

Starter:

Think about these three questions and prepare to answer verbally:

1. If a patient has a feeling of **dread** before a procedure, how can we help them?
2. In your opinion, what kinds of **wake-up call** do patients often experience related to their health?
3. Do you agree that it is important for patients to be **empowered** and have a sense of **autonomy** related to their treatment?
Why (not)?

Vocabulary this week:

I will show you each item of vocabulary and three definitions for each word or phrase.

Only one definition is correct – the other two are incorrect definitions.

I will show you the vocabulary and definitions for 30 seconds and then you will use the poll to vote which definition you think is correct.

If you have any questions, write them down and we can discuss them at the end of the activity.

1. The joys of spring

- a) Refers to the happiness and renewal associated with the arrival of spring.
- b) A slang term for seasonal allergies experienced during the spring months.
- c) A type of traditional folk dance performed during spring festivals in certain cultures.

2. Down in the dumps

- a) Refers to a recreational activity involving jumping into large piles of rubbish.
- b) A term used in geology to describe the movement of debris or sediment downhill.
- c) A colloquial expression describing a state of sadness, depression, or low spirits.

3. Clammy

- a) A slang term used to describe a person who is introverted or reserved in social situations.
- b) Describes a moist, sticky, and cool feeling on the skin, often associated with sweating or illness.
- c) A type of shellfish commonly found in coastal regions, known for its smooth texture and mild flavour.

4. Downward spiral

- a) A type of exercise performed in extreme sports such as skydiving.
- b) A term used in economics to describe a sudden increase in stock market prices followed by a rapid decline.
- c) Refers to a situation or trend that progressively worsens or deteriorates over time, often leading to further negative consequences.

5. Wealth of information

- a) Refers to a large or abundant amount of valuable or useful details.
- b) A financial term describing the total assets owned by an individual or organization.
- c) A term used in cooking to describe the rich flavour and texture of a dish.

6. Stigma

- a) A type of plant commonly found in tropical regions, known for its vibrant flowers and strong fragrance.
- b) Refers to a mark of shame or social disapproval associated with a particular trait, condition, or behaviour.
- c) A unit of measurement used in astronomy to quantify the brightness of stars and planets.

7. Liaison

- a) A term used to describe a secret operation involving the interception of electronic communications.
- b) A type of martial arts technique used in self-defence.
- c) Refers to a situation where a person acts as a link or intermediary between two or more groups, organizations, or individuals.

To Liaise

8. Eye-opener

- a) Something that provides a new or surprising insight, perspective, or revelation, often leading to a change in attitude or understanding.
- b) A type of breakfast pastry filled with fruit or cheese.
- c) A term used in optometry to describe a surgical procedure for correcting vision problems.

9. Stumble upon

- a) A type of dance move characterized by quick, syncopated steps.
- b) A colloquial term referring to the act of making a mistake or error while walking.
- c) To unexpectedly discover or encounter something by accident or chance.

10. Acclimatise

- a) To blend different melodies or harmonies in music.
- b) To adjust or become accustomed to a new environment, climate, or situation over time.
- c) To use a special exercise routine to improve cardiovascular endurance and stamina.

11. Hone

- a) A type of rock formation characterized by a sharp, pointed structure.
- b) A traditional Japanese ceremonial practice involving the sharpening of swords.
- c) To refine, perfect, or sharpen a skill, ability, or talent through practice, experience, or training.

12. Bounce ideas off

- a) To discuss or share ideas with others in order to receive feedback or generate new insights.
- b) A term used in basketball to describe a technique for shooting the ball off the backboard.
- c) A slang term for a brainstorming session held in a restaurant.

13. Concerted

- a) A term used in music to describe a solo performance by a single musician.
- b) A legal term referring to a formal agreement or contract between two parties.
- c) A coordinated or united effort involving multiple individuals or groups working together towards a common goal.

14. Bespoke

- a) A type of woodworking technique used to create intricate patterns or designs on furniture.
- b) Refers to something that is custom-made or tailored to fit a specific individual's preferences, needs, or specifications.
- c) A term used in tailoring to describe the process of adding decorative elements to clothing.

15. Invaluable

- a) A term used in chemistry to describe a substance that cannot undergo chemical reactions.
- b) A type of antique or artifact with no historical significance.
- c) Extremely valuable or precious, often to the point of being irreplaceable or indispensable.