



MATERIAL



Quick Learn Test Material

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LISTENING TEST 10

This test has two parts

Time allowed: 20 minutes

PART A: In this part of the test, you will hear a doctor talking to Ralph, a man suffering from a disease known as paresthesias or burning feet. You will hear the consultation once only, in sections. As you listen, you must make notes about the consultation under the headings given on the answer paper. Turn over now and look quickly through.

You have one minute to do this.

You must give as much relevant information as you can under each of the headings provided. You may write as you listen, and there will be pauses during the consultation for you to complete your notes under the relevant heading, and to read the following heading. There will also be two minutes at the end of the test for you to check your answers. Give your answers in note form. Don't waste time writing full sentences. Remember you will hear the consultation once only, and you should write as you listen.

Name of the patient: **Ralph**

Reason for his visit: **unusual kind of burning sensation in his feet**

2 Notes on Ralph's problem

.....
.....
.....
.....

3 Notes on Ralph's medical history

.....
.....
.....
.....

4 Notes on further questions asked by the doctor

Information given by the patient:

Drinks

He smokes

Works in a chemical factory: chemicals

Never faced

5 Notes on examination by the doctor

Unusually swollen.....

.....

Had his blood sugar checked two days ago

Range given here is:

6 Notes on further questions by the doctor

Patient feels a burning sensation

Not able to

What is done to prevent infection while working?

Answer:

7 Notes on explanation by the doctor**What does the doctor explain here?**

.....

.....

It often affects people, who are

Affects those who have

Affects people who are suffering from

.....

8 Notes on further explanation of the problem by the doctor**Other symptoms which may include:**

.....

.....

.....

.....

Increased sweating etc.

Tests that Ralph will have to undergo include:

..... and other diagnostic imaging tests like

Purpose:

.....

9 Notes on tests suggested by the doctor

Will have to face..... too if the tests are suggestive of skin cancer.

Suggested by the doctor:

Asked the patient to

Asked him not to

Asked him to bathe feet in cool,

.....

.....

10 Notes on suggestions by the doctor again

What does the doctor prescribe?

.....

What has the doctor asked him to wear?

.....

End of Part A

PART B

In this part of the test you will hear a talk on restless leg syndrome. You will hear the talk once only, in sections. As you listen, you must answer the questions in the spaces provided on the answer paper. Turn over now and look quickly through Part B. You have one minute to do this.

You may write as you listen and there will be pauses during the talk for you to complete your answers and to read the following question. Remember, you will hear the tape once only and you should write as you listen.

Now read Question 1. Question 1 has been done for you.

WRITE CLEARLY

1 Name of the doctor: Doctor Fernandez

Topic of discussion: restless leg syndrome

2 Notes on restless leg syndrome

- 1 A disorder related toand.....
- 2 Unpleasant feeling or sensation in parts of the body when someone lies down to sleep
- 3 Usually affects.....
- 4 It can cause unpleasant feelings in
- 5 The patient may also be sleepy or

3 Complete the summary

There is no for restless leg syndrome. Deficiency of can be the cause of it too. Treating the cause may really solve the problem. Women may get restless leg syndrome during Other problems such as, rheumatoid arthritis,, nerve damage, and Parkinson's disease etc. are also known to be very

4 Symptoms

Restless leg syndrome makes the patient feel like
Feelings are often described

Answer the following questions

What are periodic limb movements?

Answer:

Tiredness is common – true or false?

5 Answer the following questions by filling in the gaps:

What tests might the doctor order the patient to have?

Answer: The doctor may order tests of your nerves to be sure

Your doctor may also order a sleep study called a polysomnography.

This test records

Complete the gaps

Some changes that may help include:

Avoid tobacco,and.....

Keep your bedroom cool, quiet, and comfortable, and use it only for sleeping, not for watching TV.

.....

6 Complete the table

Treatment for restless leg syndrome is based on the type of symptoms and how bad the symptoms are

Treatment for other medical conditions	Treatment for severe symptoms	Treatment for mild symptoms
If other medical conditions such as are the causes of thethen those conditions should be	Medicines may be tried when symptoms areandwith sleep and	Getting and may relieve mild symptoms.

What can effectively control symptoms?

Answer:

Stretching

.....

Exercising regularly

.....

.....

Losing weight

Avoidingandmay reduce or control your symptoms.

7 Answer the following questions

1 What is the course of treatment if symptoms are due to deficiency in iron?

Answer:

2 What is recommended by doctors for pregnant women suffering from restless leg syndrome?

Answer:

3 What is the method of treatment of restless leg syndrome in children?

Answer:

4 Some of the most common drugs include:

Answer:

....., such as ropinirole (requip)

Anticonvulsants, such as..... (neurontin)

Opioids, such as..... (for example, percocet)

Benzodiazepines, such as diazepam (valium)

8 Answer the following questions and fill in the gaps

1 What drugs may a doctor prescribe?

Answer: Doctors may prescribe drugs like (for example, ambien) or eszopiclone (lunesta) alone or together with, opioids, or

2 Name the drugs which may improve or worsen the conditions?

Answer:

3 What is the course of treatment if the condition gets worse?

Answer: If the patient continues to have symptoms even though the patient is receiving treatment with and isetc. then symptoms may need to be Many other conditions can cause, including severaland

9 Complete the table:

Stretching and Massage	Changing Schedule	Heat or Cold	Exercise
The patient may be able to controlby.....and limbs before bed orcan make symptomsbecause symptoms typically improve around.....to... Try going to bed later than usual orfor sleeping in to help get the rest that is needed.	Symptoms may beby bathing inor..... water. Or try a heatingor.....	Regular, moderate exercise mayAvoid long periods between activities and avoid Talking to a doctor before starting anis necessary.

10 Complete the following table:

Always Avoid:			
Caffeine and alcohol	Certain medicines	Being confined for long periods	Excessive exercise
Reason:	Reason: Some prescriptions andmedicines can make symptoms of RLS If theafter taking a certain medicine then talk to the doctor.	Reason: Try to plan for times when you will need to For example, if you are traveling by car, so you can get out and	Reason: Althoughmay help, unusually intensemayworse. Try to figure out at what levelhelps and at what point it triggers

END OF PART B