

**CAREER  
PATHS**

# Nursing

Virginia Evans  
Kori Salcido - R.N.



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**CAREER  
PATHS**

# Nursing

Book

1

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**2**

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## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Nutrition	Flyer	B-vitamins, carbohydrates, fats, high fructose corn syrup, obesity, omega-3, protein, poultry, Vitamin A, Vitamin C, Vitamin D, zinc	Bringing up a topic
2	Hygiene	Poster	antibiotic, antimicrobial, bacteria, disinfectant, facemask, infection, isolate, transmit, virus	Making a recommendation
3	Administering Medication	Hospital procedures	countersign, crosscheck, dosage, expiration date, identification bracelet, intramuscular administration, oral administration, prescription, route of administration, shot, side effect, tablet	Giving a reminder
4	Admitting Patients	Admission form	admit, advance directives, allergies, biographic data, chief complaint, family history, hospitalize, insurance, medical history, next of kin, over-the-counter, psychosocial history	Taking a history
5	Taking Vital Signs	Patient summary	aneroid monitor, apnea, beats per minute, blood pressure, body temperature, diastolic, eupnea, heart rate, respiration, resting rate, stable, systolic, thermometer, vital signs	Asking about conditions
6	Accidents, Emergencies and First Aid	Poster	bandage, blister, chest compressions, CPR, defibrillator, morphine, paramedic, rescue breathing, responsiveness, shock, sterilize, third-degree burn	Describing an injury
7	Wound Care	Handout	cellulitis, debridement, desiccation, dress, eschar, exudate, inflammation, maceration, necrosis, slough, suture, tissue, wound	Giving negative news
8	Medical Specimens and Testing	Medical report	albumin, biopsy, blood pressure, BUN test, chronic kidney disease, creatinine, GFR test, kidney, pathology report, renal, urinalysis, urine	Describing test results
9	Discharging Patients	Discharge form	aids, asthma attack, coverage, discharge, discharge planner, existing services, follow-up, metered dose inhaler, nebulizer, physical therapy, physiotherapist, transportation	Talking about future events
10	Maternity Nursing	Handout	bloody show, Braxton-Hicks contraction, c-section, contraction, discharge, fetal movement count, labor, lightening, OB Triage, pregnancy, trimester, water break	Asking about symptoms
11	Pediatric Nursing	Website	abdomen, bili lights, bilirubin, elevated, erythema toxicum, immune system, jaundice, oral thrush, phototherapy, rash, sore, yeast infection	Describing caution
12	Surgical Nursing	Checklist	bactericidal, coordinator, forceps, operating room, post-operative unit, retractors, sanitize, scalpel, scissors, scrub room, sponge, surgical procedure	Describing a problem
13	Home Health Nurse	Brochure	administrative, advocacy, appointment, bathing, chore, grooming, illness, infusion therapy, injury, mobility, out-of-network, recovery	Asking about ability
14	Public Health Nursing	Schedule of events	CDC, communicable, epidemic, infectious, keynote speaker, moderate, MSN, outbreak, outreach, preventative, public health nurse, statistics, workshop	Correcting an error
15	Agency Nursing	Advertisement	associate, clinical, full-time, international, part-time, passport, per diem, temporary housing, transition, travel nursing, work visa	Polite greetings

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**3**

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## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Schedules and Hours	Newspaper article	budget, demand, exhaustion, full-time, incentive, overtime, overworked, part-time, retirement, shift, survey, workload	Expressing concern
2	Communicating with Patients and Families	Memo	anxiety, cultural differences, empathy, health literacy, jargon, miscommunication, non-verbal, open-ended question, preconception, rapport, therapeutic, verbal	Giving advice
3	Chronic vs. Acute Conditions	Article	acute, chronic, chronic bronchitis, condition, endocarditis, hypertension, intervention, osteoporosis, pneumonia, pre-existing, scarlet fever, strep virus, stroke	Confirming details
4	Diabetes	Pamphlet	alcohol, amputation, blindness, BMI, cataract, gestational diabetes, glaucoma, glucose, gums, insulin, Type 1 diabetes, Type 2 diabetes	Making a suggestion
5	Cancer	Webpage	anti-angiogenesis therapy, cancer, chemotherapy, immunotherapy, oncologist, oncology, outpatient, photodynamic therapy, poison, radiation therapy, tumor, X-ray	Describing side effects
6	Heart Disease	Poster	abdominal obesity, aspirin, cardiovascular, cholesterol, congenital heart disease, coronary artery disease, heart failure, pacemaker, plaque buildup, stent, stress, transplant	Describing treatment
7	Trauma and Triage	Nursing guide	acuity, compound fracture, Emergency Severity Index, ESI 1, ESI 2, ESI 3, ESI 4, ESI 5, fracture, resource, trauma, triage	Describing patient needs
8	Communicating with Staff	Email	abbreviation, adhere to, assessment, at risk, chronological order, comprehensive, concise, document, highlight, legibly, plan of care, status, update	Identifying errors
9	IV Care	Notes	continuous, direct, hypertonic, hypotonic, infusion rate, intermittent, isotonic, IV pump, macrodrip, microdrip, parenteral, roller clamp, saline	Asking for an opinion
10	Preparing a Patient for Surgery	Checklist	anesthesia permit, chlorhexidine, crash cart, EKG report, initial, medication reconciliation form, NPO order, operative permit, personal effects, post-op, pre-op, witness	Reviewing a list
11	Preventing Infection	Flyer	alcohol-based, contamination, E. Coli, MRSA, nosocomial, pathogen, sanitizer, staph infection, urinary catheter, vector, ventilator-associated pneumonia, vigilant	Giving a reminder
12	OB/GYN Nursing	Pamphlet	estrogen, fertility, hormone therapy, hot flash, insomnia, libido, menopause, menstrual cycle, OB/GYN, ovary, perimenopause, progesterone, uterus	Delivering good news
13	Geriatric Nursing	Brochure	Alzheimer's disease, assisted living, bed sore, dizziness, drug interaction, geriatric, hearing loss, immobility, incontinence, nursing home, polypharmacy, supervision	Explaining differences
14	Psychiatric Nursing	Article	addiction, bipolar disorder, dementia, depression, diverse, DSM-IV, eating disorder, electroconvulsive therapy, psychiatric nursing, psychotherapy, rehabilitation, schizophrenia	Describing benefits
15	Hospice Nursing	Webpage	burial, compassionate, cremation, death certificate, DNR order, end of life care, euthanasia, funeral, grieve, hospice, life expectancy, palliative, pass away, remains, terminal	Confirming understanding

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## Get ready!

1 Before you read the passage, talk about these questions.

- 1 How do your eating habits affect your life?
- 2 How can nurses help their patients get proper nutrition?



source of vitamin A



source of Vitamin B

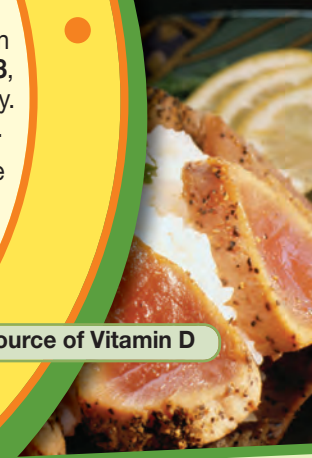


source of Vitamin C



carbohydrates

poultry



source of Vitamin D

## PROPER NUTRITION

Having a healthy body requires getting enough vitamins and minerals. As such, it's important to know which foods to look for and which ones to avoid.

**Vitamin C** and **vitamin A** are found in fruits and vegetables such as mangoes and broccoli. Fish, including tuna and salmon, are rich in **vitamin D**. **Poultry** and vegetables such as potatoes contain **B-vitamins**.

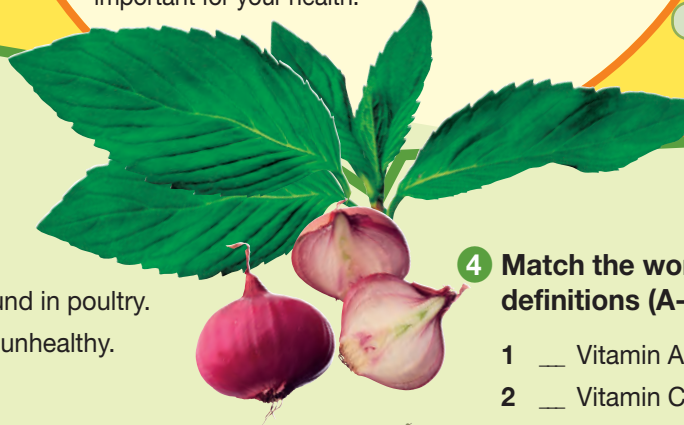
Many of these vitamin-rich foods have other important nutrients in them, too. Fish, for example, also contains **protein** and **omega-3**, while **zinc** is found in most types of meat, including beef and poultry. A healthy diet will include a balance of these vitamins and nutrients.

Some things should be eaten in moderation, though. While **carbohydrates** and **fats** are important sources of energy, eating too many is unhealthy. **High fructose corn syrup**, found in unhealthy items such as soda, has been linked to **obesity** in many studies. Limiting your intake of these items is important for your health.

## Reading

2 Read the flyer. Then, mark the following statements as true (T) or false (F).

- 1 \_\_\_ Salmon is a source of vitamin D and omega-3
- 2 \_\_\_ Zinc and B-vitamins are found in poultry.
- 3 \_\_\_ Any consumption of fats is unhealthy.



4 Match the words (1-7) with the definitions (A-G).

- 1 \_\_\_ Vitamin A
- 2 \_\_\_ Vitamin C
- 3 \_\_\_ Vitamin D
- 4 \_\_\_ B-vitamins
- 5 \_\_\_ omega-3
- 6 \_\_\_ zinc
- 7 \_\_\_ poultry

- A contributes to central nervous system health
- B helps prevent cancer
- C acts as an anti-oxidant and helps prevent heart disease
- D benefits the eyes
- E aids the creation of healthy bones
- F promotes skin and muscle health
- G meat that comes from birds such as chicken and turkey

## Vocabulary

3 Write a word or phrase that is similar in meaning to the underlined part.

- 1 Foods made from grains are full of nutrients that provide energy. c \_ \_ o \_ \_ d \_ \_ t \_ \_
- 2 A diet that is high in organic compounds that store excess nutrients can lead to a variety of health problems. \_ a \_ s
- 3 Most sodas are considered unhealthy largely because of how much sugar substitute they contain. \_ i \_ \_ f \_ \_ t \_ \_ e \_ \_ r \_ s \_ \_ u \_
- 4 Poor intake and use of food is a factor in dozens of health conditions. \_ u \_ \_ i \_ \_ \_ n
- 5 Fish contain a nutrient that contributes to tissue, bone, muscle, skin, and blood health. \_ r \_ \_ e \_ \_ n
- 6 A medical condition in which people have a dangerous amount of body fat is caused by poor diet and can significantly impair a person's mobility and health. o \_ \_ s \_ \_ y



- 5 🎧 Listen and read the flyer again. Which food group should not be eaten to excess?

## Listening

- 6 🎧 Listen to a conversation between a nurse and a patient. Choose the correct answers.

- 1 What is the conversation mostly about?  
 A a patient's recent weight loss  
 B the impacts of a poor diet  
 C how to improve a patient's nutrition  
 D the benefits of B vitamins and omega 3
- 2 What will the patient likely do?  
 A purchase fish  
 B eat healthier fats  
 C stop drinking soda  
 D schedule a second check up

- 7 🎧 Listen again and complete the conversation.

**Nurse:** John, before we finish your 1 \_\_\_\_\_, there's something we should discuss.

**Patient:** What's that?

**Nurse:** Your weight gain. You understand the risks of 2 \_\_\_\_\_, don't you?

**Patient:** I do, yeah. I know my weight is getting 3 \_\_\_\_\_.

**Nurse:** You need to change your diet drastically and exercise more.

**Patient:** I know. But I get tired so easily.

**Nurse:** Changing your diet will help. Add some 4 \_\_\_\_\_ and B-vitamins. Your muscles will recover faster.

**Patient:** Oh, thanks. Are there certain foods I should look for?

**Nurse:** Well, poultry has both. But you'll also need to 5 \_\_\_\_\_ the bad stuff. Fewer fats, and no high fructose corn syrup. So soda is out.

**Patient:** I do drink it often, probably one or two cans a day.

**Nurse:** You can't do that if you want to 6 \_\_\_\_\_.

**Patient:** Okay. Starting today, no more.

## Speaking

- 8 With a partner, act out the roles below based on Task 7. Then, switch roles.

### USE LANGUAGE SUCH AS:

*There's something we should discuss.*

*Changing your diet will help.*

*Fewer fats and no high fructose corn syrup.*

**Student A:** You are a nurse discussing nutrition with one of your patients. Talk to Student B about:

- their health problems
- their diet
- what they need to start eating

**Student B:** You are a patient. Answer Student A's questions.

## Writing

- 9 Use the conversation from Task 8 to fill out notes about a change of diet recommendation.

## Recommended Diet Changes

Patient: \_\_\_\_\_

Nurse: \_\_\_\_\_

Consume more: \_\_\_\_\_

Consume less/fewer: \_\_\_\_\_

This will: \_\_\_\_\_



# 12 Medication



November 5

WESTBROOK HOSPITAL

## Patients and Medication

Review today's list of patients and their medications. Administer the drugs at the stated times and check each patient off the list.

### Administered

- Seth Banks, Room 103:  
One **dose of painkillers** (120mg) at 11 am
- Frank Cline, Room 101:  
**Sedative** (25mg) at 9 pm
- Kate Ford, Room 114:  
**Anti-inflammatory** (125mg) twice a day at 8 am and 4 pm
- Tim Hunt, Room 102:  
**Stimulants** (75mg) at 3 pm daily
- Ted Hurst, Room 118:  
Two doses of **antihistamines** (250mg) at 10 am and 6 pm
- Erica Neil, Room 120:  
**Antibiotics** (200mg) daily at 7 am
- Ed Parson, Room 105:  
**Laxative** (50mg) in the form of a **suppository** at 11 am
- Jack Singer, Room 100:  
**Antidepressant** (175mg) daily at 9 am



## Get ready!

1 Before you read the passage, talk about these questions.

- 1 What are some common medications that people take?
- 2 What are the benefits and disadvantages of medication?

## Reading

2 Read the list of data from Westbrook Hospital. Then, complete the table using information from the passage.

Name	Medication, Dose, Times
Frank Cline	
	antihistamines (250mg) at 10 am and 6 pm
	(175 mg)

## Vocabulary

3 Match the words (1-5) with the definitions (A-E).

- |                        |                     |
|------------------------|---------------------|
| 1 __ sedative          | 4 __ laxative       |
| 2 __ anti-inflammatory | 5 __ antidepressant |
| 3 __ dose              |                     |
- A a drug that puts a person to sleep or calms the person  
 B a specific amount of a medicine  
 C a drug that lifts a person's mood  
 D a drug that reduces redness and swelling  
 E a drug that helps ease bowel movements

**4 Choose the response that answers the question.**

- 1 What does a stimulant do?
  - A It reduces swelling.
  - B It makes a person alert.
- 2 Are you familiar with antihistamines?
  - A Yes, they combat allergy symptoms.
  - B Yes, they help ease bowel movements.
- 3 What is a suppository?
  - A It puts a person to sleep or calms the person.
  - B Medication that is administered through the rectum.
- 4 Can you tell me about antibiotics?
  - A They lift up a person's mood.
  - B They destroy harmful bacteria.
- 5 When should I administer painkillers?
  - A When you are trying to reduce physical pain.
  - B When you are trying to make a person alert.

**5 Listen and read the information list again. Which patient has a problem with their bowel movement?**

**Listening**

**6 Listen to a conversation between two nurses. Mark the following statements as true (T) or false (F).**

- 1 \_\_\_ The woman does not have the patient list with her.
- 2 \_\_\_ The man thinks Ted Hurst must receive a dose of antihistamines.
- 3 \_\_\_ Two patients' medications are mixed up on the list.

**7 Listen again and complete the conversation.**

**Nurse 1:** Hi, Ellen. Do you have the **1** \_\_\_\_\_ list?

**Nurse 2:** Yeah. Here **2** \_\_\_\_\_.

**Nurse 1:** Thanks. Looks like **3** \_\_\_\_\_ to get Mr. Hurst his medication.

**Nurse 2:** Ted Hurst? But it's only 10 am.

**Nurse 1:** Exactly. It says he needs his first **4** \_\_\_\_\_ of antihistamines.

**Nurse 2:** But Mr. Hurst receives **5** \_\_\_\_\_. Tim Hunt needs the antihistamines.

**Nurse 1:** Uh oh. There must be a mix-up on the list.

**Nurse 2:** That's **6** \_\_\_\_\_. Let's change that immediately.



**Speaking**

**8 With a partner, act out the roles below based on Task 7. Then, switch roles.**

**USE LANGUAGE SUCH AS:**

*Do you have the patient medication list?*  
*Looks like it's time ...*  
*There must be a mix-up on the list.*

**Student A:** You are an NP. You need to give patients their medications. Ask Student B questions to find out:

- patient list
- patients' medications
- mix-up on the list

**Student B:** You are an NP. Discuss the above points with Student A.

**Writing**

**9 Use the list of data and the conversation from Task 8 to fill out a revised list.**

Patient and Medication	Revised List
NP Name: _____	
Patient Name: _____	Medication: _____
	Dose: _____
	Time: _____
Patient Name: _____	Medication: _____
	Dose: _____
	Time: _____

# Glossary

- endocarditis** [N-UNCOUNT-U3] **Endocarditis** is a chronic condition in which the inner layers of the heart become inflamed due to bacteria growing inside.
- ESI 1** [N-UNCOUNT-U7] **ESI 1** is the stage at which a patient has a life-threatening condition and needs immediate treatment.
- ESI 2** [N-UNCOUNT-U7] **ESI 2** is the stage at which a patient needs immediate treatment, but is not dying.
- ESI 3** [N-UNCOUNT-U7] **ESI 3** is the stage at which a patient is not critically ill, but needs several resources.
- ESI 4** [N-UNCOUNT-U7] **ESI 4** is the stage at which a patient is not critically ill, but needs one resource.
- ESI 5** [N-UNCOUNT-U7] **ESI 5** is the stage at which a patient is not critically ill and needs no resources.
- estrogen** [N-UNCOUNT-U12] **Estrogen** is a hormone that is produced in the ovaries which regulates the menstrual cycle.
- euthanasia** [N-UNCOUNT-U15] **Euthanasia** is the practice of killing a patient in order to end the patient's suffering.
- exhaustion** [N-UNCOUNT-U1] **Exhaustion** is a feeling of being very tired and lacking energy.
- fertility** [N-UNCOUNT-U12] **Fertility** is the ability to have children.
- fracture** [N-COUNT-U7] A **fracture** is a medical condition in which a person's bone is broken.
- full-time** [ADJ-U1] Someone with a **full-time** job works for the full workday.
- funeral** [N-COUNT-U15] A **funeral** is a ceremony in which a dead person is spoken of and remembered by friends and family before being buried or cremated.
- geriatric** [ADJ-U13] **Geriatric** nursing is a field of nursing that specializes in the care and treatment of the elderly.
- gestational diabetes** [N-UNCOUNT-U4] **Gestational diabetes** is a medical condition that occurs during pregnancy when a woman's body is unable to produce enough insulin to regulate the sugar in the blood.
- glaucoma** [N-UNCOUNT-U4] **Glaucoma** is a serious disease of the eyes in which a high level of pressure in the eye causes a person to go blind.
- glucose** [N-UNCOUNT-U4] **Glucose** is a natural form of sugar created by plants. It is also found in the bodies of humans and animals, when carbohydrates are broken down into their core parts.
- grieve** [V-I-U15] To **grieve** is to experience and think about sad feelings caused by a person's death.
- gum** [N-COUNT-U4] A **gum** is one of the firm, pink pieces of flesh found in the mouth to which the teeth are attached.
- gynecology** [N-UNCOUNT-U12] **Gynecology** (GYN) is the field of medicine that concerns the female reproductive organs.
- health literacy** [N-UNCOUNT-U2] **Health literacy** is the ability to understand and make decisions about health-related information.
- hearing loss** [N-UNCOUNT-U13] **Hearing loss** is the loss of a portion or all of one's hearing.
- heart failure** [N-UNCOUNT-U6] **Heart failure** is a condition where the heart cannot pump blood at a fast enough rate. As a result, the body does not receive sufficient oxygen and nutrients.
- highlight** [V-T-U8] To **highlight** something means to stress it because it is important.
- hormone therapy** [N-UNCOUNT-U12] **Hormone therapy** is the process of providing a patient with additional hormones or causing a patient's body to produce more hormones in order to achieve a medical goal.
- hospice** [N-UNCOUNT-U15] **Hospice** is medical care provided to people in the final stages of a terminal illness, with the intent of providing as much comfort as possible.
- hot flash** [N-COUNT-U12] A **hot flash** is a sudden sensation of heat in the face and neck that is triggered by hormone changes in menopause.
- hypertension** [N-UNCOUNT-U3] **Hypertension** is a chronic condition in which a person's blood pressure is higher than it should be.
- hypertonic** [ADJ-U9] If a solution is **hypertonic**, it draws fluid out of cells and into arteries and veins.
- hypotonic** [ADJ-U9] If a solution is **hypotonic**, it forces fluids out of arteries and veins into cells.
- immobility** [N-UNCOUNT-U13] **Immobility** is the loss of a portion or all of one's movement.
- immunotherapy** [N-UNCOUNT-U5] **Immunotherapy** is a form of cancer treatment that strengthens the patient's immune system, artificially or naturally. It can also be used to carry poisons straight to cancer cells.
- incentive** [N-COUNT-U1] An **incentive** is something that motivates someone to do something.

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# Nursing

**Career Paths: Nursing** is a new educational resource for nursing professionals. Reviewed by licensed nurses, it incorporates career-specific vocabulary and contexts into lessons that build professionals' workplace English skills. Each unit offers step-by-step instruction that immerses students in four language components: reading, listening, speaking, and writing. **Career Paths: Nursing** addresses topics including hospital departments, basic equipment, specific illnesses, nursing duties and career options.

The series is organized into three levels of difficulty and offers a minimum of 400 vocabulary terms and phrases. Every unit includes a test of reading comprehension, vocabulary, and listening skills, and leads students through written and oral production.

**Included Features:**

- A variety of real-world reading passages
- Career-specific dialogues
- 45 reading and listening comprehension checks
- Over 400 vocabulary terms and phrases
- Guided speaking and writing exercises
- Complete glossary of each term and phrase

The **Teacher's Guide** contains detailed lesson plans, a full answer key and audio scripts.

The **audio CDs** contain all recorded material.



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