

**CAREER  
PATHS**

# Nursing

Virginia Evans  
Kori Salcido - R.N.



**Express Publishing**

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PATHS**

# Nursing

Book

1

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## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Hospital Staff	Directory	anesthesiologist, cardiologist, general practitioner, lab technician, obstetrician, pediatrician, pharmacist, radiologist, receptionist, surgeon	Providing reassurance
2	Hospital Departments	Flyer	cardiology, dermatology, emergency, obstetrics, orthopedics, pathology, pediatrics, pharmacy, radiology, surgery	Asking for directions
3	Rooms and Equipment	Checklist	alternating pressure mattress, biohazard waste container, call button, gauze, gown, latex gloves, oxygen tank, sharps container, syringe, wheelchair	Asking for help
4	The Body	Guide	arm, bone, elevate, external, extremities, hand, head, internal, leg, pulse, spinal, wrist	Asking about severity
5	Blood	Flyer	bleeding, clot, compatible, plasma, platelet, red blood cell, Type A, Type AB, Type B, Type O, universal donor	Asking about experience
6	The Circulatory System	Poster	aorta, arrhythmia, artery, atrium, capillary, heart, pulmonary, valve, vein, vena cava, ventricle	Describing good news
7	The Respiratory System	Poster	alveoli, asthma, bronchial tube, carbon dioxide, emphysema, epithelial cell, lung, lung cancer, oxygen, respiratory system	Talking about consequences
8	The Digestive System	Patient summary	appendicitis, colon, colonoscopy, cramping, diarrhea, esophagus, large intestine, small intestine, stomach, ulcer	Showing sympathy
9	Physical Assessment	Instructions	affect, auscultation, body build, consent, demographic, inspection, objective data, palpation, percussion, subjective data	Describing steps
10	Recognizing Symptoms	Poster	ache, cough, fatigue, fever, headache, mild, moderate, severe, sore throat, stuffy	Asking about symptoms
11	Pain	Assessment sheet	burning, constant, distress, excruciating, intensity, intermittent, sharp, shooting, throbbing, unbearable	Talking about pain
12	Medication	Information list	antibiotic, antidepressant, antihistamine, anti-inflammatory, dose, laxative, painkiller, sedative, stimulant, suppository	Identifying an error
13	Licensed Practical Nurse	Job listing	accredited, bedside, bedsore, certified, degree, electronic health record, injection, license, patient flow, re-order, vaccine	Giving a firm opinion
14	Registered Nurse	Newspaper article	associate's degree, bachelor's degree, demand, factor, hospital-based diploma program, licensed, licensure exam (NCLEX-RN), Nurse Practice Act, registered nurse, shortage, state board of nursing	Asking for an opinion
15	Nurse Practitioner	Article	advanced degree, board certified, counseling, diagnose, immunization, NP (Nurse Practitioner), physical exam, physical therapy, point of entry, prescribe	Acknowledging

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## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Nutrition	Flyer	B-vitamins, carbohydrates, fats, high fructose corn syrup, obesity, omega-3, protein, poultry, Vitamin A, Vitamin C, Vitamin D, zinc	Bringing up a topic
2	Hygiene	Poster	antibiotic, antimicrobial, bacteria, disinfectant, facemask, infection, isolate, transmit, virus	Making a recommendation
3	Administering Medication	Hospital procedures	countersign, crosscheck, dosage, expiration date, identification bracelet, intramuscular administration, oral administration, prescription, route of administration, shot, side effect, tablet	Giving a reminder
4	Admitting Patients	Admission form	admit, advance directives, allergy, biographic data, chief complaint, family history, hospitalize, insurance, medical history, next of kin, over-the-counter, psychosocial history	Taking a history
5	Taking Vital Signs	Patient condition check form	aneroid monitor, apnea, beats per minute, blood pressure, body temperature, diastolic, eupnea, heart rate, respiration, resting rate, stable, systolic, thermometer, vital signs	Asking about conditions
6	Accidents, Emergencies and First Aid	Poster	bandage, blister, chest compressions, CPR, defibrillator, morphine, paramedic, rescue breathing, responsiveness, shock, sterilize, third-degree burn	Describing an injury
7	Wound Care	Handout	cellulitis, debridement, desiccation, dress, eschar, exudate, inflammation, maceration, necrosis, slough, suture, tissue, wound	Giving negative news
8	Medical Specimens and Testing	Medical report	albumin, biopsy, blood pressure, BUN test, chronic kidney disease (CKD), creatinine, GFR test, kidney, pathology report, renal, urinalysis, urine	Describing test results
9	Discharging Patients	Discharge form	aids, asthma attack, coverage, discharge, discharge planner, existing services, follow-up, metered dose inhaler, nebulizer, physical therapy, physiotherapist, transportation	Talking about future events
10	Maternity Nursing	Handout	bloody show, Braxton-Hicks contractions, c-section, contraction, discharge, fetal movement count, labor, lightening, OB Triage, pregnancy, trimester, water break	Asking about symptoms
11	Pediatric Nursing	Website	abdomen, bili lights, bilirubin, elevated, erythema toxicum, immune system, jaundice, oral thrush, phototherapy, rash, sore, yeast infection	Describing caution
12	Surgical Nursing	Posting	bactericidal, coordinator, forceps, operating room, post-operative unit, retractors, sanitize, scalpel, scissors, scrub room, sponge, surgical procedure	Describing a problem
13	Home Health Nursing	Brochure	administrative, advocacy, appointment, bathing, chore, grooming, illness, infusion therapy, injury, mobility, out-of-network, recovery	Asking about ability
14	Public Health Nursing	Schedule of events	CDC, communicable, epidemic, infectious, keynote speaker, moderate, MSN, outbreak, outreach, preventative, public health nurse, statistics, workshop	Correcting an error
15	Agency Nursing	Advertisement	associate, clinical, full-time, international, part-time, passport, per diem, temporary housing, transition, travel nursing, work visa	Polite greetings

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## Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Schedules and Hours	Newspaper article	budget, demand, exhaustion, full-time, incentive, overtime, overworked, part-time, retirement, shift, survey, workload	Expressing concern
2	Communicating with Patients and Families	Memo	anxiety, cultural differences, empathy, health literacy, jargon, miscommunication, non-verbal, open-ended question, preconception, rapport, therapeutic, verbal	Giving advice
3	Chronic vs. Acute Conditions	Article	acute, chronic, chronic bronchitis, condition, endocarditis, hypertension, intervention, osteoporosis, pneumonia, pre-existing, scarlet fever, strep virus, stroke	Confirming details
4	Diabetes	Pamphlet	alcohol, amputation, blindness, BMI, cataract, gestational diabetes, glaucoma, glucose, gums, insulin, Type 1 diabetes, Type 2 diabetes	Making a suggestion
5	Cancer	Webpage	anti-angiogenesis therapy, cancer, chemotherapy, immunotherapy, oncologist, oncology, outpatient, photodynamic therapy, poison, radiation therapy, tumor, X-ray	Describing side effects
6	Heart Disease	Poster	abdominal obesity, aspirin, cardiovascular, cholesterol, congenital heart disease, coronary artery disease, heart failure, pacemaker, plaque buildup, stent, stress, transplant	Describing treatment
7	Trauma and Triage	Nursing guide	acuity, compound fracture, Emergency Severity Index, ESI 1, ESI 2, ESI 3, ESI 4, ESI 5, fracture, resources, trauma, triage	Describing patient needs
8	Communicating with Staff	Email	abbreviation, adhere to, assessment, at risk, chronological order, comprehensive, concise, document, highlight, legibly, plan of care, status, update	Identifying errors
9	IV Care	Notes	continuous, direct, hypertonic, hypotonic, infusion rate, intermittent, isotonic, IV pump, macrodrip, microdrip, parenteral, roller clamp, saline	Asking for an opinion
10	Preparing a Patient for Surgery	Checklist	anesthesia permit, chlorhexidine, crash cart, EKG report, initial, medication reconciliation form, NPO order, operative permit, personal effects, post-op, pre-op, witness	Reviewing a list
11	Preventing Infection	Flyer	alcohol-based, contamination, E. Coli, MRSA, nosocomial, pathogen, sanitizer, staph infection, urinary catheter, vector, ventilator-associated pneumonia, vigilant	Giving a reminder
12	OB/GYN Nursing	Pamphlet	estrogen, fertility, hormone therapy, hot flash, insomnia, libido, menopause, menstrual cycle, OB/GYN, ovary, perimenopause, progesterone, uterus	Delivering good news
13	Geriatric Nursing	Brochure	Alzheimer's disease, assisted living, bed sore, dizziness, drug interaction, geriatric, hearing loss, immobility, incontinence, nursing home, polypharmacy, supervision	Explaining differences
14	Psychiatric Nursing	Article	addiction, bipolar disorder, dementia, depression, diverse, DSM-IV, eating disorder, electroconvulsive therapy, psychiatric nursing, psychotherapy, rehabilitation, schizophrenia	Describing benefits
15	Hospice Nursing	Webpage article	burial, compassionate, cremation, death certificate, DNR order, end of life care, euthanasia, funeral, grieve, hospice, life expectancy, palliative, pass away, remains, terminal	Confirming understanding

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# 14 Public Health Nursing

## Get ready!

### 1 Before you read the passage, talk about these questions.

- 1 How do people prevent diseases from spreading in cities?
- 2 What are important issues for nurses to educate the public about?

infectious

## Lamont University Public Health Fair

Welcome to the annual Lamont University Public Health Fair! Today's **keynote speaker** will be Karen Netherwood, MSN. Miss Netherwood will address the role of **public health nurses** in shaping government policies. We will also have several other speakers from the field of public health nursing. We hope you can join us for all of these informative discussions.

## Schedule of Events

9:00 am:

"Responding to **Epidemics**" with Steven Landers, MD. Dr. Landers will discuss epidemics and **preventative** measures in large populations such as cities, states, and countries.

11:00 am:

"**Infectious** Diseases: a Twenty-First Century Perspective" with Barbara

Johnson, RN. Miss Johnson will present recent **statistics** on **communicable** diseases from the **CDC**. She will also talk about effective methods of prevention in densely populated urban areas.

12:00 pm:

Lunch.

2:00 pm:

**Workshop** on **outreach** within homeless communities. Gloria Escher, MSN will **moderate** a dialogue about successful techniques for treating **outbreaks** among the homeless.

5:00 pm:

Keynote address with Karen Netherwood, MSN.

keynote speaker

## Reading

### 2 Read the schedule of events for a public health fair. Then, choose the correct answers.

- 1 What do all of the talks address?
  - A treating spreading diseases
  - B preventing disease outbreaks
  - C managing the health of groups
  - D affecting government decisions
- 2 What will NOT be discussed in Barbara Johnson's talk?
  - A data from the CDC
  - B diseases that spread easily
  - C stopping diseases from spreading in cities
  - D effects of diseases in densely populated urban areas
- 3 What can you infer about the fair?
  - A All of the speakers are nurses.
  - B Nurses must purchase tickets to each talk.
  - C The talks will focus on eliminating communicable diseases.
  - D Public health nursing and government will be discussed last.

## Vocabulary

### 3 Read the sentence pairs. Choose which word best fits each blank.

#### 1 infectious / preventative

- A Taking \_\_\_\_\_ action will prevent the spread of the disease.
- B \_\_\_\_\_ diseases spread quickly.

#### 2 outreach / epidemics

- A The nurses hope that the \_\_\_\_\_ program will improve local health.
- B \_\_\_\_\_ fade with vaccine use.

#### 3 MSN / CDC

- A Nurses at the \_\_\_\_\_ can recognize the symptoms of many diseases.
- B Nurses with a \_\_\_\_\_ are qualified to operate independently.

epidemic

**4 Fill in the blanks with the correct words or phrases:**

*keynote speaker, public health nursing, statistics, communicable, workshop, moderate, outbreak.*

- 1 All nurses at this hospital must attend a(n) \_\_\_\_\_ on preventing infection.
- 2 \_\_\_\_\_ diseases spread rapidly.
- 3 The \_\_\_\_\_ gave a terrific speech.
- 4 During a serious \_\_\_\_\_ of the flu, thousands of people became ill.
- 5 Dr. Stephenson was asked to \_\_\_\_\_ the discussion of admittance procedures.
- 6 Once a relatively small field, \_\_\_\_\_ is now a major part of the nursing world.
- 7 \_\_\_\_\_ on recovery times show that rest speeds healing.

**5 Listen to and read the schedule of events again. How often does Lamont University hold a public health fair?**

## Listening

**6 Listen to a conversation between a nurse and a speaker at a health fair. Mark the following statements as true (T) or false (F).**

- 1 \_\_\_ The woman was disappointed with the conference.
- 2 \_\_\_ Closing public areas is the most important response to an epidemic.
- 3 \_\_\_ Epidemics are spread by people who do not appear to be sick.

**Listen again and complete the conversation.**

**N:** Hi, Dr. Landers. I was in your talk on epidemics this morning.  
**S:** Oh, good. What did you think?  
**N:** It was really informative, thanks. But I do have a question or two, 1 \_\_\_\_\_.  
**S:** Sure. What would you like to know?  
**N:** Well, you said that the most important part of responding to an epidemic is 2 \_\_\_\_\_, right?  
**S:** Yes. Isolating infected people stops them from spreading the disease.  
**N:** But people can still spread 3 \_\_\_\_\_ before they show symptoms.  
**S:** That's true. It's a definite challenge in stopping epidemics.  
**N:** So, wouldn't it be better to shut down 4 \_\_\_\_\_ where people get sick? Like movie theaters?  
**S:** Actually, 5 \_\_\_\_\_ spread in those places.  
**N:** Really? So what do you do instead?  
**S:** We 6 \_\_\_\_\_ people about preventative measures, like hand washing.

## Speaking

**8 With a partner, act out the roles below based on Task 7. Then, switch roles.**

**USE LANGUAGE SUCH AS:**

*You said that the most important part of responding ...  
But people can still spread ...  
So wouldn't it be better to ...?*

**Student A:** You are a nurse attending a health seminar. Ask Student B questions about:

- how epidemics spread
- educating people
- best response to an epidemic

**Student B:** You are a speaker at a health seminar. Answer Student A's questions.

## Writing

**9 Use the conversation from Task 8 to fill out the nurse's notes. Include how epidemics spread, responses, and education.**

### Response to Epidemics – Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Glossary

- abbreviation** [N-COUNT-U8] An **abbreviation** is a short form of a word or phrase.
- abdominal obesity** [N-UNCOUNT-U6] **Abdominal obesity** is when a person has a large quantity of fat around the waist and stomach, to an extent that is unhealthy.
- acuity** [N-UNCOUNT-U7] **Acuity** refers to the severity of a patient's condition.
- acute** [ADJ-U3] An **acute** condition is one that appears suddenly and often with great intensity.
- addiction** [N-COUNT-U14] An **addiction** is a condition in which a person cannot stop doing something which is bad for them.
- adhere to** [V-T-U8] To **adhere to** rules or guidelines means to follow them correctly.
- alcohol** [N-UNCOUNT-U4] **Alcohol** is the chemical substance in drinks, such as wine and beer, that causes people to get drunk.
- alcohol-based** [ADJ-U11] If a cleaning product is **alcohol-based**, it contains alcohol rather than water.
- Alzheimer's disease** [N-UNCOUNT-U13] **Alzheimer's disease** is a brain disease that causes a person to lose memory and the ability to think clearly.
- amputation** [N-COUNT-U4] An **amputation** is when a person's limbs, fingers or toes are removed during surgery.
- anesthesia permit** [N-COUNT-U10] An **anesthesia permit** is a license that allows a person to administer anesthetic to patients.
- anti-angiogenesis therapy** [N-UNCOUNT-U5] **Anti-angiogenesis therapy** is a form of cancer treatment that uses drugs or other substances to stop a tumor from building new blood vessels.
- anxiety** [N-UNCOUNT-U2] **Anxiety** is a feeling of nervousness and worry.
- aspirin** [N-COUNT-U6] An **aspirin** is a type of drug, most often in pill form, that is used to relieve pain, inflammation and fever. Aspirin is sometimes prescribed to people with heart problems because it also stops blood from forming clots.
- assessment** [N-COUNT-U8] An **assessment** is the act of deciding what condition a person is in.
- assisted living** [N-UNCOUNT-U13] **Assisted living** is a living situation in which a person receives assistance with daily activities, but does not need 24-hour care.
- at risk** [PHRASE-U8] If someone or something is **at risk**, they are in danger.
- bed sores** [N-PLURAL-U13] **Bed sores** are skin wounds caused by too much pressure cutting off blood circulation to a part of the body.
- bipolar disorder** [N-UNCOUNT-U14] **Bipolar disorder** is a mental illness in which a person shows two extreme and opposing moods.
- blindness** [N-UNCOUNT-U4] **Blindness** is when a person cannot see at all, or when a person's vision is severely impaired.
- BMI** [ABBREVIATION-U4] **BMI** is a measurement of the quantity of fat in a person's body.
- budget** [N-COUNT-U1] A **budget** is a plan that details how much money can be spent in certain areas.
- burial** [N-COUNT-U15] A **burial** is the act of putting a dead body underground.
- cancer** [N-UNCOUNT-U5] **Cancer** is a serious disease in which cells in one or more parts of the body begin to grow in an uncontrolled and abnormal way.
- cardiovascular** [ADJ-U6] If something is **cardiovascular**, it is related to the heart or blood vessels.
- cataract** [N-COUNT-U4] A **cataract** is a medical condition in which the lens of the eye becomes white, causing a person to slowly lose the ability to see.
- chemotherapy** [N-UNCOUNT-U5] **Chemotherapy** is a drug or combination of drugs, given to a patient, in order to kill cancer cells.
- chlorhexidine** [N-UNCOUNT-U10] **Chlorhexidine** is a chemical that kills bacteria.
- cholesterol** [N-UNCOUNT-U6] **Cholesterol** is a substance located in the blood and cells of the body. Too much cholesterol is linked to problems with the heart and arteries.
- chronic** [ADJ-U3] A **chronic** condition is one that develops slowly and lasts a long time.
- chronic bronchitis** [N-UNCOUNT-U3] **Chronic bronchitis** is a persistent condition in which tubes in the lungs swell and make it difficult to breathe.

**chronological order** [N-COUNT-U8] If something is written in **chronological order**, it is written in a list of times or dates, with the earliest time or date first.

**compassionate** [ADJ-U15] If a person is **compassionate**, that person takes other people's feelings into consideration when making decisions and attempts to do what would make other people feel better.

**compound fracture** [N-COUNT-U7] A **compound fracture** is a fracture in which the bone protrudes through an open wound.

**comprehensive** [ADJ-U8] If something is **comprehensive**, it is complete and includes everything which is necessary.

**concise** [ADJ-U8] If something is **concise**, it is written briefly, but includes a lot of detail.

**condition** [N-COUNT-U3] A **condition** is a medical illness or disease.

**congenital heart disease** [N-UNCOUNT-U6] **Congenital heart disease** is a condition where the heart or blood vessels do not form correctly while a baby is in the womb. Sometimes, it is detected at birth, or during childhood, but sometimes it is not detected until adulthood.

**contamination** [N-UNCOUNT-U11] **Contamination** is the spread of something, making something else less pure or poisonous.

**continuous** [ADJ-U9] If something is **continuous**, it happens all the time and doesn't stop.

**coronary artery disease** [N-UNCOUNT-U6] **Coronary artery disease** is a condition where the arteries become blocked and narrow, which prevents sufficient blood from reaching the heart.

**crash cart** [N-COUNT-U10] A **crash cart** is a drawer on wheels that contains various medical tools and supplies.

**cremation** [N-COUNT-U15] A **cremation** is the act of burning a dead body and crushing the bones so that only ash remains.

**cultural difference** [N-COUNT-U2] A **cultural difference** is a different way of doing or thinking about something in different societies.

**death certificate** [N-COUNT-U15] A **death certificate** is a document produced to certify that a person is dead, which is needed for legal purposes.

**demand** [N-UNCOUNT-U1] **Demand** is the need for something to be available.

**dementia** [N-UNCOUNT-U14] **Dementia** is a mental illness common in old people, characterized by loss of memory.

**depression** [N-UNCOUNT-U14] **Depression** is a mental illness in which a person feels sad or hopeless.

**direct** [ADJ-U9] If something is **direct**, it goes immediately to the place where it is needed.

**diverse** [ADJ-U14] If something is **diverse**, there are many different types of this thing.

**dizziness** [N-UNCOUNT-U13] **Dizziness** is a feeling that things around you are spinning. It makes you feel like you might fall down.

**DNR order** [N-COUNT-U15] A **DNR** (Do Not Resuscitate) **order** is an instruction in a terminally ill patient's file that instructs medical personnel not to attempt to save the patient's life or not to make any effort to bring them back to life after they are dead.

**document** [V-T-U1] If you **document** something, you make a written note of what happened.

**drug interaction** [N-COUNT-U13] A **drug interaction** is the combined use of drugs that results in negative reactions.

**DSM-IV** [ABBREV-U14] **DSM-IV** is the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders.

**E. Coli** [N-UNCOUNT-U11] **E. Coli** is bacteria found in undercooked food which can cause illness.

**eating disorder** [N-COUNT-U14] An **eating disorder** is a mental illness characterized by a person's unhealthy eating habits.

**EKG report** [N-COUNT-U10] An **EKG report** is an image that records the heart's electrical currents.

**electroconvulsive therapy** [N-UNCOUNT-U11] **Electroconvulsive therapy** is the treatment of an illness using electric shocks.

**emergency severity index** [N-UNCOUNT-U7] The **Emergency Severity Index** (ESI) is a method of classifying patients into five categories based on the severity of their conditions and resource needs.

**empathy** [N-UNCOUNT-U2] **Empathy** is the ability to share and relate to someone else's feelings or experiences.

**end of life care** [PHRASE-U15] **End of life care** is the medical action taken when a person is close to death. The goal of end of life care is to make the patient feel comfortable instead of to save his or her life.

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# Nursing

**Career Paths: Nursing** is a new educational resource for nursing professionals. Reviewed by licensed nurses, it incorporates career-specific vocabulary and contexts into lessons that build professionals' workplace English skills. Each unit offers step-by-step instruction that immerses students in four language components: reading, listening, speaking, and writing. **Career Paths: Nursing** addresses topics including hospital departments, basic equipment, specific illnesses, nursing duties and career options.

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**Included Features:**

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- Career-specific dialogues
- 45 reading and listening comprehension checks
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