

# **Professional English for Paramedics and Nurses: textbook**

The content of educational material presented in the textbook is referred to providing the opportunity to develop and improve listening, speaking, reading, and writing skills. It serves as a basis for the use of the English language by future nurses and paramedics in communication with patients, doctors and other medical workers, effective implementation of their professional duties in English-speaking environment, and for successful work with specialized English sources.

The communicative exercises and tasks of various levels presented in each unit of the textbook makes it possible to individualize learning and take into account the level of English mastering for each student.

The textbook is intended for studying of English for professional purposes by students of medical colleges, establishments of professional pre-higher and higher education (Bachelor's degree) majoring in 223 "Nursing Care". It can be useful to a wide range of specialists in the field of practical health care, especially for doctors and medical assistants — workers of emergency medical aid and disaster medicine centers, as well as military paramedics.

Зміст навчального матеріалу, презентованого в підручнику, уможливилює розвиток і вдосконалення навичок аудіювання, говоріння, читання та письма, що слугують підґрунтям для використання англійської мови майбутніми медичними сестрами та парамедиками в спілкуванні з пацієнтами, лікарями, іншими медичними працівниками й ефективного виконання своїх професійних обов'язків в англійськомовному середовищі, а також для роботи з фаховими англійськомовними джерелами.

Різномірні комунікативні вправи й завдання, представлені в кожному розділі, дають змогу індивідуалізувати навчання, урахувати рівень володіння англійською мовою конкретного студента.

Підручник призначений для вивчення англійської мови за професійним спрямуванням студентами, які навчаються в медичних коледжах, закладах фахової передвищої та вищої освіти (бакалаврський рівень) за спеціальністю 223 «Медсестринство». Може бути корисний широкому колу фахівців у галузі практичної охорони здоров'я, насамперед лікарям і фельдшерам — працівникам центрів екстреної медичної допомоги та медицини катастроф, а також військовим парамедикам.

I.V. Znamenska, O.M. Bieliaieva,  
S.M. Efendiieva, K.H. Havrylieva

# Professional English *for* Paramedics *and* Nurses

*T e x t b o o k*

RECOMMENDED

by the Academic Council of Poltava State  
Medical University as a textbook for  
students of the first (Bachelor's) degree,  
majoring in 223 "Nursing Care"  
(minutes No. 3 as of 30 November 2022)

**Kyiv**  
**AUS Medicine Publishing**  
**2023**

UDC 811.111  
LBC 81.432.1ya73  
P84

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(minutes No. 3 as of 30 November 2022)*

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P84 **Professional English for Paramedics and Nurses : Textbook / I.V. Znamenska, O.M. Bieliaieva, S.M. Efendiieva, K.H. Havrylieva. — Kyiv : AUS Medicine Publishing, 2023. — 239 p.**  
ISBN 978-617-505-934-0

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## Передмова

У сучасному світі володіння фахівцем у галузі охорони здоров'я англійською мовою розглядається як необхідна умова його конкурентоспроможності й один із чинників, що забезпечує безперервний професійний розвиток. У зв'язку із цим навчальна дисципліна «Англійська мова (за фаховим спрямуванням)» посідає важливе місце в системі підготовки медичних сестер і парамедиків.

Працюючи за цим підручником, здобувачі освіти, які навчаються за освітньо-професійними програмами «Сестринська справа» і «Парамедик» (спеціальність 223 «Медсестринство»), матимуть змогу як розширити свій словниковий запас, так і оволодіти фаховою англійською лексикою, що зазвичай використовується в усному й писемному професійному мовленні. Із цією метою в кожному Unit'і подається до 20 нових лексичних одиниць, які відпрацьовуються шляхом їх включення у вправи, тексти й діалоги.

Підручник побудований таким чином, що забезпечена можливість розвитку й удосконалення навичок аудіювання, говоріння, читання та письма, що слугують підґрунтям для використання англійської мови майбутніми медичними сестрами та парамедиками в спілкуванні з пацієнтами, лікарями, іншими медичними працівниками, ефективного виконання своїх професійних обов'язків в англійськомовному середовищі, а також для роботи з фаховими англійськомовними джерелами.

Різнорівнені комунікативні вправи і завдання, представлені в кожному Unit'і, дають змогу індивідуалізувати навчання, урахувати рівень володіння англійською мовою конкретного студента.

Автори впевнені, що дотримання класичного дидактичного принципу «від простого до складного», «від відомого до невідомого», за яким побудований пропонований підручник, дасть змогу викладачеві під час навчання англійської мови створити ситуацію успіху для кожного студента.

Студент, у свою чергу, повинен пам'ятати, що фахові компетентності та клінічні навички, будучи невід'ємною складовою професійної діяльності майбутніх медичних сестер і парамедиків у поєднанні з добре розвченими комунікативними навичками, володінням англійською мовою зокрема, слугують фундаментом для побудови успішної кар'єри, професійного визнання і зростання, «відчиняють двері» для працевлаштування в найкращі вітчизняні та світові клініки.

Сподіваємося, що підручник зацікавить широке коло фахівців у галузі практичної охорони здоров'я, насамперед лікарів і фельдшерів – працівників центрів екстреної медичної допомоги та медицини катастроф, а також військових парамедиків.

*Автори*



## Preface

The ability of a health care specialist to speak English is considered as a necessary condition for his/her competitiveness and one of factors for continuous professional development. That is why the educational discipline “English (for Professional Purposes)” has very important significance in the system of nurses and paramedics training.

Working with the present textbook the students studying according to the educational and professional program “Nursing” and “Paramedic” (Specialty 223 “Nursing Care”) will have the opportunity to enrich their vocabulary and master the professional English that is usually used in professional communication in oral and written forms. For this purpose, approximately twenty new medical terms are presented in each unit of the textbook. They are practiced by various exercises, reading the texts, and developing the language skills in the form of dialogues.

The textbook supports the formation, development and improvement of various skills as listening, speaking, reading and writing and serves as the basis for using of the English language by future nurses and paramedics in their communication with patients, doctors, and other medical specialists, for performing their professional functions successfully in the English-speaking environment, and for successful work with specialized English sources.

The communicative exercises and tasks of different levels presented in each unit of the textbook makes it possible to individualize learning for each student taking into account the level of English mastering.

The authors are assured that the keeping of the classic didactic principle “from simple to complex” and “from known to unknown” according to which the proposed textbook is designed will enable the teacher to create a situation of success for each student during the English language learning.

The student, in turn, has to remember that professional competences and clinical skills as integral part of the professional activity of future nurses and paramedics, in combination with well-developed communication skills, English in particular, provides the foundation for successful career, professional recognition and development, “open the door” for employment in the best national and international clinics.

We hope that the textbook will be interesting to a wide range of specialists in the field of practical health care, especially for doctors and medical assistants – workers of emergency medical aid and disaster medicine centers, as well as military paramedics.

*Authors*



## UNIT

## 1

## Basic comprehensions of human anatomy as the base of paramedic and nurse profession

### 1. Read the medical terms and translate them into Ukrainian.

#### Key words

abdomen	limb
ankle	liver
brain	pancreas
chest (thorax)	pelvis
elbow	refer
gallbladder	shoulder
girdle	spleen
gullet (esophagus)	stomach
hip	thigh
intestine	trachea
kidney	trunk
knee	urinary bladder

### 2. Memorize the meanings of the terms.

#### GLOSSARY

**abdomen** is the part of the body below the chest, where most of a person's gastrointestinal organs are located

**chest** is the front of the body just below the neck and shoulders, where a person's heart and lungs are located

**elbow** is a join in the middle of the upper limb that allows the limb to bend.

**esophagus** is an organ in the form of a muscular tube that carries food from the pharynx to the stomach

**foot** is the lowest part of the body, which a person uses to stand and walk on

**hand** is a part of the body at the end of an upper limb that a person uses to hold and control objects

**head** is the highest part of the person's body, above the neck, where the face and brain are located

**heart** is an organ in the cardiovascular system that pumps blood throughout the body

UNIT 1 ■

**intestine** is an organ in the gastrointestinal system that receives partially digested food and further breaks it down, extracting nutrients that the body needs in order to function. The main intestines in the human body are the small intestine and the large intestine.

**kidneys** are a pair of organs in the gastrointestinal system that maintain chemical balanced in the blood and remove waste from the body through urine

**knee** is a join in the middle of a lower limb that allows the limb to bend

**liver** is an organ in gastrointestinal system that removes toxins from the body and produces important substances for digestion

**lung** is an organ in the respiratory system that receives oxygen and releases carbon dioxide

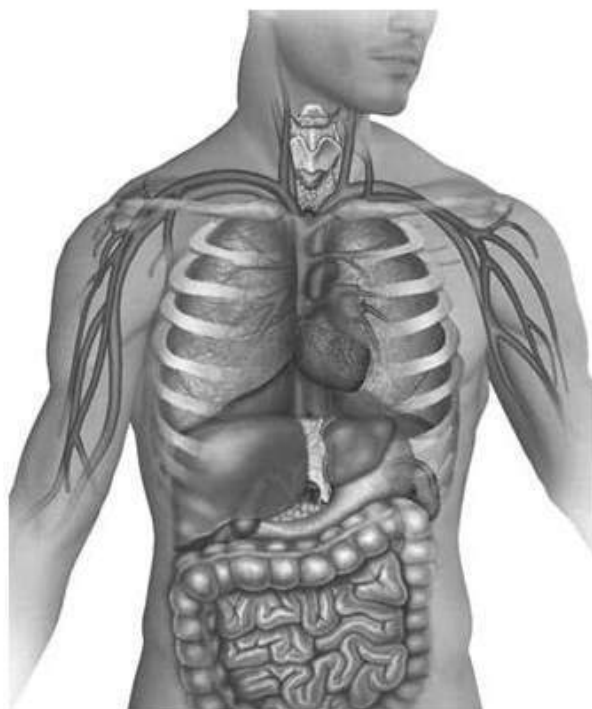
**neck** is the narrow part of the body between the head to the torso

**pancreas** is an organ in the gastrointestinal system that produces hormones for the absorption of nutrients and other bodily functions

**stomach** is an organ in the gastrointestinal system that receives food from the esophagus and breaks it down before sending it to the small intestine

**tongue** is a soft, muscular structure in the mouth that is used for eating and speaking

**torso (trunk)** is the main mass of a person's body, including the chest, back and abdomen, but not including upper limbs, lower limbs, or head



**Picture 1. Structure of Trunk**

Source: <https://u.to/ymdSHA>

**3. Read the text and write out unknown words.**

## BODY REGIONS

The human body consists of cells, tissues, organs, and systems. The body is divided into several regions. They are the head, trunk, and limbs. The head and the trunk play a major role in protecting major internal organs.

**The head** is divided into the cranial and the facial parts. The cranial part includes the brain. It is the most important organ of the human body. It is the center of the nervous system, and is the most complex of all internal organs. The facial bones form the structure of the face. The forehead, the temples, the eyes, the eyebrows, the cheeks, the cheekbones, the nose, the oral cavity (mouth) and the chin compose the face. Oral cavity includes teeth, hard and soft palates, tonsils, salivary glands, and a tongue.

**The upper limb** (or extremity) is divided into the arm, elbow, forearm, wrist, and hand. **The lower limb** is divided into the thigh, knee, leg (shin and calf), ankle, and foot.

**The trunk** (torso) consists of the spine with ribs and includes some cavities. So the trunk can be divided into the thorax (chest), abdomen (region between the thorax and pelvis), and pelvis (the inferior end of the trunk, associated with the hips). The trunk includes the major human organs as the heart, the lungs, the stomach, the liver, the spleen, the large and small intestines, the kidneys, the gallbladder, and bladder.

**4. Mark the following statements as true (T) or false (F).**

1. The head is divided into the cranial part and brain. \_\_\_\_
2. The body regions are the head, trunk, and inner organs. \_\_\_\_
3. The cranial and facial parts compose the head. \_\_\_\_
4. The upper and lower limbs are divided into the arm, elbow, forearm, wrist, and hand. \_\_\_\_
5. The major organs of the thorax are the heart, the lungs, the stomach, the liver, the spleen, the kidneys, the gallbladder, and bladder. \_\_\_\_

**5. Match the words or phrases (1–6) with the definitions (A–F).**

1. Upper limb includes    **A)** the lower part of the trunk, between the abdomen and the thighs.
2. Lower limb includes    **B)** the region from the thoracic diaphragm to the pelvic inlet.
3. Thorax is                **C)** the spine and its components.

UNIT 1 ■

4. Abdomen is **D)** the shoulder, the arm, the elbow, the forearm, the wrist, and the hand.
5. Back is **E)** the part of the human body between the neck and the diaphragm, partially encased by the ribs and containing the heart and lungs.
6. Pelvis is **F)** the hip, the thigh, the knee, the leg, the ankle, and the foot.
7. Head is **G)** the part of the body which has eyes, mouth and brain.

**6. Answer the questions.**

1. What does the human body consist of?
2. What regions is the human body divided into?
3. What portions is the head composed of?
4. What organ is there in the cranium?
5. What structures does the oral cavity contain?
6. What sense organs are located in the facial part?
7. What cavities of the trunk do you know?
8. What inner organs does the thoracic cavity include?
9. What vital organs do the abdominal and pelvic cavities contain?

**7. Complete the conversation between the instructor and student. Make up the similar one (work in pairs).**

**Instructor:** I'd like to ask you some questions. What regions is the human body divided into?

**Student:** The human body is divided into \_\_\_\_.

**Instructor:** Some more questions. What are the parts of the head?

**Student:** They are \_\_\_\_.

**Instructor:** What is there on the facial part?

**Student:** On the facial part one can see \_\_\_\_.

**Instructor:** What organ is in the cranial part?

**Student:** In the cranial part there is \_\_\_\_.

**Instructor:** What is the upper limb divided into?

**Student:** The upper limb is divided into \_\_\_\_.

**Instructor:** So what is the lower limb composed of?

**Student:** The lower limb \_\_\_\_.

**Instructor:** What inner organs are in the trunk?

**Student:** The inner organs of the trunk are \_\_\_\_.

**8. Read the conversation between the patient and paramedic.**

**Paramedic:** What do you complain of? Do you get any discomfort in your pancreas?

**Patient:** I don't know exactly. I have a discomfort in the left upper portion of the abdomen.

**Paramedic:** Let's me examine you. (In some minutes). Your stomach troubles you. Does a pain radiate to pancreas?

**Patient:** Pancreas? Mm. I don't know where the pancreas is.

**Paramedic:** It is located in the middle of the abdomen and is surrounded by the stomach, liver, spleen, gallbladder, and small intestine.

**Patient:** No, I haven't discomfort in this region. Am I seriously ill?

**Paramedic:** I'll give you an injection and think you will feel better.

**9. Check the organ that troubles the patient based on task 8.**

1) pancreas

2) spleen

3) gallbladder

4) small intestine

5) stomach

6) liver

# UNIT 2

## Organ systems and their functions

### 1. Read the medical terms and translate them into Ukrainian.

#### Key words

accessory	intellectual
balance	major
carbon dioxide	nervous
cardiovascular	nutrient
combat	oxygen
digestive	participate
elimination	passage
endocrine	posture
genitals	receptor
gonad	respiratory
heat	sweat
hormone	urinary
integumentary	wastes products

### 2. Memorize the meanings of the terms.

#### GLOSSARY

**cardiovascular system** is the part of the circulatory system that distributed blood throughout the body, and includes the heart and blood vessels

**circulatory system** is the network of parts that transports nutrients, oxygen, hormones, and other vital substances throughout the body

**digestion** is the process in which the body breaks down food in order to extract vital nutrients for the body's functions

**digestive system** is the system that performs the mechanical and chemical processes of digestion, absorption of nutrients, and elimination of wastes

**immune system** is the network of functions and chemicals in the body that help to combat and prevent illnesses

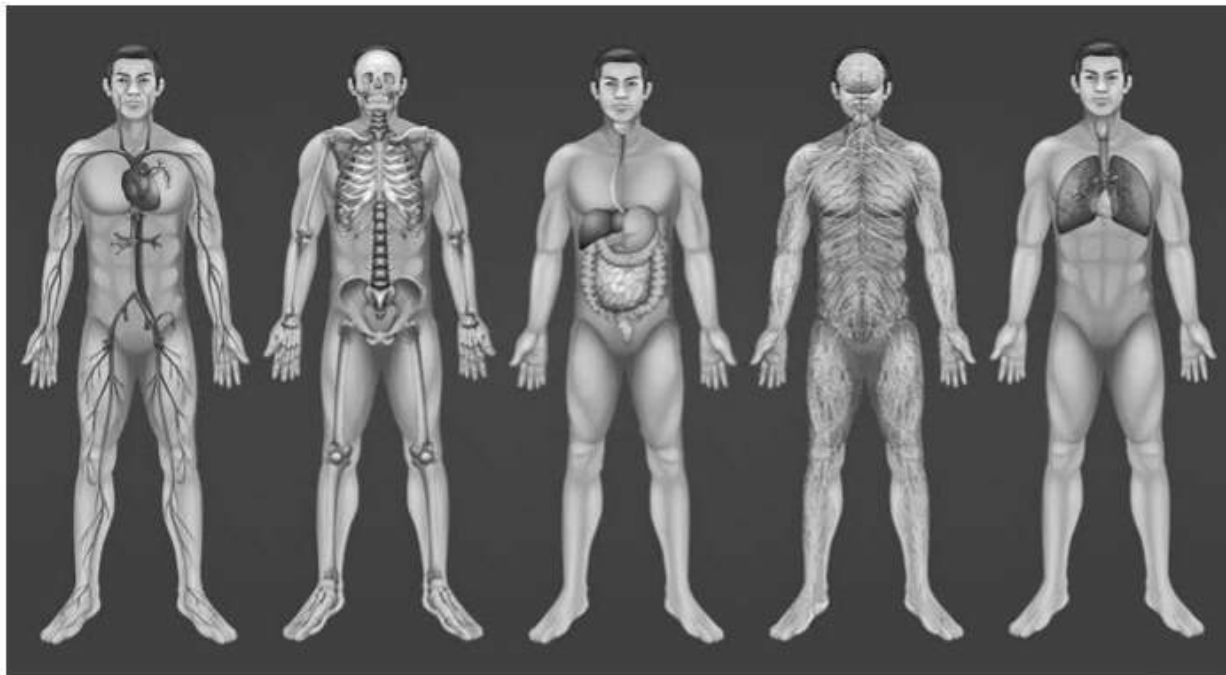
**integumentary system** is the network of skin and other parts that protects the body's internal functions, prevents water loss, regulates temperature, and performs other functions



**lymphatic system** is the part of the circulatory system that distributes nutrients throughout the body and performs immune system

**musculoskeletal system** is the network of bones, muscles, and connective tissues that allow a person to control the movements of the body

**respiratory tract** is the system in the body that performs functions related to breathing, and includes the upper airway, and lungs



**Picture 2. Organ Systems**

Source: <https://u.to/G2hSHA>

### 3. Read the text and write out unknown words.

#### ORGAN SYSTEMS

An **organ system** is a group of organs classified as a unit because of a common function or set of functions. The classification of organ systems is somewhat arbitrary. For example, the muscular and skeletal systems can be combined as the musculoskeletal system, or the nervous system can be subdivided into the peripheral and central nervous systems.

The human organism is divided into the following major organ systems: the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems.

The **integumentary** system consists of skin, hair, nails, and sweat glands. This system protects, regulates temperature, and prevents water loss.

The **skeletal** system includes bones, ligaments, cartilages, and joints. It protects internal organs, supports, and allows body movement, produces blood cells, and stores minerals.

## UNIT 2 ■

The **muscular** system consists of muscles attached to the skeleton. This system allows body movement, maintains posture, and produces body heat.

The **nervous** system includes brain, spinal cord, nerves, and sensory receptors. It is a complex information system. It receives, processes and communicates information.

The **cardiovascular** system includes heart, blood vessels, and blood, which is pumped through the blood vessels by the heart. It transports nutrients, waste products, gases, and hormones throughout the body; plays a role in the regulation of body temperature.

The **lymphatic** system consists of lymph vessels, lymph nodes, and other lymph organs. This system removes foreign substances from the blood and lymph, maintains tissue fluid balance, and absorbs fats.

The **respiratory** system includes lungs and respiratory passages. It exchanges gases (oxygen and carbon dioxide) between the blood and the air and regulates blood pH.

The **digestive** system consists of mouth, esophagus, stomach, intestines, and accessory structures. This system performs the mechanical and chemical processes of digestion, absorption of nutrients, and elimination of wastes.

#### 4. Match the words or phrases (1–6) with the definitions (A–F).

- |                           |   |
|---------------------------|---|
| 1) digestive system       | A) this system performs the mechanical and chemical processes of digestion  |
| 2) musculoskeletal system | B) this system performs functions related to breathing, and includes the upper airway, and lungs                    |
| 3) integumentary system   | C) the network of parts that transports nutrients, oxygen, hormones, and other vital substances throughout the body |
| 4) respiratory system     | D) the part of the circulatory system that includes the heart and blood vessels                                     |
| 5) circulatory system     | E) this system includes skin and other parts that protects the body's internal functions                            |
| 6) cardiovascular system  | F) the network of bones, muscles, and connective tissues that allow a person to control the movements of the body   |

#### 5. Mark the following statements as true (T) or false (F).

1. The integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems compose the organ systems.

2. The skeletal system includes bones, liver, cartilages, and joints.
3. Cardiovascular system transports nutrients, waste products, gases, and hormones throughout the body; plays a role in the regulation of body temperature.
4. Digestive system protects internal organs, allows body movement, and produces blood cells.
5. The respiratory system includes lungs and respiratory passages which exchange gases between the blood and the air and regulates blood pH.
6. The nervous system includes brain, spinal cord, nerves, and sensory receptors.

#### 6. Answer the following questions.

1. What systems does the human body consist of?
2. What are the major components of the integumentary system?
3. What are the major components of the skeletal system?
4. What does the muscular system consist of?
5. What are the major components of the nervous system?
6. What does the endocrine system consist of?
7. What are the major components of the cardiovascular system?
8. What does the lymphatic system consist of?
9. What are the major components of the respiratory system?
10. What are the major components of the digestive system?
11. What is the function of the integumentary system?
12. What is the function of the skeletal-muscular system?
13. What is the function of the cardiovascular system?
14. What is the function of the digestive system?

#### 7. Fill the blanks with the correct words from the word bank.

##### Word bank

respiratory, integumentary, blood, muscular, cartilages, chemical, brain

1. The major components of the skeletal system are bones, associated \_\_\_\_, and joints.
2. The \_\_\_\_ system allows body movement, maintains posture, and produces body heat.
3. The digestive system performs the mechanical and \_\_\_\_ processes of digestion.
4. The \_\_\_\_ system includes respiratory passages and lungs.
5. The \_\_\_\_ system consists of skin, hair, nails, and sweat glands.

## Рекомендована література



Deutsch für Medizin-  
und  
Pharmaziestudenten:  
Lehrwerk

Перейти до категорії  
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