



Deciding Between 911 and Your Doctor: A Guide for Handling Medical Emergencies

Description

When faced with health concerns, it can be challenging to determine whether to contact your doctor, visit an urgent care clinic, or head to the emergency room. Kevin Biese, an expert in geriatric emergency medicine, advises that it's always better to be safe than sorry in such situations.

For some issues, such as chest pain or symptoms of a stroke, calling 911 immediately and heading to the ER is crucial to receive timely care. On the other hand, less urgent conditions like sprained ankles or minor cuts may be suitable for urgent care clinics.

If your regular doctor is unavailable, consider seeing an advanced practice provider or visiting a nearby medical center for a same-day appointment. Pharmacy walk-in clinics at major retailers can also be a fast option for simpler problems like strep throat or minor rashes.

Ultimately, it's essential to prioritize your health and seek medical attention promptly when needed. By taking the right steps based on the severity of your symptoms, you can ensure the best possible care for your well-being.

Consumer Reports, an independent nonprofit organization, provides valuable insights and advice to help consumers make informed decisions for a safer and healthier world.

Vocabulary List:

1. **Geriatric** /ˌdʒɪr.i.ə'tɪk/ (adjective): Relating to old age or the care of older adults.
2. **Urgent** /'ɜːr.dʒənt/ (adjective): Requiring immediate action or attention.
3. **Symptoms** /'sɪmptəmz/ (noun): Physical or mental features that indicate a condition or disease.
4. **Consider** /kən'sɪdər/ (verb): To think about something carefully especially in making decisions.
5. **Clinic** /'klɪnɪk/ (noun): A facility for the diagnosis and treatment of patients.
6. **Prioritize** /praɪ'ɔːrɪtaɪz/ (verb): To arrange or deal with in order of importance.

Comprehension Questions



Multiple Choice

1. According to the text what expert advises to be safe than sorry when facing health concerns?
 - Option: Dr. Kevin Biese
 - Option: Consumer Reports
 - Option: Your primary care physician
 - Option: An urgent care clinic representative

2. In the case of chest pain or symptoms of a stroke what action is recommended?
 - Option: Call 911 and go to the emergency room
 - Option: Visit an urgent care clinic
 - Option: Make a same-day appointment with your regular doctor
 - Option: Wait and see if the symptoms subside on their own

3. Which of the following conditions may be suitable for urgent care clinics according to the text?
 - Option: Chest pain
 - Option: Symptoms of a stroke
 - Option: Sprained ankles
 - Option: Minor rashes

4. What is suggested if your regular doctor is unavailable?
 - Option: See an advanced practice provider or visit a nearby medical center for a same-day appointment
 - Option: Wait for your doctor to become available
 - Option: Go to the emergency room directly
 - Option: Ignore the health concern

5. Where can you go for simpler problems like strep throat or minor rashes as mentioned in the text?
 - Option: Emergency room
 - Option: Major retailer for pharmacy walk-in clinics
 - Option: Local grocery store
 - Option: Public health clinic

6. What organization provides valuable insights and advice for making informed decisions in a safer and healthier world?
 - Option: CDC
 - Option: WHO
 - Option: Consumer Reports
 - Option: FDA



Answer

Multiple Choice: 1. Dr. Kevin Biese 2. Call 911 and go to the emergency room 3. Sprained ankles
4. See an advanced practice provider or visit a nearby medical center for a same-day appointment 5. Major
retailer for pharmacy walk-in clinics 6. Consumer Reports

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What quality is essential for achieving your goals?
Option: A. Persistence
Option: B. Creativity
Option: C. Indecisiveness
Option: D. Laziness
2. What term refers to moving forward or advancing?
Option: A. Regression
Option: B. Stagnation
Option: C. Progression
Option: D. Regression
3. What does it mean to protect from harm or danger?
Option: A. Expose
Option: B. Shield
Option: C. Ignore
Option: D. Prevent
4. Which word means to accept or support willingly?
Option: A. Reject
Option: B. Tolerate
Option: C. Embrace
Option: D. Disapprove
5. What is the power to have an effect on someone or something?
Option: A. Control
Option: B. Influence
Option: C. Oppose
Option: D. Discourage



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6. What word describes someone who is widely recognized and praised?
Option: A. Anxious
Option: B. Anonymous
Option: C. Celebrated
Option: D. Reluctant
7. What term describes challenges or difficulties one faces?
Option: A. Successes
Option: B. Triumphs
Option: C. Deeds
Option: D. Struggles
8. Which term means to stop something from happening?
Option: A. Encouraging
Option: B. Allowing
Option: C. Preventing
Option: D. Facilitating
9. Who is a person or entity against whom one is competing?
Option: A. Collaborator
Option: B. Competitor
Option: C. Partner
Option: D. Associate
10. What does it mean when something requires immediate action or attention?
Option: A. Delayed
Option: B. Antiquated
Option: C. Neglected
Option: D. Urgent

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ disorders affect the behavior emotions and cognitive function of an individual.
12. _____ care focuses on the health and well-being of elderly individuals.
13. It is important to be true to yourself and remain _____ in all your actions.
14. The _____ period is crucial for the development of the unborn child.
15. Doctors use a patient's reported _____ to help diagnose medical conditions.



16. A _____ is a device that can adjust or control the level of a signal.
17. Artists often _____ their work in galleries to share it with the public.
18. Negotiations between the two parties reached a _____ with no agreement in sight.
19. What is your _____ to the success of the project?
20. It is important to _____ tasks based on their urgency and importance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The scoring system was to ensure fairness among all participants.
22. Building self-confidence is important to overcome personal .
23. The new technology was considered due to its innovative features.
24. Her success was a true to her hard work and dedication.
25. The study focused on the factors influencing educational achievement.
26. She her fears and doubts to achieve her dreams.
27. The antique shop prided itself on selling only merchandise.
28. Each individual has their own set of talents and abilities.
29. He was known for his speeches that touched the hearts of many.
30. The audio engineer adjusted the sound levels using the .

Answer

Multiple Choice: 1. A. Persistence 2. C. Progression 3. B. Shield 4. C. Embrace 5. B. Influence 6. C. Celebrated 7. D. Struggles 8. C. Preventing 9. B. Competitor 10. D. Urgent

Gap-Fill: 11. Neurobehavioral 12. Geriatric 13. authentic 14. prenatal 15. symptoms 16. modulator 17. exhibit 18. deadlock 19. contribution 20. prioritize

Matching sentence: 1. equalized 2. insecurities 3. groundbreaking 4. testament 5. socioeconomic 6. overcame 7. authentic 8. unique 9. emotional 10. modulator



CATEGORY

1. Health - LEVEL3

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Author

aimeeyoung99

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