

Reading Vocabulary – Trainer Test 3 – Part A&B

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.

Match the vocabulary to the definitions:

- 1) Impossible to perceive or recognise as distinct or different.
- 2) The best or most reliable method or standard of comparison in a particular field.
- 3) To gather or collect gradually over time.
- 4) Describing a sensation characterised by sudden, sharp, or explosive feelings.
- 5) To extend from a surface or area; to project outward.

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.

- 1) To vary or change irregularly in number, amount, or intensity.
- 2) Comprehensive or thorough written material that provides in-depth information or analysis on a particular topic or subject.
- 3) The act of gently stroking or caressing an animal, often as a form of affection or comfort.
- 4) A specified threshold or limit beyond which a particular action, decision, or outcome occurs or is determined.
- 5) Describing people committed to a specific purpose or task.

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.

- 1) In advance; prior to a particular event or time.
- 2) To make something firmer, more secure, or more restrictive; to reduce in size or looseness.
- 3) Increased in intensity, degree, or awareness; elevated or intensified.
- 4) Feeling or displaying nervousness, anxiety, or restlessness.
- 5) Unable to relax or remain still; characterised by a constant need for movement or activity.

Answers:

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Match the vocabulary to the definitions:

- 1) Impossible to perceive or recognise as distinct or different.- indistinguishable
- 2) The best or most reliable method or standard of comparison in a particular field.- the gold standard
- 3) To gather or collect gradually over time.- accumulated
- 4) Describing a sensation characterised by sudden, sharp, or explosive feelings. – bursting
- 5) To extend from a surface or area; to project outward. – protrude

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.

- 1) To vary or change irregularly in number, amount, or intensity.- fluctuate
- 2) Comprehensive or thorough written material that provides in-depth information or analysis on a particular topic or subject. – detailed literature
- 3) The act of gently stroking or caressing an animal, often as a form of affection or comfort.- petting

- 4) A specified threshold or limit beyond which a particular action, decision, or outcome occurs or is determined. – **cut-off point**
- 5) Describing people committed to a specific purpose or task.- **dedicated**

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.

- 1) In advance; prior to a particular event or time.- **beforehand**
- 2) To make something firmer, more secure, or more restrictive; to reduce in size or looseness. - **tighten**
- 3) Increased in intensity, degree, or awareness; elevated or intensified. - **heightened**
- 4) Feeling or displaying nervousness, anxiety, or restlessness.- **agitated**
- 5) Unable to relax or remain still; characterised by a constant need for movement or activity. - **restless**