

# MEDITATION

In this world, people will always throw stones on the path of your success. It depends on what you make from them- a wall or a bridge.

# HOSPITAL EQUIPMENT

- 1) Name three hospital items.
- 2) What are they used for?

## ROOM CHECKLIST

Be sure that the following **items** are addressed before each patient is admitted. Sign and date after preparing the room. Check that a **wheelchair** is present. Test **call button** to ensure proper functioning. Make sure an **oxygen tank** is present and at least 80% full. Check that the alternating **pressure mattress** is working properly. Discard used hospital **gowns** and restock bedside table with new ones. Make sure **drawers** are stocked with **latex gloves** and **gauze**. Discard used **syringes** in **sharps container** and restock drawer with new syringes. Empty and clean **biohazard waste container**. Empty the **bedpan** too.

**Activity 1**: Read the checklist at Bogodogo Hospital. Then, mark the following statements as true (T) or false (F).

- 1) Doctors must make sure the call button works.
- 2) The oxygen tank should be no more than half full.
- 3) Nurses discard used syringes in biohazard waste containers

Answer:

1) false

2) False

3) False

**Activity 2:** Match the words (1-5) with the definitions (A-E).

**1- biohazard waste container; 2- oxygen tank ; 3-syringe ; 4-alternating pressure mattress; 5-latex gloves.**

A) A container shaped like a tube that is used to draw or push liquid out of or into something.

B) A mattress that helps to prevent sores by keeping pressure off certain areas of the body.

C) A special container that stores harmful biological substances.

D) Gloves made of a flexible material that doctors often wear.

E) A container that holds pure oxygen.

Answers:

A) 3

B) 4

C) 1

D) 5

E) 2



**Activity3**: Find the items.

- 1) The nurse uses a syringe and then puts it into a special container that stores sharp hospital objects: .....
- 2) Amy is in the hospital. She has a hospital garment ( cloth) that a patient wears:.....
- 3) Bob needs a nurse. He summons her using the button in a hospital room that a patient presses: .....
- 4) Rita can't walk. She uses a chair with wheels to move around:.....
- 5) Jack's arm is bleeding. The nurse wraps it in the cloth used to cover injuries: .....

**Answer:**

1) Sharp container

2) gown

3) call button

4) wheel chair

5) gauze

**Activity 4**: Complete the conversation: **a new one, sharps, second, replacement, oxygen tank, to get used, clean gowns**

**Nurse 1**: Franck, can you help me with something?

**Nurse 2**: Sure! I know how hard it is **1** ..... to things on your first day.

**Nurse 1**: Room 415 needs some **2** ..... Where are those?

**Nurse 2**: In the first floor closet.

**Nurse 1**: Great. Also, where can I refill an **3**..... ?

**Nurse 2**: Don't refill them. Just get a **4** ..... on the **5**..... floor. Anything else?

**Nurse 1**: Yeah. The **6** ..... container is full. Should I dispose of it?

**Nurse 2**: Definitely. And get **7** ..... from room 102.

## Answer:

- 1) to get used
- 2) clean gloves
- 3) oxygen tank
- 4) replacement
- 5) second
- 6) sharps
- 7) A new one

## **Activity 5:** Find the main items used in these three departments

- Pediatrics
- Obstetrics
- Cardiology

**MEDICATION**

- 1) Name some common medication that people take
- 2) Give benefits and disadvantages of medication

Review today list of patients and their medication. Administer the drugs at the started time and check each patient off the list.

- Ali Kabore: Room 6; One dose of **painkillers** (120mg) at 11am
- Frank Nana: Room 7; **Sedative** (25 mg) at 9 pm
- Rita Ky : Room 8; **Anti-inflammatory** ( 125 mg), twice a day at 8am and 4 pm
- Rama Sawadogo: Room 9; **Stimulants** ( 75mg) at 3 pm daily
- Mady Doamba: Room 10; Two doses of **antihistamines** ( 250mg) at 10 am
- Eric Drabo: Room 11; **Antibiotics** ( 200mg) daily at 7am
- Axel Kambou: Room 12; **Laxative** ( 50mg) in the form of a suppository at 11 pm
- Albert Ouédraogo: Room 12 ; **Antidepressant** (175 mg) daily at 9 am



## **Activity 1: Define the following words:**

sedative

anti- inflammatory

dose

laxative

antidepressant

**Sedative:** a drug that puts a person to sleep or calms the person

**Anti-inflammatory:** a drug that reduces redness and swelling

**Dose:** a specific amount of a medicine

**Laxative:** a drug that helps ease bowel movements

**Antidepressant:** a drug that lifts a person mood

## **Activity 2: Choose the correct letter for each statement**

1) What does a stimulant do?

a- It reduces swelling      b- It makes a person alert

2) Are you familiar with antihistamines?

a- Yes, they combat allergy symptoms

b- Yes, they help ease bowel movements

3) What is a suppository?

a- It puts a person to sleep or calms the person

b- Medication that is administered through the rectum

4) Can you tell me about antibiotics?

a- They lift up a person's mood

b- They destroy harmful bacteria

5) When should I administer painkillers?

a- When you are trying to reduce a physical pain

b- When you are trying to make a person alert

# Answers

1- b

2- a

3- b

4- b

5- a

### Activity 3 : Choose the correct word or expression to complete the dialogue

you go; dose; on anti-inflammatories; not good; patient medication ;it's time

Nurse1: Hi, Aicha. Do you have the **1**..... list?

Nurse2: Yeah. Here **2** .....

Nurse 1: Thanks. Looks like **3** ..... to give Mr. Zan his medication.

Nurse 2: Adama Zan? But it's only 10 pm.

Nurse 1: Exactly. It says he needs his first **4** .....of antibiotics.

Nurse 2: But Mr. Zan is **5**..... Alex Kab receives the antibiotics.

Nurse 1: Uh oh. There must be a mix-up on the list

Nurse 2: That's **6**..... Let's change that immediately.

**Activity 3 : Choose the correct word or expression to complete the dialogue**

you go; dose; on anti-inflammatories; not good; patient medication ;it's time

Nurse1: Hi, Aicha. Do you have the **1 patient medication** list?

Nurse2: Yeah. Here **2 you go**

Nurse 1: Thanks. It looks like **3 it's time** to give Mr. Zan his medication.

Nurse 2: Adama Zan? But it's only 10 pm.

Nurse 1: Exactly. It says he needs his first **4 dose** of antibiotics.

Nurse 2: But Mr. Zan is **5 on anti-inflammatories**. Alex Kab receives the antibiotics.

Nurse 1: Uh oh. There must be a mix-up on the list

Nurse 2: That's **6 not good**. Let's change that immediately.

## **Answers:**

1- patient medication list

2- you go

3- it's time

4- dose

5- on anti-inflammatories

6- not good

What do you think of traditional medicine?



# **ACCIDENTS, EMERGENCIES AND FIRST AID**

- 1) What are some important steps to take during emergencies?**
- 2) What kind of injuries do nurses see in emergency rooms?**

A seriously injured person needs immediate attention from paramedics or other emergency medical personnel. However, you can help the injured person before medical professionals arrive.

First, check for responsiveness. If an injured person is unresponsive, check for breathing and a pulse. If these are missing, perform CPR. CPR consists of chest compressions, designed to restart the heart and circulate oxygenated blood, and rescue breathing, designed to provide oxygen for someone who cannot breathe on their own. If a defibrillator is available, this is an easier and more effective way to reset an abnormal heartbeat. Sterilize any open wounds that an injured person has and place a bandage over them. Look for blisters that indicate a first or second-degree burn and cool them with cold water or ice. For those in shock, elevate their feet. Cover them with a blanket, and get help. People with serious injuries such as third-degree burns require painkillers like morphine and other treatments that you cannot provide. Wait with the injured person until help arrives

**Activity**: Read the first aid poster. Then, choose the correct answers.

**1) The poster is mostly about how to**

- a- perform CPR.                      b- help injured people.  
c- administer morphine;      d- identify third-degree burns.

**2) What is the first thing a person should do to an unresponsive person?**

- a- administer CPR;                      b- check for breathing  
c- sterilize his or her wounds ; d- cover the person with a blanket

**3) What can be inferred about first-degree burns?**

- a- They usually cause people to go into shock;      b- They are less painful than third-degree burns.  
c- They occur more frequently than other burns;      d- They require more bandages than second degree burns.

**Activity**: Read the first aid poster. Then, choose the correct answers.

1) b

2) b

3) b/ c

Activity: Read the sentence pair, Choose where the words best fit the blanks.

1) rescue breathing/chest compressions

.....helps, when someone stops breathing.

..... can save the life of someone whose heart has stopped.

2) blisters/shock

We elevated Meg's feet because she was in.....

Tyler has a lot of .....on his foot because his shoes are too small for him.

3 ) responsiveness/ third-degree burns

Only doctors can effectively treat a serious medical condition like .....

It's important to check for .....in accident victims to see if CPR is needed..

Activity: Read the sentence pair, Choose where the words best fit the blanks.

1) rescue breathing/chest compressions

**Rescue breathing** helps, when someone stops breathing.

**Chest compressions** can save the life of someone whose heart has stopped.

2) blisters/shock

We elevated Meg's feet because she was in **shock**

Tyler has a lot of **blisters** on his foot because his shoes are too small for him.

3 ) responsiveness/ third-degree burns

Only doctors can effectively treat a serious medical condition like **third-degree burns**

It's important to check for **responsiveness** in accident victims to see if CPR is needed.

**Activity**: Match the words (1-6) with the definitions (A-F).

1- defibrillator; 3-sterilize; 5- morphine

2- CPR; 4-paramedic; 6- bandage

A) Making something unable to transmit disease

B) A device which delivers an electric shock to the heart in an effort to reset it

C) A procedure designed to be used on people in cardiac and/or pulmonary arrest

D) A piece of cloth used to cover a wound

E) A person trained to respond to emergency situations and provide medical assistance

F) A drug used as a pain reliever



**Activity**: Match the words (1-6) with the definitions (A-F).

1- defibrillator; 2- CPR ; 3-sterilize; 4-paramedic 5- morphine 6- bandage

A) 3

B) 1

C) 2

D) 6

E) 4

F) 5

# NUMBERS

## \*LARGE NUMBERS

In English, we use **comma** (,) for large numbers

- 100: (one) **hundred**
- 1,000 : (one) **thousand**
- 10,000: ten thousand
- 100,000: hundred thousand
- 1,000,000 : one **million**
- 1,000,000,000: one **billion**

We use « **and** » to express tens and units (dizaines et unités)

105: one hundred **and** five

1,982: one thousand nine hundred **and** eighty-two

25,800: twenty-five thousand eight hundred

154,869: one hundred fifty-four thousand eight hundred **and** sixty-nine

# \*Decimals

- we use **full stop** (.) and we read it « point »

Ex: 1.5 : one **point** five

- We read the numbers **one by one after the decimal mark**

Ex: 25.56: twenty-five point **five six**

- Zero (0) is read « **ough** »

10.05: ten point **o<sup>h</sup>** five

26.074%: twenty-six point **o<sup>h</sup>** seven four percent

## Examples

- 1) 684,521: **six hundred eighty-four thousand five hundred and twenty-one**
- 2) 41,257: **forty-one thousand two hundred and fifty-seven**
- 4) 5,356,814 : **five million three hundred fifty-six thousand eight hundred and fourteen**
- 5) 52.52: **fifty-two point five two**
- 6) 10.02%: **ten point ough two percent**
- 7) 5.60: **five point six ough**
- 8) 1.5: **one point five**

# \*Phone and room numbers

Phone numbers are read **one by one**

0 is read « ough »

72565832: **seven two, five six, five eight, three two**

60110654: **six o<sup>h</sup>, one one, o<sup>h</sup> six, five four**

**Room numbers** are also read one by one.

Eg: Room 47 : room **four seven**

Room: 105: room **one o<sup>h</sup> five**

## Activity:

My phone number is seven one, one nine, six two, three two !!

Tell your phone number

# \* FRACTIONS

To read fractions , we use **cardinals** for numerators and **ordinals** for denominators.

## Ordinals:

- The first : 1<sup>st</sup>
- The second: 2<sup>nd</sup>
- The third : 3<sup>rd</sup>
- The fourth : 4<sup>th</sup>
- The fifth : 5<sup>th</sup>
- The ninth : 9<sup>th</sup>
- The twelfth: 12<sup>th</sup>
- the twentieth: 20<sup>th</sup>
- the thirtieth : 30<sup>th</sup>
- the twenty- first : 21<sup>st</sup>
- The twenty-second: 22<sup>nd</sup>
- the twenty-third : 23<sup>rd</sup>
- the twenty- fourth: 24<sup>th</sup>

1 : one : one second/one half ; 1 : one : one third 1 : one : one quarter/ one fourth  
2 second /half 3 third 4 fourth/quarter

When the numerator is **superior to 1**, the denominator is plural that is, we add 's'

3 : three : **three fifths** 2 : two : **two thirds**  
5 Fifths 3 thirds

## **Activity:** Read the passage

Although the majority of adolescents approve of family planning, most do not use contraceptives. Among sexually active 15–19-year-olds, 84% of females and 63% of males currently do not use a modern contraceptive method. Contraceptive use is much higher in urban areas than in rural areas: Among sexually active 15–19-year-olds, 38% of women and 70% of men in urban areas currently use contraceptives, compared with 12% of women and 28% of men in rural areas. Only 6% and 9% of sexually experienced 15–19-year-old males and females who are not currently using contraceptives intend to use a method in the next 12 months.