

UNIT 1



Providing Patient Care

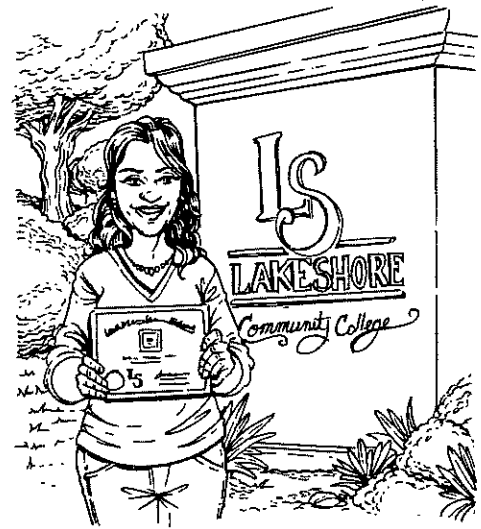
- ▶ Look at the picture. What is the woman doing?
- ▶ Read the title. What do you think the story is about?

- 1 Joy works the **day shift** in a hospital. She is a Certified Nursing Assistant (CNA). She helps **patients** with the **activities of daily living**. Joy helps patients get out of bed, go to the bathroom, brush their teeth, take a shower, get dressed, and eat.
- 2 Joy takes each patient's **temperature** and **blood pressure**. She asks patients how they are feeling. She asks, "Are you dizzy?" and, "Where does it hurt?" Joy helps patients walk.
- 3 How did Joy learn to be a CNA? First she took a Personal Care Assistant class for English language learners. Joy learned the English vocabulary and medical skills needed to be a **caregiver**. She learned about hand washing. She learned about lifting and turning a **bedridden** patient. She learned about moving a patient to a **wheelchair**.

4 Joy also learned to make **small talk**. She says, "You look nice today." She asks, "Did you watch TV this morning?"

5 Next Joy took a CNA class where she learned more skills. She learned to take **vital signs** (blood pressure and temperature). She learned **anatomy**. She got **on-the-job experience** at a nursing home.

6 At the end of the CNA class, Joy took two tests. She passed a written test with 100 questions. After that, she took a patient care test to show that she could do the work. After Joy passed both tests, she **received a certificate** from her state. Now she is a state-certified CNA.



Check Your Understanding

Answer the questions. Talk with a partner.

1. What shift does Joy work in the hospital? _____
2. What is Joy's occupation? _____
3. Look at paragraph 1. What are two examples of activities of daily living?

4. Look at paragraph 3. What are three skills Joy learned in the Personal Care Assistant class? _____
5. Give an example of small talk. _____
6. According to paragraph 5, what are vital signs? _____
7. Joy studied the human body in her CNA class. She learned _____
8. Which two tests did Joy take? _____
9. In paragraph _____, Joy received a CNA certificate from her state.
10. Why do you think Joy asks patients, "Are you dizzy?" _____

Vocabulary Building

Circle the word or phrase that means the same as the vocabulary word(s). Talk about your answers with a partner.

- Joy works the *day shift* in a hospital.
a. work time in the day b. work time at night
- She takes each patient's *temperature*.
a. measure of how fast the heart is beating b. measure of how warm the body is
- She learned about lifting and turning a *bedridden patient*.
a. person who can't get out of bed b. person who can walk
- Joy learned to make *small talk*.
a. conversation about important decisions b. conversation about easy things to talk about
- In her CNA class, Joy learned *anatomy*.
a. the human body b. animals

In Other Words

Work with a partner. Choose the words that mean the same. Fill in the correct words. Read the new sentences.

- Joy and Elizabeth work the day shift.

_____ go to work _____
You, They in the morning, at night

- Joy got on-the-job experience in a nursing home.

_____ got _____ in a nursing home.
She, He work practice, test practice

- Joy helps patients and takes their temperature and blood pressure.

Joy helps _____ and takes their _____
sick people, caregivers anatomy, vital signs



Talk About Work: Taking Career Education Classes

Practice the dialog with a partner.

Elizabeth: I'm not sure what career I want. I like working with people, and I like nursing.

Afra: Why don't you try the two classes I took: Personal Care Assistant and Certified Nursing Assistant?

Elizabeth: Do you think my English is OK?

Afra: Your English is fine. I learned a lot in those health careers classes! The teachers were wonderful. They taught us the English vocabulary for health care. They taught us to work with patients.

Elizabeth: When do classes begin?

Afra: In September. All the information is online. Look at the school's website.

Elizabeth: OK. I'll look at the website. Would you come with me when I register?

Afra: Sure. I'd be glad to.



Team Talk

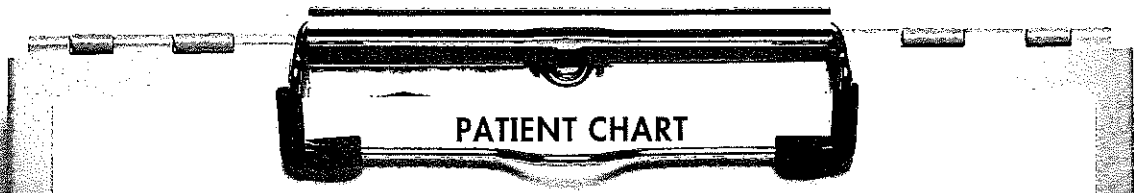
Talk with your teammates.

- What did Afra learn in her classes?
- What should Elizabeth do?
- What classes would you like to take?
- Why is providing patient care an important and difficult job?

Read About Work: A Patient Chart

Read the patient chart with a partner. Answer the questions.

Yvette is in the hospital. A CNA checks her vital signs every morning. They are recorded on a chart. The chart also shows what **normal**, or healthy, vital signs are. The doctor reviews the chart.



Patient's Name		Date of Birth
Yvette Parker		July 30, 1990
Physician's Name Dr. David Suttles		
Vital Signs:	Normal	Patient
Blood Pressure	120/80	140/90
Body Temperature	97.6-99.6 F	98.1
Breathing Rate	12-20 breaths per minute	30

1. What is the patient's date of birth? _____
2. Who is the patient's doctor? _____
3. What is a normal blood pressure? _____
4. What is the patient's blood pressure? _____
5. Is the patient's blood pressure normal? _____

Critical Thinking: Problem Solving

Read the problem. Check the good ideas. Write another good idea on the line. Discuss your ideas with your teammates.

Masud works with patients in a rehabilitation center. He walks the patients around the floor. Masud helps turn patients in their beds. He helps move patients from the bed to a wheelchair. Every day Masud's back hurts from moving and lifting patients. What can he do?

- Masud can take aspirin for the pain.
- Masud can ask for an assistant to help him lift patients.
- Masud can ask his employer to pay for him to see a doctor.
- Masud can go back to school and study for another job.
- Masud can _____

Role Play: In a Skilled Nursing Center

Practice the dialog with a partner.

Student A: You are a Personal Care Assistant at a skilled nursing center. You need to move a patient to a wheelchair. You tell the patient what you are doing. You say:

- Good morning, _____.
- How are you feeling today?
- I'm going to move you into your wheelchair.
- Are you ready?
- First I'm going to move you to the edge of the bed.
- Can you put your legs over the side?
- I'm going to lift you now.
- Don't worry; I won't let you fall.
- Are you comfortable?

Student B: You are the patient. You are in bed. You want to be sitting in a wheelchair. The caregiver is moving you. You respond to the caregiver.

Talk and Write

Talk with a partner. Write about your English skills. Write about a job you are looking for.

What is your level of English? _____

What job are you (or is someone you know) looking for? _____

What level of English do you need for that job? _____

What education and training do you need for that job? _____