

Starter:

Read the questions below and consider your answer.

You may be asked to answer verbally:

1. Do you agree that care for an elderly patient should be carried out **jointly** between medical professionals and their family? Why (not)?
2. If a patient or their family are unsure about when to **summon** an ambulance, what would be your advice?
3. When might it be a good idea to **shut off** a machine when it is being used for a procedure?

Look at the text below and try to understand the meaning of the highlighted words by using the context:

In the realm of orthopaedic surgery, pain management strategies have **accumulated** a vast array of techniques and modalities. Patients often present with **bursting** pain, particularly following traumatic injuries, surgical interventions or even when a spinal disc **protrudes** and causes compression on nearby nerves. In some cases, the source of the pain may be **indistinguishable** and patients may need to undergo multiple investigations. Determining the optimal approach to pain relief remains a paramount concern for healthcare providers, with opioid analgesics historically regarded as **the gold standard** in managing acute postoperative discomfort.

However, as concerns regarding opioid dependence and adverse effects have become more and more common, there has been a concerted effort to explore alternative analgesic methods. One such approach involves the therapeutic benefits of animal-assisted therapy, where the simple act of **petting** animals has shown promise in alleviating pain and promoting relaxation.

Establishing a **cut-off point** for pain management efficacy can be challenging, as individual responses to treatment may **fluctuate**. Despite this variability, a **dedicated** team of healthcare professionals often endeavours to provide personalised care based on **detailed literature** and clinical expertise.

In the postoperative period, patients may experience **heightened** levels of pain where they feel **restless** and **agitated**, which can complicate pain management efforts. Anticipating these challenges **beforehand** allows healthcare providers to implement proactive strategies to **tighten** control over discomfort and promote patient comfort and well-being.

Now match the highlighted words from the text to the definitions below:

- a) In advance; prior to a particular event or time. **Beforehand**
- b) To extend from a surface or area; to project outward. **Protrude**
- c) Describing a sensation characterised by sudden, sharp, or explosive feelings. **Bursting**
- d) To make something firmer, more secure, or more restrictive; to reduce in size or looseness. **Tighten**
- e) The best or most reliable method or standard of comparison in a particular field. **The gold standard**
- f) To vary or change irregularly in number, amount, or intensity. **Fluctuate**
- g) To gather or collect gradually over time. **Accumulated**
- h) Impossible to perceive or recognise as distinct or different. **Indistinguishable**
- i) The act of gently stroking or caressing an animal, often as a form of affection or comfort. **Petting**
- j) Increased in intensity, degree, or awareness; elevated or intensified. **Heightened**
- k) Feeling or displaying nervousness, anxiety, or restlessness. **Agitated**
- l) Describing people committed to a specific purpose or task. **Dedicated**
- m) Comprehensive or thorough written material that provides in-depth information or analysis on a particular topic or subject. **Detailed literature**
- n) A specified threshold or limit beyond which a particular action, decision, or outcome occurs or is determined. **Cut-off point**
- o) Unable to relax or remain still; characterised by a constant need for movement or activity. **Restless**