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LISTENING COMPREHENSION

EXERCISE 1. LISTENING 1.

You are going to listen to a discussion about morning sickness in pregnancy. Choose the correct answer.

1. According to the recording:
 - a. only 20% of women do not experience morning sickness,
 - b. 1 in 5 pregnant women suffer from morning sickness,
 - c. only a minority of women suffer from nausea and vomiting,
 - d. 80% of women suffer only from nausea.

2. Among all women who suffer from morning sickness:
 - a. the majority feel sick only,
 - b. more than a half feel sick and throw up,
 - c. less than a half feel sick and throw up,
 - d. there are more women who throw up than those who feel sick.

3. Both speakers agree that the term 'morning sickness':
 - a. makes the actual problem seem less significant,
 - b. does not have any influence on the perception of the problem,
 - c. reflects the nature of the condition in a proper way,
 - d. is incorrectly used.

4. The lady who reports suffering from morning sickness with both pregnancies:
 - a. hasn't given any history of emesis,
 - b. hasn't experienced any retching or squeamishness,
 - c. felt squeamish occasionally but didn't puke,
 - d. felt queasy but retched only a few times.

5. The lady goes on to say that:
 - a. she was very anxious about not experiencing any symptoms of her pregnancy,
 - b. her symptoms reassured her about her pregnancy,
 - c. her pregnancy wasn't developing well due to her symptoms,
 - d. she felt very nervous because of feeling sick all the time.

6. According to one of the speaker, nausea can occur during the whole day:
 - a. with the same intensity,
 - b. but is more intensive before and after noon,
 - c. but is slightly less intensive in the evening,
 - d. but is slightly less intensive in the morning.

7. On the other hand, vomiting:
 - a. is more frequent as the day progresses,
 - b. occurs slightly more often in the morning,
 - c. becomes less intensive in the morning,
 - d. occurs during the day with the same intensity.

8. The aggravation of symptoms occurs:
 - a. between 4 and 6 weeks of pregnancy,
 - b. around 12 weeks of pregnancy,
 - c. around 9 weeks of pregnancy,
 - d. suddenly in week 14 of pregnancy.

9. You are more likely to suffer from morning sickness if:
 - a. you have problems with the placenta,
 - b. you were pregnant before,
 - c. symptoms in the previous pregnancy were severe,
 - d. your mother or sisters suffered from the condition.

EXERCISE 2. LISTENING 2.

Listen to the extract twice and fill in the gaps with 1-2 words:

Physical exercise is a vital component of psychological well-being, with particular influence on mood and (1) Moderate to (2) aerobic exercise, like running or swimming, will bring about health benefits straightaway. This is widely known as the “runner’s (3),” which reduces anxiety, and boosts (4); it also makes people more calm. The feeling may be compared to the feeling of elation caused by mood-altering (5) One explanation of this effect was the endorphin theory – these are substances produced within the body and the brain acting on the (6) receptor system, thereby lessening (7) and causing feelings of euphoria. (8) is one example of the drug which acts on this system. After exercise, the level of endorphins in the blood is (9) but their molecules are too big to cross the (10) barrier. Recent research indicates the significance of the (11) system, which is activated by marijuana. In 2015, a German study carried out on (12) (divided into runners and non-runners) demonstrated that the runners exhibited less (13) (as manifested in the choice of lighter areas of the box), they were also less (14) to thermal pain. Genetically modified mice (15) such receptors in the brain didn’t reap any of the benefits of running and anxiety at all.

READING COMPREHENSION

EXERCISE 3. READING 1.

Six sentences have been removed from the text. Decide which sentence A-I belongs in each gap 1-6. There are three extra sentences which you do not need to use.

Unravelling the neural code of the anxious brain

- A. Anxiety disorders affect an estimated 40 million adults in the United States, and in 2016, for example, more than 16 million U.S. adults experienced at least one major depressive episode.
- B. Finding such a clear pattern in the groups' brain activity took the researchers aback.
- C. Recently, and for the first time, researchers have designed an experiment that measures the neural correlates of mood in real-life situations.
- D. Trying to decipher the inner workings of the most complicated structure in the universe is bound to be fraught with difficulty.
- E. Scientists take this coordinated activity to mean that the regions are working together and communicating.
- F. The findings have scientific implications for our understanding of how specific brain regions contribute to mood disorders, but also practical implications for identifying biomarkers that could be used for new technology designed to treat these disorders.
- G. In this way, the scientists could correlate changes in mood with brain activity using algorithms, which the study's lead author, Lowry Kirkby, Ph.D., had designed.
- H. These findings may provide clues about the different ways in which people prone to anxiety process emotional information.
- I. Discovering the characteristic brain activity in 13 participants was as surprising as noting its absence in the others, who did not have such pronounced anxiety.

Although our understanding of neuropsychiatric conditions, such as anxiety and depression, has advanced by leaps and bounds over the years, there are still vast gaps in our knowledge.(1)..... In a process that still seems close to magic, our perceptions, our sense of self, and our emotions are weaved into one experience — consciousness. This is the result of trillions of connections between neurons. Years of study have revealed the roles of various brain regions. For instance, we know that the hippocampus is important for memory and that the amygdala is involved in processing emotions. However, merely identifying which regions relate to particular activities does not give us a deep understanding of how the brain produces such a vivid spectrum of experiences and emotions.

Everyone experiences emotional ups and downs. For some people, the fluctuations can be so severe that their lives are significantly disrupted.(2)..... The use of MRI scans and other imaging techniques has allowed scientists to observe the brain in new detail. As a participant lies motionless in a device's small tunnel, researchers can present them with emotionally charged stimuli, then observe how the brain responds, as emotions change from positive to negative. Although these

studies have unlocked information about the inner workings of our brains, lying inside an MRI scanner is about as far from real life as one can get.

Observing the minute-by-minute workings of the human brain required a unique group of participants. The researchers recruited 21 people with epilepsy who already had 40–70 electrodes implanted on the brain's surface and within some deeper structures. The participants had received the electrodes in preparation for surgery to remove sections of the brain responsible for seizures. These implants allowed the scientists to chart brain activity for 7–10 days. Throughout this time, the participants recorded changes in mood using a tablet-based questionnaire.(3).....

Before studying the mood diaries, the scientists scoured the brain data, looking for intrinsic coherence networks. These networks are groups of brain regions that tend to be active at the same times.(4)..... When the scientists compared the data from all 21 participants, they found various "cliques" of brain regions that regularly fired together at the same frequency. In 13 of the participants, one clique was particularly active.

An earlier assessment of this group had indicated that they all experienced relatively high levels of anxiety. The data showed that when this clique was active, it correlated with feelings of low mood. Specifically, the researchers observed combined activity in the hippocampus and amygdala. The activity consisted of beta waves, which formed a rhythm that scientists had previously linked to anxious thinking.(5).....

The study marked the start of this line of investigation, so encountering such an apparently clear-cut pattern early on was welcome. As Dr. Sohal says, "Finding such a powerfully informative biomarker was more than what we'd expected at this stage of the project. [...] Based on what we know about these brain structures, this suggests that interactions between the amygdala and hippocampus might be linked to recalling emotional memories, and that this pathway is particularly strong in people with high levels of anxiety, whose mood might then be heavily influenced by recalling emotion-laden memories."

Much more work will follow, but Dr. Sohal is already excited about the results. He explains, "As a psychiatrist, it's deeply satisfying to begin to be able to provide a conceptual framework to patients to help them understand what they are going through when they feel down." This work may also contribute to advanced diagnostics. Dr. Chang explains, ".....(6)....."

EXERCISE 4. READING 2.

Read the text carefully and mark the sentences below as True or False.

Either a GP, a specialist, a consultant, a nurse, a diagnostician or healthcare provider can be charged with negligence, ethical misconduct or malpractice.. Failure to diagnose a patient correctly may at best result in providing improper medical care or the patient's death at worst. The civil action against the suspects can be brought by patients who feel a mistake in tests was made, or their next-of-kin.. Further, a cheated patient is entitled to claim compensation. The moment the case is substantiated and the defendant is found guilty he or she may suffer not only loss of money but reputation as well. The rules for the medical professionals to observe are quite simple. Laboratory technologists and physicians mustn't experiment with controversial techniques if they have not been suitably trained. Material collected for a particular diagnostic test cannot be used for other purposes. Yet, it is expected from medical professionals to follow new trends for the benefit of patients.

A laboratory technologist should always continue tests until completion. A physician should treat the patient until the end of the therapy or refer them to another specialist. Otherwise a GP may be held liable for abandonment. There are also sets of laws of ethical conduct to be followed at a medical workplace: a professional should act in the best interest of the patient, should never inflict injuries or anything detrimental to one's looks, comfort or health according to the Hippocrates's rule "first of all, do no harm" (*primum non nocere*), a medical professional should understand that the patient has the right to refuse or choose treatment, and that all patients have equal rights and are equal, and every single patient has the right to dignity, truthfulness and honesty and secrecy about his or her health condition or

test findings. Still, the above should be treated as guidelines, as these do not always give definitive answers as to how a particular situation should be handled. Sometimes, when moral values are in conflict, no perfect solution to a dilemma in medical ethics exists. For example, the principles of autonomy clash when patients refuse life-saving blood transfusion or operation and truth-telling was not frequent before “the HIV era” just for the sake of the patient when information about the diseases was scarce. General Medical Council provides clear modern guidance in the form of ‘Good Medical Practice’ or occasionally conducts courses in the form of elective programmes. Possible lawsuit for breach of confidence is another important issue. Law prevents physicians, nurses from revealing their discussions with patients, test results and treatment methods used, in some countries even under oath in court. However, over the past decade, a seismic shift in how people access their medical information, including sensitive test results, has taken place. Rather than waiting for their doctor to call, or for their next doctor’s visit, a growing number of people are using electronic websites to view their test results online, 24 hours a day. Anywhere between 70 percent and 73 percent of people use patient portals set up by their medical practices, health systems, and hospitals, according to reports. Domestic policy encourages portal use as a way to help people better manage their health and to improve patient safety, as studies show that physicians fail to promptly inform people in outpatient settings of between 18 percent and 26 percent of abnormal test results, including those suggesting cancer. However the risk of confidential information leak is more plausible with the use of electronic media.

Another issue is pharmaceutical companies involved in doctors’ prescribing pattern. Many doctors receive gifts or even foreign trips or conferences fees from referring their patients for special medical tests or prescribing them given medicines . Unfortunately it has been shown in too many studies nowadays that doctors’ prescribing patterns are not so infrequently influenced by drug company inducements.... Another thing is refusing by a medical professional to examine a patient with suspected infectious disease such HIV, or palpate an infected patient. Such behaviour is also actionable under the law.

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1. Nowadays, a cheated patient is entitled to claim damages from either a health professional or a healthcare facility who have been carelessly carrying out their obligations.	
2. Ophthalmologists cannot be financially responsible for malpractice.	
3. The doctors have pay for the patient’s treatment if they are found guilty.	
4. Laboratory diagnosticians have to do research with the samples to find out the germs responsible for the patient’s disease	
5. Confidentiality means the patient’s particulars are not to be disclosed even at court, unless otherwise stipulated.	
6. Test results can be viewed on-line and ca. 50 percent of patients do so.	
7. Nurses are the defendants in the malpractice cases, as well as the healthcare facilities.	
8. Patients mainly get information about their health status directly from their physicians.	
9. Sometimes patients are referred to make special medical tests during foreign trips.	
10. The doctors cannot avoid tapping a sick patient.	
11. Good Medical Council started a pilot course for all students at English Medical Universities.	
12. Rarely do inducements affect the doctor’s drug prescription behaviour.	