

Health


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Key

 = BSL video

 = Text (which can be viewed separately in a .pdf file and downloaded)

 = Comprehension Exercise

Formats	Texts
  	1. When you get ill
	2. Registering with a doctor
	3. Getting treatment at a GP surgery
	4. Taking medicines

Formats	Grammar and Punctuation
  	5. Modal verbs - introduction
	6. Modal verbs - can
	7. Modal verbs - may
	8. Modal verbs - must
	9. Modal verbs - should

Exercises	
6.1	Can - ability or possibility ?
7.1	May - possibility or permission ?
8.1	Must - obligation or deduction ?
9.1	Should - advice or probability / expectation ?

Vocabulary
Symptoms and diseases
Medicine instructions

1. When you get ill

When you get ill, there are usually obvious symptoms, for example: a blocked nose, a headache, a sore throat or a high temperature.

Often, you can get better by staying at home, keeping warm and drinking plenty of fluids. However, you may decide to take some 'over the counter' medicines to help ease your symptoms, for example: a decongestant, pain killers or throat lozenges. The phrase 'over the counter' means that you do not need a prescription from a doctor.

If you are not sure about your symptoms or which medicine to take, you can visit your local pharmacy for advice. Every pharmacy has a qualified chemist who can advise you and recommend the correct medicine. Sometimes the chemist may decide that you need to see a doctor.

If symptoms persist, worsen or keep re-occurring, you should see a doctor.
If the symptoms are severe, or you are worried, you should see a doctor straightaway.

1.1 Comprehension exercise

Type: True or False
Questions

1. A fever or a temperature is a symptom of an illness. **(True)**
2. A decongestant is an example of an 'over the counter' medicine. **(True)**
3. You do not need a prescription to buy 'over the counter' medicines. **(True)**
4. Pharmacies do not have qualified chemists. **(False)**
5. If symptoms are severe you should see a doctor straightaway. **(True)**

2. Registering with a doctor

A doctor is also called a General Practitioner (GP). To see a doctor you must register and become a patient at their practice (surgery).

Most people are registered with a local GP practice when they are babies. If you still live in the same area it is likely that you are still registered and you do not need to do anything. However, if you are not sure whether you are registered, you should contact the practice. If you have moved to a new area you need to register with a new GP practice.

How to register

The receptionist will ask you to complete a form with the following information:

- * your name and address
- * your date of birth
- * your NHS number (if you know it)
- * other information, such as the name and address of your previous GP
- * your views on organ donation

Some GP surgeries will also ask to see proof of your identity. For example, they may ask to see:

- * photo identity, such as your passport or driving licence
- * and proof of your address, such as a recent council tax letter

2.1 Comprehension exercise

Type: True or False
Questions

1. A GP is also called a 'doctor'. **(True)**
2. To see a doctor you must be registered with a GP practice. **(True)**
3. If you move to a new area you need to register with a new GP practice. **(True)**
4. When you register, the receptionist will ask you to fill out a form. **(True)**
5. GP surgeries never ask for proof of identity. **(False)**

3. Getting treatment at the GP surgery

The doctor will examine you and ask you questions about your health and life style. You must tell the truth, even if it is embarrassing, because a doctor needs to know all the facts. These facts will help the doctor decide which treatment is best for you.

The doctor may give you a prescription to take to a pharmacy. Each item on a prescription costs a fixed amount of money but it is sometimes cheaper to buy the same medicine 'over the counter'.

The doctor may refer you to a nurse for further examination such as a urine or blood test.

The doctor may refer you to a specialist if they think it is necessary. The hospital will then send you an appointment by post.

3.1 Comprehension exercise

Type: True or False

Questions

1. The doctor does not need to know about your life style. **(False)**
2. To see a doctor you must be registered with a GP practice. **(True)**
3. You must not lie to your doctor. **(True)**
4. The doctor always gives you a prescription. **(False)**
5. The doctor may refer you to a specialist or nurse. **(True)**

4. Taking medicines

It is very important to know how to take your medicine.

For prescribed medicines, follow the instructions that the doctor or pharmacist gives you. For non-prescribed medicines ('over the counter'), make sure you read and understand the printed instructions.

Instructions printed on the packaging or container are basic. Instructions printed on the leaflet inside the box are more detailed and are usually presented under the following headings:

- * What the medicine is for
- * A brief description of the medicine and what it does
- * Before you take this medicine
 - * Who can safely take the medicine
 - * Who shouldn't take the medicine
 - * When to seek further advice from your doctor or pharmacist
- * How to take the medicine
 - * Recommended dosage - how much, how many, how often
 - * When to take the medicine
 - * What to do if you forget to take the medicine
 - * What to do if you take too much
- * Possible side effects
 - * A list of possible adverse reactions and what to do if they occur
- * Storing the medicine
 - * Where and how to safely keep the medicine
- * Further Information
 - * The medicine's ingredients
 - * What the medicine looks like
 - * The amount of medicine
 - * The manufacturer
 - * The leaflet's publication date

4.1 Comprehension exercise

Type: True or False

Questions

1. Instructions on a printed leaflet are more detailed than instructions on the box. **(True)**
2. The leaflet tells you who can safely take the medicine. **(True)**
3. The leaflet does not tell you about dosage. **(False)**
4. The leaflet lists possible adverse reactions. **(True)**
5. Leaflets have a publication date. **(True)**

Grammar and punctuation

5. Modal Verbs - Introduction

The most common modal verbs in English are: **can, could, may, might, must, will, would, shall** and **should**.

Modal verbs are verbs which 'help' other verbs express a meaning:

- * **ability** - having the knowledge or skills to be able to do something
- * **possibility** - something being possible
- * **permission** - something being allowed
- * **obligation** - something that you must do and have no choice
- * **deduction** – a process of thinking in a logical way
- * **advice** – suggestion or recommendation
- * **probability/expectation** – something that is likely to happen

Modal verbs are difficult to use correctly because the same modal verb can express several different meanings.

6. Modal Verb – Can

The modal verb **can** is often used to express **ability** and **possibility**.

Ability - having the knowledge or skills to be able to do something

Example:

*I **can** drive a car.*

*A chemist **can** advise you about symptoms and medicines.*

In these examples the modal verb **can** is positioned before the verbs **drive** and **advise** and indicates that the person we are talking about (the driver and the chemist) both have the **ability** to do these actions....they **can drive** a car, the chemist **can advise**.

Possibility - something being possible

Example:

*Traffic jams **can** annoy some drivers.*

*Often, you **can** get better by staying at home and resting in bed.*

In these examples the same modal verb **can** is positioned before the verbs **annoy** and **get**. The modal verb **can** now indicates a **possibility** rather than an **ability**.

Traffic jams **can** annoy some drivers BUT it doesn't mean that it annoys all drivers! Some drivers might not be annoyed.

Likewise, when we say '...you **can** get better by staying at home and resting in bed...', we mean that it is a possibility that you will 'get better' if you stay in bed. You **can** get better but it is not a 100% guaranteed - you may in fact continue to be ill and decide that you should see a doctor!

Can	
Meaning	Examples
Ability	I can drive a car.
	A chemist can advise you about symptoms and medicines.
Possibility	Traffic jams can annoy some drivers.
	Often, you can get better by staying at home and resting in bed.

6.1 Can - ability or possibility ?

Type: Drop down menu

Instructions: Decide whether the following sentences express 'ability' or 'possibility'.

1. Often, you can get better by staying at home. **(Possibility)**
2. Sometimes you can buy medicines without a prescription. **(Possibility)**
3. A chemist can advise you about symptoms and medicines. **(Ability)**
4. Medicines can lose their effectiveness if not stored correctly. **(Possibility)**
5. The receptionist can help you with your registration form. **(Ability)**

7. Modal Verb – May

The modal verb **may** is used to express both **possibility** and also **permission**.

possibility - something being possible

*I **may** drive to London this weekend.*
*The doctor **may** give you a prescription.*

In these examples the modal verb **may** is positioned before the verbs **drive** and **give** and it indicates a **possibility**. I **may** drive to London, then again I might not! I am merely saying that it is possible. Likewise, the doctor **may** give you a prescription – but then again he might not!

permission - something being allowed

*You **may** sit on the grass.*
*You **may** use your mobile phone in the waiting room.*

In these examples the modal verb **may** is used to indicate **permission**.

If I say that you **may** sit on the grass, I am giving you **permission** to do so or I am informing you that it is allowed.

If you read a notice that tells you that you **may** use your mobile phone in the waiting room, it is the same as saying that you have **permission** to use the mobile phone in that room.

May	
Meaning	Examples
Possibility	I may drive to London this weekend.
	The doctor may give you a prescription.
Permission	You may sit on the grass.
	You may use your mobile phone in the waiting room.

7.1 May - possibility or permission ?

Type: Drop down menu

Instructions: Decide whether the following sentences express 'possibility' or 'permission'.

1. You may decide to take some 'over the counter' medicines to help ease your symptoms. **(Possibility)**
2. The chemist may decide that you need to see a doctor. **(Possibility)**
3. You may only use your mobile phone in the hospital lobby. **(Permission)**
4. The doctor may give you a prescription. **(Possibility)**
5. You may visit patients between the hours of 2 - 4pm. **(Permission)**

8. Modal Verb – Must

The modal verb **must** is used to express both **obligation** and also **deduction**.

obligation - being told to do something and you have no choice but to do it

- * *You **must** have a driving licence to legally drive a car in England.*
- * *To see a GP you **must** register to be a patient at their practice.*

In these examples the modal verb **must** is positioned before the verbs **have** and **register** and indicates an **obligation**.

- * *To drive legally you **must** have a driving licence.*
- * *You **must** register at a doctors surgery if or want to see the doctor.*

If you don't register you won't be able to see a doctor and if you don't have a driving licence you will not be able to drive legally!

deduction – a process of thinking in a logical way

- * *You **must** be happy to have passed your driving test.*
- * *The medicine **must** be working.*

In these examples we use the modal verb **must** to indicate **deduction**.

When we say, you **must** be happy to have passed your driving test, what we are really saying is that we 'expect' or 'conclude' that the person will be happy because usually people are happy when they pass their driving test. This is a deduction!

Likewise, if we say to someone that the medicine **must** be working, what we are really saying is that we can see an improvement in a persons health and that it must be the result of the medicine! It is a **deduction**.

Must	
Meaning	Examples
obligation	You must have a driving licence to legally drive a car in England.
	To see a GP you must register to be a patient at their practice
deduction	You must be happy to have passed your driving test.
	The medicine must be working.

8.1 Must - obligation or deduction ?

Type: Drop down menu

Instructions: Decide whether the following sentences express 'obligation' or 'deduction'.

1. To see a doctor, you must register with a GP practice. **(Obligation)**
2. The medicine must be working because I feel better today. **(Deduction)**
3. You must read the instructions carefully. **(Obligation)**
4. You must follow the doctor's advice. **(Obligation)**
5. Being in hospital must be frustrating for you. **(Deduction)**

9. Modal Verb – Should

The modal verb **should** is used to express both **advice** and also **probability or expectation**.

advice – suggestion or recommendation

- * If you are driving to London, you **should** avoid rush hour.
- * If you are still feeling ill you **should** see a doctor.

In these examples the modal verb **should** is placed before the verbs **avoid** and **see** and indicates **advice**. If I say that you **should** avoid rush hour it is only advice, you can ignore me if you want to! Likewise, if you are feeling ill, well, in my opinion you **should** see a doctor but the choice is yours.

probability/expectation – something that is likely to happen

- * *He **should** pass his driving test with ease because he is an excellent driver.*
- * *She is feeling better now and **should** be back at work on Monday.*

In these examples we use the modal verb **should** is placed before the verbs **pass** and **be** and indicates **probability and/or expectation**.

If I say that someone **should** pass their driving test, it is based upon my evaluation of that persons' driving skills. It is my **opinion**. I think it is **probable** that the person will pass their driving test because he or she is a good enough driver.

If I say that a person **should** be back to work on Monday, it is an assumption based upon the available evidence or knowledge. So for example, imagine I had bumped into a person on a Saturday and we had a chat. During the chat the person told me that they had been very ill all week but that they were almost completely better. It seems reasonable for me to say that the person **should** be back to work on Monday. It is an expectation or a probability.

Should	
Meaning	Examples
obligation	If you are driving to London, you should avoid rush hour.
	If you are still feeling ill you should see a doctor.
probability & expectation	He should pass his driving test with ease because he is an excellent driver.
	She is feeling better now and should be back at work on Monday.

9.1 Should - advice or probability / expectation ?

Type: Drop down menu

Instructions: Decide whether the following sentences express 'advice' or 'probability' / 'expectation'.

1. If symptoms persist, worsen or keep re-occurring, you should see a doctor. **(Advice)**
2. She should be out of hospital by next Monday. **(Probability / expectation)**
3. If you are not sure whether you are registered, you should contact the GP practice to check. **(Advice)**
4. You should take some painkillers for your backache. **(Advice)**
5. This medicine is very effective so you should get better soon.
(Probability / expectation)