requires ongoing management.
* Tuberculosis (TB): An infectious disease caused by the bacterium *Mycobacterium tuberculosis*. It primarily affects the lungs but can spread to other organs. Symptoms may include a persistent cough (sometimes with blood), fever, night sweats, weight loss, and fatigue. Requires lengthy antibiotic treatment.

Many factors increase the risk of developing respiratory diseases, including smoking, air pollution, weakened immune systems, and genetic predispositions. Prevention strategies involve

vaccination, healthy lifestyle choices (such as not smoking and avoiding exposure to pollutants), and seeking medical attention when symptoms arise.

Tasks:

1. Categorize the following diseases as viral, bacterial, or both: Influenza, Pneumonia, Bronchitis, Tuberculosis. Explain your reasoning.
2. List at least three symptoms common to both pneumonia and bronchitis.
3. What is the key difference between acute and chronic bronchitis?
4. Name three risk factors that increase the likelihood of developing a respiratory illness.
5. Explain why early diagnosis and treatment are crucial for respiratory diseases like pneumonia and tuberculosis.
6. Describe two preventative measures individuals can take to reduce their risk of contracting respiratory illnesses.
7. Compare and contrast the symptoms of influenza and a common cold (ARI).

Тема 2.13. Строение пищеварительной системы

Digestive system

Digestive system is the food processing system of human body. The whole digestive system is in the form of a long, hollow, twisted and turned tube, called the alimentary canal, which starts from the oral cavity and ends at the anus. The overall process of digestion and absorption of food occurs in this tube. The tube is divided into different parts on the basis of structure and function of each part. These parts are described below.

Parts of digestive system:

Human digestive system consists of the two categories of parts. The first category consists of those organs that are directly involved in the process of digestion and absorption. The second category consists of those organs that aid the process of digestion and absorption of food by producing chemical substances or by some other way, but are not directly involved in the process of digestion and absorption. The first category of organs may be called as “necessary organs” and the second category as “accessory organs” but it should be kept in mind that without the aid of accessory organs, the process of digestion is seriously impaired. When the accessory organs fail to perform their functions completely, the process of digestion may also completely stop.

Functions of digestive system:

As stated above, digestive system is the food processing system of human body. The food taken by human beings is digested into simpler molecules that can be absorbed into the blood and utilized for various functions of human body. As the digestive system is the only route of intake of nutrients (in normal conditions), therefore necessarily all the nutrient requirements of human body are fulfilled by this system alone. If the digestive system is impaired for some reason, health of the affected individual will seriously decline.

Read and translate the sentences:

1. The soft palate is a continuation of the soft tissues covering the hard palate. 2. The small intestine composed of three main portions is a thin-walled muscular tube. 3. The weight of the largest of the salivary glands is 28 gr. 4. The liver consists of small lobules connected together by connective tissue, different vessels and nerves. 5. The duodenum is called so because its length measures about the length of twelve fingers. 6. The liver consisting of lobes is covered

with a fibrous coat. 7. The peritoneum is a serious coat covering the inner surface of the abdominal wall. 8. The shape of the stomach changes when it dilates and its borders greatly extend. 9. Bile secreted by the liver participates in the digestive process and has a defensive function. 10. Food undergone mechanical and chemical changes passes from the small intestine into the large one.

Тема 2.14. Заболевания органов пищеварительной системы

Digestive diseases.

Digestive diseases are disorders of the digestive tract. In digestion, food and drink are broken down into small parts (called nutrients) that the body can absorb and use as energy. The digestive tract or gastrointestinal tract is made up of the esophagus, stomach, large and small intestines, liver, pancreas, and the gallbladder. A digestive disorder, in essence, refers to any abnormality or malfunction in the gastrointestinal tract (GI).

We can find a multitude of diseases and conditions within the spectrum of digestive disorders. However, a few stand out as more prevalent in the general population:

- Gastroesophageal Reflux Disease (GERD)
- Peptic Ulcer Disease
- Gallstones
- Colorectal Cancer
- Gastritis

To fully understand digestive disorders, we have to consider the multitude of causes that could lead to these conditions. They range from lifestyle choices to genetic factors:

Bad diet. High consumption of fatty foods, processed foods, and sugar can lead to conditions such as obesity, which is a primary risk factor for a host of digestive problems.

Smoking. Smoking cigarettes can lead to serious conditions such as stomach cancer or peptic ulcers.

Lack of exercise. Regular exercise keeps your digestive system healthy and assists in the smooth passage of food.

Genetic predisposition. Conditions like Crohn's disease have a known genetic component. Digestive disorders can manifest in a variety of ways and can be both specific and non-specific. The key is to recognise these signs in time to ensure prompt medical attention. Experiencing one or more of the following symptoms demands further medical investigation:

- Abdominal pain or discomfort: Often a hallmark sign, experiencing pain in any area of the abdomen could indicate an issue with any organ in the digestive tract.
- Bloating and gas: Accumulation of gas in the digestive tract may cause feelings of discomfort, fullness, and bloating.
- Nausea and vomiting: Feeling sick or vomiting can be symptoms of various disorders such as gastritis or gallstones.
- Constipation or diarrhoea: Changes in bowel habits, characterised by either slow bowel movements (constipation) or watery stools (diarrhoea), may indicate a digestive disorder.
- Loss of appetite or weight loss: A decreased interest in food or unexplained weight loss could be an indication of a serious health concern.
- Heartburn: A burning sensation in the chest or upper abdomen, usually after eating, could be symptomatic of GERD.

Symptoms alone can sometimes indicate the potential underlying condition. For instance, a patient with a peptic ulcer might complain of burning abdominal pain that improves with eating, but returns several hours later. In contrast, a patient with GERD would likely report persistent heartburn, especially after spicy or fatty meals.

Effectively managing digestive disorders involves various strategies, from first-line treatments to lifestyle modifications. First-line treatments typically involve medications and occasionally, surgical procedures. For example, GERD can be managed with over-the-counter antacids or prescribed medications reduce stomach acid. Gallstones might require surgical removal if they cause significant pain or lead to other complications.

Promoting a healthy lifestyle is an important aspect of managing digestive disorders. A balanced diet, regular exercise, stress management, adequate hydration, and avoiding triggers are all crucial components of a healthy digestive system.

Maintaining digestive health is crucial to overall wellbeing. As a nursing professional, your ability to provide well-informed advice and care can make a significant difference to patients dealing with digestive disorders.

Put the missing words from the text:

1. In digestion, food and drink are broken down into nutrients that the body can absorb and use as ….
2. The causes of digestive disorders range from lifestyle choices to … .
3. Conditions like … have a known genetic component.
4. A burning sensation in the chest or upper abdomen could be symptomatic of ….
5. First-line treatments of digestive disorders typically involve ….
6. GERD can be managed with … that reduce stomach acid.
7. Gallstones might require … if they cause significant pain.

Match the terms with its definitions:

1. gastritis	a) a painful burning feeling in the lower chest
2. gallstone	b) a type of cancer that affects the colon (large intestine) or rectum
3. GERD	c) a problem with passing stool
4. constipation	d) the inflammation of the lining of the stomach
5. colorectal cancer	e) a break in the inner lining of the stomach, or the first part of the small intestine
6. heartburn	f) a stone formed within the gallbladder out of bile components
7. peptic ulcer disease	g) a chronic condition characterized by the backward flow of stomach acid into the esophagus

Тема 2.15. Строение выделительной системы

Human Urinary System

The Urinary System is a group of organs in the body concerned with filtering out excess fluid and other substances from the bloodstream. The substances are filtered out from the body in the form of urine.

Urine is a liquid produced by the kidneys, collected in the bladder and excreted through the urethra. Urine is used to extract excess minerals or vitamins as well as blood corpuscles from

the body. The Urinary organs include the kidneys, ureters, bladder, and urethra. The Urinary system works with the other systems of the body to help maintain homeostasis. The kidneys are the main organs of homeostasis because they maintain the acid base balance and the water salt balance of the blood.

The human urinary system functions in the elimination of urine which contains:

1. Nitrogenous wastes which include ammonia, urea and uric acid.
2. Salt concentrations in body fluids which include Mg, K, and Na.
3. Excessive water in the body in a process called osmoregulation.

The parts of the human urinary system are:

1. Kidneys – for filtering and regulating nitrogenous wastes, salt concentrations and body water.
2. Renal arteries – comes from Aorta and are for supplying the kidneys with blood.
3. Renal veins – goes into Inferior Vena Cava and are for taking blood away from the kidneys.
4. Urethra tubes – goes into urinary bladder and are for carrying urine away from the kidneys to the urinary bladder.
5. Urinary bladder – is the reservoir for urine.
6. Urethra tube – comes from urinary bladder and exit urine out of human body.

Ex.1. Complete the sentences with words from the texts.

1. The substances are filtered out from the body in the form of … .
2. Urine is used to … excess minerals or vitamins as well as blood … from the body.
3. The Urinary system works with the other systems of the body to help maintain … .
4. The parts of the human urinary system are: a) Kidneys; b) … ; c) Renal veins; d) Ureter; e)… ; f) Urethra tube.

Ex.2. Match the words and translate.

1. urinary	a. corpuscles
2. excess	b. homeostasis
3. to extract	c. fluid
4. blood	d. balance
5. to maintain	e. system
6. acid base	f. balance
7. water salt	g. excess minerals

Тема 2.16. Функции почек

What does your Kidney do? Your kidneys are two-bean shaped organs, located on either side of your spine, just above the small of your back. As you will learn in this module, the kidneys are linked directly with the circulatory and excretory systems. The functions of these complex organs are to clean your blood of toxins and regulate the amounts of other substances dissolved in blood.

The kidney:

• removes metabolic wastes like urea and uric acid from your blood. If not removed these wastes would accumulate and damage your body.
• removes substances such as drugs, pesticides, food additives and other toxic substances from your blood.
• keeps the concentrations of ions like potassium, calcium and sodium, and other substances in your blood at the correct levels.
• maintains the proper volume of water in your body.
• assists in maintaining your blood pH at the proper level.

How does your kidney work? Your entire blood volume gets cleaned 20- 25 times a day. The actual cleaning occurs in tiny units inside your kidney called nephrons. Each kidney contains approximately 1 million nephrons. Blood containing wastes from the body enters the nephron through a knot of small blood vessels that are surrounded by a structure called the glomerulus.

These blood vessels are under pressure and are against the wall of the glomerulus. The wall of the glomerulus is a semi-permeable membrane and acts as a filter. Certain substances are able to pass through, or permeate the membrane. These substances are referred to as the filtrate.

Other substances can not pass through the membrane and are filtered out. A good analogy would be straining cooked pasta through a colander. The colander functions like a semi-permeable membrane. It captures the cooked pasta but allows the water and dissolved substances to pass through as a filtrate.

In the nephron, when blood containing waste is forced against the wall of the glomerulus, blood plasma, wastes, water, ions like potassium, calcium and sodium, glucose and other small molecules are able to pass through the wall into the tubule. Larger substances like red and white blood cells can not pass through the wall and remain in the blood. While the filtrate in the tubule contains wastes and unwanted substances it also contains substances that your body can still use.

The tubule of the nephron is surrounded by tiny blood vessels, called capillaries. By a process called diffusion, substances that your body can still use get reabsorbed. The filtrate within the tubule of the nephron contains water, ions, glucose and other useful small molecules at high concentrations. The filtered blood in the capillaries contains these useful substances at low concentrations. As a result, these useful substances in the tubule diffuse back into the capillaries. The amount of each substance that is reabsorbed is controlled to maintain the perfect concentrations in the blood stream. Excess material that is not reabsorbed remains in the tubule where it is swept away with wastes and other toxic substances to form urine. Urine is stored in the bladder and is ultimately excreted from the body. Through the processes of filtration and diffusion your kidney cleans your blood, controls its composition, and maintains an ideal concentration of substances in the blood.

Work in pairs and make up 5 questions connected with the text.

Тема 2.17. Строение нервной системы

The nervous system

The nervous system consists of the brain, the spinal cord and an enormous network of nerves.

The spinal cord runs from the brain and down through the backbone.

The brain is a very complex organ. Its biggest part is the cerebrum which is responsible for our personality, memory, intelligence, emotions and feelings, speech, the ability to move.

The smaller cerebellum controls balance, coordination and movements.

The brainstem is responsible for all the brain's messages and controls a lot of automatic body functions such as breathing, heart rate and digestion.

The thalamus carries messages from the eyes, ears, nose and fingers to the cerebrum.

The hypothalamus controls many automatic processes, for instance, temperature and appetite.

The pituitary gland is tiny but it is responsible for hormones.

Nerve cells are called neurons. They look like long thin threads with fingers at each end. These "fingers" are called dendrites. When a neuron gets a message, it produces a tiny electric signal which releases chemicals and the signal passes from the dendrites of one neuron to the next, At last, the message reaches the brain.

Thus, the nervous system is the control system of our body and it influences our health.

Make up the sentences from the parts:

1. the, is, system, our, system, control, of, nervous, body, the
2. gland, for, tiny, but, the, responsible, pituitary, it's, hormones, is.
3. eyes, cerebrum, carries, from, the, the, and, messages, nose, fingers, the, to, thalamus, ears.
4. movements, controls, balance, small, coordination, cerebellum, and, the.

Choose the right answer:

1. The *spinal cord/brain stem* runs from the brain and down through the backbone.
2. The biggest part of the brain is the *cerebrum/cerebellum.*
3. The *cerebrum/cerebellum* controls balance, coordination and movements.
4. The *thalamus/hypothalamus* controls many automatic processes, for instance, temperature and appetite.
5. The *pituitary gland/hypothalamus* is tiny but it is responsible for hormones.
6. Nerve cells are called *dendrites/neurons*.

Тема 2.18. Условные и безусловные рефлексы

The concept of reflex.

Reflex- is the response of an organism to a stimulus which is carried out by the nervous system.

The reflexes are inborn (instincts) and the conditional, that is acquired during life. Conditioned reflexes are not inherited.

Congenital reflexes are called unconditional. They are inherited.

Unconditioned reflexes.

- Available from birth.
- Do not change or disappear in the course of life.
- Adapt the body for constant conditions.
- The same for all organisms of this type

Conditioned reflexes.

- Available in their lifetime.
- May change or disappear when conditions change.
- Every body produces its own.
- Adapt to changing body conditions.

- At the heart of the nervous system is the reflex - response to stimulation.

Reflexes are divided into conditional, developed in the course of life and innate or unconditional. Unconditioned reflexes help to survive in difficult conditions. Due to conditioned reflexes animals acquire skills.

1) Complete the test:

1) Both are called innate reflexes?
A) Unconditioned reflexes B) Conditioned reflex c)Protective reflex
2) Both are called acquired reflexes?
A) Unconditioned reflexes B) Conditioned reflex c)Protective reflex
3) Who studied conditioned reflexes?
a) I.P.Pavlov b) I.M.Sechenov c) A.M.Sapin
4) That refers to the protective reflex?
A) Sneezing b) Running c) cry
5) A reflex underlies the training of animals?
A) Unconditioned reflexes B) Conditioned reflex c) Protective reflex

Тема 2.19. Основы личной гигиены

Personal hygiene

Personal hygiene is the first step to good health. Elementary cleanliness is common knowledge. Every external part of the body demands a basic amount of attention on a regular basis.

Hygiene of hair

Wash your hair at least once a week using soap or mild shampoo. Avoid shampoos with alkalis. Rinse well. Dry your hair after a wash.

Brush your hair three to four times a day with a soft brush or a wide comb. Wash your brush and comb every time you wash your hair. Oil the scalp, once a week, preferably an hour before hair wash.

Hygiene of skin

In Victorian England, modest young women were taught to wash themselves without getting quite naked.

Soap and water are essential for keeping the skin clean. A good bath once or twice a day is recommended, especially in tropical countries like India. A mild soap will do the job adequately. Germicidal or antiseptic soaps are not essential for the daily bath. You can use a bath sponge for scrubbing.

The genitals and the anus need to be cleaned well because of the natural secretions of these areas, in unhygienic conditions, can cause irritation and infection.

Wash off well after soaping. Drying with a clean towel is important. Avoid sharing soaps and towels. Change into clean underwear after bath.

Hygiene of hands

Wash hands thoroughly with soap and water before and after every meal and after visiting the toilet. Soaping and rinsing should cover the areas between fingers, nails and back of the hand. Hands should be dried with a clean towel after wash. The towel at the wash stand has to be washed and changed everyday.

If you need to use a handkerchief or tissue, wash your hands after that. Keep your nails short.

Hygiene of nails

Do not keep your nails painted continuously. It causes the keratin, of which nails are made, to split. Pamper your hands and nails once every three weeks with a manicure. This requires soaking your hands in warm water for ten minutes, massaging of hands, thorough cleaning and shaping of nails. Choose your manicure kit with care. In some kits, the instruments are crudely made and they will do more harm than good.

1) Complete the sentences:

1. Personal hygiene is the first step ... .
2. Avoid shampoos ... .
3. Oil the scalp ... .
4. Soap and water are ... .
5. You can use ... .
6. Avoid sharing ... .
7. Wash hands thoroughly ... .
8. Hands should be dried with ... .
9. Pamper your hands and nails ... .
10. Choose your manicure kit ... .

2) Translate the sentences:

1. Мойте волосы как минимум раз в неделю.
2. Высушивайте волосы после мытья.
3. Смазывайте маслом кожу головы перед мытьем.
4. Не пользуйтесь с другими людьми одним мылом и полотенцем.
5. Тщательно мойте руки с мылом и водой.
6. Выбирайте маникюрный набор с особой осторожностью.

Тема 2.20. Оказание первой помощи при различных ранах

Understanding the Basics of First Aid Services: A Lifesaving Guide

First aid is the immediate assistance provided to a sick or injured person until professional help arrives. There are the main principles of first aid services to save lives when emergencies strike.

Assessing the Situation: The first step is to assess the situation and ensure the safety of yourself and others. It’s essential to identify any potential dangers, such as traffic, fire, or unstable structures, and take appropriate measures.

Contacting Emergency Services: It is crucial to contact emergency services immediately. Dial the local emergency number and provide them with accurate information about the incident, including the location, the number of people involved, and the nature of the injuries or medical condition.

Basic Life Support (BLS): Cardiopulmonary resuscitation (CPR) is a fundamental skill in providing basic life support. This technique helps to maintain blood circulation and oxygenation until professional help arrives.

Wound Management: To minimize infection risk and promote healing, cleanse the wound with sterile saline or clean water, apply direct pressure to control bleeding, and dress it with a sterile bandage.

Fracture and Sprain Care: Immobilize the injured area using splints or improvised supports, and apply ice packs to reduce swelling and alleviate pain.

Choking and Airway Obstruction: Knowing the Heimlich maneuver is essential to help someone who is choking. This technique involves applying abdominal thrusts to expel the obstructing object and restore normal breathing.

Burns and Scalds: When faced with burns or scalds, it is essential to remove the person from the source of heat, cool the affected area with running water for at least 10 minutes, and cover the burn with a sterile non-stick dressing.

Allergic Reactions and Anaphylaxis: An allergic reaction can escalate into a severe condition called anaphylaxis, which requires immediate attention. Learn to recognize the signs of anaphylaxis, administer an epinephrine auto-injector if available, and seek immediate medical help.

Heat Exhaustion and Heat Stroke: Heat-related emergencies can occur during hot weather or physical activity. Take prompt action by moving the person to a cooler environment, providing fluids, and seeking medical assistance if necessary.

1) Describe your actions in these situations:

1. An injured person lies on the road due to a [1]car accident.
2. A choking person lies on the floor.
3. A person has strong bleeding from his arm due to the [2]sharp-force trauma.
4. A person has broken his leg as a result of a [3]fall down the stairs.
5. A boy has burnt his hand from direct contact with fire.

Тема 2.21. Оказание первой помощи при ожогах

Burns

Burns are caused by the dry heat from flames, electricity, lighting, chemicals and radiation (for example, in sunburn). Scalds are caused by moist heat from boiling liquids or steam. Burns and scalds are serious injuries and can result in infection, scarring and, in extreme cases, death.

Signs and symptoms:

• Skin looks red and blistered if only the outer layers are affected

• Skin looks dark red, blackened or charred if all the layers of skin are burnt

• Pain if the burn or scald is superficial, but it may be absent if nerve ends have been damaged

• Shock if burns or scalds are extensive.

Action:

1. Remove the casualty from danger and the source of heat if you can do so without becoming a casualty yourself.

2. If the casualty's clothes are on fire, protect yourself by holding a blanket or rug in front of yourself as you approach him or her.

3. If the casualty is unconscious, place him or her in the recovery position, check the airway, breathing and pulse and begin AR or CPR if necessary.

4. Carefully remove clothing, jewellery from the affected area.

5. Cool the burnt area with cold, but not icy, water, ideally by placing the burn under gently running water for at least 10 minutes.

6. Cover the burn with a sterile, non-adherent dressing, and then lightly apply a bandage.

7. If the casualty is conscious and thirsty, give him or her water to sip slowly.

8. Rest the casualty comfortably, supporting any burnt limb

9. For all expect minor burns and scalds, seek medical aid immediately.

1) Read the text.

John's mother stood near the electric fire and her dress caught fire. John heard her scream and ran into the room. "Lie down!" he ordered and covered the flame with a carpet. The flames went out without air. "Don't worry, mother," he said. "You'll be all right."

"Do not take the pieces of burnt dress off your leg. Get into the bath with your clothes on." John helped her.

"Keep your leg under the water for ten minutes," he said. He telephoned for an ambulance." When John's mother got out of the bath, he wrapped her leg in a clean cotton tablecloth. Every 10 minutes he gave her drink. Soon the ambulance came and took her to hospital. Because John knew First Aid for burns his mother was not badly hurt and her leg soon healed.

2) Find English equivalents.

Одежда загорелась; вбежал в комнату; без воздуха; держать ногу под водой; позвонить в скорую; давать пить каждые 10 минут.

3) Find Russian equivalents.

Lie down; to cover the flame; to wrap the leg in a clean cotton tablecloth; to take to the hospital; First Aid for burns; badly hurt

4) Answer the questions.

Why did John's mother scream?

What did John order?

What did he say about the pieces of burnt dress?

What did he say about mother’s leg?

Тема 2.22. Оказание первой помощи при кровотечениях

Bleeding

Rules of giving the first medical aid are simple and necessary knowledge to everyone, who will give immediate help the injured people in the place of accident. There may be situation when knowledge about the first medical aid must be used by injured himself. About 90% of died could be alive in the case of giving them qualified medical aid at first minutes after the accident.

Bleeding can lead to a severe loss of blood. The best way to stop bleeding is by direct pressure with a clean cloth. If the bleeding is from the arm or the leg, the limb can be kept in a raised position. If the bleeding is from a nose, put a cold com-press on the nose. It will stop the blood. Ice placed on the nose also stops bleeding. In severe case doctors make blood transfusion.

1) Find English equivalents.

лучший способ остановить кровотечение, потеря крови, чистая ткань, поднятое положение, кровотечение из носа, остановить кровотечение, переливание крови.

2) Find Russian equivalents.

Bleeding from the arm or the leg; cold com-press; severe case; severe loss of blood; direct pressure; to put a com-press on

3) Answer the questions.

What can lead to a severe loss of blood?

What is the best way to stop the bleeding?

What do the doctors in severe cases?

Тема 2.23. Система здравоохранения в России

Health service in Russia

The main attention of health service in Russia is paid to prophylaxis. One of the most important task in the fight against different diseases is the early detection of the first signs of the disease. We pay much attention to the popularization of medical science among the population. We believe that one of the main available methods of preventing the spread of diseases is health education. The press, cinema, radio and television are very helpful for this purpose.

The basic medical unit in our country is the polyclinic. We have polyclinics for the adult population and for children. Ambulant patients are seen at the policlinic by the district doctors. A patient who is ill at home is visited by his district doctor. The doctor works 6 hours a day. For the district doctor this is made up of 3 hours in consultation at the policlinic and 3 hours in visiting patients at home.

The emergency ambulance service operates day and night and is free of charge. The ambulances are equipped with diagnostic, respiratory, anaesthetic and electro-therapeutic apparatus, bloodtransfusion and other equipment.

There are several specialised hospitals in Russia for the treatment of particular diseases - infections, psychiatric diseases, cancer, ophthalmological diseases and others.

Some words must be said about the Mother-and-Child Health Care Centre in Moscow. This centre concentrates effort not only on traditional problems of obstetrics and gynecology but also on research in normal physiology of the female organism. The main task of this centre is to ensure the birth of a healthy child. The centre developed new methods of disease prevention, diagnostics and treatment. Much attention in our country is paid to the scientific problems, concerning the prevention and treatment of cardiovascular, viral and oncological diseases, the problems of gerontology, medical genetics, immunology and the creation of artificial organs.

1) Answer the questions:

What is the main attention of health service in Russia paid to?

What is one of the most important tasks in the fight against different diseases?

What is helpful in health education?

Is the polyclinic the basic medical unit in our country?

How many hours does the doctor work?

Is the emergency ambulance service free of charge?

What can you say about the equipment of the emergency ambulance service?

Are there many specialised hospitals in Russia?

What are the problems, studied by the Mother-and-Child Health Care Centre in Moscow?

In our country much attention is paid to the prevention and treatment of cardiovascular, viral and oncological diseases, isn’t it?

Did the Mother-and-Child Health Care Centre develop new methods of disease prevention, diagnostics and treatment?

Тема 2.24. Система здравоохранения за рубежом

Health service in Great Britain

The National Health Service Act was passed through the Parliament in 1946 and introduced into practice in 1948.

Most medical treatment in Great Britain is free but charges are made for drugs, spectacles, and dental care. Free emergency medical treatment is given to any visitor from abroad who becomes ill while staying in the country. But those who come to the UK especially for treatment must pay for it.

NHS provides free medical treatment both in hospitals and outside. It consists of three main parts: the general practitioner (including dental) services (GPS); the hospital and specialist service; local health authorities services.

People are free to choose any medical service or any doctor. In big towns there are some private hospitals. Many well-off people prefer to be private patients. In fact, 97% of the population uses NHS. The practitioner services consist of the Family Doctor Service (FDS), the Dental Service (DS), and the Pharmaceutical Service (PhS). All these services provide the patient with individual medical care that he needs.

Besides numerous hospitals there are more than 150 health centers in the UK. They contain all the special diagnostic and therapeutic services which doctors need, such as electrocardiography, X-ray, physiotherapy, good administrative and medical records system. The resources of health centers are at the disposal both of hospital and family doctors. Health centers are the basis of primary care.

There are centers which provide consultant services in general medicine and surgery, ear-nose-throat diseases, obstetrics and gynecology, ophthalmology, psychiatry and orthopedics. All consultations in the center are by appointment only. The patient is given a definite time to attend. Each doctor decides for himself how many patients he can examine for an hour. The patient is the most important person in the health center and all the efforts of doctors are directed to help him as much as possible.

Health service in the USA

The Health Care System in the USA is organized in three levels: family doctor, the medical institution or hospital and the US Public Health Service.

A family or private doctor gives his patients regular examinations and inoculations. In case when professional service and care is needed the family doctor arranges for the specialist or a hospital for his patients. The family doctor receives pay directly from the patient. Most physicians have private practice.

But many Americans have no family doctor and they come directly to the hospitals for their medical needs. There are government-financed and private hospitals. The patients are admitted to hospitals or clinics staffed by consulting physicians, residents, interns and highly skilled nurses.

Most hospitals have at least the following major medical departments or units: surgery, obstetrics and gynecology, pediatrics and general medicine. Emergency units are very special in the hospitals. Emergency patients acquire immediate attention.

The cost of medical care in the USA is very high. Most of the population (75%) have their health insurance, life insurance, disability protection and retirement benefits at their place of employment.

The great cost of medical care in the country and a great number of people who couldn't pay for it had forced the federal government to develop two programs – Medicaid and Medicare. Medicaid is a federal-state program providing free medical care for the poor, the blind, disabled and dependent children. Medicare is a federal program providing partially free medical care for the elderly people over 65 at the expense of health insurance and the government.

1) Answer the questions:

- What medical services operate in Great Britain?
- How can people choose the medical service and a doctor in Great Britain?
- What do the practitioner services consist of?
- What is the role of health centers in the health service system in Great Britain?
- What services do health services provide?
- How can the patients receive a consultation of a specialist in Great Britain?
- How is the American Health Care System organized?
- How does a family doctor work?
- How is the work of family doctors paid?
- What kinds of hospitals are there in the USA?
- What major medical departments do most American hospitals have?

2) Substitute the words and phrases in bold type by close in their meanings from the text:

1. The National Health Service Act was **put** into practice in 1948.
2. **People pay** for **medicines, glasses, and stomatological** service in Great Britain.
3. **Foreigners** are given free **urgent care** if necessary**.**
4. Some **rich** people prefer the private health services**.**
5. Health centers **give possibility** for hospital doctors and general practitioners to use their facilities.
6. Local health authority service provides not only **therapy** but **prophylaxis** as well.
7. **Urgent** patients get care **without delay**.
8. A family gives his patients regular **inspection** and **vaccination**.
9. The **price** of medical care in the USA is very **expensive**.
10. The hospitals are stuffed by **very experienced** nurses.

Тема 2.25. В больнице

In a Hospital

I am a nurse. I work at a therapeutic hospital. Many doctors and nurses work at the hospital. Our hospital is very large. Work in the hospital begins at 6 o'clock in the morning. The nurses begin to take the patients' temperature at 6 o'clock. They write it down in temperature charts. Then the nurses give the patients medicines and carry out other prescriptions of the doctors. They open the windows and air the wards. The doctors come at 9 o'clock in the morning and begin examine the patients. As I am a ward nurse the doctor asks me about the condition of

my patients. Sometimes I tell him that they are well. And sometimes I tell the doctor that the temperature of some of the patients is high and the doctor prescribes some new medicine or injection. I like my profession very much. I know that much of nurse's work can be learnt by practice. So I am very attentive and try to observe any changes in patient's condition.

1) Put the words:

"To observe", "a nurse", "to prescribe", " to examine", "injections", "medicines"

1. I work at … . 2. I am … . 3. In the morning the nurses give the patients … . 4. In the morning the doctors … the patients. 5. The doctor … some medicine or … . 6. An attentive nurse tries … any change in a patient's condition.

2) Make up the sentences:

1) Medicines, patients, give, nurses, to , their
2) Our, many, work, hospital, doctors, nurses, and, at
3) Examine, patients, every, doctors, morning, their
4) Injections, prescribes, or, doctor, some medicine, the, ward

Тема 2.26. Обязанности среднего медицинского персонала в поликлинике

Medical staff and duties

a person skilled (trained) in remedial treating or curing of diseases	therapeutist, therapist
a physician who specializes in the development, care, and diseases of babies and children	pediatrician, children's doctor
a physician specializing in the nerves and the nervous system, especially in the diseases affecting them.	neurologist
a doctor of medicine specializing in the anatomy, functions, and diseases of the eye.	oculist, ophthalmologist, eye specialist
a physician specializing in the health maintenance and diseases of women, especially of the reproductive organs.	gynecologist
a physician who specializes in treating diseases, injuries, or deformities by manual or operative procedures.	surgeon
a physician who specializes in childbirth and caring for and treating women in or in connection with childbirth.	obstetrics, midwife
a hospital attendant having general, nonmedical duties.	medical orderly, porter
a person skilled in examination or photographing of organs, bones with x-rays and the interpretation of such photographs.	radiologist
a person whose profession deals with the prevention and treatment of diseases of the teeth, gums, and oral cavity.	stomatologist, dentist
a doctor of medicine specializing in the heart and its functions in health and disease.	cardiologist, heart specialist
a physician who specializes in the study, diagnosis, and treatment of diseases of the urinary tract in females and of the genitourinary tract in males.	urologist

a doctor of medicine specializing in the anatomy, function, and diseases of the ear, nose, and throat.	otolaryngologist, ear specialist
a doctor of medicine specializing in mental states and processes	psychologist,psychiatrist
a person formally educated and trained in the care of the sick	nurse
Asks the patient's name, address, age, occupation and writes it down in his card	medical station, registering clerk

1) ***Make up a crossword using the names of the specialists.***

Тема 2.27. Профессиональная деятельность фельдшера

The work of a paramedic

The work of a paramedic is extremely important for saving lives. They are always the first who arrive at the site of accident. A paramedic is a health care professional responsible for providing medical assistance to patients while they are on the way to the hospitals. They are responsible for the initial assessment of a patient's condition. The paramedics work on a land ambulance, but you may see them on an air ambulance.

The paramedic quickly assesses the situation and determines the proper course of action for each patient. If a person's injuries are life-threatening, the paramedic might choose to perform some sort of medical procedure right then and there.

They give some basic treatment to the patient. If the patient is bleeding, they will try to control the bleeding, clean and stitch the wound. If the patient has suffered from a heart attack, the paramedic will immediately take them to the hospital. If the patient is unconscious and not breathing, they have perform CPR or they can use the defibrillator, present in the ambulance, to start the heart of the patient.

Treatment may include:

- assessing the condition of patients who are injured or taken ill suddenly;
- monitoring the patient's condition;
- providing treatment and care before admission to the hospital.
- applying splints to limbs, dressing wounds, administering pain relief,
- oxygen, drips and fluids;
- using highly technical equipment, including ventilators to assist breathing and defibrillators to treat heart failure;
- carrying out certain surgical procedures when necessary, such as intubation (insertion of a breathing tube);
- administering intravenous drips, drugs and oxygen.

1) Answer these questions:

1. What is your future profession?
2. Do you like your future profession?
3. Why did you choose profession of medical assistant?
4. Where can you work after Medical college?
5. How can you describe your future profession?

6. Have you ever had experience of practical medical work?
7. Is profession of medical assistant popular in your city?

Тема 2.28. Работа с медицинской документацией

Taking a Medical History

Admitting a patient to hospital includes two major steps: on the one hand the doctor has to take the patient`s **medical history**, where he is given the opportunity to report his complaints and to answer the doctor`s questions.

The medical history or (medical) case history of a patient is information gained by a physician by asking specific questions, either of the patient or of other people who know the person and can give suitable information with the aim of obtaining information useful in formulating a diagnosis and providing medical care to the patient. The medically relevant complaints reported by the patient or others familiar with the patient are referred to as symptoms, in contrast with clinical signs, which are ascertained by direct examination on the part of medical personnel. Medical histories vary in their depth and focus. For example, an ambulance paramedic would typically limit his history to important details, such as name, history of presenting complaint, allergies, etc. In contrast, a psychiatric history is frequently lengthy and in depth, as many details about the patient's life are relevant to formulating a management plan for a psychiatric illness.

The information obtained in this way, together with the physical examination, enables the physician and other health professionals to form a diagnosis and treatment plan. The treatment plan may then include further investigations to clarify the diagnosis.

1) Find English equivalents:

Поступление в больницу; информация, полученная врачом; с целью получения информации; обеспечение медицинского ухода; сообщенные пациентом; формулировка плана лечения; поставит диагноз; самолечение; предыдущее лечение; злоупотребление алкоголем; оценка сложности медицинских проблем.

2) Answer the questions:

1. What is the medical history?
2. How do medical histories vary?
3. What does the introduction include?
4. What integrate History of Presenting Complaint ?
5. What is a final methodical inquiry?

Тема 2.29. Сбор анамнеза

Case history structure

1. Introduction

It should consist of a few clear and concise opening statements, which typically include information on:

Name (pseudonym)
Age
Marital status
Occupation
Central problem

2. History of Presenting Complaint

Comment on the impact of the illness on the patient's life
Consider work, social relations and self-care.
Note details of previous treatment
Include information on who administered management (when and where), what the treatment was (and preferably the dose and duration of treatment), and the patient's responses to treatment.
Integrate current problem and psychiatric issues

3. Past Psychiatric History

The following points are relevant in this section:
details of previous episodes of illness
previous psychiatric admissions/treatment
outpatient/community treatment
suicide attempts/drug and alcohol abuse

4. Past Medical History

In this section of the report, you need to show that you a) understand the relationship between medical conditions and psychiatric symptoms, and b) can appreciate the complexity of medical problems that might be exacerbated by psychiatric conditions.

Record medications. Demonstrate an understanding of the significance of drug therapy on psychological function and, if appropriate, focus on medications taken by the patient that may influence the patient's psychological function.

5. Family History

Include details of:
Parents and siblings, nature of the relationships between family members
Any family tensions and stresses and family models of coping
Family history of psychiatric illness (incl. drug/alcohol abuse, suicide attempts)

6. Personal History/Development

Use the list in Bloch and Singh (2001:93) as a guide for selecting and organising the information in this section:
Early development
Childhood
School
Adolescence
Occupation
Menstrual history
Sexual history
Marital history
Children
Social network
Habits
Leisure

7. Review of Systems (ROS)

In this portion of the history, all organ systems not already discussed during the interview are systematically reviewed. ROS is a final methodical inquiry, prior to physical examination. It provides a thorough search for further, as yet unestablished, disease processes in the patient.

1) **Complete the sentences:**

1. The medical history of a patient is information … by a physician by asking specific questions.
2. The medically relevant complaints are referred to as symptoms, which are ascertained by direct … on the part of medical personnel.
3. … … … would typically limit his history to important details, such as name, history of presenting complaint, allergies, etc.
4. The treatment plan may then include further investigations to clarify … .
5. History of Presenting Complaint Include information on who administered … , what the treatment was, and the patient's responses to treatment.
6. Past Medical History demonstrates an understanding of … of drug therapy on psychological function and, if appropriate
7. Family History includes details of nature of the relationships between family … .
8. … provides a thorough search for further, as yet unestablished, disease processes in the patient.

Тема 2.30. Визит к врачу (ролевая игра)

The doctor's visit

When it was time for Lena to get up one morning, she told her mother that she was not feeling well. Her mother felt her forehead, which was very hot, and said, "yes, you were coughing during the night, perhaps you have caught a cold."Then she took daughter's temperature.

"Your temperature is too high," she said, you can't go to school today, you must stay at bed and I'll call a doctor."Then Lena's mother phoned the home visiting service of the district polyclinic.

" Will you send, please, a doctor, she said. My daughter, 15 years old, has a temperature 37point 9.She was coughing during the night and has a terrible headache."Then she gave the address and the voice in the telephone promised that the doctor would come during the day.

Some times later the bell rang and Lena's mother opened the door to a woman about her age who was wearing a white doctor's coat and carrying a small bag in her hand." So, you have a cough and a temperature? she asked, entering Lena's room. Well, let see what the matter is?

She took Lena's temperature, counted her pulse, and then examined the patient. When she has finished her examination she said to Lena's mother , "Your daughter has the flu. She must stay in bed for three or four days and take the medicine I shall prescribe."The doctor wrote out the prescription and continued, " Take the prescription to the chemist's and you will be given some pills. Give your daughter one pill four times a day before meals. The daughter will not want to eat while her temperature is high, but give her a lot to drink. Keep her warm in bed, but leave the window open. I shall come to see her daughter the day after tomorrow, but if she gets worse you must ring up the polyclinic immediately. However, I don't think she will get worse. Tomorrow she will cough less and in a day or two she will feel quite herself again".

Everything happened as the doctor said. Lena took her medicine as prescribed, her temperature become normal, and the cough stopped .On the fourth day she was able to get up,

three days later she could go out, and in two days she returned to school, glad to see her friend and teachers again.

1) Answer the questions:

1. What did Lena tell her mother one morning?
2. Why did her mother say that she had caught a cold?
3. What was Lena's temperature?
4. Where did Lena's mother telephoned to?
5. How did the doctor examine Lena?
6. What did she say after examination?
7. What medicine did the doctor prescribe?
8. Where did they get the pills?
9. How often did Lena have to take the medicine?
10. What happened in the next few days?