

Sei Ärztin

In Praxis

Leb Hessen!

KV+

Medical English

Lösungsheft

Ein Booklet des Teams Nachwuchsförderung

Bei Fragen zum Inhalt oder Unklarheiten, wenden Sie sich gerne an das Team
des Teams Nachwuchsförderung.

069 24741 7227
nachwuchs@kvhessen.de

Contents

- Medical Specialists 3
- During the visit 4
- Symptoms 6
- Most common diseases 7
 - Allergies 7
 - Cold and Flu 8
 - Conjunctivitis 10
 - Gastrointestinal Diseases..... 11
 - Headaches 13
 - Infectious Mononucleosis (Mono) 15
 - Stomachaches, nausea and vomiting 16
 - Nausea and vomiting..... 17
- Impressum 18



During the visit

With a visit to the doctor's office come some organizational questions. Before the examination starts, patients are asked some questions about their health insurance or private payment for the visit.

In the following exercise, you will find a dialogue like the ones that often take place at the doctor's office registration desk. Please note the information box about the patient and complete the dialogue.

Information box

Tim Meier is 42 years old and has statutory health insurance, he also has European Health Insurance, he does not have additional insurance. He has an appointment by telephone at 9:30 a.m., for clarification of his severe abdominal pain. He has never been to the practice before.

The patient enters the practice and meets a medical assistant at the registration desk:



Medical assistant:

Good Morning, may I help you?

Patient:

Good morning, my name is Mr. Meier and I am here to see the doctor.

Medical assistant:

Do you have an appointment?

Patient:

Yes I called and got an appointment at 9.30.

Medical assistant:

Have you been here before?

Patient:

No, I have never been here before.

Medical assistant:

Is it urgent?

Patient:

I have strong abdominal pains, so I would say yes.

Medical assistant:

Do you have private/statutory medical insurance?

Patient:

I have statutory health insurance.

Medical assistant:

Do you have an European Health Insurance card?

Patient:

Yes, I do.

Medical assistant:

Do you have complementary insurance?

Patient:

No, I have no additional insurance.

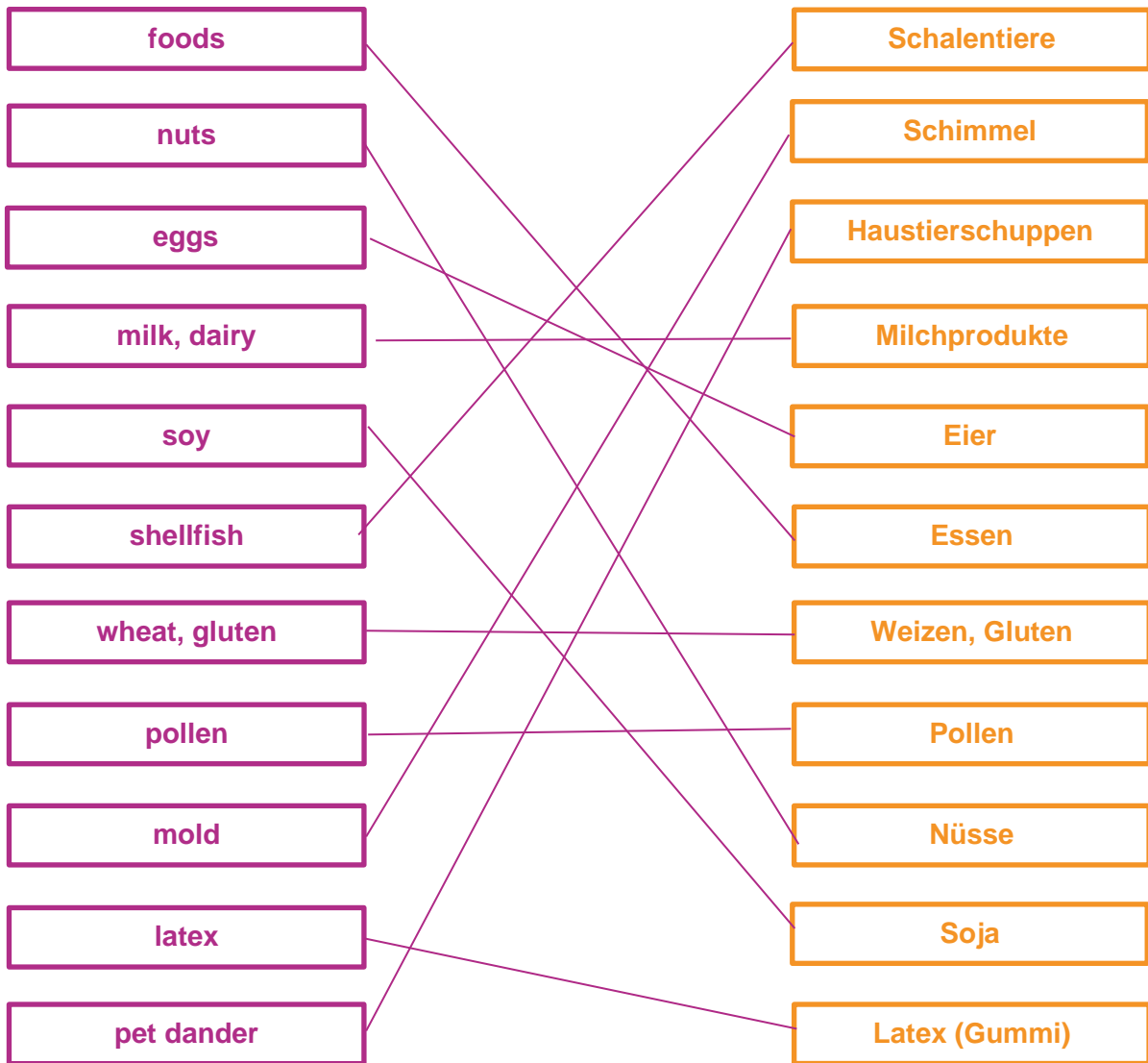
Medical assistant:

Thank you, please take a seat in the waiting room. The doctor is ready to see you in a moment.

Most common diseases

Allergies

Below you will find things that can trigger an allergy. Please connect the English vocabulary with the German translation, an example is given:





Cold and Flu

Cold viruses are very common, especially in the cold season. The incubation period before the onset of the common cold is usually three days; a classic cold can last up to nine days if left untreated. The typical symptoms are mainly concentrated in the throat, nose and pharynx, as the mucous membranes in these regions are acutely inflamed during a cold (also known as pharyngitis). The first signs are an initial scratchy, dry feeling in the throat as well as difficulty swallowing and strong sneezing. As the flu infection progresses, these symptoms can intensify. A slight fever may also occur. Typical symptoms include a runny nose and nasal congestion. Sore throat and difficulty swallowing may become more severe as the inflammation progresses, and a dry, irritating cough may develop. This is the so-called acute phase of the common cold. Typical accompanying symptoms are fatigue, headache and pain in the limbs.

In linguistic usage, the flu-like infection is often equated with influenza. In contrast to the flu however, the "real" flu is triggered by influenza viruses. The onset of the disease is very sudden and the symptoms such as irritating cough, fever, chills, headache and aching limbs occur simultaneously and much more pronounced, whereas rhinitis is rather rare. Accordingly, the healing process takes longer with influenza.

The causative agents of influenza are viruses. The disease is spread worldwide. It can occur occasionally in individual cases, but also constantly with varying frequency in some regions (endemic) or clustered within an area and in a certain period (epidemic).

The main carriers of these viruses are humans. The viruses spread by droplet infection (e.g. coughing, talking). The time until the outbreak of the disease (incubation period) usually lasts up to 3 days.

The signs of illness can vary greatly with influenza. They range from asymptomatic to severe toxic courses with fatal outcome. Usually, the illness is characterized by sudden onset of high fever above 39 degree Celsius, chills, muscle aches, sweating, general weakness, headache, sore throat and dry irritating cough.

Complications can occur at any age, but primarily affect individuals with underlying diseases (chronic cardiopulmonary diseases, metabolic diseases, immunodeficiencies and so on).

Exercise 1

Read the text above carefully and try answering the following questions.

What are the typical symptoms of a cold?

Typical symptoms include a runny nose and nasal congestion, sore throat and difficulty swallowing. Typical accompanying symptoms are fatigue, headache and pain in the limbs.

Based on the text explain the difference between a cold and the flu.

The causative agents of a flu are viruses.

What is the incubation period for a cold?

The incubation period for a cold is usually three days.

In which group of patients can the flu take a severe course?

Complications can occur at any age, but primarily affect individuals with underlying diseases (chronic cardiopulmonary diseases, metabolic diseases, immunodeficiencies,...)

Exercise 2

Please mark all types of symptoms of a cold and a flu that are written in the text above.

Conjunctivitis



Try completing the text below. You will find different words that you can assign to the text in the box below. An example is given. Every word can be used just once.

discharge	burns	droplet infection	yellowish		
sticky	bacteria	contagious	reddening	viruses	eye

Typical symptoms of conjunctivitis are a reddening of the eye and occasionally a swelling of the eyelid. Due to a foreign body sensation, the eye itches and burns, and there is a strong urge to rub it. The cause of the redness is dilatation of the vessels and increased blood flow. Rarely, there is also hemorrhage under the conjunctiva. A secretion is formed, which is first watery and later becomes mucous yellowish, so called discharge. In the morning, the eye is therefore often sticky and difficult to open. If bacteria cause the inflammation, then yellowish pus forms. Often small threads of mucus float in the eye, which irritates the vision. If small corneal opacities form, the vision is additionally impaired. After one to two weeks, the symptoms usually subside.

If conjunctivitis is contagious, the germs are transferred to the hands and thus a healthy person can become infected. The germs are also spread through shared towels, by shaking hands or via droplet infection - for example when talking. The main triggers of conjunctivitis include viruses (especially in adults) or bacteria (especially in children). Very rarely, parasites or fungi are found as triggers.

Gastrointestinal Diseases



Read the text and dialogue below and find out what Paul is suffering from.

Since he had been promoted Paul hasn't been feeling too well. He had been working long hours, had quick lunches, which weren't super healthy as well and his stress levels were on an all time high. After a long night of stomachache and excessive bloating, Paul finally visits his Doctor, Dr. Schneider.

Before we head into the dialogue between Paul and Dr. Schneider, what do you think he could suffer from?

Functional gastrointestinal distress



Dr. Schneider: Hello Paul, how are you?

Paul: Good Morning Dr. Schneider. Honestly I haven't been too good, that's why I am here to see you.

Dr. Schneider: Well, alright. Let's hear what's up with you.

Paul: Well, actually the spring started really great for me because I got a big promotion at work. I am now working in the field that I really desired to work in since the day I started at my company.

Dr. Schneider: Congratulations on that!

Paul: Thank you very much! But with the promotion came a lot of stress and therefore I have been **feeling a bit off** the last days.

Dr. Schneider: What stress do you mean exactly?

Paul: Frankly, the job isn't a nine to five job, so I have been working a lot of overtime and getting less sleep than usually. There isn't always much time for lunch as well, that's why I often order in from the Burger restaurant across the street. A good many times I eat my lunch in a hurry at my desk whilst working. And speaking between us, my boss really puts a lot of pressure on me. I am always afraid of failure therefore have been working a lot harder to meet his expectations.

Dr. Schneider: I see. That does sound stressful and unhealthy to me. What are the problems you have been having?

Paul: Well, I often **feel constipated and bloated** which **results in cramps**. Last night I had the worst **stomachache** and felt very **nauseous**. And after lunch I often have to use the bathroom.

Exercise 1:

Mark all the symptoms that Paul uses in his speech.

Exercise 2:

Translate the symptoms and check if you're correct with the table below.

English	Deutsch
Feeling a bit off	nicht auf der Höhe sein, sich krank fühlen
Constipation	Verstopfung
Bloating	Blähungen
Stomachache	Magen-/Bauchschmerzen
Nausea	Übelkeit
Having to use the bathroom	Auf Toilette gehen müssen

Headaches



The health-related quality of life is often restricted by headaches and migraines. In Germany nearly 60% women and 45 % men suffer annually at least once from headaches. Particularly migraines are often accompanied by depressive symptoms or anxiety. A lot of people that are affected often do not consult a doctor as they say "it's just a headache". Sadly, those headaches can negatively affect your life in many ways. The cause that leads to headaches and migraines is frequently unknown therefore a cure is seldomly given.

The most common forms of headaches are tension pain and migraines. Tension pain can often be identified as a throbbing, dull pain that is located on both sides of the head. It does not worsen when someone is physically active but can be accompanied by either light or noise sensitivity, but never both at the same time. A migraine on the other hand is often one-sided with a dull or pulsating pain, that is perceived by patients as moderate up to heavy. The pain is accompanied with nausea and vomiting, light and noise sensitivity. Does the patient have trouble with seeing and/or speaking, it might be a migraine with aura.

Exercise 1:

Below are some key pieces of information you need to find out from a patient that's complaining about a headache. Write in the appropriate questions and translate them into German.

Location	Where does the pain occur? On which side of the head do you feel pain? Wo taucht der Schmerz auf? Auf welcher Kopfseite haben Sie Schmerzen?
Duration	How long have you been having headaches? How long does the pain occur? Wie lange haben Sie schon Kopfschmerzen? Wie lange dauern die Schmerzen immer an?
Character of pain	What kind of pain do you have/feel? Wie fühlt sich der Schmerz an?
Accompanying symptoms	Do you have any symptoms accompanying your headaches? Kommen mit den Kopfschmerzen noch andere Beschwerden auf?
Relieving factors	What do you normally do to get rid of the headaches? What is something that helps you with the headaches? Was machen Sie normalerweise gegen die Kopfschmerzen? Was hilft Ihnen gegen die Kopfschmerzen?
Medication	What medications do you take? How often do you take these? Welche Medikamente nehmen Sie? Wie häufig nehmen Sie diese ein?

Family history

Are there any known cases of headaches and migraines in your family?

Haben andere Familienmitglieder auch häufiger Kopfschmerzen oder Migräne?

Exercise 2:

Try translating the text above and mark the words that describe symptoms.

Kopfschmerzen und Migräne schränken oftmals die Lebensqualität ein. In Deutschland leiden jährlich fast 60% der Frauen und 45% der Männer mindestens einmal an einer Kopfschmerzattacke. Vor allem Migränen werden oft begleitet von Depressionen oder Angstattacken. Oftmals konsultieren Betroffene keinen Arzt, da es sich ja „nur um Kopfschmerzen“ handle. Leider können diese Kopfschmerzen das Leben auf viele Weisen einschränken. Da die Ursache für Kopfschmerzen und Migräne oftmals nicht bekannt ist, lässt sich auch selten eine Heilung hierfür finden.

Die häufigsten Formen von Kopfschmerzen sind Spannungsschmerzen und Migränen. Spannungsschmerzen werden oftmals als pochender, stumpfer Schmerz beschrieben, die beidseitig auftreten. Die Schmerzen werden bei körperlicher Aktivität nicht schlimmer, können aber oftmals begleitet sein von einer Licht- oder Geräuschempfindlichkeit. Beide Empfindlichkeiten treten jedoch nicht zur gleichen Zeit auf. Eine Migräne tritt stattdessen meist nur einseitig auf, mit einem dumpfen oder pulsierenden Schmerz, den Patient:innen oft als mittelmäßig bis schwer einstufen. Der Schmerz wird häufig begleitet mit Übelkeit und Erbrechen sowie einer Licht- und Geräuschempfindlichkeit. Klagt die/der Patient:in über Seh- und/oder Sprachschwierigkeiten, so kann es sich um eine Migräne mit Aura handeln.

Infectious Mononucleosis (Mono)



Exercise 1:

This is what Dr. Schneider tells Katie's mom. Try to fill in the missing words, the German translation is given:

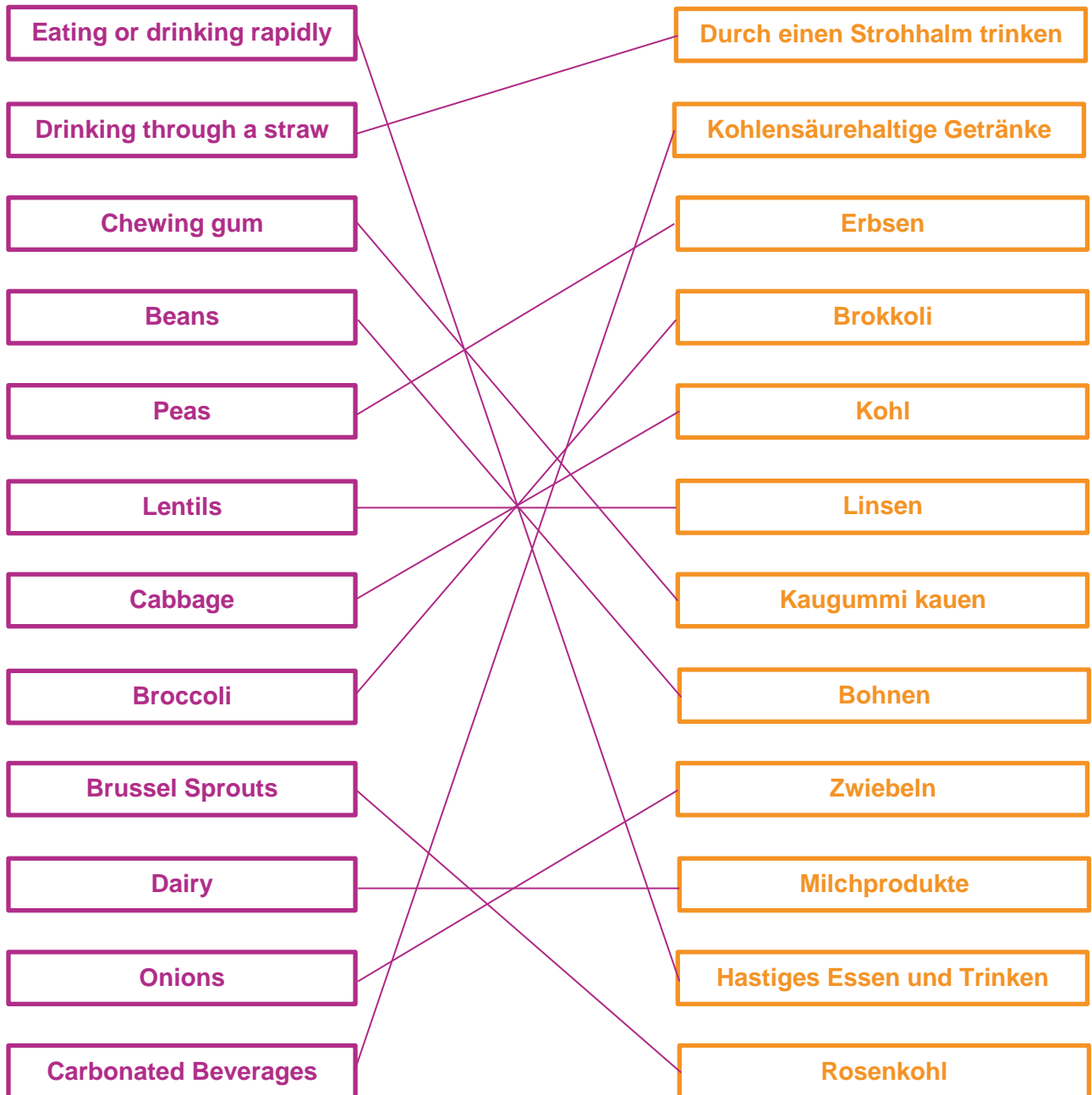
The results from the blood sample (Blutprobe) came back today. Looking at her white blood cell count (Anzahl weißer Blutkörperchen) and on her liver and spleen (Milz) through the ultrasonic I am sure she suffers from infectious mononucleosis. It's also called the kissing disease as it's being forwarded through saliva (Speichel). I think Katie got infected through one of her friends when sharing her food and silverware with them. Right now she is suffering from fatigue (Müdigkeit), fever, sore throat and swollen lymph nodes (geschwollene Lymphknoten). She may also be experiencing a loss in appetite (Appetitlosigkeit). The fatigue (Müdigkeit) could last several weeks, so even after the fever and all the other symptoms have faded Katie shouldn't be surprised if she is still weaker than usual. I recommend drinking a lot of fluids while resting (ausruhen). As her spleen (Milz) is quite enlarged (vergrößert) she should not be physically active. To restrict the swollen tonsils (geschwollene, entzündete Mandeln) and the bad breath she can try gargling salt water (Salzwasser gurgeln). If she is in pain she can take some pain relief / pain killer (Schmerzmittel) but otherwise there is no medication for treating mono. She really has to sit this one out.

Stomachaches, nausea and vomiting



Exercise 1:

Below you will find activities that can lead to a higher amount of swallowed air. Also you will find types of food, that may cause gas as they are high of fiber or lactose. Please connect the English vocabulary with the German translation, an example is given:



Nausea and vomiting

Stomachaches are often accompanied by nausea and vomiting, depending on what causes them. The main reason for the mentioned symptoms is the so-called stomach flu also known as gastroenteritis. The stomach flu is an inflammation of the intestines that can be caused by various things such as viruses, food allergies, overuse of alcohol and so on. Viruses that cause stomach flu can enter the intestine from contaminated food or water or through contact with an already infected person. The signs and symptoms of gastroenteritis are generally the same: abdominal cramps, watery diarrhea and nausea and/or vomiting. Symptoms of gastroenteritis can develop anywhere from a few hours to a few days after contamination.

The biggest health risk posed by gastroenteritis is dehydration. If you show signs of dehydration, including extreme thirst, dry mouth, dark urine, dizziness, and severe weakness, get medical help immediately. If you cannot replace lost fluids through drinking clear liquids, you may need intravenous fluids and hospitalization.

Typically, most cases resolve within a couple days, but some can last up to 10 days. To avoid getting a stomach flu wash your hands thoroughly and frequently especially after having used the bathroom. As a gastroenteritis is contagious also try avoiding sharing food, silverware and drinks.

Carefully read the text above and answer the following questions.

What causes a stomach flu and what are symptoms when having one?

Viruses, food allergies, overuse of alcohol. Symptoms are abdominal cramps, watery diarrhea, nausea and vomiting.

Based on the text how can one avoid getting a stomach flu?

Wash your hands thoroughly and frequently, try avoiding sharing food, silverware and drinks.

What is another name for stomach flu?

Gastroenteritis

What are symptoms of dehydration and what do you do if your symptoms worsen?

Symptoms are extreme thirst, dry mouth, dark urine, dizziness and severe weakness. Get medical help as soon as possible, drink lots of fluids or get an intravenous fluid supply.

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Kassenärztliche Vereinigung Hessen
Team Nachwuchsförderung

Redaktion

Friederike Knaack

Kontakt

KV Hessen
Team Nachwuchsförderung
Europa-Allee 90
60486 Frankfurt

E.: nachwuchs@kvhessen.de

T.: 069 24741 7227

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