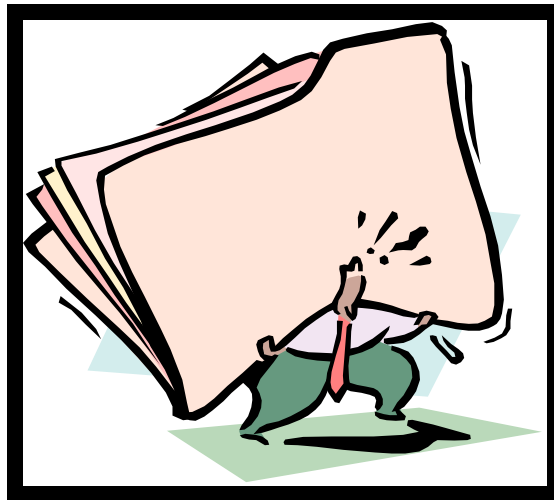


# ***ESL Health Unit***

## **Unit One The Doctor's Office**

### **Lesson Three Knowing Your Health History**



### ***Reading and Writing Practice Advanced Beginning***

#### **Goals for this lesson:**

*Below are some of the goals of this lesson. Which ones are your goals too? Check ( ✓ ) them.*




- ☐ describe your personal health history
- ☐ ask for information about your doctor's office
- ☐ ask questions when you do not understand
- ☐ prepare a family health history


## Lesson Three: Knowing Your Health History

### Reading and Writing Practice

#### Before You Read!

*Discuss the new vocabulary words with your teacher and classmates.*

VOCABULARY WORD	MEANING	SENTENCE
medication	 <a href="http://www.hubin.org/images/publicinfo_pictures/what_is/medication.jpg">http://www.hubin.org/images/publicinfo_pictures/what_is/medication.jpg</a>	My doctor gives me medication for my stomachache.
surgery	 <a href="http://www.cs.utexas.edu/users/s2s/latest/bialt1/src/WhatIsNano/images/surgery.gif">http://www.cs.utexas.edu/users/s2s/latest/bialt1/src/WhatIsNano/images/surgery.gif</a>	I am having surgery next week.
allergic	 <a href="http://www.niehs.nih.gov/kids/images2/matt2.gif">http://www.niehs.nih.gov/kids/images2/matt2.gif</a>	I am allergic to cats.

high blood pressure	 <p><a href="http://www.cardiov.ox.ac.uk/images/bp.jpg">http://www.cardiov.ox.ac.uk/images/bp.jpg</a></p>	I have high blood pressure.
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### Reading Three: Problem at the Doctor's Office

*After a visit to the doctor, one patient talked about a problem that she had when she was talking with her doctor:*

“I went to the doctor. She asked me many questions. What **medication** do I take? How much? When? Did I ever have **surgery**? Am I **allergic** to anything? Does anyone in my family have **high blood pressure**? I didn't know the answers to her questions. This was a problem.”

1. What is the problem?
2. Why is it important to know your health history?
3. Do you know your health history?

## Reading Four: A Family Health History

*In the box below, read Yelena's description of her family health history. Do the activity with your classmates and your teacher. Please read the health history form and then answer the questions with your classmates and your teacher.*

### Health History Form

**Father:** He has high blood pressure. He also has allergies.

**Mother:** She has diabetes.

**Grandmother (her father's mother):** She has arthritis.

**Grandfather (her father's father):** He is healthy.

**Yelena:** I have high cholesterol. I have a thyroid problem. Sometimes I have backaches. I take medicine and vitamins regularly.

*Fill in the blanks with the correct form of the verb:*

1. Yelena's father \_\_\_\_\_ high blood pressure.
2. Yelena's mother \_\_\_\_\_ diabetes.
3. Yelena's Grandmother \_\_\_\_\_ arthritis.
4. Yelena's Grandfather \_\_\_\_\_ healthy.
5. Yelena \_\_\_\_\_ high cholesterol and a thyroid problem. She  
\_\_\_\_\_ medicine and vitamins regularly.

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### Grammar Tip: Possessives

I—my	My mother is sick today.
You—your	How is your mother feeling?
He—his/She—her	Her back hurts.
we—our	Our son feels sick.
you—your	How are your parents?
they—their	Their grandmother is in the hospital.
Yelena—Yelena's	Yelena's back hurts.
Yelena and Mary	Are Yelena's and Mary's parents okay?

*Fill in the blanks with the correct possessive pronoun:*

1. \_\_\_\_\_ (you) daughter has a toothache.
2. \_\_\_\_\_ (I) wife feels sick.
3. \_\_\_\_\_ (he) head hurts.
4. \_\_\_\_\_ (she) parents are healthy.
5. \_\_\_\_\_ (we) our son has the flu.
6. \_\_\_\_\_ (Yelena) leg is broken.

\_\_\_\_\_

## **Reading Five: Reading a Doctor's Form**

*Look through the following form from a Doctor's office. This form asks you questions about your personal health history. Read the form and then discuss any words you do not know with your classmates and instructor. What do you know about your health history? What don't you know?*

## **HEALTH HISTORY**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(First) (Middle) (Last)

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: ☐ Female ☐ Male

Height: \_\_\_\_ feet \_\_\_\_ inches Weight: \_\_\_\_\_ lbs

Marital Status: ☐ Single ☐ Married ☐ Widowed

This history form provides us with information to help us understand all your healthcare needs. Please complete the entire form by answering each question as thorough as possible.

### **GENERAL INFORMATION**

**1. When was your last physical exam? (exam in a doctor's office)**

\_\_\_\_/\_\_\_\_/\_\_\_\_

Name of Doctor: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

**2. Place of Birth (Where were you born?):** \_\_\_\_\_

**3. What is your current occupation (job now)?** \_\_\_\_\_

**4. Please list all allergies (foods, drugs, environment)** \_\_\_\_\_

\_\_\_\_\_



**LIFESTYLE & HABITS:**

**Smoking**

1. Do you smoke?      Yes    ☐ No    ☐

If yes, how many packs a day do you smoke? \_\_\_\_\_

**Alcohol**

2. Do you drink alcohol?      Yes    ☐    No    ☐

If yes, how times a week do you drink? \_\_\_\_\_

**Caffeine**

☐                      ☐

3. Do you drink caffeine (coffee, soda, tea)?      Yes      No

If yes, how many cups a day? \_\_\_\_\_

**Daily Exercise**

4. How many times a week do you exercise? \_\_\_\_\_

**Television Habits**

5. How many hours a day do you watch television? \_\_\_\_\_

**Sleep Habits**

6. How well do you sleep? \_\_\_\_\_

How many hours a night? \_\_\_\_\_

\_\_\_\_\_

**ILLNESS OR OPERATION**

1. Please list all serious illnesses and accidents you have experienced.

<b>Illness or Operation</b>	<b>Year of Illness</b>	<b>Were you hospitalized? (Write YES or NO)</b>

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*CURRENT MEDICATIONS*

1. What medications do you take? Please list both prescription drugs (**medicine with a note from doctor**) and nonprescription drugs (**medicine without a doctor's note**):

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## Writing Practice:

*Read Yelena's description of her family's health history again. Think about your family health history. Write a story about your family's health history in the space below.*

# ***ESL Health Unit***

## **Unit One The Doctor's Office**

### **Lesson Three Knowing Your Health History**



### ***Listening and Speaking Practice Advanced Beginning***

#### **Goals for this lesson:**

*Below are some of the goals of this lesson. Which ones are your goals too? Check (✓) them.*

- ☐ describe your personal health history
- ☐ ask for information about your doctor's office
- ☐ ask questions when you do not understand
- ☐ prepare a family health history



## Lesson Three: Knowing Your Health History

### *Listening and Speaking Practice*

#### **Before You Listen!**

*What do you know about your doctor's office?*

*Work with your classmates and your teacher to answer the following questions.*

1. Where is your doctor's office?
2. When is your next appointment?
3. What do you do if you have an emergency?
4. Does your doctor's office have a translator (**person who can speak your language and English**) who can help you?

## Listening: Know Your Doctor's Office

*Ramona is a new patient at Dr. Fuentes' office. Listen to the telephone conversation between Ramona and Alex Jones. Alex Jones is the receptionist who works at the front desk in Dr. Fuentes office.*

**Alex Jones:** Hello, Dr. Fuentes' office, this is Alex Jones speaking.

**Ramona:** Hi. My name is Ramona Jimenez. I'm a new patient and I have a few questions about my appointment next week.

**Alex Jones:** How can I help you?

**Ramona:** Could you tell me where your office is?

**Alex Jones:** Sure, we are at 3401 Chestnut Street.

**Ramona:** Excuse me...I didn't understand. Could you repeat that please?

**Alex Jones:** Sure. We are at 3401 Chestnut Street. Do you know where that is?

**Ramona:** Yes. That is near my apartment.

**Alex Jones:** Oh, okay.

**Ramona:** I have another question. What information do I need to bring with me?

**Alex Jones:** You need to bring a list of ALL of the medicines you take, including non-prescription drugs, including eye drops, vitamins, and laxatives.

**Ramona:** I'm sorry...what was that? Did you say you want me to of my medicines?

**Alex Jones:** That's right. You should bring all of your medicines. You should also bring the phone number of your regular pharmacy and the names and addresses of your other doctors. When you come, you will fill out a health history.

**Ramona:** Ah...okay. If you don't mind, I have another question.

**Alex Jones:** Go ahead.

**Ramona:** Could you tell me again when my appointment is?

**Alex Jones:** Sure. Your appointment is at 10:00 a.m. on Friday.



**Ramona:** I'm sorry. Can you repeat that?

**Alex Jones:** 10:00 a.m. Friday.

**Ramona:** Could I ask you one more question?

**Alex Jones:** Sure. No problem.

**Ramona:** If I have an emergency before my appointment, what number should I call?

**Alex Jones:** First call our regular number. If we are not in, you should call our emergency number: 203-489-0987

**Ramona:** I'm sorry...could you say the number again more slowly?

**Alex Jones:** 2-0-3-4-8-9-0-9-8-7

**Ramona:** Okay...good. Thank you very much for your time!

**Alex Jones:** Can I help you with anything else?

**Ramona:** No. That's all for now. Thanks and see you on Friday!

1. Ramona asks several questions about her next visit to the doctor's office.

Below, write the answer Alex Jones gives to each of the Ramona's questions. Discuss your work with your classmates and your instructor.

<i>Ramona's Question</i>	<i>Alex's Answer</i>
Could you tell me where your office is?	
What information do I need to bring with me?	
Could you tell me again when my appointment is?	
If I have an emergency before my appointment, what number should I call?	

2. Four different times during the conversation, Ramona has trouble understanding Alex. Listen to the conversation again. What does Ramona say when she does not understand Alex? Complete the following sentences with Ramona's words:

- a. Excuse me...
- b. I'm sorry...
- c. I'm sorry...

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## **Talk About It!**

*Before you begin the Talk About It activities, think about your answers to the following questions.*

1. Is there a history of heart disease, hypertension, diabetes, cancer, or other illness in your family? If yes, what illnesses?
2. Has anyone in your family ever had surgery? If yes, what kind of surgery?
3. Do you have any allergies to medication or food?
4. Are you taking any medications?
5. Do you smoke?
6. Do you drink? (alcohol)
7. Do you exercise?
8. How many hours do you sleep each night? Do you have any problems sleeping?
9. Do you know your normal blood pressure?

**Activity:**

*Role-play a visit to the doctor using the dialogue below. Take turns being the doctor and the patient.*

<b>Doctor:</b>	How are you feeling today?
<b>Patient:</b>	I'm okay.
<b>Doctor:</b>	Well, I'd like to ask you a few questions about your health history.
<b>Patient:</b>	Okay.
<b>Doctor:</b>	Do you have any health problems?
<b>Patient:</b>	
<b>Doctor:</b>	Okay. Are you taking any medications?
<b>Patient:</b>	
<b>Doctor:</b>	Do you have any allergies?
<b>Patient:</b>	
<b>Doctor:</b>	Have you ever had any surgeries?
<b>Patient:</b>	
<b>Doctor:</b>	Do you exercise?
<b>Patient:</b>	
<b>Doctor:</b>	Do you smoke?
<b>Patient:</b>	
<b>Doctor:</b>	Do you have any trouble sleeping?

**Patient:**

**Doctor:** Could you tell me about your family health history? Is there a history of heart disease, diabetes, cancer, or other illness in your family?

**Patient:**

**A Thematic Unit for Beginning Level ESL Teachers**  
*Beginning Level, Unit One: The Doctor's Office*  
*Lesson Three: Knowing Your Family History*

## **Checklist for Learning**

### **Vocabulary Log:**

*In the space below, write down all of the new words you learned during this lesson that you want to remember. Try to separate your list of words into nouns (person, place or thing), adjectives (describing words) and verbs (action words). For extra practice use them in sentences of your own.*

***New words I learned during this lesson:***

*Nouns:*

*Adjectives:*

*Verbs:*

### **What can you do?**

*Below are some of the language goals you worked on during this lesson. Check (✓) what you learned from this lesson. Add more ideas if you wish.*

*I learned to...*

- ☐ describe your feelings
- ☐ understand a voicemail message
- ☐ learn new vocabulary
- ☐ describe why you call the doctor
- ☐ make an appointment
- ☐ \_\_\_\_\_