



# EMERGENCY MEDICINE



Scan to review worksheet

Expemo code:  
19MA-A6XC-5N3P

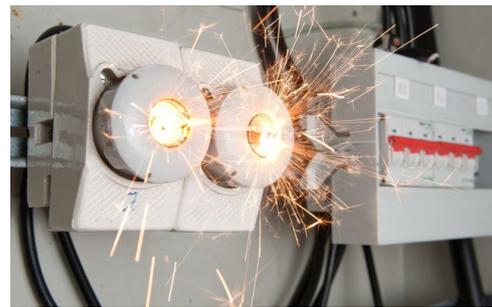


## 1

### Warm up

In small groups, discuss the questions below.

1. How can you describe the term "recovery position" and when should this position be used?
2. In your country, what are the rules to follow on the road when an emergency vehicle is present?
3. There are laws in some countries that state you have to help if you come across an accident. Do you think all countries should have such laws? Why/why not?
4. What qualities do you think you need in order to work in urgent care medicine?
5. What types of accidents can happen with electricity? Do you know anyone who has had such an accident?





## 2 Vocabulary

Part A: Match the word with the definition. Check your answers with a partner.

- |                          |   |
|--------------------------|---|
| 1. <u>power</u> tool (n) | a. move to a position where one side is higher than the other                   |
| 2. <u>current</u> (n)    | b. not deep   |
| 3. <u>approach</u> (v)   | c. the flow of electricity through a wire                                       |
| 4. <u>shallow</u> (adj.) | d. a serious medical condition caused by an injury that slows the flow of blood |
| 5. tilt (v)              | e. move closer to something or someone  |
| 6. <u>airway</u> (n)     | f. the passage from the nose and throat that goes to the lungs                  |
| 7. shock (n)             | g. a metal thread   |
| 8. wire (n)              | h. an electric tool that you hold in your hand                                  |

Part B: Now, fill in the gap with the correct word from above.

1. You should never touch electrical equipment with wet hands because the \_\_\_\_\_ may cause an injury.
2. The firefighters had to \_\_\_\_\_ the building carefully because of the heavy smoke.
3. He was unsure how to use the \_\_\_\_\_ so he had to ask for instructions.
4. The community water safety program advises weak swimmers to remain in \_\_\_\_\_ water.
5. If you find an injured person, one of the first steps is to check if his \_\_\_\_\_ is open.
6. The victim went into \_\_\_\_\_ after falling from a high ladder.
7. The patient had to \_\_\_\_\_ his head so the doctor could examine his throat.
8. There were so many different \_\_\_\_\_ between the walls, they had to call an expert in to do the repairs.





## 3

**Listening for general information**

Listen to the dialogue between an ambulance service call center and a caller. Put a checkmark next to the information that is asked for.

- |   |  |
|---|--|
| <input type="checkbox"/> name of caller           | <input type="checkbox"/> address of the accident           |
| <input type="checkbox"/> Is the victim breathing? | <input type="checkbox"/> Does he have a fever?             |
| <input type="checkbox"/> Is his chest rising?     | <input type="checkbox"/> Is he bleeding?                   |
| <input type="checkbox"/> Does he have a headache? | <input type="checkbox"/> Can you put the phone on speaker? |

## 4

**Listening comprehension**

Below are the 8 steps to place someone in the recovery position. Listen to the dialogue again and put them in the correct order. Check your answers with a partner.

- Take leg and bend at knee \_\_\_\_\_
- Check again for open airway \_\_\_\_\_
- Sit by the victim's side \_\_\_\_\_
- Put back of hand on cheek and hold in place \_\_\_\_\_
- Take closest arm and place straight out \_\_\_\_\_
- Take other hand and bring across the body \_\_\_\_\_
- Keep airway open – tilt head back and lift chin \_\_\_\_\_
- Take knee and gently pull across towards you \_\_\_\_\_





## 5 Vocabulary

Part A: Match the word with the definition on the right.

I

- |                              |   |
|------------------------------|---|
| 1. <u>adequate</u> (adj.)    | a. involving danger, injury, or damage        |
| 2. <u>sweat</u> (v)          | b. produce liquid on the skin's surface       |
| 3. <u>unconscious</u> (adj.) | c. state of being asleep or unaware of senses |
| 4. <u>confusion</u> (n)      | d. enough in quantity or quality              |
| 5. <u>high-risk</u> (adj.)   | e. feeling uncertain about what is happening  |

II

- |                        |  |
|------------------------|--|
| 1. <u>suspect</u> (v)  | a. put something on the surface of something           |
| 2. <u>shady</u> (adj.) | b. material for making clothes from wool, cotton, silk |
| 3. <u>fabric</u> (n)   | c. the amount of water in the air                      |
| 4. <u>apply</u> (v)    | d. protected from direct sun                           |
| 5. <u>humidity</u>     | e. think something bad may happen without having proof |

Part B: Fill in the gaps with one of the words from above. Check your answers with a partner.

1. Most patients who are diagnosed with malaria have such a high fever that they \_\_\_\_\_ heavily.
2. The scientist \_\_\_\_\_ that the results of the latest experiment will be disappointing.
3. Climbing Mount Everest is considered a very \_\_\_\_\_ activity.
4. During very hot weather, it is best to find a \_\_\_\_\_ area when outdoors.
5. Recently fashion designers have been promoting the use of natural \_\_\_\_\_ in clothing.
6. The doctor had to \_\_\_\_\_ several layers of antibiotic cream to the patient's wound.
7. The medical clinic was unsure if there was an \_\_\_\_\_ supply of face masks for all staff members.
8. The victim of the car accident was found \_\_\_\_\_ on the side of the road.
9. There is a lot of \_\_\_\_\_ about the new health regulations for hospital visitors.
10. Tropical rainforests are known for their high temperatures and high levels of \_\_\_\_\_.



## 6 Reading for general information

Scan through the text on page six about the importance of being hydrated and find the paragraph that contains the following. Check your answers with a partner.

1. Treatment of heatstroke \_\_\_\_\_
2. Prevention of heatstroke \_\_\_\_\_
3. What is heatstroke? \_\_\_\_\_
4. What is dehydration? \_\_\_\_\_
5. Symptoms of heatstroke \_\_\_\_\_

## 7 Reading comprehension

Read the text again but carefully and answer the following questions. Check your answers with a partner when you have finished.

1. What causes heatstroke?  
\_\_\_\_\_
2. Why are young children and older people more at risk of heatstroke?  
\_\_\_\_\_
3. What outdoor conditions increase the risk of heatstroke?  
\_\_\_\_\_
4. Name 4 symptoms of heatstroke.  
\_\_\_\_\_
5. Why must heatstroke be treated immediately?  
\_\_\_\_\_
6. After calling 911, what is the next treatment step?  
\_\_\_\_\_
7. How much water should be consumed on a daily basis?  
\_\_\_\_\_
8. How much water should be consumed before starting an activity outside?  
\_\_\_\_\_



# The killer heat

## Stay hydrated!

1. Summertime is often linked to spending a greater amount of time outdoors in the fresh air and the sunshine. Vitamin D, the sunshine vitamin, is vital for overall good health, and so is drinking adequate amounts of water. Many people forget to drink water when outside. As the temperature rises, so does the risk of dehydration (not having enough water for your body's needs).
2. One of the most serious conditions related to the sun is sunstroke or heatstroke (overheating of body temperature). This illness is an urgent medical emergency. It is often caused by spending too long in high temperatures as well as being dehydrated. Young children and the elderly are at high-risk for heatstroke because their bodies take longer to adjust to heat than others. When the outdoor temperature is above 90°F with high humidity (over 60%), the risk for heatstroke increases. During periods of extreme heat, older people living in buildings without air conditioning or with very poor airflow are at risk of suffering from heatstroke. People who work outdoors and young athletes are also at risk if they stay in very high temperatures and do not drink enough liquids.
3. Some of the symptoms of heatstroke include severe headache, rapid breathing, confusion, muscle weakness, and dizziness. Other signs to look for are a body temperature of 104°F, lack of sweating, and dry skin. If symptoms continue, the individual may become unconscious. It is important that an individual be treated immediately if you suspect they have heatstroke. It is a deadly condition that can also cause damage to vital organs.
4. The first treatment step is to get emergency help as quickly as possible. Call 911 for an ambulance or get the person to urgent care. If paramedics are on the way, start first aid treatment while you wait. If the person is in the sun, find a cool shady place to wait for help. It is important to start to try and cool the individual's body. This can be done by removing some clothing and trying to cool the body with water. Another way to bring the body temperature down is by applying ice packs to different parts of the body, such as the neck and back.
5. The best prevention is to avoid going outdoors when the heat and humidity are extremely high. If this is not possible, staying cool is essential. Individuals should wear loose-fitting clothing that is light-colored and made from natural fabrics. Everyone should drink about 2 liters of water daily in order to regulate body temperature. However, in hot conditions, the amount of water consumed has to increase. This is especially true for those working or exercising outdoors. These individuals would need 700ml of water two hours before outdoor activity and 230ml of water 20 minutes before activities. If possible, it is best to delay outdoor exercise during periods of extreme heat.

Sources: Hopkins Medicine, The NHS, Web MD





## 8

**Grammar point - Prefixes**

A prefix is a group of letters that are placed before a word to change the meaning. Look at the following prefixes from the reading.

dehydrate  
overheat  
unconscious

Each prefix has a meaning. Look at the chart below.

Prefix	Meaning
de	remove; opposite
over	too much
un	not

Knowing prefixes can help you understand the meaning of words. Look at the sentences below and choose a prefix to complete the word. Use a dictionary if necessary.

I

- Some people prefer drinking \_\_\_\_\_ caffeinated coffee so they do not feel anxious.
- The Amazon region is known for its nature; however, it is also suffering from \_\_\_\_\_ forestation.
- He has so much experience that they decided he is \_\_\_\_\_ qualified for the position.
- The store was so \_\_\_\_\_ crowded that people had to wait outside for hours.
- Not many employees want to work with him because of his \_\_\_\_\_ friendly attitude.
- The city center is so \_\_\_\_\_ developed that there are no longer any green spaces.
- After he left the store, he realized that he was \_\_\_\_\_ charged and had paid too much.

II

- After taking the chicken out of the freezer, he had to let it \_\_\_\_\_ frost before he could cook it.
- They hired a company to help them \_\_\_\_\_ clutter because they no longer had much space to move around.
- The student appeared to be \_\_\_\_\_ troubled by the results of his final exam.
- Many experts claim that walking in nature is the best way to \_\_\_\_\_ stress.
- Because he had not driven for several years, he was \_\_\_\_\_ certain about his ability.
- The doctor is \_\_\_\_\_ likely to remain at the clinic for much longer as he was offered a different position.
- A recent survey showed that the majority of participants were \_\_\_\_\_ eating during the holiday season.



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## Talking point

Discuss the following questions in small groups.

1. Would you be interested in working as a paramedic or urgent care specialist? Why or why not?
2. In some countries, many older people die during periods of extreme heat. How can governments prevent this from happening?
3. Many children are involved in summer sports. How can organizations be certain that parents and coaches are aware of the dangers of heat?

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## Optional extension

Choose one of the topics and write a 100-word paragraph. Use examples to support your ideas.

1. If you were on a committee to prepare your community during periods of extreme heat, what would you do to help those who do not have air conditioning?
2. Imagine that you are a paramedic who has just been called to an accident (heatstroke, electrical shock) at someone's home. Describe what has happened and what you have to do.