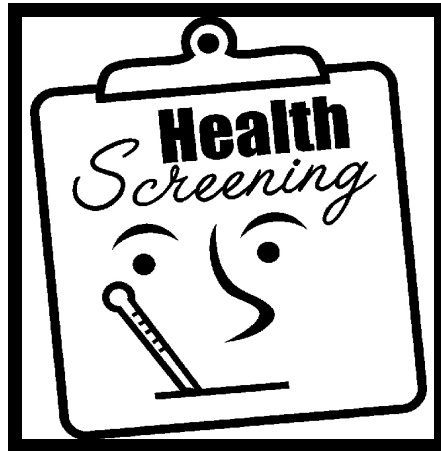


ESL Health Unit

Unit One The Doctor's Office

Lesson Three Knowing Your Health History



<http://www.lifeway.com/clipart/downloads/health.jpg>

Reading and Writing Practice Intermediate

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

Reading Three: Reading a Doctor's Form

Reading and Writing Practice

Before You Read!

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: _____		
Home Telephone: (____) _____		Work Telephone: _____
(____) _____		
Date of Birth: ____/____/____		Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male

Height: ____ feet ____ inches Weight: ____ lbs

Marital Status: Single Married Widowed

Emergency Contact: _____ Telephone:
(____) _____

Relationship: _____

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 thoroughly as possible.

GENERAL INFORMATION

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

Name of doctor: _____ Telephone:(____) _____

2. When did you last visit the dentist? ____/____/____

Name of dentist _____ Telephone:(____) _____

3. Place of birth (Where were you born?): _____

4. What is your current occupation (job now)? _____

5. Previous occupations (**jobs before**): _____

6. Please list all allergies (foods, drugs, environment): _____

LIFESTYLE & HABITS

Smoking

1. Do you currently smoke? Yes No

a.) If Yes, what do you smoke? _____

How many packs a day do you smoke? _____

b.) If No, are you a former smoker? Yes No

If a former smoker, when did you quit (date)? ____/____/____

Alcohol

2. Do you consume (drink) alcohol? Yes No

a.) If Yes, what type of alcohol do you drink (beer, wine, lager)? _____

How many times a week do you drink? _____

Caffeine

3. Do you consume caffeine? Yes No

a.) If Yes, how (through coffee)? _____

How many times 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? _____

Reading Habits

6. How many times a week do you read? _____

Sleep Habits

7. How well do you sleep? _____

Emotions

8. Please check the emotions that you have experienced now and in the past.

- Mood Swings
- Stress
- Other (please, specify): _____
- Nervousness
- Extreme Worry

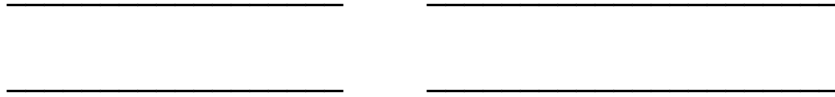
Illness or Operation

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

Illness or Accident	Year of Illness	Were you hospitalized? (Write YES or NO)

CURRENT MEDICATIONS

1. Please list all medicines you are currently taking, both prescription drugs (medicine with a note from the doctor) and non-prescription drugs (medicine without a doctor’s note).



FAMILY HISTORY

1. Please complete the following information about members of your family.

	<u>Mother</u>	<u>Father</u>	<u>Brothers</u>	<u>Sisters</u>
Age (if living)	_____	_____	_____	_____
Health (G=Good;P=Poor)	_____	_____	_____	_____
Age at Death (if deceased)	_____	_____	_____	_____
Cause of Death (if deceased)	_____	_____	_____	_____

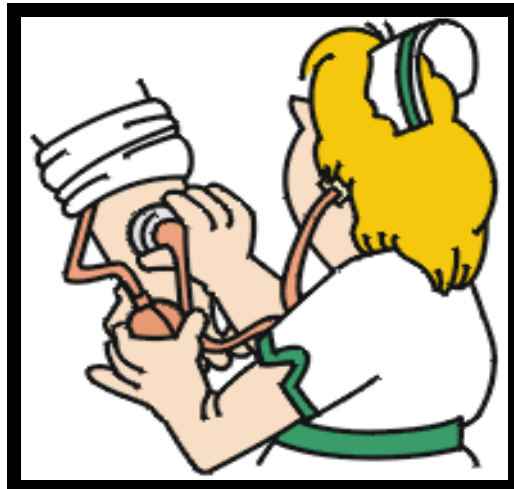
2. Check any conditions that members of your family have had.

	<u>Mother</u>	<u>Father</u>	<u>Brothers</u>	<u>Sisters</u>
Cancer	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____
Stroke	_____	_____	_____	_____
Mental Illness	_____	_____	_____	_____
Other (Specify)	_____	_____	_____	_____

ESL Health Unit

Unit One The Doctor's Office

Lesson Three Knowing Your Health History



Source: <http://www.4162070207.ca/clipart/Graphic39.gif>

Listening and Speaking Practice Intermediate

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

Students
Helping
In the
Naturalization of
Elders

MetLife Foundation 

Lesson Three: Knowing Your Health History

Listening and Speaking

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. What are the busiest days at your doctor's office?
2. When is the best time to call your doctor's office?
3. What do you need to do if you have an emergency and your doctor's office is closed?
4. Does your doctor's office have a translator who can help you talk with your doctor?

Listening Three - 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: Hello Alex. My name is Ramona Jimenez. I am a new patient at your office and I have a few questions about my first appointment next week.

Alex Jones: How can I help you?

Ramona: Can I get to your office by bus from Center City?

Alex Jones: Sure, from City Hall you just take the number 42 to Howard Avenue and we are two blocks from the stop.

Ramona: Excuse me...I did not understand. Could you repeat what you said please?

Alex Jones: Take bus number 42 from the City Hall stop. Do you know where that is?

Ramona: Yes. That is near my apartment.

Alex Jones: Good. Get on bus number 42 at City Hall and stay on the bus until you get to Howard Avenue. Our address here is 610 Howard Avenue. We're about two

blocks from the bus stop.

Ramona: Okay...great. Thanks. Also, what information do I need to bring with me to my first appointment?

Alex Jones: Dr. Fuentes will need to know about ALL of the medicines you take, including non-prescription drugs, so bring everything with you to your first visit, including eye drops, vitamins, and laxatives.

Ramona: I'm sorry...could you clarify...you want me to bring all of my medicines with me?

Alex Jones: That's right. You will also need to bring the phone number of your regular drug store and the names and addresses of your former doctors. When you are here, we'll have you fill out a health history.

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

Alex Jones: Go ahead.

Ramona: When is the best time to call your office? Is there any time when your office is not so busy?

Alex Jones: Usually the best time to call is very early in the morning when we open.

Ramona: When is that?

Alex Jones: We open at 8:30 am.

Ramona: And what if I have an emergency when you are not open?

Alex Jones: You 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: Is there anything else?

Ramona: No. That's all for now. Thanks and see you next week!

1. Ramona asks several questions about her next visit to the doctor's office. Below, write the answer Alex Jones gives to each of Ramona's questions. Discuss your work with your classmates and your instructor.

<i>Ramona's Question</i>	<i>Alex's Answer</i>
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Can I get to your office by bus from Center City?	
Also, what information do I need to bring with me to my first appointment?	
When is the best time to call your office? Is there any time when your office is not so busy?	
And what if I have an emergency when you are not open?	

2. Three 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...

Talk About It!

Before you begin to talk about the 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 or conditions?

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 currently taking any medications?
5. What immunizations have you had? What? When?
6. Do you smoke?
7. Do you drink (alcohol)?
8. Do you exercise?
9. How many hours do you sleep each night? Do you have any problems sleeping?
10. Do you know your normal blood pressure?

Activity One:

Role-play a visit to the doctor using the questions above. Take turns being the doctor and the patient.

Activity Two:

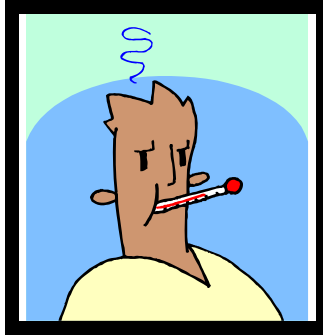
Write a story about your family's health history in the space below. Then, share your story with your classmates and instructor.



ESL Health Unit

**Unit One
The Doctor's Office**

**Lesson Three
Knowing Your Health History**



Real Practice *Intermediate*

Goals for this lesson:

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

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Lesson Three: Knowing Your Health History

Real Practice!

Before your next doctor's appointment, prepare a family medical history to share with your doctor. Going back to your grandparents or great-grandparents, try to remember or collect details on every family member who has died and the cause of death. Also, write down the medical conditions of all family members, including the age at which they were first

diagnosed, their treatment, and if they ever had surgery. Important medical conditions to document include:

Cancer, heart disease, diabetes, asthma, mental illness, high blood pressure, stroke, kidney disease, alcoholism, birth defects, learning disabilities, vision or hearing loss.

For family members with known medical problems, make notes on their overall health, including if they smoked, were overweight, and their exercise habits.

Creating a medical history will not only help you communicate more effectively with your doctor, but if you have children and grandchildren it will also help them to get the best health care possible!

For example, use a table like this one to fill in your family medical history:

Family Member	Medical Conditions	Age Diagnosed	Treatment	Cause of Death
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A Thematic Unit for Intermediate Level ESL Teachers
 Intermediate, Unit One: The Doctor's Office
 Lesson Two: Describing Pain/Symptoms

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
- _____