

Министерство здравоохранения Ростовской области  
государственное бюджетное профессиональное образовательное учреждение  
Ростовской области  
«Таганрогский медицинский колледж»

**Комплект оценочных средств  
для проведения промежуточной аттестации в форме  
дифференцированного зачета  
по учебной дисциплине  
СГ.02. Иностранный язык в профессиональной деятельности  
34.02.01 Сестринское дело  
Форма обучения: очно-заочная**


Таганрог, 2024 г.

**РАССМОТРЕНО:**

на заседании ЦК  
протокол № 9  
от « 14 » мая 2024 г.

Председатель 

**УТВЕРЖДАЮ:**

Замдиректора по учебной работе  
 А.В. Вязьмитина

« 14 » 06 2024 г.

**ОДОБРЕНО:**

На заседании методического совета  
протокол № 6  
от « 14 » 06 2024 г.

Методист  А.В. Чесноков

Комплект контрольно - оценочных средств для проведения промежуточной аттестации в форме дифференцированного зачета по учебной дисциплине **СГ.02. Иностранный язык в профессиональной деятельности** для специальности 34.02.01 Сестринское дело, форма обучения - очно-заочная разработан на основе Федерального государственного образовательного стандарта среднего профессионального образования по специальности 34.02.01. Сестринское дело, утвержденного Приказом Минпросвещения России от 4 июля 2022 г. № 527, зарегистрирован в Министерстве юстиции Российской федерации 29 июля 2022 года, регистрационный номер 69452, рабочей программы учебной дисциплины СГ.02. Иностранный язык в профессиональной деятельности 2024 г., Положения о текущем контроле знаний и промежуточной аттестации студентов (обучающихся).

**Организация - разработчик:** © ГБПОУ РО «ТМК»

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## I. Паспорт комплекта оценочных средств

### 1.1 Область применения комплекта оценочных средств

Комплект оценочных средств предназначен для оценки результатов освоения учебной дисциплины СГ.02. Иностранный язык в профессиональной деятельности

Результаты освоения (объекты оценивания)	Основные показатели оценки результата и их критерии	Тип задания; № задания	Форма аттестации (в соответствии с учебным планом)
<b>Знание</b> основных приемов и методов работы с иноязычными текстами; правил построения простых и сложных предложений на профессиональные темы; лексического минимума, относящегося к описанию предметов, средств и процессов профессиональной деятельности; грамматического минимума, необходимого для чтения и перевода со словарем иностранных текстов профессиональной направленности; особенностей переводов текстов профессиональной направленности.	Сформированность навыка словоупотребления ЛЕ профессиональной направленности в соответствии с коммуникативной задачей; сформированность грамматических и лексических навыков.	<b>Задание №1</b> (теоретическое): Выполните задания в тестовой форме	Дифференцированный зачет
<b>Умение</b> читать и переводить профессионально-ориентированную литературу, в том числе профессиональную	- Демонстрация навыков беглого чтения текста в соответствии с фонетическими нормами речи; - демонстрация умения	<b>Задание №2</b> (практическое): Прочитайте текст, переведите со словарем, перескажите,	

<p>медицинскую документацию;</p> <p>общаться (устно и письменно) на иностранном языке на профессиональные темы; заполнять необходимую документацию, используя извлеченную и общепринятую профессиональную информацию.</p>	<p>оформлять речевые высказывания в соответствии с коммуникативной задачей и лексико-грамматическими нормами языка;</p> <ul style="list-style-type: none"> <li>- демонстрация навыков перевода текстов профессиональной направленности;</li> <li>- демонстрация навыков словоупотребления медицинских терминов по теме;</li> <li>- демонстрация умения общаться на общие и профессиональные темы;</li> <li>- соответствие речевого высказывания правилам грамматики английского языка и коммуникативной цели.</li> </ul>	<p>ответьте на вопросы преподавателя</p>	
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## 2. Комплект оценочных средств

2.1. Задания для проведения дифференцированного зачета

Условия выполнения задания:

1. Место выполнения задания: учебный кабинет
  2. Максимальное время выполнения задания: 50 мин
  3. Литература: англо-русский словарь, русско-английский словарь (любое издание); таблица неправильных глаголов.
- 2.2. Задание № 1 включает 15 вопросов (из них 5 вопросов с одним верным вариантом ответа, 2 вопроса с несколькими верными вариантами ответа, 5 вопросов на установление соответствия, 3 вопроса открытого типа).

**ЗАДАНИЕ № 1. (теоретическое): Выполните задания в тестовой форме**

**Выберите один правильный ответ:**

**1. Which is a part of digestive system?**

1. heart
2. brain
3. intestine
4. lungs

**2. Which is a part of a human heart?**

1. lungs
2. atrium
3. colon
4. pelvis

**3. Which is a part of a human skeleton?**

1. vein
2. kidney
3. hemisphere
4. skull

**4. An instrument for doctor's examination is called...**

1. a plaster
2. stethoscope
3. scissors
4. a syringe

**5. An instrument for nursing manipulation is called...**

1. a syringe
2. a plaster
3. stethoscope
4. injection

**6. An instrument for blood taking is called...**

1. a plaster
2. a needle
3. scissors
4. stethoscope

**7. There are many good... in the hospitals of Taganrog.**

1. diseases
2. nurses
3. prescriptions
4. bruises

**8. There are many good... in the polyclinics of Taganrog.**

1. prescriptions
2. surgeons
3. bruises

4. diseases
- 9. There are many good...in the maternity homes of Taganrog.**
  1. diseases
  2. bruises
  3. midwives
  4. prescriptions
- 10. The patient was made...an instant blood test as soon as possible.**
  1. to be taken
  2. taking
  3. to take
  4. took
- 11. The admitted patient was made...for an x-ray investigation as soon as possible.**
  1. took
  2. taking
  3. to take
  4. to be taken
- 12. The discharged patient was made...his last blood tests results as soon as possible.**
  1. to take
  2. to be taken
  3. took
  4. taking
- 13. Tuberculosis is a disease that affects person`s...**
  1. thyroid
  2. pancreas
  3. teeth
  4. lungs
- 14. Gastritis is a disease that affects person`s...**
  1. lungs
  2. thyroid
  3. stomach
  4. teeth
- 15. Angina is a disease that affects person`s...**
  1. pancreas
  2. thyroid
  3. heart
  4. throat
- 16. A...performs operations.**
  1. surgeon
  2. GP
  3. pediatrician
  4. ENT
- 17. A...treats children.**
  1. ENT
  2. surgeon
  3. GP
  4. pediatrician
- 18. A...examines organs of upper respiratory tract.**
  1. pediatrician
  2. GP
  3. ENT
  4. surgeon

- 19. An injured man was admitted...a hospital by an ambulance.**
1. in
  2. on
  3. to
  4. at
- 20. An injured man was discharged...a hospital by his ward doctor.**
1. from
  2. on
  3. of
  4. out
- 21. An injured man was examined...a cardiac unit by his ward doctor.**
1. on
  2. at
  3. in
  4. to
- 22. When a person is unconscious, you should...**
1. ask his name
  2. take him to a shady spot
  3. raise his legs
  4. check his pulse and breathing
- 23. When a person has a fracture, you should...**
1. give him pyretic
  2. take him to a hospital
  3. raise his legs
  4. check his pulse and breathing
- 24. When a person is feverish, you should...**
1. give CPR
  2. take him to a shady spot
  3. give him pyretic
  4. raise his legs
- 25. If you want to rub a part of a body it is...**
1. swollen
  2. broken
  3. itchy
  4. hurting
- 26. If you want to cough your throat is...**
1. itchy
  2. broken
  3. sore
  4. allergic
- 27. If you help a patient with shock, his face is generally...**
1. hurting
  2. swollen
  3. pale
  4. shallow
- 28. What is the name of the doctor who induces unconsciousness in patients?**
1. neurologist
  2. optometrist
  3. dermatologist
  4. anesthesiologist

- 29. What is the name of the doctor who prescribes glasses for patients?**
1. anesthesiologist
  2. dermatologist
  3. optometrist
  4. neurologist
- 30. What is the name of the doctor who examines patients' skin conditions?**
1. dermatologist
  2. anesthesiologist
  3. dermatologist neurologist
  4. optometrist
- 31. An unpleasant feeling that makes a person want to vomit is called...**
1. disgust
  2. faintness
  3. nausea
  4. repulsion
- 32. Lack of motion may cause...**
1. vomit
  2. heartburn
  3. overweight
  4. weakness
- 33. Chickenpox often causes...**
1. nausea
  2. weakness
  3. repulsion
  4. hiccups
- 34. Stop eating too much spicy food. You may have...**
1. cold
  2. heartburn
  3. indigestion
  4. diarrhea
- 35. Stop eating too much junk food. You may have...**
1. stomachache
  2. diarrhea
  3. swelling
  4. cold
- 36. Excessive physical activity may lead to...**
1. insomnia
  2. indigestion
  3. cold
  4. swelling
- 37. The doctor who studies healthy...is called nutritionist.**
1. sleep
  2. feet
  3. diets
  4. laughter
- 38. The doctor who studies...is called dermatologist.**
1. teeth
  2. skin
  3. feet
  4. stomach



**39. The doctor who studies...is called ENT.**

1. skin
2. stomach
3. sutures
4. fauces

**40. You...give up snacks and fast food.**

1. may
2. can
3. need
4. must

**41. Consuming junk food...lead to different health complications.**

1. can
2. need
3. should
4. may

**42. You...eat regularly several times a day.**

1. should
2. may
3. need
4. can

**43. Geriatric nurses provide healthcare services to the..., helping them maintain their quality of life.**

1. elderly
2. newborns
3. teens
4. diabetic

**44. Psychiatric nurses provide healthcare services to the..., helping them maintain their quality of life.**

1. elderly
2. newborns
3. mentally ill
4. diabetic

**45. Midwives provide healthcare services to the..., helping them prepare for the child's birth.**

1. newborns
2. diabetic
3. pregnant
4. elderly

**46. Unbearable...may be relieved by strong analgesic medicines or injections.**

1. care
2. fever
3. pain
4. treatment

**47. High...should be relieved by strong pyretic or analgesic.**

1. treatment
2. care
3. fever
4. pain

**48. Special post-operated nursing...should be provided for severe patients.**

1. fever
2. pain
3. treatment

4. care

**49. Osteoporosis is a disease of...system characterized by a decrease in bone mass and high risk of fractures.**

1. cardio
2. skeletal
3. digestive
4. nervous

**50. Cheese, chicken, pork, beef are products rich in...**

1. calories fats
2. proteins calories
3. carbohydrates fats
4. fats vitamins

**Выберите несколько правильных вариантов и запишите их:**

**51.** In the practical anatomy class, we study ... (the human body, different diseases, internal organs, first aid, treatment).

**52.** The organs in the abdominal cavity are... (the stomach, the nose, the spleen, the hip, the knee)

**53.** The lower extremity include ... (the hip, the wrist, the foot, stomach, fats)

**Преобразуйте слова так, чтобы они грамматически и лексически соответствовали содержанию предложения:**

54	An...with a simple cold was considered to be treated at home.	PATIENT
55	We should consult a...when we complain of heart diseases.	CARDIO
56	One of the symptoms of a sunstroke is...	DIZZY
57	The act of receiving a person into the hospital is called...	ADMIT
58	...of blood through the heart was normal.	CIRCULATE
59	The patient may complain of thirst and...in his mouth.	DRY
60	A nurse has to prepare patients for medical...	EXAMINE
61	...of cardiovascular diseases is very important today.	PREVENT
62	Patients with...pains should be examined by a doctor.	AMDOMEN
63	A drug available without a...you can buy easily at any chemist's	PRESCRIBE

**Установите соответствие:**

1.	to carry on the medical examination	a.	измерять кровяное давление
2.	to listen to the lungs and heart	b.	измерять температуру
3.	to measure one's blood pressure	c.	проводить медицинский осмотр
4.	to take one's temperature	d.	выслушать сердце и лёгкие
5.	full blood count	e.	поставить правильный диагноз
6.	to make an accurate diagnosis	f.	общий анализ крови
7.	to administer the proper treatment	g.	лечить пациентов
8.	to receive a sick-leave	h.	заполнять личную карточку пациента
9.	to treat patients	i.	назначить правильное лечение
10.	to fill in a personal patient's card	j.	причина заболевания
11.	a cause of the disease	k.	получить больничный лист

**ЗАДАНИЕ № 2 (практическое): Прочитайте текст, переведите его со словарем, перескажите, ответьте на вопросы преподавателя**

**1. Human Anatomy**

The principal parts of the human body are the head, the trunk, and the limbs (extremities). The upper extremities are arms, the lower extremities are legs. The head consists of two parts: the skull which contains the brain, and the face which consists of the forehead, the eyes, the nose, the mouth with the lips, the cheeks, the ears, and the chin.

The head is connected with the trunk by the neck. The upper part of the trunk is the chest and the lower part is the abdomen. The framework of bones called the skeleton supports the soft parts and protects the organs from injury. The bones are covered with muscles.

The upper extremity is connected with the chest by the shoulder. Each arm consists of the upper arm, the forearm, the elbow, the wrist, and the hand. The lower extremity (the leg) consists of the hip (the thigh), the knee, the calf, the ankle, and the foot. The fingers of feet are called toes. The body is covered with the skin

1. What are the principal parts of the human body?
2. What parts does the head consist of?
3. What are the upper part and the lower part of the trunk?
4. What does the lower extremity consist of?

**2. The systems of the body**

There are several main systems of the body: the skeletal, the muscular, the nervous, the circulatory, the digestive, the respiratory, the urinary, the endocrine and the reproductive systems.

The skeletal system consists of the bones of the body and ligaments and cartilages, which join them. The chief function of the skeletal system is structural.

The muscular system consists of the skeletal muscles and their associated structures. The main function of this system is to move us about.

The circulatory system consists of the heart and blood vessels and the blood, which is pumped through the blood vessels by the heart.

The digestive system consists of the alimentary canal, stomach, intestines and a number of associated glands.

The respiratory system consists of the lungs, the air passages leading to them and associated structures.

1. What are the main systems of the body?
2. What does the skeletal system consist of?
3. What does the muscular system consist of?
4. What are the main organs of respiratory and digestive systems?

**3. The Anatomy and physiology of circulatory system**

The circulatory system consists of the heart, arteries, capillaries and veins. It's a pumping mechanism that transports the blood throughout the body.

In the heart the left ventricle contracts pushing red blood cells in the aorta the body largest artery. From here blood moves to the smaller arteries and it reaches capillary the junction between arteries and veins. Here oxygen molecules detach from the red blood cells and slip across a capillary wall into body tissue. Now deoxygenated blood begins its return to the heart and passes to increasingly larger veins to a venture reach a right atrium. It enters the right ventricle which pumps it through the pulmonary artery and the lungs to pick up

more oxygen. Oxygenated blood enters the left atrium moves into the left ventricle and the blood journey begins again.

1. Where does the left ventricle push the blood?
2. Do oxygen molecules detach from the red blood cells in capillaries or in veins?
3. What part of the heart does deoxygenated blood enter?
4. Where does the blood pick up oxygen?

#### **4. The Anatomy and physiology of Skeletal system**

The human skeleton consists of 208 bones. It serves to support the body in the vertical position. The main parts of skeleton are: the ribs, the skull, the jaw bone, the backbone, the breastbone, the collarbones, the shoulder blades, the thigh bones, the kneecaps, the shinbones.

The skull is located in the head. It protects the great brain.

The backbone is the basis of the skeleton. It consists of vertebrae. Most other bones are connected to the backbone.

Feet and hands contain many small bones. They are connected with different types of joints. It allows them make many various motions.

A fracture is a break in a bone. In most cases doctors use a plaster cast to treat fractures. In severe cases, such as compound or displaced fractures, you should be admitted to a hospital for a special treatment.

1. How many bones does the human skeleton contain?
2. What bones compose skeleton?
3. Which part of skeleton serve to protect the great brain?
4. Which parts of the body have the most amount of small bones?

#### **5. The Anatomy and physiology of Digestive System**

Digestion is the process of mechanical processing and chemical splitting of food.

The organs of digestion consist of the digestive channel and the digestive glands. The digestive channel consists of the mouth cavity, gullet, stomach, intestines. Digestive glands are three pairs of salivary glands, liver and pancreas.

In the mouth cavity teeth grind food, and saliva makes it wet. Then a human swallows food and it passes through the gullet into the stomach. Then the food passes into the first department of the small intestines – duodenum. It is connected with the liver and pancreas.

Then the food moves on into the other departments of the small intestines, where digestion finishes and nourishing substances are absorbed into the blood and lymph. From the small intestines food mass passes into the large intestines, where absorption of water, mineral salts and vitamins is finished.

1. What is digestion?
2. What are the parts of the digestion system?
3. Where does food move from the mouth cavity?
4. Which parts do the intestines consist of?

#### **6. Blood elements**

Blood is more than just a simple, red liquid. It is actually a clear, somewhat gold-colored, protein-rich fluid crowded with red and white cells. Blood circulates through the vessels, bringing oxygen and nourishment to all cells and carrying away waste products.

The total adult blood volume is about 5 litres. Whole blood can be divided into two main components: the liquid portion, or plasma (55%), and formed elements, or blood cells (45%).

Plasma is about 90% water. The remaining 10% contains nutrients, electrolytes (dissolved salts), gases, albumin (a protein), clotting factors, antibodies, wastes, enzymes, and hormones.

The blood cells are erythrocytes, or red blood cells; leukocytes, or white blood cells; and platelets, also called thrombocytes. All blood cells are produced in red bone marrow. Some white blood cells multiply in lymphoid tissue as well.

1. What is blood?
2. Where does the blood circulate?
3. What can blood be divided into?
4. What are blood cells?

### **7. The Anatomy and physiology of Nervous system and the Brain**

The nervous system is a system containing a network of specialized cells called neurons that coordinate the actions and transmit signals between different parts of its body.

The nervous system consists of two parts, central and peripheral. The central nervous system is divided into two major parts: the brain and the spinal cord. The peripheral nervous system consists of sensory neurons, clusters of neurons called ganglia, and nerves connecting them to each other and to the central nervous system.

The brain lies within the skull and is shaped like a mushroom. The brain consists of four principal parts: the brain stem, the cerebrum, the cerebellum, the spinal cord. The cerebrum is divided into two hemispheres. Each hemisphere controls the activities of the side of the body opposite that hemisphere. The cerebellum is located behind and below the cerebrum. The spinal cord is a long tube-like structure which extends from the brain. Both motor and sensory nerves are located in the spinal cord.

1. What are the parts of the nervous system?
2. Are the brain and the spinal cord the parts of central or peripheral system?
3. What is the Medulla?
4. What are the lobes of the brain?

### **8. Hospital**

The medical service in our country is based on the principle of qualified medical aid. The public health system includes a variety of medical institutions. There are polyclinics, hospitals and other curative and preventive institutions. Hospital is a medical institution where in-patients are treated.

There are general hospitals and specialized ones such as infection hospitals, children's hospitals, mental, oncological, emergency and other hospitals and clinics. Babies are born in maternity homes. Urgent medical aid is provided by the physicians and resuscitation specialists of the first-aid ambulance centers. Each general hospital has several departments.

There are surgical, therapeutic, cardiac, neurology, burns and other departments. Medical staff of the hospital consists of a head doctor, therapeutics, surgeons, neurologists, ENT-specialists, cardiologists, gynecologists, psychiatrics, oncologists and other specialists. Nursing staff consists of doctors' assistants and nurses.

1. What is the medical service in our country based on?
2. What can we be provided with, admitting to a hospital?
3. Name the structure of the hospital. What are the essential departments?
4. What is medical staff? What does it consist of?

### **9. Hospital ward**

I am a nurse. I work at a therapeutic hospital. Many doctors and nurses work at the hospital. Our hospital is very large. The nurses begin to take the patients temperature at 6

o'clock. They write it down in temperature charts. Then the nurses give the patients medicines and carry out other prescriptions of the doctors. They open the windows and air the wards.

The doctors come at 9 o'clock in the morning and begin to examine patients. As I am a ward nurse the doctor asks me about the condition of my patients. Sometimes I tell him that they are well. And sometimes I tell the doctor that the temperature of some of the patients is high and the doctor prescribes some new medicine or injections.

I like my profession very much. I know that much of the nurse's work can be learnt by practice. So, I am very attentive and try to observe any changes in a patient's condition.

1. Who works at the hospital?
2. What do nurses give patients?
3. What other nurse's duties do you know?
4. Why most part of the nurse's work can be learnt by practice? How do you think?

### **10. Bruises**

When you fall down you have got a bruise on any place you hurt. The bruised place looks red and swollen at first. If it hurts you very much, put an ice bag on the bruise and use special ointments. They will relieve the pain. If the bruise is very bad you must consult a doctor. Bruising are caused by bleeding into the skin or tissues beneath the skin.

Treatment: raise and support the injured part, apply firm pressure to the bruise with cold compress for at least 10 minutes (rest, ice, compression and elevate technique)

- Rest – Rest the injured part
- Ice – Apply ice pack or cold pad to the area
- Compress – Wrap area with soft padding and secure it with a support bandage
- Elevate – Elevate the injured part if pain is severe or casualty is unable to use injured part, send him to hospital.

1. How do bruises look like?
2. What should we do for pain relieving?
3. Is there any treatment for bruises? Tell about it if there's any.
4. What should we do in severe cases?

### **11. Types of bleeding**

Bleeding (hemorrhage) is classified by the type of blood vessel that is damaged.

Artery (carries oxygenated blood under high pressure). Usually can be: profuse bleeding, blood squirts out in time with heartbeat, volume of circulating blood falls rapidly (main artery).

Veins (carries deoxygenated blood under low pressure). Usually can be: darker red, less pressure than arterial blood, gush out profusely (large vein).

Capillary (occurs with any wound). Usually can be: brisk initially, but blood loss is usually slight. If the bleeding is from a nose, put a cold compress on the nose. The person must breathe through his mouth. In severe cases doctors make blood transfusion.

Internal bleeding may follow an injury or occur spontaneously as in bleeding from stomach ulcer. Most obvious sign is a discharge of blood from a body opening. Main risk is shock. Treat as shock. Recognition: signs and symptoms of shock, possible collapse and unconsciousness, bleeding from orifices, «pattern bruising» in cases of violent injury, pain, history of recent injury or illness.

1. What is bleeding? Give the definition.
2. What types of bleeding do you know?
3. If you see a person with nose bleeding, what is the guideline of first aid? What shouldn't we do?
4. What are the consequences of internal bleeding?

## **12. Shock**

Shock is a life-threatening condition occurring when the circulatory system fails and vital organs, like the heart and brain are deprived of oxygen.

The main symptoms are: rapid pulse, pale, cold clammy skin sweating. As shock develops, appear rapid, shallow breathing, weak “thready” pulse, grey-blue skin(cyanosis), weakness and dizziness. Also, nausea, possibly vomiting may occur. Then thirst, as the brain’s oxygen supply weakens. Restlessness and aggressiveness may follow and yawning and gasping for air also may be noticed?

When a person is in shock condition even unconsciousness may happen and finally, the heart will stop. Call for an ambulance immediately or take a shocked person to a hospital as soon as possible.

1. What is shock?
2. What is the role of oxygen during shock?
3. What does the brain need, when a person is shocked?
4. What is the main risk of shock condition?

## **13. A compound fracture**

A compound fracture (also known as an “open fracture”) is that is accompanied by breaks in the skin, causing the broken ends of bone to come into contact with the outside environment. This is usually caused by a broken bone piercing the skin during a high-impact trauma, and it most commonly affects the lower leg, but it can occur in any part of the extremities.

The severity of a compound fracture depends on multiple factors, such as the degree of damage to the bone and the surrounding soft tissues (muscle, tendon, ligament, etc.), the degree of wound contamination with soil, grease, sand, etc., and whether there or not there is any disruption of the major blood vessels to that part of the body.

First, call an ambulance to transport the patient safely to the nearest hospital. Keep the patient as immobilized as possible while waiting for care to arrive. Unnecessary movement increases pain and damage to the tissues.

1. What is the definition of a compound fracture?
2. The severity of a compound fracture depends on many factors, doesn't it?
3. What are they?
4. Why does an injured person with a compound fracture need to be taken to a hospital?

## **14. Cardiovascular diseases**

There are some kinds of heart diseases: coronary artery disease, atherosclerosis and arrhythmia are all forms of heart disease. They affect the heart in different ways. For example, in atherosclerosis, fatty materials harden artery walls. These conditions have similar causes, mechanisms, and treatments.

In practice, cardiovascular disease is treated by cardiologists, thoracic surgeons, vascular surgeons, neurologists, and radiologists, depending on the organ system that is being treated. There is a considerable overlap in the specialties, and it is common for certain procedures to be performed by different types of specialists in the same hospital.

Most countries face high and increasing rates of cardiovascular disease. Each year, heart disease kills more Americans than cancer. There is therefore increased emphasis on preventing cardiovascular diseases by modifying risk factors, such as healthy eating, exercise and avoidance of smoking.

1. What class of diseases does cardiovascular disease refer to? Name some kinds of heart diseases.

2. Who usually treats cardiovascular disease?
3. What problem do most countries face?
4. What is there an increased emphasis on?

## **15. Vitamins**

Vitamins are special substances that the body needs, along with proteins, fats, carbohydrates and minerals. Vitamin A is needed for healthy eyes and is found in fish-liver oil, eggs, yolk, butter, green vegetables and fruit. Vitamin D is needed for healthy bones and for protection against rickets. It is found in very small amount in egg, butter and fish. We get most of our vitamin D from the sun. Vitamin C protects against scurvy and is found in oranges, lemons, tomatoes and green vegetables. Vitamin B is present in milk eggs, liver. It is needed to strengthen our nervous system.

Lack of vitamins, known as vitamin deficiency, influences the state of our skin, hair, nails, teeth and bones. In more serious cases it can cause heavy diseases – spasms, loss of hair and teeth, loss of vision, hepatic disorders, skin diseases, and many others.

1. What does our body need to stay healthy?
2. What types of vitamins do you know?
3. Is vitamin D the most useful one?
4. What is vitamin deficiency? Is it dangerous?

## **16. Diseases and disorders of the digestive system**

Dyspepsia — a functional disorder of the stomach involving symptoms such as heartburn, nausea, pain or general discomfort (also called an upset stomach or indigestion). The cause is unknown. Symptoms include upper abdominal pain, bloating, a feeling of fullness with little intake of food, nausea or belching. Symptoms are often provoked by eating. Many people who have dyspepsia may also have irritable bowel syndrome.

Gastritis — inflammation of the lining of the stomach (may be acute or chronic). It can have many causes, including prolonged use of nonsteroidal anti-inflammatory medications such as aspirin or ibuprofen,

H. pylori infection or alcohol abuse. Symptoms include abdominal pain, belching, bloating, nausea, vomiting and a feeling of fullness or burning. Endoscopy is used to view the stomach lining to check for inflammation and possibly remove a tissue sample for testing.

Ulcer — an open sore on the lining of the stomach (gastric ulcer) or duodenum (duodenal ulcer). Peptic ulcers occur in areas that come in contact with digestive juices from the stomach.

1. What are the symptoms of dyspepsia?
2. What may people with dyspepsia also have?
3. What are the symptoms of gastritis?
4. What is usually used to view the stomach lining?

## **17. Psychiatric nursing**

A psychiatric nurse provides care and supports the physical and mental health of individuals, groups, families, and communities with and affected by mental health conditions. Sometimes referred to as psychiatric mental health nurses or psych nurses, these professionals receive specialized training that helps prepare them to take on additional responsibilities needed to care for people with psychological and behavioral problems.

As a psychiatric nurse, your tasks will depend on where you work, the training you've had, and your patients' needs. Common duties include observing patients, administering medications, and helping with self-care and general physical health. It can be a varied and rewarding career requiring neurobiological, psychosocial, and nursing expertise.



1. What does a psychiatric nurse provide and support?
2. Is any specialized training needed for these nurses?
3. Whom do they usually help and take care of?
4. What are the common duties of a psychiatric nurse?

### **18. Surgical Nursing**

A surgical nurse assists with patient care during surgery and in pre- and post-operative healthcare settings. On a day-to-day basis, a surgical nurse may be assigned to patients who are in preoperative, postoperative, and intensive care units. They are the bridge between the surgical team and the patient. A surgical nurse can help to alleviate some of a patient's anxiety by providing information and support.

Surgical nurses also may assist the surgeon during surgery. They sterilize surgical instruments and help set up equipment for surgery. Following surgery, they advise physicians and other health professionals about patient progress in the recovery room. They also ensure that patient needs are met, such as taking vitals and monitoring anesthesia levels.

In addition to their clinical duties, surgical nurses provide education about expected outcomes and recovery to patients and their families before the surgery takes place.

1. What does a surgical nurse do?
2. What kind of patients do they help?
3. Are there any other duties of a surgical nurse?
4. How do they assist doctors during a surgery?

### **19. The role of the nurse in infection prevention**

In order to prevent cross – infection it is essential to kill all the microorganisms on infected instruments. This process is known as sterilization and means the killing of all microorganisms: bacteria, spores, fungi, and viruses. It is carried out immediately after completion of treatment so that all instruments are sterile again before use on the next patient.

Countless number of microorganisms lives on the skin and in the mouth, nose and throat. Normally they do no harm to their host as they living on an external surface and not among delicate internal cells. However, they may become harmful if they are introduced inside the body tissues, or are transferred from one person to another. This can occur when the tissues penetrated by contaminated forceps blade, scalper or syringe needle, and may give rise to harmful reaction.

After each patient has left the surgery, it is the nurse's duty to see that all instruments are properly sterilized before being used again for another patient.

1. What is it essential to prevent cross-infection?
2. When do nurses use sterilization?
3. Where do microorganisms mostly live?
4. Why is it harmful for our bodies, when microorganisms are introduced inside?

### **20. Healthy nutrition**

Our health depends on our eating. Food provides us with the energy that we spend with physical exertion. Update and development of the organism at the cellular level directly depends on the products that we use. The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements.

Proper nutrition is a mandatory point of a healthy lifestyle and a guarantee of stable functioning of the body as a whole. Everyday diet should be diverse and full. Freshness of products is very important. It is necessary to monitor the volume of food intake. Each person's portion varies, depending on age, health status, gender, and equipment. Cereals, fruits and vegetables, fish, meat, eggs, dairy products, nuts, salt, sugar, fat, should be present in the diet.

A balanced diet should become a way of life. You should refuse to give up snacks and fast food. Thoroughly chew food, do not swallow large chunks. It is strictly forbidden to drink food with water. Overeating and incompatibility of products leads to a disruption of metabolism, diabetes and obesity. It is very appropriate to say Socrates: "We do not live in order to eat, but eat in order to live."

1. What does food provide us with?
2. What does a body need to be healthy?
3. Why is freshness of products important?
4. What do overeating and incompatibility of products lead to?

### **21. Nurse's duties at hospital (Nursing Care)**

A nurse at any hospital must show the patient the ward, tell the patient how to use the nurse call, help the patient to change into pyjamas or hospital clothes and take the patient's observations. The nurse must also introduce herself and explain what she is going to do. It helps the patient feel comfortable.

The nurses in the ward carry out various nursing duties. They help patients get out of bed, change their clothes, get dressed or undressed, take their temperature, blood pressure, pulse, put mustard plasters and compresses.

Nurses also give medicines and explain their action and side effects, make injections. Sometimes the nurses carry out sterile procedures and sometimes they assist the doctors. 110 A nurse has to prepare patients for medical examinations.

Sometimes they take patients to the X-ray department or to the therapy unit. They must observe any changes in a patient's condition and tell the doctor about them.

1. What do nurses in the ward carry out?
2. What do nurses explain to their patients? How does it help them?
3. What do they prepare patients for?
4. What is the role of nurse's work? Is it important?

### **22. The rules of personal hygiene**

One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene. This means washing your hands, especially, but also your body. Also it means being careful not to cough or sneeze on others, cleaning things that you touch if you are unwell, putting items such as tissues (that may have germs) into a bin, and using protection (like gloves or condoms) when you might be at risk of catching an infection.

Personal hygiene, such as bathing, is very much dependent on the culture in which you live. In some cultures, it is expected that you will wash your body at least every day and use deodorants to stop body smells. Other cultures have different expectations.

Good personal hygiene is one of the most effective ways to protect ourselves and others from many illnesses, such as gastroenteritis. Wash your hands regularly, especially before preparing or eating food and after going to the toilet.

1. What is one of the most effective ways we have to protect from illnesses?
2. What does being careful mean?
3. What should we do, if we are at risk of catching an infection?
4. How can we keep our body clean?

### **23. Obesity (Diseases of unhealthy nutrition)**

Obesity can occur at any age, even in young children. But as you age, hormonal changes and a less active lifestyle increase your risk of obesity. In addition, the amount of muscle in your

body tends to decrease with age. Generally, lower muscle mass leads to a decrease in metabolism. These changes also reduce calorie needs and can make it harder to keep off excess weight. If you don't consciously control what you eat and become more physically active as you age, you'll likely gain weight.

People with obesity are more likely to develop a number of potentially serious health problems, such as: high blood pressure and abnormal cholesterol levels, which are risk factors for heart disease and strokes. Obesity can affect the way the body uses insulin to control blood sugar levels. This raises the risk of insulin resistance and diabetes. It increases the likelihood of developing heartburn, gallbladder disease and liver problems.

Obesity also increases the stress placed on weight-bearing joints, in addition to promoting inflammation within the body. These factors may lead to complications such as osteoarthritis.

1. What are the main reasons of obesity?
2. Why should we control what we eat?
3. What problems may people with obesity have?
4. Why do joints suffer? Explain your opinion.

#### **24. Geriatric nursing**

A geriatric nurse, or gerontological nurse, is a nurse who assists in caring of aging and elderly individuals. Geriatric nurses are some of the most essential health care professionals required in the hospitals. They are basically trained to perform need-based nursing tasks. Geriatric nurses can also pursue special training which eventually helps them better understand the distinct needs of elderly people.

The geriatric nurses should possess these attributes: patience, compassion, empathetic, creative, consistent, cheerful. The following are the responsibilities of a geriatric nurse:

Assessment of vital signs

Administration of medications and injections

Helping patients with their activities of living such as bathing, dressing, and using the bathroom

Observing for signs of abuse

Assisting physicians during exams and procedures

Transporting patients to doctor's visits and other appointments

Making a nursing care plan for the patients based on the assessment

Educating family members about a patient's condition

1. What does a geriatric or gerontological nurse usually do?
2. What helps them better understand the distinct needs of elderly people?
3. Why a geriatric nurse should possess such an attribute as cheerful?
4. Would you like to work with elderly people? Why?

#### **25. Disease: signs and symptoms**

Disease may be acute, chronic, malignant, or benign. Of these terms, chronic and acute have to do with the duration of a disease, malignant and benign with its potentiality for causing death.

An acute disease usually begins abruptly and is over soon. Acute appendicitis, for example, is characterized by vomiting, and pain usually localized in the lower right side. It usually requires immediate surgical treatment.

The term chronic refers to a process that often begins very gradually and then persists for a long period. For example, ulcerative colitis is a chronic disease. Its peak incidence is early in the second decade of life. The disease is characterized by relapsing attacks of bloody diarrhea that persist for weeks to months. These attacks alternate with asymptomatic periods that can last from weeks to years.

Diseases usually are indicated by signs and symptoms. A sign is defined as an objective manifestation of disease that can be determined by a physician; a symptom is subjective evidence of disease reported by the patient. Each disease has a lot of signs and symptoms; individual sign such as fever, however, may be found in a great number of diseases. The pulse rate is important sign of information. It may indicate a disease.

1. What do terms «acute» and «chronic» mean?
2. What are the symptoms of acute appendicitis?
3. Is ulcerative colitis a chronic disease or an acute?
4. What is the difference between a sign and a symptom?

### ПАКЕТ ЭКЗАМЕНАТОРА

**Задание № 1:** Выполните задания в тестовой форме

**Задание № 2:** Прочитайте текст, переведите со словарем, перескажите, ответьте на вопросы преподавателя.

**(максимальная оценка за дифференцированный зачет - 5 баллов)**

Результаты освоения (объекты оценки)	Критерии оценки результата (в соответствии с разделом 1 «Паспорт комплекта контрольно-оценочных средств)	Отметка о выполнении
<p><b>Знание</b> основных приемов и методов работы с иноязычными текстами; правил построения простых и сложных предложений на профессиональные темы; лексического минимума, относящегося к описанию предметов, средств и процессов профессиональной деятельности; грамматического минимума, необходимого для чтения и перевода со словарем иностранных текстов профессиональной направленности; особенностей переводов текстов профессиональной направленности.</p> <p><b>Умение</b> читать и</p>	<p><b>Задание № 1</b> (теоретическое). Критериями и показателями оценки тестового задания являются: - языковая правильность и точность выполнения задания, - полнота выполнения задания за установленное время. Обучающийся получает: «2 балла» за 15-12 правильных ответов; «1 балл» за 11-9 правильных ответов; «0 баллов» за менее 9 правильных ответов</p> <p><b>Задание № 2</b> (практическое). «3 балла» ставится студенту, если при ответе он выразительно прочитал вслух предложенный отрывок текста, соблюдал нормы техники чтения (беглость, правильное произношение), отсутствовали ошибки, искажающие смысл и понимание слов, или они были незначительны (1-3); при переводе оригинального текста профессиональной направленности он использовал все известные приемы, направленные на понимание читаемого (смысловую догадку, анализ), сумел полно и точно понять текст, обращение к словарю не требовалось. Студент справился с речевыми задачами, а его высказывание было связным, полным, аргументированным и логически последовательным. Речь лексически и грамматически разнообразна, допущены 1-3</p>	<p>Оценка за дифференцированный зачет выставляется по сумме набранных баллов за два задания. Если обучающийся в сумме набирает 5 баллов, это соответствует оценке «ОТЛИЧНО». Если обучающийся в сумме набирает 4 балла, это соответствует оценке «ХОРОШО». Если обучающийся в сумме набирает 3 балла, это соответствует оценке «УДОВЛЕТВОРИТЕЛЬНО». Если обучающийся набирает в сумме менее 3 баллов, это соответствует оценке «НЕУДОВЛЕТВОРИТЕЛЬНО».</p>

<p>переводить профессионально-ориентированную литературу, в том числе профессиональную медицинскую документацию; общаться (устно и письменно) на иностранном языке на профессиональные темы; заполнять необходимую документацию, используя извлеченную и общепринятую профессиональную информацию;</p>	<p>ошибки. Единичные ошибки, исправляемые путем самокоррекции, не учитываются.</p> <p>«2 балла» ставится студенту, если при ответе он выразительно прочитал вслух предложенный отрывок текста, соблюдал нормы техники чтения (достаточную беглость, правильное произношение), допущены ошибки (4-6) искажающие смысл и понимание слов. Отмечалось произношение, страдающее влиянием родного языка; при переводе оригинального текста профессиональной направленности он практически понял содержание, но неоднократно обращался к словарю. Студент в целом справился с речевыми задачами, а его высказывание было связанным и последовательным. Использовался довольно большой объём языковых средств, которые были употреблены правильно. Однако были допущены отдельные ошибки на изученный программный учебный материал (4-7), нарушающие коммуникацию. Темп речи несколько замедлен.</p> <p>«1 балл» ставится студенту, если при ответе он умеет выявить буквенно-звуковые соответствия в иностранном языке и узнавать устные образы слов в графической форме, однако не соблюдал нормы техники чтения (достаточную беглость, правильное произношение), допущены ошибки (7-9), среди которых встречались такие, которые нарушали смысл и понимание слов; при переводе оригинального текста профессиональной направленности он практически понял содержание, но многократно обращался к словарю, студент не смог без него обходиться на протяжении всей работы с текстом. Студент сумел в основном решить поставленную задачу, но диапазон языковых средств был ограничен, объём высказываний не достигал нормы. Студент допускал языковые ошибки на изученный программный учебный материал (8-11). В некоторых местах нарушалась последовательность высказывания. Темп речи был замедлен.</p> <p>«0 баллов» ставится студенту, если при ответе он не сумел выявить буквенно-</p>	
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	<p>звуковые соответствия в иностранном языке и узнать устные образы слов в графической форме, не соблюдал нормы техники чтения (достаточную беглость, правильное произношение), допущены ошибки (10 и более), среди которых встречались такие, которые нарушали смысл и понимание слов; при переводе оригинального текста профессиональной направленности он практически не понял содержание, многократно обращался к словарю, студент не смог без него обходиться на протяжении всей работы с текстом. Студент не сумел решить поставленную задачу, диапазон языковых средств был ограничен, объём высказываний не достигал нормы. Студент допускал языковые ошибки на изученный программный учебный материал (12 и более). Нарушалась последовательность высказывания. Темп речи был замедлен.</p>	
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