

UNIT 8 Helping patients with diabetes management

Complete exercises 1a–d below. These exercises practise the following grammar points:

- present perfect simple and present perfect continuous
- modal verbs

For help with the exercises, you can find a *Grammar reference for Cambridge English for Nursing Pre-intermediate* at the following address www.cambridge.org/elt/englishfornursing.

1 a Look at these sentences that a nurse or patient might say. Complete the sentences by writing the verb in brackets in the present perfect continuous.

- 1 Ah! Doctor Murphy there you are! I 've been looking (look) for you everywhere!
- 2 What _____ (you / do) to lose weight?
- 3 I _____ (go) to the gym three times a week and counting calories.
- 4 I don't think she _____ (try) hard enough to stop smoking.
- 5 Diabetics must be careful if they drink alcohol so I hope you _____ (not / party) too much recently!

b Look at these sentences that a nurse or patient might say. Complete the sentences by writing the verb in brackets in the present perfect simple or the present perfect continuous.

- 1 How long have you known (you / know) that you have diabetes?
- 2 I'm really tired. I _____ (work) all night and I really need a break.
- 3 What's the matter, Mrs Lewis? _____ (you / cry)?
- 4 _____ (you / check) Mr Rogers's blood glucose level yet?
- 5 You _____ (lose) 5kg. Congratulations!
- 6 Could you check what's wrong with the glucometer? It _____ (make) strange noises all morning.
- 7 Could you do my dressing later? I _____ (not / have) my shower yet.
- 8 I _____ (make) an appointment for you to come back on the 14th.
- 9 I _____ (already / give) my consent four times! Why do I need to do it again?
- 10 How long _____ this IV bag _____ (run)?

C Look at these sentences (1–10) a nurse or patient might say. Match one of the descriptions of how the speaker uses the modal verb (a–i) to the correct sentence. Some functions match more than one sentence.

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| 1 I'll just put a test strip in the glucometer. | <u>b</u> |
| 2 The injections will get easier after a few days. | — |
| 3 Shall I roll up my sleeve? | — |
| 4 You shouldn't drink on an empty stomach. | — |
| 5 Your glycated haemoglobin should be less than 7%. | — |
| 6 May I have another blanket, please? | — |
| 7 A higher result may not be good for your heart. | — |
| 8 Alcohol can lower your blood sugars. | — |
| 9 Can you hold out your finger, please? | — |
| 10 You mustn't store the insulin pen in the fridge. | — |

In sentences 1–10, the speaker uses the modal verb (in **bold**) ...

- a to make a promise to the patient to make him/her relax.
- b to introduce the next step in a procedure.
- c to give an instruction more politely.
- d to ask for something more politely.
- e to check something is necessary to do.
- f to describe a possible situation.
- g to describe a strong expectation about something.
- h to introduce a very, very important instruction.
- i to give some important advice.

d Look at the sentences a nurse or patient might say. In each sentence, delete the word in *italics* which is incorrect.

- 1 You *shouldn't/won't* drink too much alcohol if you have diabetes.
- 2 If you have too much alcohol, you *could/must* have a hypo.
- 3 *Can/Should* you show me your identity bracelet, please?
- 4 *May/Will* I give you a leaflet about it?
- 5 A cholesterol level over 5.0 *mustn't/may not* be good for your heart.

e Look at these sentences that a nurse or patient might say. Put a tick (✓) next to the correct sentences, and correct the mistakes in the incorrect sentences.

- 1 I'll just ~~to~~ prime the insulin pen.
- 2 The nurse must to wash her hands before taking the sample.
- 3 Where should I keep the insulin?
- 4 I have never have to ask for consent in English before.
- 5 If you don't let us take a blood sample, we won't be able to help you.

Extension

Answer the following questions.

- 1 How long have you been a nurse *or* How long have you been studying to be a nurse?
- 2 Have you been exercising a lot recently?
- 3 Have you been eating healthily recently?
- 4 What have you been eating?
- 5 What should a patient do to avoid diabetes?