

### Task 15

Prepare a list of questions the patient or the patient's relative or the caller/witness should be asked.

### Task 16

Simulate similar situations involving receiving information about an emergency and passing it on to the ambulance crew.

# Unit 5

## THE GASTROINTESTINAL SYSTEM

### A. Warm-up

Eating and drinking is as natural as breathing. When we are denied access to food and drink we feel hungry and thirsty. Without an adequate provision with adequate nutrients in both solid and liquid form the human organism must die.

Working in pairs or threes try to answer the questions given below.

1. What are the functions of the gastrointestinal system?
2. What structural elements does the gastrointestinal system consist of?
3. What other systems does the gastrointestinal system cooperate with, why and how?

Compare and discuss your answers to sum up the information gathered.

9. The pancreas secretes both digestive enzymes and hormones.  
 10. All nutrients are absorbed in one place.

#### Task 4

Expand the true statements above in order to recap the contents of the passage.

### D. Vocabulary Practice

Study the gastrointestinal system related emergencies vocabulary and information.

#### Task 5

Complete the text with the vocabulary given below and answer the questions below.

determine • indicate • result • reveal • suggest (2) • include • collect • point • signifies • ranging • assessing • affecting • making • experienced • protected • accompanied

Emergencies involving the gastrointestinal system may have a variety of different causes ..... from closed or open injuries to the relatively poorly ..... abdominal cavity and the organs it contains through sudden illnesses or conditions ..... the internal organs to the ingestion of poisons substances either immediately prior to the event or over a longer period.

The symptoms and signs ..... pain and/or tenderness, swelling, abdominal distension, muscle guarding, boardlike rigidity of the abdomen, nausea, vomiting, diarrhoea, constipation, jaundice. The abdominal pain ..... by the patient as mild or severe, intermittent or steady, is a leading symptom of a gastrointestinal problem, especially when it is sudden in onset. Tenderness to palpation can help to ..... the location of the internal organ involved. Abdominal distension may ..... an accumulation of

gases in the abdomen and inability to pass them. Muscle guarding, voluntary muscle contraction, may ..... the patient's defence reaction and ..... to a possible abdominal organ injury or an inflammatory condition. Boardlike rigidity, an involuntary response, ..... an even more serious problem, for instance, peritonitis. Jaundice may ..... a liver or gall bladder related problem.

Even a bruise or a small wound in the abdominal area should not be neglected as they may ..... a life-threatening abdominal injury. An open abdominal wound may ..... in a protrusion of an abdominal organ or organs, i.e. evisceration. This type of injury is usually ..... by severance of blood vessels and severe blood loss as well as a danger of infection.

When pain is the presenting symptom, it is usually sudden in onset and acute. Information on its nature, location and duration as well as the circumstances which might have caused it can help the rescuer in ..... the severity of the patient's condition and ..... the right management related decisions. That is why the rescuer should be able to ..... relevant information from the patient and/or the patient's family in a competent way.

1. What may cause gastrointestinal disorders?
2. What are the main symptoms and signs of gastrointestinal disorders?
3. What information about abdominal pain can the patient provide?
4. Why may palpation be helpful?
5. What may abdominal distension suggest?
6. What is the difference between muscle guarding and boardlike rigidity?
7. What may jaundice suggest?
8. What may trauma to the abdominal area result in?
9. What information should the rescuer collect from the patient or the victim's family and why?

### Vocabulary

diarrhea biegunka  
 constipation zaparcie  
 jaundice żółtaczka  
 ileus niedrożność jelita  
 regurgitation cofanie, zwracanie pokarmu  
 evisceration wytrzewienie,  
 wypadanie trzewi  
 protrusion wysunięcie naprzód,  
 wypadnięcie organu  
 abdominal distension wzdęcie  
 boardlike rigidity sztywność  
 deskowata (powłoki brzuszne  
 twarde jak deska)  
 muscle guarding obrona  
 mięśniowa  
 voluntary muscle contraction  
 dobrowolny (świadomy) skurcz  
 mięśnia

7. 'I've lost appetite and I'm not keen on drinking, not even a sip of water.'

8. 'I feel sick, and am likely to vomit. I'm in extreme pain it's like a knife sticking into me. The pain is located high up on the left side and it increases when I try to move about.'

9. 'I've got a burning sensation in the region of the heart that rises up towards my throat. This causes me to bring up food and liquid that I've recently swallowed.'

10. 'I've got an acute pain low down on the right side of my abdomen.'

### Task 9

Following an example (1) write the correct questions and report on the information obtained.

1. How about your bowel movements?

Very frequent over the past two hours, loose, even watery and sort of yellowish.

The patient reports/There is a history of/The patient complains of *diarrhea of two hours duration.*

2. I had some booze with my friends last night but I can't tell what it was.

3. Some Turkish style thing. Pretty spicy and greasy but really tasty. I did indulge myself.

4. It's really bad, sort of colicky. When it hits me, I feel like screaming.

5. No. I've never had anything like this before.

6. It woke me up two hours ago. It came suddenly. I've never had any pain down there.

7. I feel very full and I have some cramps in my belly.

8. I've noticed a painful bulge in my groin.

9. When the pain began yesterday it was more in the region of my belly button.

10. I can't even look at food, and I'm drinking hardly anything. I've been suffering from indigestion recently.

## Task 10

Give a presumptive diagnosis choosing one of the conditions suggested below.

appendicitis • ileus • biliary colic • intestinal obstruction •  
peritonitis • pancreatitis • food poisoning • drug overdose •  
gastric ulcer • gastrointestinal bleeding • alcohol poisoning

1. The patient complains of pain, sudden in onset, in the right lower quadrant of the abdomen and mild nausea. I suspect .....
2. The patient reports severe pain in the right lower quadrant of the abdomen of a few days duration, constipation and vomiting. On palpation the abdomen is tender. Boardlike rigidity is present. I suspect .....
3. The patient complains of severe diarrhoea, colicky stomach pain and vomiting. He reports having a large restaurant meal the night before. I suspect .....
4. The patient's family reports that the child had ice cream the day before and a few hours later began to complain of severe headache soon followed by nausea, vomiting and diarrhoea. I suspect .....
5. The patient's abdomen is distended. He can't pass gases. He has vomited a few times. He has also had an episode of colicky pain but he reports extreme abdominal discomfort. I suspect .....
6. Initially, the patient had cramping pain in the region of the umbilicus and vomiting, followed by diarrhoea. Now the pain is severe and steady. The abdomen is tender to palpation. I suspect .....
7. The pain began in the lower abdomen. Then it migrated to the upper abdomen and back. It is severe, boring. The patient feels nauseated. He has vomited a few times. He looks severely ill. I suspect .....

8. The casualty had intermittent epigastric pain, he felt nauseated and lightheaded, then he vomited a cup of bright red blood. He has noted dark, tarry stools for a long period of time. I suspect .....
9. The patient complains of exacerbation of abdominal pain after eating. I suspect .....
10. The middle-aged man presents with a flush, puffy, moist face; he is staggering and moaning, smelling of alcohol. I suspect .....
11. The casualty was found unresponsive, lying next to an empty, unlabelled pill bottle and two empty bottles of vodka. She had dry cracked lips and a coated tongue, her breathing was shallow and rapid. I suspect .....

## Task 11

Complete the sentences with the English equivalents of the Polish words and phrases.

1. There is a history of ..... of 2 hours' duration. (ciężki, stały ból)
2. The patient's abdomen is ..... and ..... (wrażliwy na ból przy dotyku, wzdęty)
3. The patient looks ..... ill and ..... He reports steady, boring ..... (poważnie; spocony; ból w górnej części brzucha)
4. The abdomen is ..... and ..... (sztywny; deskowaty)
5. The patient reports ....., ....., ..... (ostry; kolkowy ból, który pojawił się nagle)
6. The patient's complaints include ....., ..... and ..... (biegunka, wymioty, ostry ból głowy)

7. The victim suffers from ..... and ..... (uporczywe uczucie pełności, zatwardzenie, trudności w oddawaniu stolca)
8. The casualty ..... and started ..... (nagle poczuła mdłości, wymiotować krwią) all over the pavement.
9. The victim complains of ..... and ..... (niestrawność, zgaga, cofanie się pokarmu)
10. There is no recent history of ..... and so called ..... (zapalenie wyrostka, wrzód żołądka, „ostry brzuch”)

## F. Listening Practice & Dialogue Completion

### Task 12

11 

Listen and complete the dialogue between the caller (C) and the dispatcher (D).

- C: I'm calling about my ..... He's been throwing up for the past ..... hours. He's had ..... And it seems to be getting .....
- D: How old is your son?
- C: He's only ..... I'm really worried. He's sort of .....
- D: You should ..... him to the nearest hospital or call your .....
- C: It's really bad! He's very ..... He doesn't ..... my questions. You must help us.
- D: Has he had any ice cream or canned food? Anything else you can think of?

C: It must be the ..... he had in the ..... I didn't have it. Will you send an ambulance, please?

D: Yes. Can you give me your name and address?

### Task 13

Read and complete the dialogue between the caller (C) and the dispatcher (D) with the words and phrases from the box.

start • have • relieve • taken • more specific • where • when • what sort

D: Emergency. Can I help you?

C: I'm calling about my husband. He's in really bad pain.

D: ..... of pain? ..... does he feel it? Could you be .....

C: He says it's somewhere down his belly. He says he can't bear it any longer.

D: ..... did it .....

C: A few hours ago. He thought it would go away but it wouldn't.

D: Has he ..... anything to ..... the pain?

C: No. I gave him mint tea but it just made him sick.

D: Can I ..... your name and address? I'll send an ambulance.

### Task 14

Recap the information to the ambulance crew to be sent to the site of the accident.