

ABC of Resuscitation. If a baby or child is choking, tip them over your knee so that the head is lower than the stomach. Give a series of 4 firm back slaps.



❑ INSECT STINGS

If the sting is visible, gently remove with tweezers. Apply cold pad, surgical spirit or solution of bicarbonate of soda.

❑ OVERCOMING BY HEAT

Being overcome by the heat can occur very quickly. The casualty may complain of a headache and feel tired, dizzy and nauseated. Always ensure that babies and children wear a sun hat when out in the sun, and that they have plenty of fluids to drink.

Get the casualty out of the sun. Cool the casualty down by giving him sips of cold water to drink. Direct currents of air onto the casualty by fanning him with a magazine or an electric fan. If unconscious, check breathing and pulse, and place in the **recovery position**. Urgently seek medical help.

There are some other serious accidents which may happen during our lives and these casualties are in need of immediate first aid: **foreign body in the eye or in the ear, sunstroke and poisoning**.

bandage [bændidʒ] *n., v.*; **fracture** [frækcə] *n.*; **original** [ə'ridʒənəl] *n., adj.*; **panic** [pænik] *n.*; **superficial** [sju:pə'fiʃl] *adj.*

VOCABULARY

angle [æŋgl] úhel
apply [ə'plai] přiložit
behave [bi'heiv] chovat se, reagovat
bleeding [bli:diŋ] krvácení
blister [blistə] puchýř; zpuchýřovatěť

blow [bləu] *zde: blow one's nose* – vysmrkat se, smrkat

bruise [bru:z] *v.* pohmoždit, nadělat modřiny;
n. modřina, podlitina

burn [bɜ:n] popálenina, spálenina

char [ča:] spálit na uhel, zuhelnit

choke [čəuk] dusit se, zalknout se

cling [kliŋ] těsně přiléhat

conceal [kən'si:l] zatajit, utajit, skrýt

concealed fracture [kən'si:ld frækčə] skrytá zlomenina

do *zde: that will do* – to bude stačit, to stačí

faint [feint] omdlít, upadnout do mdlob

feel f. – cítit se na omdlení, pociťovat nevolnost

fainting [feintiŋ] mdloba

feature [fi:čə] charakteristický znak

firmly [fə:mli] pevně

fluffy [flafi] chlupatý, pokrytý chmýřím

follow [fələu] *zde: as follows* – jak následuje

further [fə:ðə] další

heatstroke [hi:trəuk] úžeh

immerse [i'mə:s] ponořit, potopit

injury [indʒəri] poškození, zranění, úraz

interfere [intə'fiə] *with* něco dělat s, dotýkat se
čeho

lightheaded [lait'hedid] mající závrať, trpící závratí

loosen [lu:sn] uvolnit

means [mi:nz] (*sg. i pl.*) prostředek(y), způsob(y)

moist [moist] vlhký, mírně mokrý

nosebleed [nəuzbli:d] krvácení z nosu

odd [od] zvláštní, podivný

ointment [ointmənt] mast, mazání

overcome [əuvə'kam] přemoci, zdolat, zvítězit

be o. by/with – být zmožen čím

overcoming by heat – postižení úžehem

pad [pæd] polštář, vycpávka (*pod obvaz*)

pale [peil] bledý, pobledlý

persist [pə'sist] trvat dále, udržet se

pick [pik] *zde: p. one's nose* – rýpat se, šťourat se
(v nose)

pinch [pinč] sevřít, stisknout

plaster [pla:stə]: **sticking p.** – přilnavá náplast

plug [plag] ucpat, zacpat

poisoning [poizniŋ] otrava

provide [prə'vaɪd] poskytnout

reoccur [ri:ə'kə:] znovu se přihodit/stát

scald [sko:ld] opařenina, opaření

seek [si:k] hledat, vyhledávat

seep [si:p] sáknout, prosakovat

shape [šeip] tvar, podoba

snap [snæp] prasknutí, ulomení

sting [stiŋ] bodnutí, štípnutí (*hmyzem*)

sunstroke [sanstrəuk] sluneční úžeh, úpal

support [sə'po:t] podložit, podepřít

swelling [sweliŋ] otok, zduřenina

tenderness [tendənɪs] citlivost (*na dotek*)

waxy [wæksi] voskově bledý

EXERCISES

1. Choose the correct words to put in the gaps. Here are five ones. Where do they belong? Can you guess the other nine?

onto great down below while

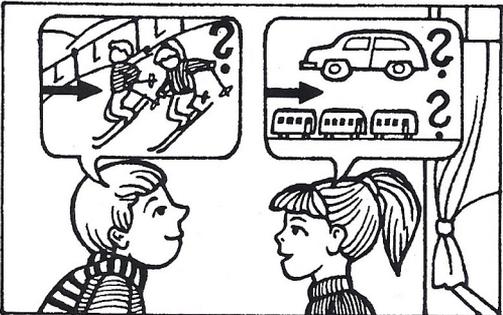
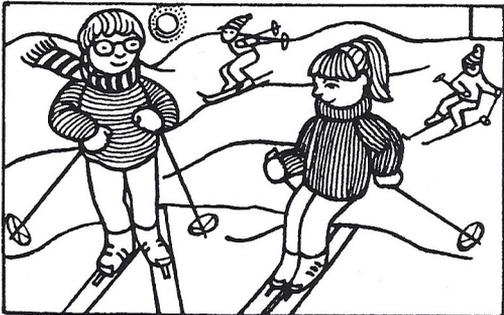
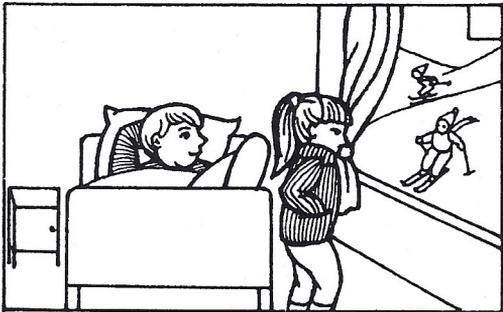
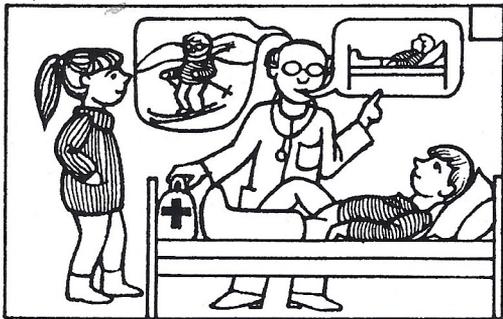
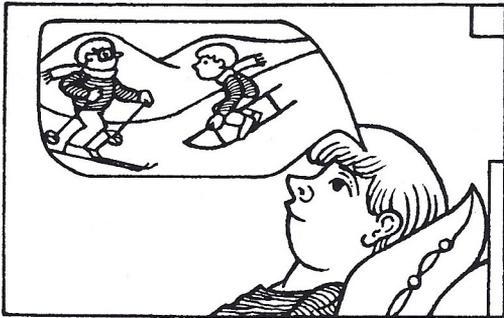
Casualty

While John was going _____ school this morning, a car knocked him _____. His right leg was broken just _____ the knee. Some people _____ saw the accident laid him _____ a comfortable position _____ the pavement and telephoned _____ an ambulance. John was badly

shocked and in _____ pain. _____ the people were waiting for the ambulance, the driver _____ the car that knocked John down covered him _____ a coat and tried to comfort him. When the ambulance arrived, John was lifted _____ a stretcher, put _____ the ambulance and driven to a hospital that was not far _____.
(From 'English For Nurses')

2. Put the pictures in order and retell the story. (Use The Present Continuous Tense or The Simple Past Tense.) Try to use the following phrases.

to go skiing – to take the train – on the ski slopes – to fall down – to stay in bed – to go sliding



technique and a lot of practice as well. Emergency first aid when applied properly and in time can save a man's life. The nurse is definitely the one who should always know what to do.

What to do in an emergency:

1. assess
2. make safe
3. give emergency aid
4. get help

First, assess the situation. Is danger still present? Decide what has happened, ask the casualty and any witnesses how the accident occurred. Make sure that it is safe to approach the scene of an accident and the casualty. Do not turn yourself into another casualty by going into a dangerous situation. When giving emergency aid, do not try to do too much. Always treat the unconscious first, then those who are bleeding and finally those with broken bones and other injuries. Never give a casualty anything to eat, drink or smoke. Then get help. Use a bystander to help you. Summon help by using the 155 emergency telephone line (999 in the U.K.).

□ ABC OF RESUSCITATION

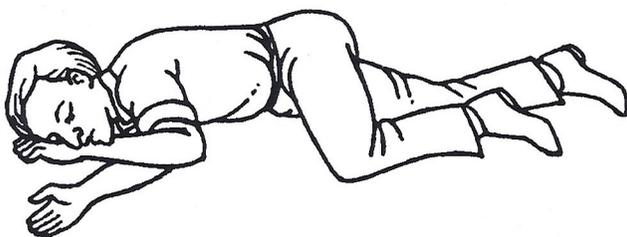
If the casualty is unconscious, gently shake his shoulders and shout 'wake up'.

If you get no response...

A. Open the airway. Lift the jaw and tilt the head to open the airway. Remove any object from inside the mouth.



B. Check breathing. Look to see if the chest is rising and falling. Listen for the noise of breathing, feel for his breath against your cheek. If the casualty is breathing turn him into the recovery position.



C. Circulation – check the pulse. Find the pulse in the neck by placing your fingers to the side of the voice box and pressing gently down. If pulse and breathing are both present, turn the casualty into the recovery position onto his side, taking care to protect his face. His head should remain tilted with the jaw forward to maintain the open airway. Check that the casualty cannot roll forwards or backwards.

However, if there is an accident in which the casualty might have sustained a bone fracture (e.g. car crash, fall, ...), don't move him!



If there is a pulse but no breathing...

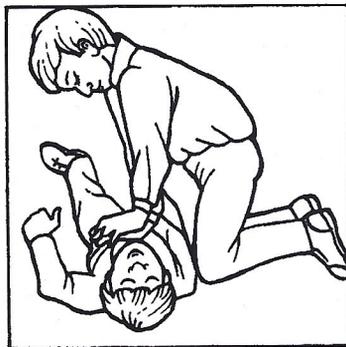
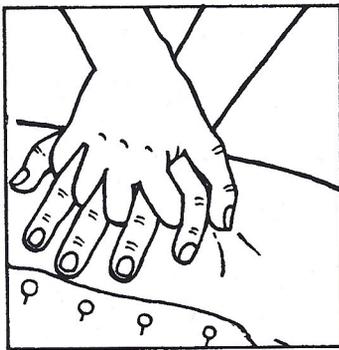
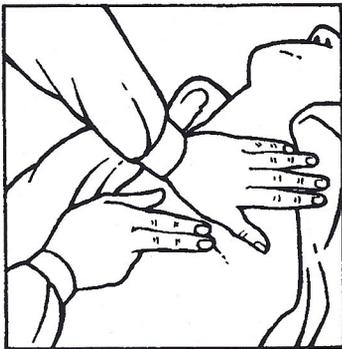
Start **artificial ventilation**. Pinch casualty's nose firmly. Take a deep breath and seal your lips around the casualty's lips.

Blow into his mouth watching the chest rise. Let the chest fall completely. Give about 15 breaths a minute, checking the pulse after every 15 breaths. When breathing starts, turn the casualty into the recovery position.

If there is no pulse and no breathing...

Shout for help. Phone for an ambulance, then start **chest compressions** combined with ventilations. Give 2 breaths artificial ventilation. Place the heel of one

hand 2 fingers breadth above the junction where the ribcase meets the breastbone. Place the other hand over the top (interlocking fingers are possible). Keeping your arms straight, press down 4–5 cms.



Do this 15 times at a rate of 80 per minute. Repeat cycle (2 breaths to 15 compressions). If condition improves, recheck pulse. Place casualty in recovery position.

Never practise this technique on healthy people – it is dangerous.

VOCABULARY

apply [ə'plai]	použít v praxi, aplikovat
approach [ə'prəuč]	přiblížit se, přistoupit
artificial [a:'ti:fišəl]	umělý
assess [ə'ses]	stanovit, určit, odhadnout
blow [bləu]	foukat, vhánět vzduch
breastbone [brestbəun]	hrudní kost
bystander [baistəndə]	divák (<i>náhodný</i>), okolo- stojící
casualty [kæʒjuəlti]	nehoda, neštěstí; oběť nehody, zraněný

casualties (pl.)	– ztráty na životech při nehodách, oběti katastrofy (<i>mrtví a ranění</i>)
compression [kəm'preʃən]	stlačení, stisknutí, tlak, komprese
drown [draun]	(u)topit (se), (u)tonout
emergency [i'mə:dʒənsi]	<i>n.</i> nepředvídaná událost, případ nouze, náhlá příhoda; <i>adj.</i> nouzový, výpomocný
e. first aid [eid]	– neodkladná první pomoc
firm [fə:m]	pevný
heel [hi:l]	pata; zadní část; břicho (<i>na ruce pod palcem</i>)
interlock [intə'lok]	proplést, vzájemně spojit
jaw [dʒə:]	čelist, <i>zde:</i> spodní čelist
junction [dʒaŋkʃən]	styčný bod, spojení
maintain [mein'tein]	udržovat, zachovávat
occur [ə'kə:]	stát se, přihodit se
pinch [pinč]	stisknout, sevřít
recheck [ri'ček]	překontrolovat
recovery [ri'kavəri]	zlepšení zdravotního stavu, zotavení
r. position [pə'ziʃən]	– stabilizovaná poloha
response [ri'spəns]	odpověď, odezva, reakce
ribcase [ribkeis]	hrudní koš
roll [rəul]	překulit (se), kutálet (se)
seal [si:l]	neprodyšně uzavřít; spojit se (<i>při šití – chir.</i>)
skill [skil]	dovednost, schopnost; pohotovost
suffocation [səfə'keiʃən]	(u)dušení, sufokace
summon [səmən]	zavolat, přivolat
tilt [tilt]	sklopit, naklonit
ventilation [venti'leiʃən]	dýchání
voice box [vois boks]	larynx, hrtan
witness [witnis]	svědek

EXERCISES

1. Answer the following questions:

- Why is emergency first aid so important?
- Who do you have to treat first?
- How would you call for help?
- In what case can you turn the casualty into the recovery position?
- Who can you ask for help?
- Why would you talk to the witnesses? How can they help you?
- Can you give the casualty something to drink?
- What mustn't casualties be given?
- In what place and how many times should you press down with compressions?
- How can you check the casualty's pulse?
- Have you ever happened to apply emergency first aid?
- What is the emergency telephone number in your town or country?

2. Practise these instructions in pairs (mime the actions). Think of some others.

- Put your jaw forward.
- Pinch your nose.
- Take a deep breath.
- Interlock your fingers.
- Keep your arms straight.
- Find the pulse in your neck.
- Shake my shoulder gently.
- Show the recovery position.
- Check breathing.
- Lift the jaw and tilt the head.
- Shout for help.

3. Reading for understanding – the dialogue between the doctor (Dr) and the patient (P).

- Dr: Good evening. Mr Miles, isn't it?
- P: Yes. Hi, doc. Stupid thing. I think I've hurt my leg. Silly little accident.
- Dr: That wasn't what I heard. The witness said you walked out in front of that car as though it wasn't there.
- P: I didn't see it coming.
- Dr: I'm not at all suprised. That was because you were drunk. You probably still are. Look at the state of you.
- P: The driver should have stopped. Or at least swerved.
- Dr: You hardly gave him a chance, did you, walking out in front of him like that.
- P: I thought you were supposed to be helping me.
- Dr: Look, Mr Miles, I'm not going to tell you that you shouldn't be here. This is a casualty department, and this sort of thing is our job. But we do see a lot of patients who have nobody to blame but themselves. And there are other people involved, don't forget.
- P: It's my leg, not theirs.
- Dr: What about your family? Shouldn't you think of them a little, too? Imagine how they're worrying right now.
- P: You sound just like my wife.
- Dr: How many drinks did you have?
- P: I don't know.
- Dr: Don't you?
- P: Couple of large whiskies.
- Dr: How many?
- P: All right, then. Six or seven. Maybe eight.
- Dr: That's better. Okay. Relax, now. Let's see about the rest of you.

☺ *Let's Laugh a Little*

Over the doctor's telephone came a call from one man. The man said: "My little son swallowed my ball-pen."

The doctor said: "I'll come at once. And what are you doing in the meantime?"

"I write with my pencil," said the man.

5 Visit to a Doctor

Read the following questions:

- Who informed Dr Wales of the patient's headaches?
- How often does the headache appear?
- What time of the day was it?
- What helps the patient to ease the pain?

Mask the dialogue, listen to the teacher and then answer the questions above:

(Mr Davis is shown into the doctor's consulting room.)

- Dr: Good morning, Mr Davis. Please sit down. Your family doctor says that you've been troubled by headache. When did all this start?
- P: I suppose I've had headaches all my life, but they've been much worse recently. I've had to take a few weeks off and my boss is on to me.
- Dr: How often do you get them?
- P: Nearly every day. Much more so if I'm tired.
- Dr: Any particular time of the day?
- P: They're much worse in the afternoons and early evenings.
- Dr: What are the headaches like?
- P: It's a continuous throbbing feeling, mainly at the front. It hurts if I move my head and I often feel sick.
- Dr: Does anything you do make the headaches better or worse?
- P: I find lying down for a while eases the pain, and also having a sleep.
- Dr: Well, we'd better have a good look at you. Okay? Let's start with a general check-up.

Pair work. Read the dialogue with another student and learn the unknown vocabulary.

Ask the teacher for help using these structures:

- Excuse me, what does ____ mean?
- Could you explain the word ____ to me, please?
- What is ____ in Czech, please?

Read the second part of the dialogue and then answer the following questions:

- Does the patient smoke? How many cigarettes a day?
- Does he drink much?
- Does he work long hours?
- Is the patient's father still alive?
- Why is the patient worried?
- What did his father suffer from?

(Dr Wales is reaching the end of the consultation.)

- Dr: Finally, I'd just like to ask you some more questions about your general health and habits. Do you smoke?

- P: Yes, about twenty a day. Too much, I suppose.
 Dr: What about alcohol?
 P: Only at parties. And even then not much.
 Dr: What about your work? Does it involve long hours?
 P: I suppose so. I've never really thought about it. I don't often get home before 8 o'clock.
 Dr: Do you like the people you work with?
 P: Most of them. But I don't like my immediate superior.
 Dr: Well, Mr Davis, your general health seems to be quite good, and I can't find anything wrong examining you.
 P: Thanks. That's a relief.
 Dr: You were worried, were you?
 P: Well . . . yes, I was. Very worried.
 Dr: Well, you can stop worrying now. Is there any particular reason why you were anxious?
 P: Actually, there is.
 Dr: Would you like to tell me? Is it anything to do with your family?
 P: Yes. It's my father.
 Dr: He suffers from headaches, too?
 P: He suffered from headaches.
 Dr: He's dead, is he?
 P: Yes. He died last year. And I'm just rather worried because he died of brain cancer.
 Dr: I'm sorry to hear that, but thanks for telling me. I'm sure you've got no need to be anxious. Just to make sure, I'm going to send you for a few more tests.
 P: Thank you, doctor.
 Dr: But let's just relax, shall we? I'm sure there's nothing to worry about, and I don't want you to get worked up over nothing.

VOCABULARY

actually [ækčuəli]	skutečně, vlastně
anxious [æŋkšəs]	starostlivý, znepokojený, úzkostlivý
brain [brein]	mozek
cancer [kænsə]	rakovina
check-up [ček ap]	kontrola, zdravotní prohlídka
continuous [kən'tinjuəs]	souvislý, nepřetržitý
dead [ded]	mrtvý, zemřelý
die [dai] <i>of</i>	zemřít <i>na</i>
ease [i:z]	ulehčit, zmírnit bolest
feeling [fi:lin]	cítění, pocit, vědomí
general [dženərel]	všeobecný, celkový, hlavní
habit [hæbit]	zvyk, obyčej, duševní dispozice
headache [hedeik]	bolení hlavy
immediate [i'mi:djət]	bezprostřední, neodkladný, okamžitý
involve [in'volv]	zahrnout, obsahovat
mainly [meinli]	hlavně
nearly [niəli]	skoro, téměř
pain [pein]	bolest
particular [pə'tikjulə]	jednotlivý, zvláštní, důkladný, přesný

reason [ri:zn]	důvod, příčina, rozum
recently [ri:sntli]	nedávno
relief [ri'li:f]	ulehčení, úleva
sick [sik]	nemocný, cítící se špatně od žaludku
superior [sju'piəriə]	vyšší, nadřazený; nadřízený
suppose [sə'pəuz]	předpokládat, domnívat se
throb [θrob]	bít, tlouci (<i>o srdci</i>), tepat, bušit
to take a week off	udělat si (vzít si) týden volna
to be on to somebody	popichovat <i>koho</i> , střežovat <i>se do koho</i>
what is (it) like?	jaké (to) je?
to feel sick	být nevolno
to make something better	zlepšit <i>co</i>
I'd better have a look	raději se podívám
it seems to be good	zdá se to být v pořádku
to be worried	strachovat se, znepokojoval se
to suffer from	trpět <i>čím</i> (<i>chorobou</i>)
there's nothing to worry about	není proč si dělat starosti
I'm sorry to hear that	to je mi líto
to make sure	ujistit (se)
I don't want you to (inf.)	nechci, abys(te)...
to be troubled by	trápit se <i>čím</i> , mít problémy <i>s</i>
to get worked up over nothing	zbytečně se rozčilovat

EXERCISES

1. Make up a short conversation in pairs using at least three phrases from the list above.

2. Practise these structures:

I have a pain in my elbow, knee.

My elbow, knee **hurts**.

My elbow, knee **aches**.

(upper arm, hip, leg, ankle etc.)

Remember!	headache
	backache
	toothache
	stomachache
	earache

3. Use the following structures to find out about somebody or something:

– What is _____ like?

– What are _____ like?

Look at these questions.

- What does she like?
- What is she like?
- What does she look like?
- How is she?

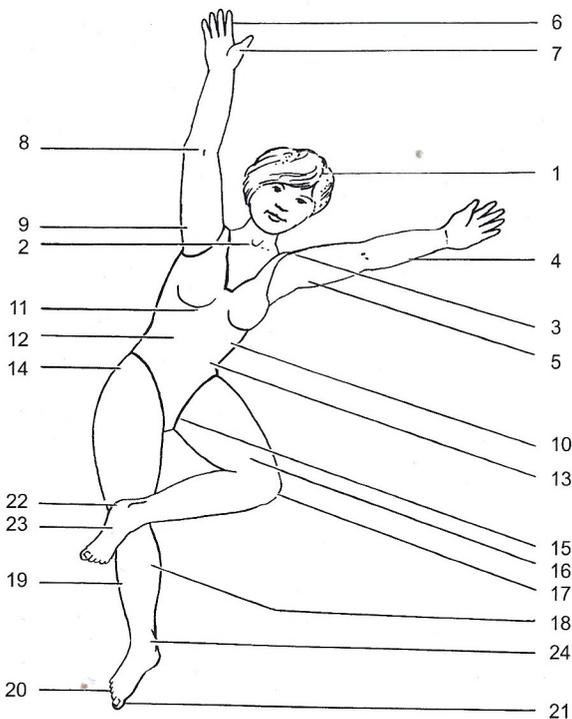
They are similar in form but they are not the same in meaning. Say which answer (1, 2, 3, 4) goes with

each question (a, b, c, d), and discuss the differences between the questions.

1. She's not very well, actually. She's got a bad cold.
2. She's really nice. Very friendly and open, and good fun to be with.
3. She likes swimming and skiing, and she's a keen football fan.
4. She's quite tall, average build, with straight brown hair.

4. **Body vocabulary revision. Look at the figure and complete the sentences.**

- | | |
|------------------------------|---------------------------------|
| She has a pain in her (1). | She has a thin (13). |
| She has a stiff (2). | She has a pain in her (14). |
| She has a sting on her (4). | She has a pain in her (15). |
| She has a rash on her (3). | She has a scar on her (16). |
| She has a bruise on her (5). | Her (17) aches. |
| She has a pain in her (9). | She has a sting on her (18). |
| Her (6) are swollen. | She has a bruise on her (19). |
| Her (7) hurts. | Her (20) itch. |
| She has a graze on her (8). | She has a swelling on her (21). |
| Her (10) hurts. | She has a blister on her (22). |
| She has a pain in her (11). | Her (23) itches. |
| She has a rash on her (12). | She has a sprained (24). |



Adjectives

- | | |
|--------------------|----------------------|
| sprained [spreind] | vymknutý, podvrtnutý |
| sore [so:] | bolavý |
| stiff [stif] | ztuhlý, neohebný |
| swollen [swəʊln] | oteklý, napuchlý |

Verbs

- | | |
|-----------------------|---------|
| to ache [eik] | bolet |
| to hurt [hə:t] | bolet |
| to throb [θrob] | bušit |
| to itch [ič] | svědit |
| to irritate [iriteit] | dráždit |

Nouns

- | | |
|-------------------|----------------------|
| pain [pein] | bolest |
| ache [eik] | bolest |
| bruise [bru:z] | modřina, zhmožděnina |
| rash [ræš] | vyrážka |
| cut [kat] | řezná rána, říznutí |
| scar [ska:] | jizva |
| swelling [sweliŋ] | otok |
| graze [greiz] | škrábnutí, odřenina |
| sting [stiŋ] | žihadlo, bodnutí |
| bite [bait] | kousnutí, uštknutí |

5. **Fill in the missing words in the passage below. Choose from the following:**

- | | | |
|----------------|--------------|--------------|
| appointment | lung cancer | stethoscope |
| blood pressure | medicine | surgery |
| couch | prescription | symptoms |
| examination | pulse | temperature |
| GP | receptionist | waiting-room |

At the Doctor's

Last week I phoned my (1) _____ to make an (2) _____ to see her, as I had been feeling a bit under the weather recently.

When I arrived at her (3) _____, there were only two other people in the (4) _____. I gave my name to the (5) _____ and sat down to await my turn. Fortunately, I didn't have to wait long.

The doctor asked me what was wrong, so I told her my (6) _____, namely that I had been feeling very tired and often had difficulty in breathing. She told me to lie down on the (7) _____ and gave me an (8) _____. First, she felt my (9) _____. Then she took my (10) _____, which was a bit high. Next she took my (11) _____. It was 37.9 °C. Finally, she listened to my breathing through her (12) _____.

She didn't think there was anything seriously wrong with me – I was just a bit run down. So she wrote out a (13) _____ for some (14) _____ which she said would make me feel better. She also advised me, as she always did, to stop smoking and reminded me that if I didn't, then one day I might get (15) _____. As usual, I promised to try.