



**MATERIAL**



# Quick Learn Test Material

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## READING TEST 4

### Reading: Part A

#### Instructions

#### TIME LIMIT: 15 MINUTES

- Complete the summary of **Part A - Answer booklet** using the information in the four texts (A1-4) below.
- You **do not** need to read each text from beginning to end to complete the task. You should scan the texts to find the information you need.
- Gaps may require **1, 2 or 3 words**. Answer **ALL** questions. Marks are **NOT** deducted for incorrect answers.
- You should write your answers next to the appropriate number in the **right-hand column**.
- Please use **correct spelling** in your responses. **Do not** use abbreviations unless they appear in the texts.

#### Text 1

#### Vocal Cord Paralysis

Vocal cord paralysis occurs when the nerve impulses to your voice box (larynx) are interrupted. This results in paralysis of the muscles in the vocal cords. Vocal

cord paralysis can affect your ability to speak and even breathe; this is because your vocal cords, sometimes called vocal folds, do more than just produce sound. They also protect your airway by preventing food, drink and even your saliva from entering your windpipe (trachea) and causing you to choke.

There are a number of causes of vocal cord paralysis including damage to nerves during surgery and certain cancers. Vocal cord paralysis can also be caused by a viral infection or a neurological disorder which occurs in both males and females.

Treatment for vocal cord paralysis usually includes voice therapy; however, surgery is also sometimes necessary.

### **Text 2**

#### **Symptoms of vocal cord paralysis**

Your vocal cords are two flexible bands of muscle tissue that sit at the entrance to the windpipe (trachea). When you speak, the bands come together and vibrate to make sound. The rest of the time, the vocal cords are relaxed in an open position, so you can breathe.

In most cases of vocal cord paralysis, only one vocal cord is paralyzed. If both of your vocal cords are affected, you may have vocal difficulties, as well as significant problems with breathing and swallowing.

Signs and symptoms of vocal cord paralysis may include: a breathy quality to the voice; hoarseness; noisy breathing; loss of vocal pitch; choking or coughing whilst swallowing food, drink or saliva; the need to take frequent breaths while speaking; inability to speak loudly; loss of your gag reflex; ineffective coughing etc.

### **Text 3**

#### **Causes of vocal cord paralysis**

In vocal cord paralysis, the nerve impulses to your voice box (larynx) are interrupted, resulting in paralysis of the muscle. Doctors often don't know the cause of vocal cord paralysis. Known causes may include:

Injury to the vocal cord during surgery:

Surgery on or near your neck or upper chest can result in damage to the nerves that serve your voice box. Surgeries that carry a risk of damage include surgeries to the thyroid or parathyroid glands, esophagus, neck and chest.

Neck or chest injury:

Trauma to your neck or chest may injure the nerves that serve your vocal cords or the voice box itself.

Stroke:

A stroke interrupts blood flow in your brain and may damage the part of your brain that sends messages to the voice box.

Tumors:

Tumors, both cancerous and non-cancerous, can grow in or around the muscles, cartilages or nerves of your voice box and can cause vocal cord paralysis.

Inflammation:

Arthritis or surgery can cause inflammation and scarring of the vocal cord joints or the space between the two vocal cord cartilages, and this inflammation may prevent your vocal cords from opening and closing. The symptoms and signs of this disorder mimic vocal cord paralysis, even though the vocal cord nerves remain normal. In addition, some viral infections can cause inflammation and damage directly to the nerves in the larynx.

Neurological conditions:

If you have certain neurological conditions, such as multiple sclerosis or Parkinson's disease, you may experience vocal cord paralysis; however, these conditions are more likely to cause vocal cord weakness than complete paralysis.

## **Text 4**

### **Treatment of vocal cord paralysis**

Treatment of vocal cord paralysis depends on the cause, the severity of symptoms and how long ago the onset of symptoms began. Treatment may include voice therapy, surgery or both. In some instances, you may get better without surgical treatment. For this reason, your doctor may delay surgery for six months to a year, from the beginning of your vocal cord paralysis. During this waiting period, your ENT doctor or language therapist may suggest voice therapy to help keep you from using your voice improperly while the nerves heal.

Voice / Speech therapy:

Voice therapy sessions involve exercises or other activities to strengthen your vocal cords, improve breath control during speech, prevent abnormal tensions in other muscles around the paralyzed vocal cord and protect your airway during swallowing. VT can be used before the surgery or after the surgery.

Surgery:

If your vocal cord paralysis symptoms don't fully recover on their own, surgical treatments may be offered to improve your ability to speak and to swallow. Surgical options include: bulk injections, vocal cord repositioning, tracheotomy etc.

### Summary:

Vocal cord paralysis results from an abnormal nerve input to the **1**..... (laryngeal muscles). Paralysis is the total **2**..... of nerve impulse resulting in no movement of the **3**..... Vocal fold paralysis can happen at any age – from birth to an advanced age, in **4**..... and **5**..... alike, from a variety of causes. The effect on patients may vary greatly depending on the patient's use of his or her voice. In many of the cases, only one vocal cord is **6**..... If, however, both the **7**..... are affected then there will be difficulties associated with **8**..... and **9**..... Common signs and symptoms of **10**..... include a breathy quality to the voice, noisy **11**....., loss of vocal pitch, choking or **12**.....while swallowing food, drink or saliva etc.

Vocal cord paralysis may result from: a viral infection, stroke, **13**..... to the head, damage between the nerves and **14**.....within the larynx (voice box) following surgery or cancer to the head, **15**....., or chest region.

However, sometimes the cause may be unknown. Some paralyzed vocal cords

will **16**..... by themselves within several months. However, there is a possibility that the paralysis may be **17**..... Treatment choices depend on the nature of the **18**..... as well as the **19**..... and your voice needs.

**20**..... and **21**..... are the two common **22** .....options. Sometimes, speech therapy may be used before or after **23**....., or sometimes as the sole treatment. Your ENT doctor and Speech and **24**.....Therapist will be able to give you advice on the best options for you.

If there is no improvement or the **25**..... do not fully recover by the use of speech therapy then **26**.....treatments may be offered to improve the patient's ability to speak and to swallow which include: bulk injections, vocal cord **27**....., tracheotomy etc.

### **END OF READING TEST PART A**

### **Reading: Part B - Text Booklet**

### **Instructions**

### **TIME LIMIT: 45 MINUTES**

There are TWO reading texts in Part B. After each of the texts you will find a number of questions or unfinished statements about the text, each with four suggested answers or ways of finishing.

You must choose the ONE which you think fits best. For each question, 1-20, indicate on your answer sheet the letter A, B, C or D against the number of the question

Answer ALL questions. Marks are NOT deducted for incorrect answers.

NOTE: You must complete your Answer Sheet for Part B within the 45 minutes allowed for this part of the sub-test.

NOW TURN TO THE NEXT PAGE FOR TEXTS AND QUESTIONS

## READING PASSAGE A

### Ebola Virus and Marburg Virus

#### Passage 1

The Ebola virus and Marburg virus are related viruses that cause hemorrhagic fevers — illnesses marked by severe bleeding (hemorrhage), organ failure and, in many cases, death. Both the Ebola virus and Marburg virus are native to Africa, where sporadic outbreaks have occurred for decades.

#### Passage 2

The Ebola virus and Marburg virus both live in animal hosts, and humans can contract the viruses from infected animals. After the initial transmission, the viruses can spread from person to person through contact with bodily fluids or contaminated needles.

## Passage 3

No drug has been approved to treat the Ebola virus or Marburg virus. People diagnosed with the Ebola or Marburg virus receive supportive care and treatment for complications. Scientists are coming closer to developing vaccines for these deadly diseases.

## Passage 4

In both the Ebola virus and Marburg virus, signs and symptoms typically begin abruptly within the first five to 10 days of infection. Early signs and symptoms include: fever, severe headaches, joint and muscle aches, chills, sore throat and weakness. Over time, symptoms become increasingly severe and may include: nausea and vomiting, diarrhea (may be bloody), red eyes, raised rash, chest pain and coughing, stomach pain, severe weight loss, bleeding from the nose, mouth, rectum, eyes and ears.

## Passage 5

The Ebola virus has been found in African monkeys, chimps and other nonhuman primates. A milder strain of Ebola has been discovered in monkeys and pigs in the Philippines. The Marburg virus has been found in monkeys, chimps and fruit bats in Africa.

## Passage 6

The virus can be transmitted to humans by exposure to an infected animal's bodily fluids, including blood. Butchering or eating infected animals can spread the viruses; scientists who have operated on infected animals as part of their research have also contracted the virus.

**Passage 7**

Infected people typically don't become contagious until they develop symptoms. Family members are often infected as they care for sick relatives or prepare the dead for burial.

Medical personnel can be infected if they don't use protective gear such as surgical masks and latex gloves. Medical centers in Africa are often so poor that they must reuse needles and syringes and some of the worst Ebola epidemics have occurred because contaminated injection equipment wasn't sterilized between uses.

There's no evidence that the Ebola virus or Marburg virus can be spread via insect bites.

**Passage 8**

Ebola and Marburg hemorrhagic fevers are difficult to diagnose because many of the early signs and symptoms resemble those of other infectious diseases, such as typhoid and malaria. But if doctors suspect that you have been exposed to the Ebola virus or Marburg virus, they use laboratory tests that can identify the viruses within a few days.

**Passage 9**

Most people with Ebola or Marburg hemorrhagic fever have high concentrations of the virus in their blood. Blood tests known as enzyme-linked immunosorbent assay (ELISA) and reverse transcriptase polymerase chain reaction (PCR) can detect specific genes or the virus or antibodies to them.

**Passage 10**

No antiviral medications have proved effective in treating the Ebola virus or Marburg virus infections. As a result, treatment consists of supportive hospital care;

this includes providing fluids, maintaining adequate blood pressure, replacing blood loss and treating any other infections that develop.

### Passage 11

As with other infectious diseases, one of the most important preventive measures for the Ebola virus and Marburg virus is frequent hand-washing. Use soap and water, or use alcohol-based hand rubs containing at least 60 percent alcohol when soap and water aren't available. In developing countries, wild animals, including nonhuman primates, are sold in local markets; avoid buying or eating any of these animals.

### Passage 12

In particular, care-givers should avoid contact with the person's bodily fluids and tissues, including blood, semen, vaginal secretions and saliva. People with Ebola or Marburg are most contagious during the later stages of the disease.

### Passage 13

If you're a health care worker, wear protective clothing — such as gloves, masks, gowns and eye shields - keep infected people isolated from others. Carefully disinfect and dispose of needles and other instruments; injection needles and syringes should not be reused.

### Passage 14

Scientists are working on a variety of vaccines that would protect people from Ebola or Marburg viruses. Some of the results have been promising, but further testing is needed.

### Questions

**Ebola Virus and Marburg Virus**

1 The Ebola and Marburg Viruses are native to

A America

B Japan

C Africa

D China

2 According to the passage(s), the Ebola and Marburg viruses

A spread from person to person only

B spread from animals to humans

C spread from animals to animals

D spread person to person after initial transmission from the infected animals

3 One of these statements is true, according to the information given in the passage(s)

A scientists have developed vaccines for the treatment of Ebola and Marburg diseases

B scientists are closer to developing an effective vaccine for the treatment

C it is not possible to fight the diseases caused by Ebola and Marburg

D scientists have discovered the causes of the transmission of the viruses from animal to human

4 Symptoms are typically seen within

- A five days
- B ten days
- C five to seven days
- D five to ten days

5 In the Philippines, Ebola was discovered in

- A chimpanzees
- B human primates
- C non-human primates
- D monkeys

6 Most known Ebola diseases occur due to

- A contamination
- B bodily fluids
- C contaminated needles and syringes
- D none

7 People with hemorrhagic fever show

- A high number of viruses in their blood
- B low concentrations of virus
- C high concentrations of antibodies
- D low concentrations of antibodies

8 Pick one of the best preventive measures stated in the passage(s) here

- A hand cleaning with medicinal soap
- B use of alcohol-based hand rubs, containing at least 60% alcohol, in absence of water and soap
- C only use of soap
- D avoiding direct contact with patients is a necessity

9 People with Ebola or Marburg

- A are highly contagious, no matter which state they are in
- B are less contagious in the beginning stages
- C are highly contagious in the later stages
- D are less contagious in the later stages

10 As a health care worker, you

- A should keep infected people totally isolated from others
- B should not reuse needles and syringes for the second time

C should wear clothing such as gowns and eye shields

D none of the above

## READING PASSAGE B

### A Chronic Disease - Atopic Dermatitis

#### Passage 1

Atopic dermatitis is a common chronic skin disease. It is also called atopic eczema. Atopic is a term used to describe allergic conditions such as asthma and hay fever. Both dermatitis and eczema mean inflammation of the skin. People with atopic dermatitis tend to have dry, itchy and easily irritated skin. They may have times when their skin is clear and other times when they have rash.

#### Passage 2

In infants and small children, the rash is often present on the skin around the knees and elbows and the cheeks. In teenagers and adults, the rash is often present in the creases of the wrists, elbows, knees or ankles, and on the face or neck.

#### Passage 3

Atopic dermatitis usually begins and ends during childhood, but some people continue to have the disease into adulthood. If you have ever had atopic dermatitis, you may have trouble with one or more of these: dry, sensitive skin, hand

dermatitis and skin infections.

#### Passage 4

The exact cause of atopic dermatitis is unknown. Research suggests that atopic dermatitis and other atopic diseases are genetically determined; this means that you are more likely to have atopic dermatitis, food allergies, asthma and/or hay fever if your parents or other family members have ever had atopic dermatitis.

These diseases may develop one after another over a period of years. This is called the "atopic march".

#### Passage 5

Recognizing that a person with atopic dermatitis is at a higher risk of developing one of these diseases is important for parents, patients and health care providers. Knowing that a child with a slight wheeze has had a history of atopic dermatitis, for example makes it easier to diagnose the subtle onset of asthma. There are many things that make the itching and rash of atopic dermatitis worse. When you learn more about atopic dermatitis and how to avoid things that make it worse, you may be able to lead a healthier life.

#### Passage 6

If you have a reaction to something you touch, breathe or eat, you might have an allergy. Allergies can trigger or worsen your atopic dermatitis symptoms. Common causes of allergy are: dust mites, furry and feathered animals, cockroaches, pollen, mold, foods, chemicals.

#### Passage 7

Your health care provider may recommend allergy testing and food challenges to see if allergies worsen itching or rashes. Allergy testing may include skin testing, blood tests or patch tests. Many measures can be taken to avoid things to which you are allergic. Although many of the measures can be done for the entire home, the bedroom is the most important room to make skin friendly. Talking with health care provider about what measures you can take to avoid your allergens can be very beneficial.

#### Passage 8

Food allergies may be the cause of itching or rashes that occur immediately after eating, especially in children. Some common food allergens include milk, eggs, peanuts, wheat, nuts, soy and seafood. Most people are allergic to only one, two or at the most three foods. Be aware that diet restrictions can lead to poor nutrition and growth delay in babies and children. Talk with your health care provider about maintaining a well-balanced diet.

#### Passage 9

Emotions and stress do not cause atopic dermatitis, but they may bring on itching and scratching. Anger, frustration and embarrassment can cause flushing and itching. Day to day stresses as well as major stressful events can lead to or worsen the itch-scratch cycle.

The medications used in atopic dermatitis include: topical steroids, topical immuno modulators, tar products, antiinfectives and antihistamines.

#### Passage 10

Steroid medicines that are applied to the skin are called topical steroids. Topical steroids are drugs that fight inflammation; they are very helpful when a rash is not well controlled. Topical steroids are available in many forms such as ointments, creams, lotions and gels. It is important to know that topical steroids are made in low to super potent strengths. Steroid pills or liquids, like prednisone, should be avoided because of side effects and because the rash often comes back after they are stopped.

## Questions

### A Chronic Disease - Atopic Dermatitis

11 People with atopic dermatitis suffer from

- A hay fever
- B asthma
- C dry, itchy and irritated skin
- D rashes

12 In small children, a rash is seen

- A around elbows
- B on the face
- C on the neck
- D around the knees

13 People with atopic dermatitis have

- A dry skin
- B skin infections
- C hand dermatitis
- D all of the above

14 The term atopic refers to

- A allergic diseases
- B asthma and hay fever
- C allergic conditions like hay fever
- D allergic conditions like asthma

15 .....can worsen dermatitis symptoms

- A allergies
- B pollen
- C dust
- D mold

16 According to the information given in the passage(s), avoiding allergens is

- A easy
- B difficult
- C sometimes easy and sometimes difficult
- D can't say

17 "Allergic conditions like asthma in patients who have had a history of atopic dermatitis can be easily diagnosed by health professionals," this statement is

A out of the paragraphs given

B false

C true

D can be true or can be false

18 According to the information given, common food allergens can be in

A milk, eggs, fish

B fish, nuts, soya beans

C nuts, eggs, wheat

D milk, cereals, seafood

19 Medications used for atopic dermatitis given in the passage include

A only anti-infection drugs

B topical immuno modulators

C tar, anti-infection drugs

D all of the above

20 Topical steroids are available in these forms:

A gel tubes

B ointments

C lotions

D ointments, creams, lotions and gels

**END OF READING TEST**