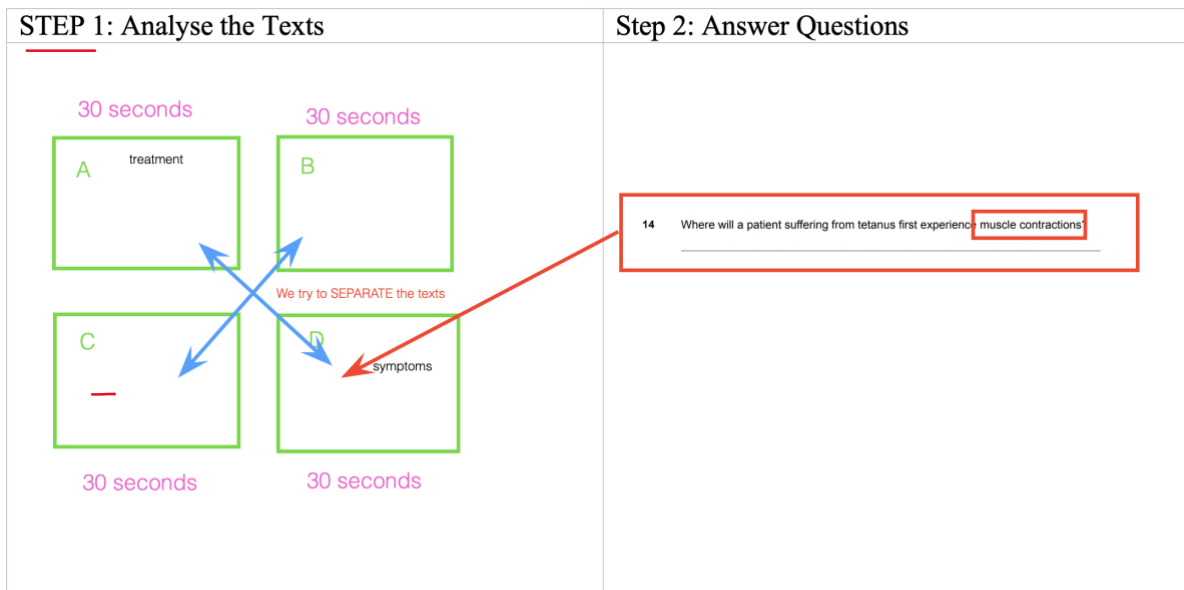


TODAY

1. Format
2. Technique Overview
3. Practice Reading for Main Idea & Key Words

Technique



Step 1: Analysis

- Main Idea. ✓ - **What it is about...**
- Key words ✓
- Function

<https://set-onlinestudyportal.co.uk/category/oet-reading/text-function/>

Easy way to get main idea:

Text C

Tetanus Immunisation following injuries

Thorough cleaning of the wound is essential irrespective of the immunisation history of the patient, and appropriate antibiotics should be prescribed.

Immunisation Status	Clean Wound	Tetanus-prone wound	
		Vaccine	Human Tetanus Immunoglobulin (HTIG)
Fully immunised ¹	Not required	Not required	Only if high risk ²
Primary immunisation complete, boosters incomplete but up to date	Not required	Not required	Only if high risk ²
Primary immunisation incomplete or boosters not up to date	Reinforcing dose and further doses to complete recommended schedule	Reinforcing dose and further doses to complete recommended schedule	Yes (opposite limb to vaccine)
Not immunised or immunisation status not known/uncertain ³	Immediate dose of vaccine followed by completion of full 5-dose course	Immediate dose of vaccine followed by completion of full 5-dose course	Yes (opposite limb to vaccine)

Notes

- has received total of 5 doses of vaccine at appropriate intervals
- heavy contamination with material likely to contain tetanus spores and/or extensive devitalised tissue
- immunosuppressed patients presenting with a tetanus-prone wound should always be managed as if they were incompletely immunised

heading
sub heading
title
sub title

What if I do not have a heading?

Tetanus: Texts

Text A

Tetanus is a severe disease that can result in serious illness and death. Tetanus vaccination protects against the disease.

Tetanus (sometimes called lock-jaw) is a disease caused by the bacteria *Clostridium tetani*. Toxins made by the bacteria attack a person's nervous system. Although the disease is fairly uncommon, it can be fatal.

Early symptoms of tetanus include:

- Painful muscle contractions that begin in the jaw (lock jaw)
- Rigidity in neck, shoulder and back muscles
- Difficulty swallowing
- Violent generalized muscle spasms
- Convulsions
- Breathing difficulties

A person may have a fever and sometimes develop abnormal heart rhythms. Complications include pneumonia, broken bones (from the muscle spasms), respiratory failure and cardiac arrest.

There is no specific diagnostic laboratory test; diagnosis is made clinically. The spatula test is useful: touching the back of the pharynx with a spatula elicits a bite reflex in tetanus, instead of a gag reflex.

Main idea:

1 First line ✓

2 Repeated words ✓

3 Thematic words ✓

2 important points:

1. What is the main idea here?

TEXT B

When it comes to dealing with acne, patients may find these techniques useful:

- Do not wash affected areas of skin more than twice a day. Frequent washing can irritate the skin and make symptoms worse.
- Wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water should be avoided: it can worsen acne.
- Avoid using too many cosmetics. Use water-based products that are described as non-comedogenic. This means the product is less likely to block the pores in skin.
- Completely remove make-up before going to bed.
- If dry skin is a problem, patients should use water-based emollient.
- Regular exercise cannot improve a patient's acne, but it can boost their mood and improve their self-esteem. They should shower as soon as possible once they finish exercising as sweat can irritate their acne.
- Wash hair regularly and try to avoid letting it fall across their face.

Although acne cannot be cured, it can be controlled with treatment. If the patient develops mild acne, it is a good idea to speak to a pharmacist for advice before visiting the doctor.

Be careful of **ONLY** repeated words. It can **TRICK** you.

ALWAYS USE ALL 3 WAYS TO FIND THE MAIN IDEA:

1. **First sentence**
2. **Repeated words**
3. **Thematic words**

2. How many main ideas are there here?

Tetanus: Texts

Text A

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Tetanus (sometimes called lock-jaw) is a disease caused by the bacteria *Clostridium tetani*. ~~Toxins made by the bacteria attack a person's nervous system. Although the disease is fairly uncommon, it can be fatal.~~

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A person may have a fever and sometimes develop abnormal heart rhythms. Complications include pneumonia, broken bones (from the muscle spasms), respiratory failure and cardiac arrest.

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1

2

Key words

1. Numbers
2. Brackets
3. Jargon - medical words
4. Capitals

Can we have more than 1 main idea? Yes.

Also, don't try to get TOO MANY MAIN IDEA. Just get 2 and then use key words for the rest

SMALL TEST...

Texts: Klinefelter syndrome

TEXT A

Symptoms of Klinefelter syndrome

Klinefelter syndrome does not usually cause any obvious symptoms early in childhood, and even the later symptoms may be difficult to spot.

Many boys and men do not realise they have it.

Possible features, which are not always present, may include:

in babies and toddlers – learning to sit up, crawl, walk and talk later than usual, being quieter and more passive than usual

in childhood – shyness and low self-confidence, problems with reading, writing, spelling and paying attention, mild dyslexia or dyspraxia, low energy levels, and difficulty socialising or expressing feelings

in teenagers – growing taller than expected for the family (with long arms and legs), broad hips, poor muscle tone and slower than usual muscle growth, reduced facial and body hair that starts growing later than usual, a small penis and testicles, and enlarged breasts (gynaecomastia)

in adulthood – inability to have children naturally (infertility) and a low sex drive, in addition to the physical characteristics mentioned above

TEXT B

Testing for Klinefelter syndrome

See your GP if you have concerns about your son's development or you notice any troubling symptoms of Klinefelter syndrome in yourself or your son.

Klinefelter syndrome is not necessarily anything serious, but treatment can help reduce some of the symptoms if necessary.

In many cases, it's only detected if a man with the condition undergoes fertility tests.

Your GP may suspect Klinefelter syndrome after a physical examination and may suggest sending off a sample of blood to check reproductive hormone levels.

The diagnosis can be confirmed by checking a sample of blood for the presence of the extra X chromosome.

Where can I find information about:

1. **Things that are signs of this syndrome - A**
2. **The significance of X chromosomes - B**
3. **Inability to have children - A**
4. **How to test for the syndrome - B**

Texts: Kidney Infection

TEXT A

Causes of Kidney Infection

A kidney infection usually happens when bacteria, often a type called E. coli, get into the tube that carries urine out of your body (urethra).

The bacteria travel up to your bladder, causing cystitis, and then up into your kidneys.

E. coli bacteria normally live in your bowel, where they cause no harm.

They can be transferred from your bottom to your genitals during sex or if you're not careful when wiping your bottom after going to the loo.

A kidney infection can sometimes develop without a bladder infection. For example, if you have a problem with your kidney, such as kidney stones, or if you have diabetes or a weakened immune system.

TEXT B

Kidney infections are significant conditions that can happen at any age and all evidence seems to suggest that they are much more common in women.

The essential reason for this is due to the fact that a woman's urethra is shorter than a man's, and it is this that makes it easier for bacteria to reach the kidneys due to the shorter distance any bacteria needs to travel in order to infect the aforementioned organ.

Many studies show that younger women are most at risk for the reason that they often tend to be more sexually active, and the frequency of this activity often increases the chances of getting a kidney infection.

TEXT C

drinking plenty of fluids (plain water is best)

going to the loo as soon as you feel the need to, rather than holding it in

going to the loo after sex

wiping from front to back after going to the loo

washing your genitals every day, and before having sex if possible

treating any constipation – being constipated can increase your chance of developing a UTI
not using a diaphragm or condoms coated in spermicide if you're prone to getting UTIs – it's thought spermicide can increase your risk of getting a UTI

If you keep getting urine infections, a GP may prescribe you a low dose of antibiotics to take regularly.

This may help to prevent the infection returning or any infection spreading to the kidneys.

Where can I find information on:

- 1. Sources of kidney infections**
- 2. The name for the tube that carries urine out of the body**
- 3. Who is at risk from an infection?**
- 4. Best fluid to consume to prevent infection**
- 5. Ways to prevent a kidney infection**

Watch the video for answers!