

# Contents

## INTRODUCTION

8

## BASICS

### 1 Health and illness

10

- A Asking about health
- B Sickness
- C Recovery

### 2 Parts of the body 1

12

- A Parts of the body
- B Referring to parts of the body
- C Describing radiation of pain

### 3 Parts of the body 2

14

- A The abdomen
- B The chest
- C The pelvis

### 4 Functions of the body

16

- A Eating
- B The five senses
- C Other functions
- D Less common functions

## MEDICAL AND PARAMEDICAL PERSONNEL AND PLACES

### 5 Medical practitioners 1

18

- A Practitioners
- B Specialties
- C Choosing a specialty

### 6 Medical practitioners 2

20

- A Hospital staff
- B Medical teams
- C Shifts

### 7 Nurses

22

- A Nursing grades
- B Support workers
- C Specialization
- D The nurse's role

### 8 Allied health professionals

24

- A Community health
- B Technicians
- C Prosthetists and orthotists
- D Opticians

### 9 Hospitals

26

- A Introduction to a hospital
- B Outpatients
- C Inpatients

### 10 Primary care

28

- A The National Health Service
- B The practice team
- C A GP's day

## EDUCATION AND TRAINING

### 11 Medical education 1

30

- A Medical education in the UK
- B Extract from an undergraduate prospectus
- C A student's view

### 12 Medical education 2

32

- A The Foundation Programme
- B People in medical education
- C Medical qualifications

### 13 The overseas doctor

34

- A Types of registration
- B PLAB
- C PLAB stations and advice

## SYSTEMS, DISEASES AND SYMPTOMS

### 14 Symptoms and signs

36

- A Describing problems
- B Presentation
- C Talking about symptoms

### 15 Blood

38

- A Full blood count
- B Anaemia
- C Pernicious anaemia

<b>16</b>	<b>Bones</b>	<b>40</b>	<b>25</b>	<b>Mental illness</b>	<b>58</b>
	A Bones			A Psychiatric disorders	
	B Fractures			B Substance abuse	
	C Treatment of fractures			C Affective disorders	
				D Neurotic and stress-related disorders	
				E Other types of functional disorder	
<b>17</b>	<b>Childhood</b>	<b>42</b>	<b>26</b>	<b>The nervous system 1</b>	<b>60</b>
	A Milestones			A Sensory loss	
	B Common infectious diseases			B Motor loss	
	C Coeliac disease			C Loss of consciousness	
<b>18</b>	<b>The endocrine system</b>	<b>44</b>	<b>27</b>	<b>The nervous system 2</b>	<b>62</b>
	A Excess and deficiency			A The motor system	
	B Negative feedback systems			B Tendon reflexes	
	C Goitre			C Coma	
	D A letter of referral		<b>28</b>	<b>Oncology</b>	<b>64</b>
<b>19</b>	<b>The eye</b>	<b>46</b>		A Neoplasms	
	A Parts of the eye			B Symptoms and signs of malignancy	
	B Examination of the eye			C Treatment of tumours	
	C Retinopathy		<b>29</b>	<b>Pregnancy and childbirth</b>	<b>66</b>
<b>20</b>	<b>The gastrointestinal system</b>	<b>48</b>		A Childbirth	
	A Examination of the abdomen			B Labour	
	B The faeces			C Presentation and lie	
<b>21</b>	<b>Gynaecology</b>	<b>50</b>	<b>30</b>	<b>The respiratory system</b>	<b>68</b>
	A The female reproductive system			A Cough	
	B Menstruation			B Auscultation	
	C A gynaecological consultation		<b>31</b>	<b>The skin 1</b>	<b>70</b>
	D Contraception			A Some types of skin lesion	
<b>22</b>	<b>The heart and circulation 1</b>	<b>52</b>		B Rashes	
	A Shortness of breath		<b>32</b>	<b>The skin 2</b>	<b>72</b>
	B Heart rhythm			A Injuries to the skin	
	C Heart failure			B Case report	
<b>23</b>	<b>The heart and circulation 2</b>	<b>54</b>		C Sores	
	A Physical examination		<b>33</b>	<b>The urinary system</b>	<b>74</b>
	B Examining the heart and circulation			A Urinary symptoms	
<b>24</b>	<b>Infections</b>	<b>56</b>		B Urinalysis	
	A Fever				
	B Microorganisms				
	C Source and spread of infection				

## INVESTIGATIONS

### **34** Basic investigations 76

- A Ophthalmoscopy
- B Blood pressure
- C Taking blood

### **35** Laboratory tests 78

- A A Microbiology test request form
- B A Biochemistry and Haematology lab report
- C Terms used to describe lab results

### **36** Endoscopy 80

- A Functions of endoscopy
- B Enteroscopy
- C Report of a diagnostic endoscopy

### **37** X-ray and CT 82

- A Radiography and radiology
- B X-ray examination
- C Computed Tomography

### **38** MRI and ultrasound 84

- A Magnetic Resonance Imaging (MRI)
- B Ultrasound
- C Preparing for medical imaging
- D Describing medical imaging

### **39** ECG 86

- A Uses of an ECG
- B ECG procedure
- C A normal ECG

## TREATMENT

### **40** Medical treatment 88

- A Prescriptions and drugs
- B The British National Formulary

### **41** Surgical treatment 90

- A The operating theatre
- B Instruments
- C The operation
- D An operation report

### **42** Therapies 92

- A Radiotherapy and chemotherapy
- B A day in the life of a physiotherapist
- C Cognitive Behavioural Therapy

## PREVENTION

### **43** Screening and immunization 94

- A Screening
- B Common screening tests
- C Immunization for travellers

## EPIDEMIOLOGY

### **44** Epidemiology 96

- A Rates
- B Incidence and prevalence
- C Association and causation

## ETHICS

### **45** Medical ethics 98

- A GMC guidelines
- B Bioethical issues
- C Assisted dying

## RESEARCH

### **46** Research studies 100

- A Case-control studies
- B Cohort studies
- C Trials
- D Variables

## TAKING A HISTORY

### **47** Taking a history 1 102

- A A full case history
- B Personal details
- C Talking about pain

### **48** Taking a history 2 104

- A Drug history
- B Family history
- C Social and personal history

- 49** Taking a history 3 106
- A Reviewing the systems
  - B Asking about the central nervous system
  - C Patient ideas, concerns and expectations
  - D Phrasal verbs in history-taking

## EXAMINATION

- 50** Physical examination 108
- A Examining a patient
  - B Giving instructions

- 51** Mental state examination 110
- A Some symptoms of psychiatric disorders
  - B Mood
  - C Typical questions from a mental state examination

## EXPLANATION

- 52** Explaining diagnosis and management 112
- A Explanations
  - B Using lay terms in explanations
  - C An explanation of angina

- 53** Discussing treatment 114
- A Offering options
  - B Advising a course of action
  - C Advising patients to avoid something
  - D Warnings

- 54** Giving bad news 116
- A Principles of giving bad news
  - B A consultant medical oncologist's report

## PRESENTATIONS

- 55** Data presentation 1 118
- A Referring to a table or figure
  - B Comparing variables
  - C Approximating

- 56** Data presentation 2 120
- A Line graphs
  - B Pie charts and bar charts
  - C Describing trends

- 57** Research articles 122
- A The structure of a research article
  - B Objectives
  - C Main findings

- 58** Abstracts 124
- A Structured abstracts
  - B The BMJ abstract

- 59** Conference presentations 126
- A The structure of a presentation
  - B The introduction
  - C Signalling
  - D The conclusion

- 60** Case presentations 128
- A Sections of a case presentation
  - B Bedside presentation
  - C Slides

- Appendix I** 130
- Parts of the body

- Appendix II** 131
- Medical abbreviations

- Appendix III** 143
- Types of medication

- Appendix IV** 144
- Symptoms and pain

- Appendix V** 145
- Verbs used in instructions

- Appendix VI** 146
- Lay terms and definitions

- Answer key** 147

- Index** 168