



# English for Public Health

## Unit I: Meeting colleagues

Mr.Ronnachit Samattanakul  
Lecturer, Faculty of Nursing  
Buriram Rajabhat University

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- Family and relative (Members)

*including: Past education, Motto*

- Introducing third parties (a person or group besides the two primarily involved in a situation)

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# Introduction and greetings

## About your self

- Name, Surname, Nickname, Age
- Address (Country, Province, District, Subdistrict)
- Family and relative (Members)
- \* *Including: Occupation, Education, Past education, Motto, etc.*

Introducing third parties (a person or group besides the two primarily involved in a situation)

- The one who you need to introduce him/her to know in conversation (I would like to introduce my friend, she is Suzie)

# Meeting patients and their visitors (relatives)

## Joint Pain

Read the following **dialogue** between a patient and his doctor as they discuss joint pain during an appointment. Practice the dialogue with a friend so you can feel more confident the next time you **visit the doctor**. There's a comprehension and vocabulary review quiz following the dialogue.

# Joint Pain

**Patient:** Good morning. Doctor Smith?

**Doctor:** Yes, please come in.

**Patient:** Thank you. My name is Doug Anders.

**Doctor:** What have you come in for today Mr. Anders?

**Patient:** I've been having some pain in my joints, especially the knees.

**Doctor:** How long have you been having the pain?

# Joint Pain (cont'd)

**Patient:** I'd say it started three or four months ago. It's been getting worse recently.

**Doctor:** Are you having any other problems like weakness, fatigue or headaches?

**Patient:** Well I've certainly felt under the weather.

**Doctor:** Right. How much physical activity do you get? Do you play any sports?

**Patient:** Some. I like to play tennis about once a week. I take my dog on a walk every morning.

# Joint Pain (cont'd)

**Doctor:** OK. Let's have a look. Can you point to the area where you are having pain?

**Patient:** It hurts right here.

**Doctor:** Please stand up and put weight on your knees. Does this hurt? How about this?

**Patient:** Ouch!

# Joint Pain (cont'd)

**Doctor:** It seems you have some inflammation in your knees. However, there's nothing broken.

**Patient:** That's a relief!

**Doctor:** Just take some ibuprofen or aspirin and the swelling should go down. You'll feel better after that.

**Patient:** Thank you!

# Key Vocabulary:

joint pain = (noun) the connection points of the body where two bones connect including wrists, ankles, knees

knees = (noun) the connection point between your upper and lower legs

weakness = (noun) the opposite of strength, feeling like you have little energy

fatigue = (noun) overall tiredness, low energy

## Key Vocabulary:

headache = (noun) a pain in your head that is steady

to feel under the weather = (verb phrase) not feel well, not feel as strong as usual

physical activity = (noun) exercise of any kind

to have a look = (verb phrase) to check something or someone

to have pain = (verb phrase) to hurt

## Key Vocabulary:

to put your weight on something = (verb phrase) put the weight of your body onto something directly

inflammation = (noun) swelling

ibuprofen / aspirin = (noun) common **pain** medicine that also helps reduce swelling

swelling = (noun) inflammation

# Quiz I

Choose the best answer for each question about the dialogue.

- I. What seems to be Mr. Anders problem?
- a. Broken knees
  - b. Fatigue
  - c. Joint pain

# Quiz I

2. Which joints are bothering him the most?
  - a. Elbow
  - b. Wrist
  - c. Knees
3. How long has he been having this problem?
  - a. three or four years
  - b. three or four months
  - c. three or four weeks

# Quiz I

4. Which other problem does the patient mention?

- a. He's felt under the weather.
- b. He's been vomiting.
- c. He doesn't mention another

5. Which phrase best describes the amount of exercise the patient gets?

- a. He works out a lot.
- b. He gets some exercise, not a lot.
- c. He doesn't get any exercise.

# Quiz I

6. What's Mr. Anders problem?

- a. He has broken his knees.
- b. He has some swelling in his knees.
- c. He has broken a joint.

# Vocabulary Review:

Fill in the gap with a word or phrase from the dialogue.

1. I've had a lot of \_\_\_\_\_ for more than a week. I'm really tired!

2. Are you feeling \_\_\_\_\_ the weather today?

3. I'm afraid I have some \_\_\_\_\_ around my eyes.

What should I do?

# Vocabulary Review:

4. Could you please put your \_\_\_\_\_ on your left foot?

5. Take some \_\_\_\_\_ and stay home for two days.

6. Are you having any pain in your \_\_\_\_\_?

# Helping a Patient

Read through this intermediate-level dialogue between a patient and nurse either with a partner or silently, and then test your understanding with the short, multiple-choice quiz at the end.

*Patient:* Nurse, I think I might have a fever. It's so cold in here!

*Nurse:* Here, let me check your forehead.

# Helping a Patient

*Patient:* What do you think?

*Nurse:* You feel a bit warm. Let me get a thermometer to check.

*Patient:* How do I raise my bed? I can't find the controls.

*Nurse:* Here you are. Is that better?

*Patient:* Could I have another pillow?

*Nurse:* Certainly, Here you are. Is there anything else I can do for you?

# Helping a Patient

*Patient:* No, thank you.

*Nurse:* OK, I'll be right back with the thermometer.

*Patient:* Oh, just a moment. Can you bring me another bottle of water, too?

*Nurse:* Certainly, I'll be back in a moment.

# Helping a Patient

*Nurse:* (coming in the room) I'm back.

Here's your bottle of water. Please put the thermometer under your tongue.

*Patient:* Thank you. (puts the thermometer under the tongue)

*Nurse:* Yes, you have a slight fever. I think I'll take your blood pressure as well.

# Helping a Patient

*Patient:* Is there anything to worry about?

*Nurse:* No, no. Everything's fine. It's normal to have a bit of fever after an operation like yours!

*Patient:* Yes, I'm so glad everything went well.

*Nurse:* You're in good hands here! Please hold out your arm...

# Key Vocabulary

**take someone's blood pressure** = (verb phrase) to **check** someone's blood pressure

**operation** = surgical procedure

**fever** = (noun) temperature that is much higher than normal

**to check someone's forehead** = (verb) to put your hand between the eyes and hair to check for a temperature

# Key Vocabulary

**slight fever** = (adjective + noun) a body temperature that is slightly higher than normal

**thermometer** = instrument used to measure a temperature

**to raise / lower the bed** = (verb) putting the bed up or down in a hospital

# Key Vocabulary

**controls** = the instrument that allows a patient to move the bed up or down

**pillow** = a soft object that you put under your head when sleeping

## Quiz 2

Choose the best answer from the choices below.

**I. We don't need to take Peter to the hospital. He only has a \_\_\_\_\_ fever.**

- a. slight
- b. teeny
- c. high

# Quiz 2

**2. What problem does the patient think he has?**

- a. A fever
- b. Vomiting
- c. A broken bone

**3. You can use these \_\_\_\_\_ to raise and \_\_\_\_\_ the bed.**

- a. levers/higher
- b. controls/lower
- c. button/lower

## Quiz 2

**4. What does the nurse think?**

- a. That the patient has a slight fever
- b. That the patient needs to see the doctor immediately
- c. That the patient should eat something

**5. Could you check my \_\_\_\_\_ to see if it feels warmer than usual?**

- a. Elbow
- b. Wrist
- c. forehead

## Quiz 2

**6. Don't forget to put a soft \_\_\_\_\_ under your head before you go to bed.**

- a. rabbit
- b. Pillow
- c. stone

**7. What other problem is the patient having?**

- a. He's very hungry
- b. He can't find the bed controls
- c. He can't sleep

## Quiz 2

**8. What request does the patient make?**

- a. He asks for a magazine.
- b. He asks for an extra blanket.
- c. He asks for an extra pillow.

**9. What other problem might the patient have?**

- a. He's hungry because he asks for food.
- b. He's thirsty because he asks for a bottle of water.
- c. He's very old because he mentions her 80<sup>th</sup> birthday.

## Quiz 2

**10. My knee \_\_\_\_\_ was successful! I can finally walk without pain again!**

- a. surgery
- b. operation
- c. both are correct

**11. Let me get a \_\_\_\_\_ so I can check your \_\_\_\_\_.**

- a. thermometer/temperature
- b. thermometer/blood pressure
- c. stethoscope/hernia

## Quiz 2

**12. I'd like to take your \_\_\_\_\_ . Please hold out your arm.**

- a. blood
- b. fortune
- c. blood pressure

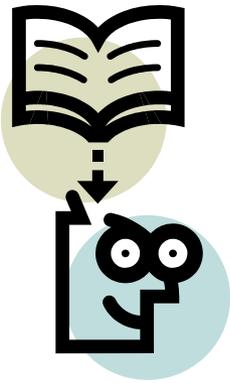
# Conversation about health

- Conversation in hospital

<https://youtu.be/caEIM7WVBVE>

- How to Talk to a Doctor in English  
| Visiting a Clinic or Hospital

[https://youtu.be/u20YXO\\_Z1I0](https://youtu.be/u20YXO_Z1I0)



# Summary

**Any questions?**



**See you later next week**

