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.
Career Paths

Nursing

Book 1

Virginia Evans
Kori Salcido - R.N.

Express Publishing
## Scope and Sequence

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<td>Describing caution</td>
</tr>
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<td>12</td>
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<td>Describing a problem</td>
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<tr>
<td>13</td>
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<td>CDC, communicable, epidemic, infectious, keynote speaker, moderate, MSN, outbreak, outreach, preventative, public health nurse, statistics, workshop</td>
<td>Correcting an error</td>
</tr>
<tr>
<td>15</td>
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<td>Polite greetings</td>
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<td>Giving advice</td>
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<td>Reviewing a list</td>
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<tr>
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<td>alcohol-based, contamination, E. Coli, MRSA, nosocomial, pathogen, sanitizer, staph infection, urinary catheter, vector, ventilator-associated pneumonia, vigilant</td>
<td>Giving a reminder</td>
</tr>
<tr>
<td>12</td>
<td>OB/GYN Nursing</td>
<td>Pamphlet</td>
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</tr>
<tr>
<td>13</td>
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<td>Brochure</td>
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<td>Explaining differences</td>
</tr>
<tr>
<td>14</td>
<td>Psychiatric Nursing</td>
<td>Article</td>
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<td>Describing benefits</td>
</tr>
<tr>
<td>15</td>
<td>Hospice Nursing</td>
<td>Webpage</td>
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<td>Confirming understanding</td>
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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 mangos 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.

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?

**PROPER NUTRITION**

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.

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.
   2. A diet that is high in organic compounds that store excess nutrients can lead to a variety of health problems.
   3. Most sodas are considered unhealthy largely because of how much sugar substitute they contain.
   4. Poor intake and use of food is a factor in dozens of health conditions.
   5. Fish contain a nutrient that contributes to tissue, bone, muscle, skin, and blood health.
   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.

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

Listening

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

Listen again and complete the conversation.

Nurse: John, before we finish your [ ], there’s something we should discuss.

Patient: What’s that?

Nurse: Your weight gain. You understand the risks of [ ], don’t you?

Patient: I do, yeah. I know my weight is getting [ ] .

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 [ ] 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 [ ] 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 [ ] .

Patient: Okay. Starting today, no more.

Speaking

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

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:
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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Medication, Dose, Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seth Banks</td>
<td>One dose of <strong>painkillers</strong> (120mg) at 11 am</td>
</tr>
<tr>
<td>Frank Cline</td>
<td>Sedative (25mg) at 9 pm</td>
</tr>
<tr>
<td>Kate Ford</td>
<td><strong>Anti-inflammatory</strong> (125mg) twice a day at 8 am and 4 pm</td>
</tr>
<tr>
<td>Tim Hunt</td>
<td><strong>Stimulants</strong> (75mg) at 3 pm daily</td>
</tr>
<tr>
<td>Ted Hurst</td>
<td>Two doses of <strong>antihistamines</strong> (250mg) at 10 am and 6 pm</td>
</tr>
<tr>
<td>Erica Neil</td>
<td><strong>Antibiotics</strong> (200mg) daily at 7 am</td>
</tr>
<tr>
<td>Ed Parson</td>
<td><strong>Laxative</strong> (50mg) in the form of a <strong>suppository</strong> at 11 am</td>
</tr>
<tr>
<td>Jack Singer</td>
<td><strong>Antidepressant</strong> (175mg) daily at 9 am</td>
</tr>
</tbody>
</table>

Vocabulary

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

   1. __ sedative
   2. __ anti-inflammatory
   3. __ dose
   4. __ laxative
   5. __ antidepressant

   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
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.

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

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

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

<table>
<thead>
<tr>
<th>NP Name:</th>
<th>Patient and Medication</th>
<th>Revised List</th>
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</thead>
<tbody>
<tr>
<td>Patient Name:</td>
<td>Medication:</td>
<td>Dose:</td>
</tr>
<tr>
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<td>Medication:</td>
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Speaking

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

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

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- patient list
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</tr>
<tr>
<td>Patient Name:</td>
<td>Medication:</td>
<td>Dose:</td>
</tr>
</tbody>
</table>
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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