

ANNO ACCADEMICO 2020-21: I ANNO – infermieri

Inglese Scientifico

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Course materials

Week VII

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Articles practice: A or AN...???

1. **__AN__** unlocked door
2. **__AN__** hour
3. **__AN__** outside toilet
4. **__A__** stomach ulcer
5. **__A__** university
6. **__A__** house
7. **__AN__** umpire
8. **__AN__** unacceptable reply
9. **__AN__** uncle
10. **__AN__** electrician
11. **__AN__** unusual problem
12. **__A__** habitual smoker
13. **__A__** UV detector
14. **__AN__** unnecessary noise
15. **__AN__** actor
16. **__AN__** unappetising meal
17. **__A__** hacienda
18. **__A__** ubiquitous problem
19. **__AN__** overpass
20. **__A__** unicorn
21. **__AN__** umbrella
22. **__AN__** upstairs room
23. **__A__** ureter
24. **__AN__** engineer
25. **__AN__** island
26. **__A__** headache
27. **__AN__** agent
28. **__A__** Ukrainian woman
29. **__A__** teacher
30. **__AN__** orange bag
31. **__A__** honeybee
32. **__AN__** airplane
33. **__A__** hall
34. **__AN__** umbilical chord
35. **__A__** hypocrite
36. **__AN__** urgent request
37. **__A__** haggis
38. **__AN__** usher
39. **__A__** travel agent
40. **__A__** useful tool
41. **__A__** TOEFL score
42. **__AN__** ant
43. **__A__** hag
44. **__AN__** uploaded programme
45. **__AN__** unidentified flying object
46. **__A__** haematologist
47. **__A__** hybrid car
48. **__AN__** hourly injection
49. **__A__** hymn
50. **__AN__** arrow

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Prepositions practice: IN, AT or ON

1. Lina's birthday will be IN a few months.
2. ON what day were you born?
3. By eleven o'clock IN the evening, I am IN bed.
4. I swim IN the pool AT the University campus.
5. AT breakfast-time we do not eat salad.
6. Lina was born ON a Wednesday.
7. I am up AT five o'clock IN the morning.
8. Do you like to shop IN/AT the Supermarket?
9. My husband is ON his way home now.
10. We eat cereal AT breakfast-time AT the weekend.
11. The keys are ON the kitchen counter.
12. Your sister is arriving IN Texas AT seven o'clock IN the morning.
13. I am IN bed by eleven o'clock IN the evening.
14. Diamond was born AT 7:37 am.
15. What day were you born ON?
16. Do your parents live IN Mexico?
17. I like to swim IN the sea AT the beach, not just IN the pool.
18. Diamond's birthday will be IN a week or two.
19. Ron was born IN the twentieth century.
20. I swim IN the school pool ON Mondays.
21. IN what year were you born?
22. Lina was born IN 1954, ON a Wednesday.
23. We always put tomatoes IN the salad.
24. At eight o'clock IN the morning, I am hard AT work.

25. I like to put make-up **_ON_** when I dress up.
26. Put your big toe **_IN_** the water.
27. I put my big toe **_IN_** the pool first.
28. Will you drop me **_AT_** my house **_ON_** your way home?
29. What year were you born **_IN_**?
30. Will we arrive **_IN_** Rome **_IN_** time for the party **_AT_** John's house?
31. I don't jump **_IN_** the pool before testing the water temperature.
32. Diamond was born **_ON_** 30th July.
33. He always **_IN_** a hurry when he leaves for school **_IN_** the morning.
34. Her grandmother will arrive there **_AT_** half-past seven **_IN_** the morning.
35. We will go out to dinner **_ON_** Friday night.
36. We sprinkle parsley **_ON_** the tomatoes.
37. We will stop **_AT_** Megalò **_ON_** the way home.
38. Did you grow up **_IN_** Mexico or California?
39. Diamond was born **_ON_** a Monday.
40. Do you live **_IN_** Los Angeles?
41. Is the water **_ON_** your big toe warm or cold?
42. The train leaves **_IN_** five minutes, hurry up.
43. I'm going to America **_IN_** April.
44. He doesn't work **_ON_** Sundays or Mondays.
45. **_IN_** England, the shops shut **_AT_** 5:30 pm.
46. She never feels very good **_IN_** the morning.
47. She is starting work **_ON_** June 4th.
48. What do you do **_IN_** the evenings?
49. I can't sleep **_AT_** night these days. It is too hot.
50. I was born **_IN_** 1966.

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Put the words in the correct order to make a sentence

1. always France to go we spring in We always go to France in spring.
2. stay hotel a usually we in We usually stay in a hotel.
3. plane sometimes by go we We sometimes go by plane.
4. sometimes train go we by We sometimes go by train.
5. children with never our us go Our children never go with us.
6. we restaurant go a often evenings Friday to on
We often go to a restaurant on Friday evenings.

Match each line in A with a line in B and a line in C

A	B	C
Cats	live	uniforms.
Policemen	look after	cars.
Mechanics	write	teeth.
Children	wear	for newspapers.
Cars	eat	in Africa.
Dentists	go	fish.
Journalists	mend	expensive.
Elephants	are	to school.

- Cats** eat fish.
Policemen wear uniforms.
Mechanics mend cars.
Children go to school.
Cars are expensive.
Dentists look after teeth.
Journalists write for newspapers.
Elephants live in Africa.

Number the daily activities in the correct order

(14 activities of daily living: **ADLs**)

- | | | | |
|-----------------|----------------|-----------------|------------------|
| __ 8 __ | Have lunch | __ 11 __ | Cook dinner |
| __ 2 __ | Have a shower | __ 12 __ | Watch television |
| __ 6 __ | Go to work | __ 1 __ | Get up |
| __ 4 __ | Have breakfast | __ 13 __ | Read a book |
| __ 7 __ | Start work | __ 14 __ | Go to bed |
| __ 10 __ | Arrive home | __ 9 __ | Finish work |
| __ 3 __ | Get dressed | __ 5 __ | Leave home |

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Making comparisons

Complete the sentences using the comparative form of the adjective.

1. The town isn't very clean. The country is cleaner than the town.
2. My car isn't very new. Your car is newer than my car.
3. Ann's house isn't very modern. Your house is more modern than Ann's.
4. Bob's garden isn't very big. Your garden is much bigger than Bob's.
5. Yesterday wasn't very hot. Today is much hotter than yesterday.
6. Sue's homework wasn't very good. Your homework is better than Sue's.
7. Your car isn't very dirty. My car is dirtier than yours.
8. This exercise isn't very difficult. The next exercise is much more difficult than this one!

Everybody, somebody, nobody, everywhere, nowhere, everything, nothing...

Chose the correct word:

1. **Q:** Who's in the bathroom? **A:** Nobody. It's empty.
2. **Q:** Who'd like an ice cream? **A:** Everybody. We all want one.
3. **Q:** Did you find your keys?
A: No. I looked everywhere, but I couldn't find them.
4. **Q:** What did you buy at the shops? **A:** Nothing. I didn't have any money.
5. Things in London are very expensive. Everything is cheaper in Italy.
6. Somebody told me it's your birthday today.
7. **Q:** Where did you go last night? **A:** Nowhere. I stayed at home to watch TV.
8. **Q:** How much is it to get into the museum? **A:** Nothing. It's free.
9. The fridge is empty. Justin ate everything.
10. Two plus two is four. Everybody knows that.

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What is "it"?

- 1. It's very interesting. I've just read Chapter 10. (a book)**
- 2. We stood on it and looked down at the river. (a bridge)**
- 3. It landed 10 minutes ago. (an aeroplane)**
- 4. It's next Saturday in St Mary's Church. The reception's in the Bedford Hotel.**
- 5. It isn't very sharp. I can't cut the meat. (a knife)**
- 6. I can't see my face in it. It's cracked. (a mirror)**
- 7. It barked and ran after us. (a dog)**
- 8. Can I have it well done, please, with chips? (a steak)**
- 9. I like it dry and white. (a wine)**
- 10. I don't take it in tea, but I take one spoonful in coffee. (sugar)**

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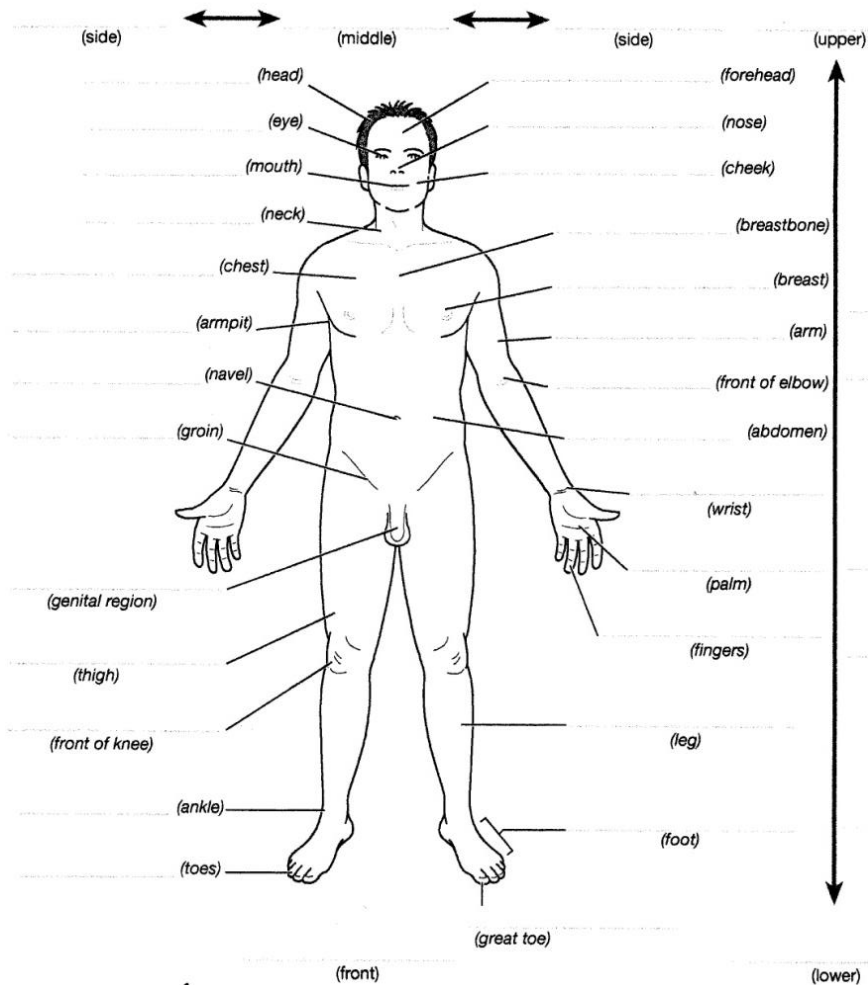
Medical abbreviations (acronyms)

	Abbr./ acronym	Meaning
1	NSAIDS	non-steroid anti-inflammatory drugs
2	N/S	normal saline
3	O₂	oxygen
4	o.d.	daily/ once a day (Latin)
5	O/E	on examination
6	OA	on admission
7	OAP	old-age pensioner
8	OCP	oral contraceptive pill
9	Obs.	observations
10	OJ	orange juice
11	OPD	Outpatient Department
12	OT	operating theatre/ occupational therapist
13	OTC	over-the-counter (medication)

	Abbr./ acronym	Meaning
14	P	pulse / protein / parity
15	p.o.	by mouth (Latin)
16	p.r.	by rectum (Latin)
17	p.r.n.	as required (Latin: <i>pro re nata</i>)
18	p.v.	by vagina (Latin)
19	PACU	Post-Anaesthesia Care Unit
20	PCA	patient-controlled analgesia
21	PE	pulmonary embolism
22	PEG	percutaneous endoscopic gastrostomy
23	PERLA	Pupils equal and reactive to light and accommodation
24	PH	past history
25	PICC	peripherally inserted central catheter
26	PMH	past medical history

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Regional and directional terminology – front

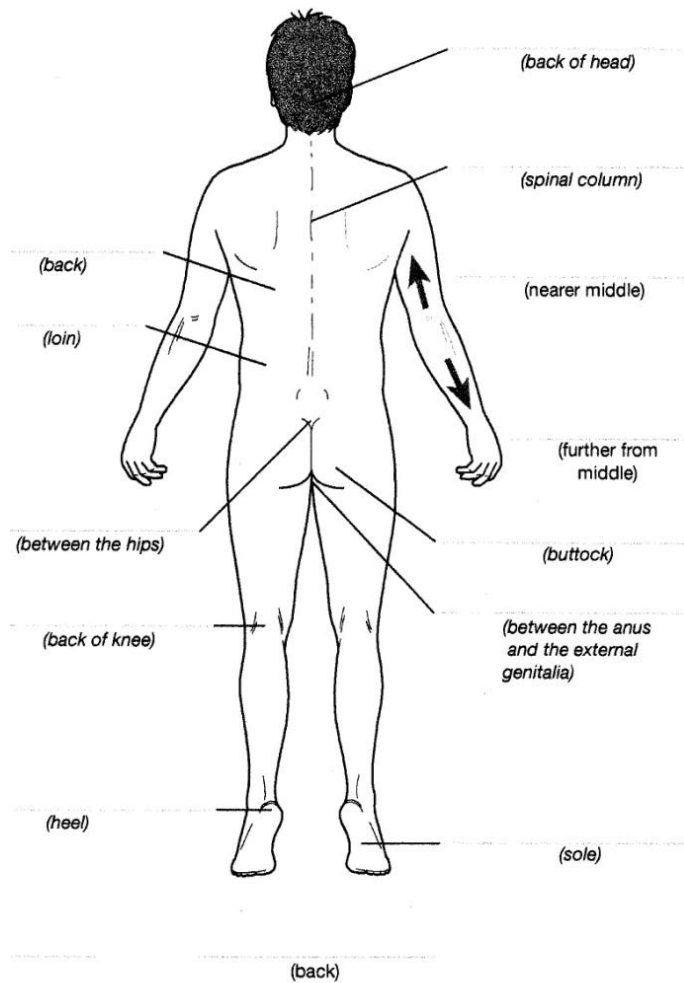


Insert the terms given below into the figure.

- | | | | |
|-------------------------------|----------------|----------------------|----------------|
| 1. abdominal | abdomen | 16. inguinal | groin |
| 2. antecubital | front of elbow | 17. lateral | side |
| 3. anterior | front | 18. mammary | breast |
| 4. axillary | armpit | 19. medial | middle |
| 5. brachial | arm | 20. nasal | nose |
| 6. buccal | cheek | 21. oral | mouth |
| 7. carpal | wrist | 22. orbital | eye |
| 8. cephalic | head | 23. palmar | palm |
| 9. cervical | neck | 24. patellar | front of knee |
| 10. crural | leg | 25. pedal | foot |
| 11. digital/phalangeal | fingers, toes | 26. pubic | genital region |
| 12. femoral | thigh | 27. sternal | breastbone |
| 13. frontal | forehead | 28. superior | upper |
| 14. hallux | big toe | 29. tarsal | ankle |
| 15. inferior | lower | 30. thoracic | chest |
| | | 31. umbilical | navel |

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Regional and directional terminology – back

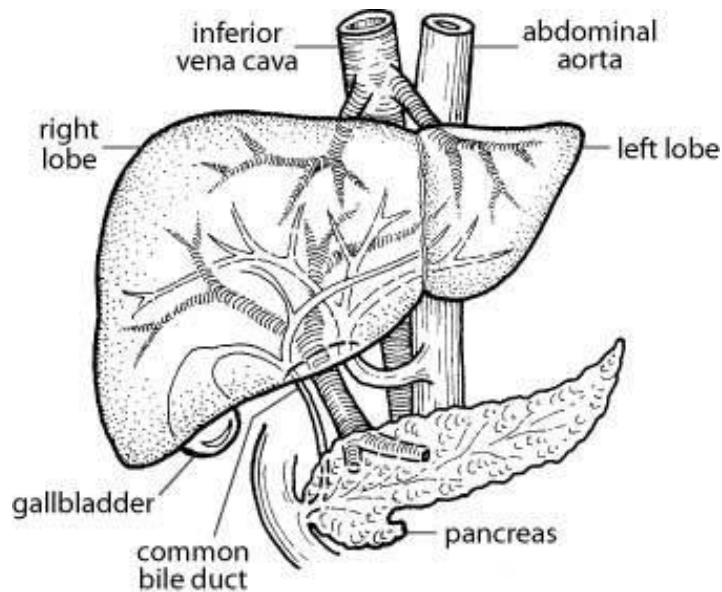


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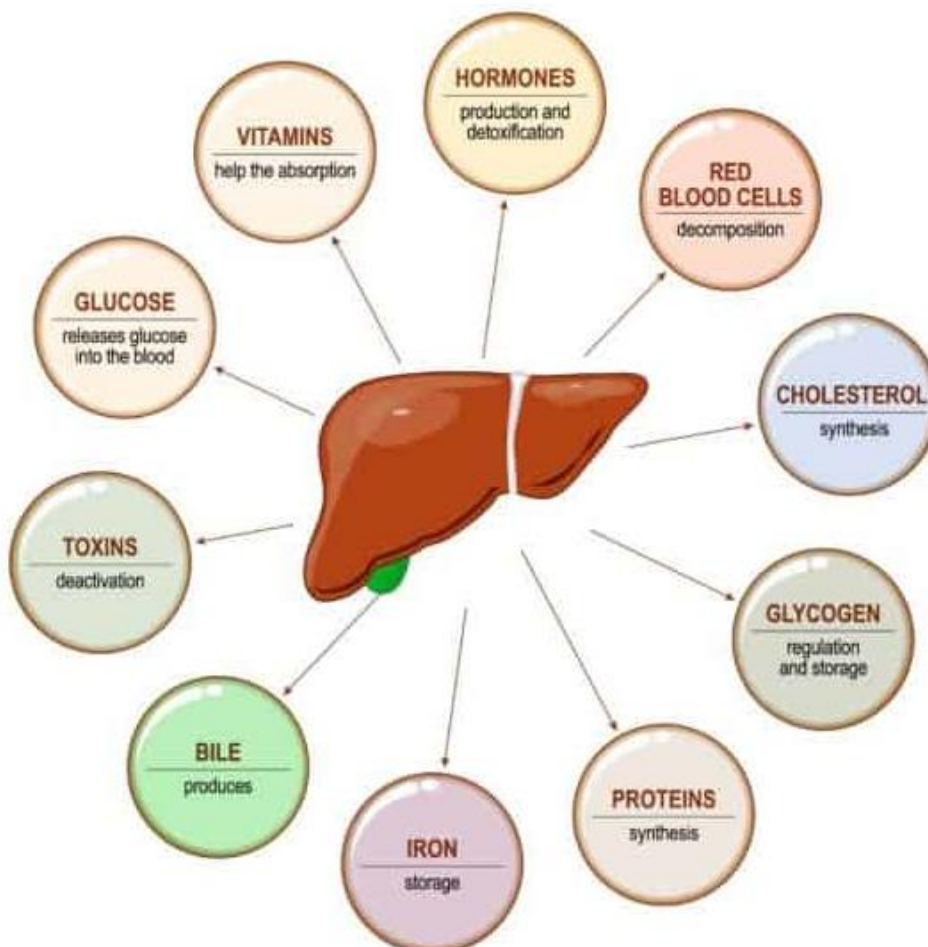
- | | |
|---------------|-------------------------------------|
| 1. calcaneal | heel |
| 2. distal | further from middle |
| 3. dorsal | back |
| 4. gluteal | buttock |
| 5. lumbar | loin |
| 6. occipital | back of head |
| 7. perineal | between anus and external genitalia |
| 8. plantar | sole |
| 9. popliteal | back of knee |
| 10. posterior | back |
| 11. proximal | nearer middle |
| 12. sacral | between the hips |
| 13. shoulder* | acromial |
| 14. vertebral | spinal column |

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The liver

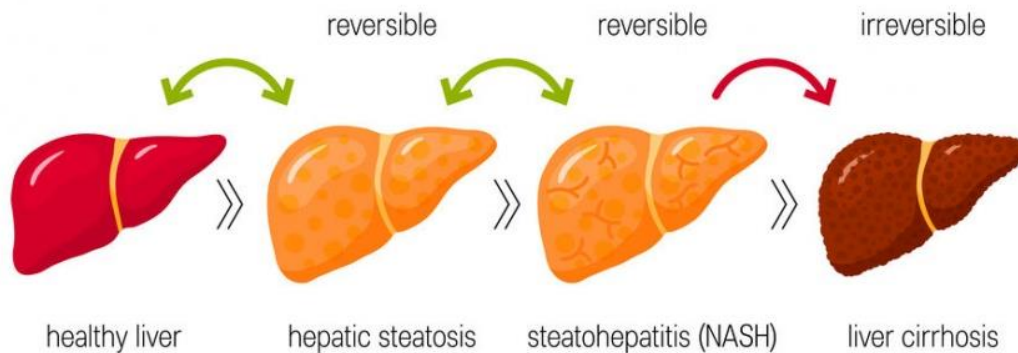


Functions of the liver



Diseases of the liver

STAGES OF LIVER DAMAGE



Hepatitis	Inflammation of the liver, caused by hepatitis A, B and C viruses. Hepatitis also has non-infectious causes, including heavy drinking, drugs, allergic reactions, or obesity
Cirrhosis	Long-term damage to the liver from any cause, with permanent scarring. The liver then does not function well
Liver cancer	Hepatocellular carcinoma is the most common liver cancer, and almost always occurs after cirrhosis
Liver failure	Many causes, including infection, genetic diseases, and excessive alcohol
Ascites	During cirrhosis, the liver leaks fluid (ascites) into the abdomen, which becomes distended and heavy
Gallstones	A gallstone stuck in the bile duct that drains from the liver can result in hepatitis and bile duct infection (cholangitis)
Haemochromatosis	Causes iron to deposit in the liver, damaging it. The iron also deposits throughout the body, causing many other health problems
Primary sclerosing cholangitis	A rare disease with unknown causes that results in inflammation and scarring in the bile ducts in the liver
Primary biliary cirrhosis	A rare disorder, and an unclear process that slowly destroys the bile ducts in the liver. Permanent liver scarring (cirrhosis) eventually develops

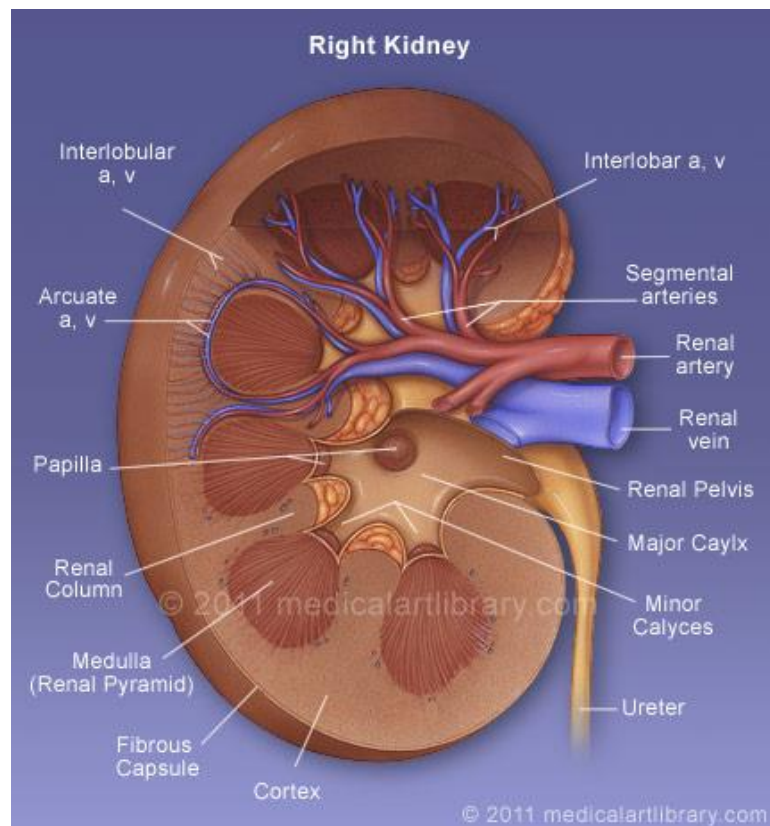
Liver tests: blood

Liver function panel	The liver function panel checks how well the liver is working and consists of many different blood analyses
Alanine aminotransferase (ALT)	Elevated ALT helps to identify liver disease or damage from many causes, including hepatitis
Aspartate aminotransferase (AST)	Along with elevated ALT, the AST can also show liver damage
Alkaline phosphatase	Alkaline phosphatase is present in bile-secreting cells in the liver, and also in bones. High levels often mean the bile flow out of the liver is blocked
Bilirubin	High bilirubin levels suggest a problem with the liver
Albumin	As part of the total protein levels, albumin helps to define how well the liver is working
Hepatitis A tests	If hepatitis A is suspected, the doctor will test liver function and for antibodies to detect the hepatitis A virus
Hepatitis B tests	Antibody levels can be tested to determine if you have been infected with the hepatitis B virus
Hepatitis C tests	In addition to checking liver function, blood tests can determine if you have been infected with the hepatitis C virus
Prothrombin time (PT)	The prothrombin time (PT) is commonly monitored to see if the patient is taking the correct dose of the blood thinner warfarin (Coumadin). It also checks for blood clotting problems
Prothrombin thromboplastin time (PTT)	The PTT is used to check for blood clotting problems

Liver tests: imaging

Ultrasound (US)	Abdominal ultrasound can test for many liver conditions, including cancer, cirrhosis, or problems from gallstones
Computed tomography (CT) scan	A CT scan of the abdomen gives detailed pictures of the liver and other abdominal organs
Liver biopsy	A liver biopsy is most commonly done after another test, such as a blood test or ultrasound, to further define a possible liver problem
Liver and spleen scan	This nuclear scan uses radioactive material to help to diagnose a number of conditions, including abscesses, tumours, and other liver function problems

The kidneys

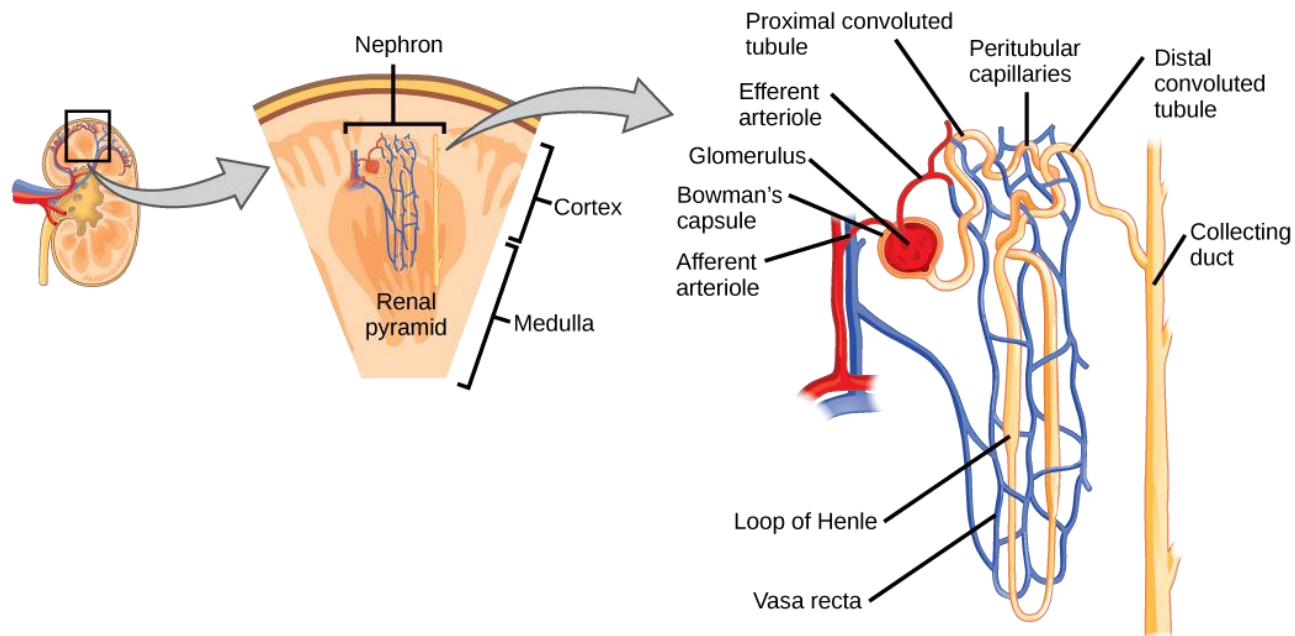


Unfiltered blood enters the **kidneys** for filtration through the **renal artery** from the **heart**. Blood passes through the kidneys in large quantities so that it can be filtered well and have most of the **waste products removed**. The **renal veins** carry the cleaned blood away from each kidney. The renal veins are wider than the renal arteries because they transport blood towards the inferior vena cava to the heart. The blood that arrives from the heart through the renal artery contains a toxic product, called **urea**, and also high levels of **salts** and large amounts of **water**. The function of the kidneys is to **filter out** the **unwanted materials**. In addition, the kidneys **reabsorb** any products the body needs and **secrete** their waste material as **urine**.

Blood enters the kidneys through the hard outer layer, or **cortex**. The filtration units of the kidneys, called **nephrons**, are in the **renal cortex**. The nephrons help to filter out waste from the blood, leaving a **filtrate** of important **salts** and **glucose**. The next section of the kidneys is called the **renal medulla**. This is where the levels of salts and water in the urine are controlled. **Sodium ions** are concentrated in the medulla so that very concentrated urine is produced. Any excess water and waste products are then secreted as **urine**. The urine initially collects in the **renal pelvis**, which is the fan-shaped section at the narrowest part of the kidney that joins onto each **ureter**. The ureters are the two tubes that transport the urine from the kidneys to the **bladder**, which is the **urine storage organ**. From the bladder there is another tube called the **urethra** through which the urine is **passed out of the body**.

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The nephron



The basic unit of the **structure and function of the kidneys** is the **nephron**, which comprises the **glomerulus** and the **renal tubule**. Each human kidney contains about 1,200,000 nephrons, a number that is constant from birth, as new nephrons cannot develop. The renal tubule starts in the **cortex** of the kidney with the **glomerulus**, where the blood enters the **capillary network** (with **fenestrated epithelium**) that is **enveloped** by the **Bowman's capsule**, the start of the renal tubule. The glomerulus is where the initial **filtration** from the blood into lumen of the renal tubule takes place. The renal tubule then continues into the **proximal convoluted tubule**, which is still in the **renal cortex**. It then becomes the **loop of Henle**, which generally passes deep into the **medulla inner zone** (**thick/ thin descending limb**) before **looping** back to the **kidney cortex** (**thin/ thick ascending limb**). The **distal convoluted tubule** then joins the **collecting duct**, which joins with further collecting ducts as they pass through the **medulla** to the **renal pelvis**.

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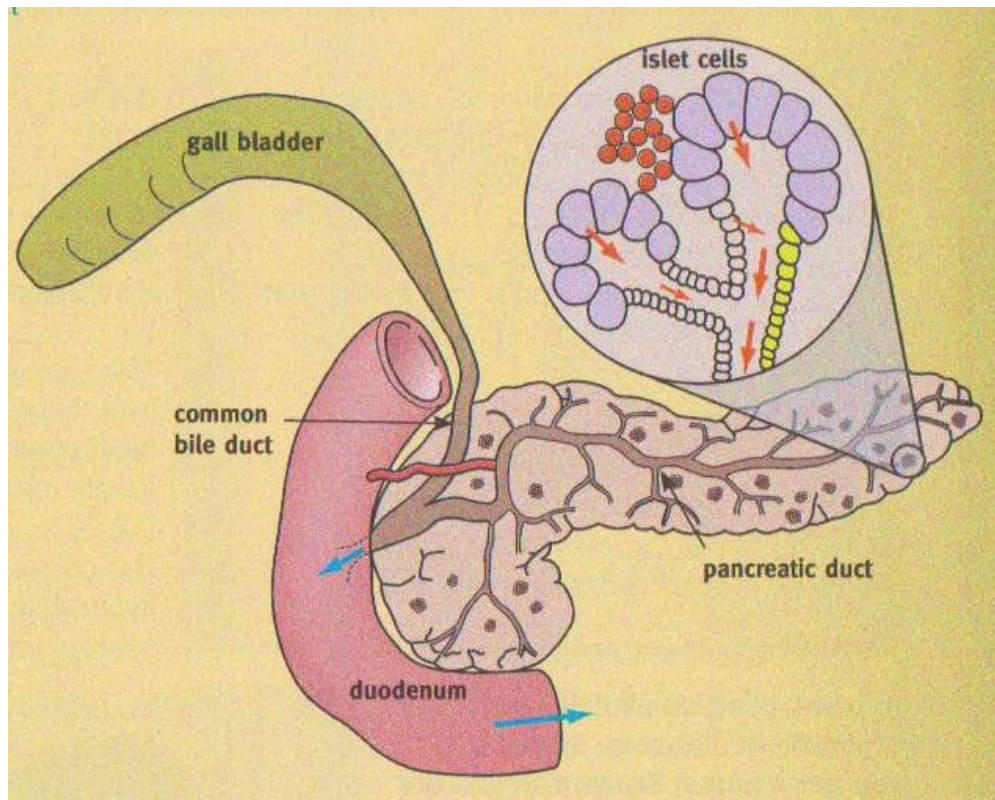
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Renal failure terms

	Term	Meaning
1	Urinalysis	The process of analysing urine using physical or chemical tests
2	Urine	The fluid that is excreted by the kidneys
3	Urinal	Also called 'bottle'; used by male patients to pass urine into
4	Bed pan	A toileting receptacle that is used by bed-bound patients
5	Renal	Related to the kidneys
6	pH	The measurement of how acid or alkaline a solution is
7	Proteinuria	Protein in the urine; also called albuminuria
8	Haematuria	Blood in the urine
9	Specimen	A sample, usually of urine or blood
10	Oedema	Excessive accumulation of fluid in the tissues
11	Anuria	No urine output
12	Nephron	Filtering unit of kidney; includes glomerulus, Bowman's capsule, loop of Henle
13	Oliguria	Low urine output
14	Glomerulus	Nephron site of primary filtration of waste products from blood
15	Henle's loop	Nephron site for reabsorption of water and ions
16	Bowman's capsule	Cup-shaped end of nephron containing capillaries that forms the glomerulus

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The pancreas



The **pancreas** is a small **L-shaped organ** that sits against the **duodenum**, behind the **stomach**. It is quite small, at around **15 cm long**. The **pancreatic duct** runs along the middle of the pancreas and empties into the duodenum. It supplies **pancreatic enzymes**, also called **pancreatic juices**, which aid in the **digestion** process. This is described as the **exocrine function** of the pancreas, with *exo* meaning "out of", which is carried out by the **centroacinar and pancreatic stellate cells**. The pancreatic juices flow out of the pancreas through the **pancreatic duct**. The pancreatic duct is joined by the **common bile duct** before emptying into the duodenum. The pancreas also has an **endocrine function**, with *endo* meaning "within". This is the **release of hormones into the bloodstream**. There are four main types of hormones produced in the hormone-producing cells of the pancreas, known as the **Islets of Langerhans** (islet cells). One of the four cell types, the **beta cells**, produces **insulin**. The function of insulin is to **lower blood sugar levels**. Beta cells make up almost **80%** of all of the islet cells. **Alpha cells** make up almost **20%**, and these release **glucagon**, which **raises the levels of glucose in the blood**. This is the opposite function to insulin. The level of glucose in the blood is called either the **blood sugar level (BSL)** or the **blood glucose level (BGL)**. Insulin stimulates cells in the body to use or **store the glucose** that is produced from the **metabolism of carbohydrates** in food. Glucose is used in the body as an **energy source**.

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The pancreas

Medical terms: the pancreas and diabetes

1	pancreas	a	the by-product produced when fats are metabolised
2	diabetes	b	presence of glucose in the urine
3	diabetic	c	oral medication used to lower blood sugar levels
4	hypoglycaemia	d	when the blood is more acidic than the surrounding tissue
5	hypoglycaemic agent	e	a person who suffers from diabetes
6	glycosuria	f	the organ that produces insulin, which regulates blood sugar
7	ketones	g	hormone produced in the beta cells of the pancreas
8	blood sugar level (BSL)	h	a low level of sugar in the blood
9	insulin	i	disease characterised by high levels of sugar in the blood
10	diabetic ketoacidosis (DKA)	j	amount of glucose in the blood