Here’s a prescription for the antibiotics and the paracetamol. Take this prescription to the chemist.

Arun should start to get better in the next 2 days. Give me a call if you’re worried.

Thank you.

Let’s take Arun’s temperature.

His temperature’s up a bit, 38 degrees.

Let’s look in his ears.

Both ears are a bit red. Has Arun had a cold?

Yes, he’s had a bad cold.

Let’s listen to his chest.

Chest is nice and clear.

I’ll give you some antibiotics for his ears. Give him the antibiotics with his morning and afternoon feed for the next 5 days. You can also give him some liquid paracetamol every 6 hours.

Hello. My baby has an appointment with Dr Law at 2pm.

This must be Arun Singh? Take a seat please.

Arun Singh? This way please.

What can I do for you today?

My baby’s been grizzly for the last 3 days. He’s not feeding or sleeping well and I think he’s got a temperature.

Let’s take Arun’s temperature.

His temperature’s up a bit, 38 degrees.

Let’s look in his ears.

Both ears are a bit red. Has Arun had a cold?

Yes, he’s had a bad cold.

Let’s listen to his chest.

Chest is nice and clear.

I’ll give you some antibiotics for his ears. Give him the antibiotics with his morning and afternoon feed for the next 5 days. You can also give him some liquid paracetamol every 6 hours.

Here’s a prescription for the antibiotics and the paracetamol. Take this prescription to the chemist.

Arun should start to get better in the next 2 days. Give me a call if you’re worried.

Thank you.

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Taking a child to the doctor
Ideas for using the sequence story

Note for Tutors: Activities referred to in *Ideas for using the sequence story* are related to the suggested *Vocabulary and text* which you can find on page 11 of this document.

**Warm up**
Before looking at the picture, ask the learner the last time she or a family member went to the doctor. What happened?

**Focus on key vocabulary** *(see page 11 for suggested vocabulary)*
Either provide the learner with a list of target vocabulary and ask her to match the words to what she can see in the picture (Lower level) or brainstorm words with the learner (Higher level)

**Question stories** *(see page 12 for suggested questions)*
Ask a series of questions relating to the sequence. The learner’s answers can guide them to retell or write the story of sequence. You could then compare the learner’s version with the original text.

Alternatively encourage the learner to ask you some questions about the story. Learners often get more practice answering than asking questions.

**Jumbled pictures – speaking**
Cut the pictures up and jumble them up. Tutor and learner look at them one by one, and discuss what is happening in each picture. When you have discussed each picture put them in order and tell the story. This allows for good recycling of vocabulary.

**Alternative class activity.** Put the learners into small groups of up to six. Show the learners the first and last pictures and ask them to speculate what the story will be about. Give each learner one or two of the cut-up pictures. Tell them not to show it to the others. Learners take it in turns describe their pictures to the group. The group listens and decides on a good order for the pictures. Finally the learners look at all the pictures and revise their story if necessary.

**Adapt the story**: to extend more advanced learners

After working with the basic version of the text, brainstorm some more advanced words that could also be incorporated into the story. Use these words to enrich the story by adapting the existing text.
You can also change the story to the past and use more complicated sentence structure:

*Meena’s baby, Arun, had been sick for a few days and had been off his food, so she finally decided to call the medical centre. The receptionist offered her an appointment with Dr Law at 2pm. Meena arrived exactly on time and checked in with the receptionist, who offered her a seat.*
**Jumbled sentences – reading (see page 13 for photocopiable text)**
Cut up the text into strips. Each strip relates to one of the pictures. Jumble up the strips. Look at the picture story and ask the learner(s) to match the appropriate sentence to the right picture.

**Gapped text**
Gap out some words in the text on page 11 after reading it with your learner. The learner completes the text by referring to the pictures.

Depending on your learner’s needs, you can focus on particular words: e.g.

- content words from the target vocabulary in the picture (this helps with revision)
  
  Dr Law decides that Arun needs some _______ for his ears. Meena has to _______ him the antibiotics twice a day for the next 5 days with his morning and afternoon _______.

- “grammar” words: e.g. prepositions
  
  Dr Law decides that Arun needs some antibiotics _______ his ears. Meena has _______ give him the antibiotics twice a day _______ the next 5 days _______ his morning and afternoon feed.

- articles and determiners
  
  Dr Law decides that Arun needs _______ antibiotics for his ears. Meena has to give him _______ antibiotics twice _______ day for _______ next 5 days with his morning and afternoon feed.

**Kim’s game (speaking or writing class game)**
The learners look at the pictures for a set period of time. In pairs they discuss what they can see. The pair turns over the picture and collaboratively try and recall the pictures in the sequence and what was happening (they can do this orally or in writing). They then turn the picture back over and discuss what they left out.

**Listening practice: True/false**
Say some sentences about the picture, some true, some false: e.g. Mina is sick (False). Her appointment is at 2pm (True)

There are three possible activities here:

- The learner simply says true for the true ones and false for the false ones.
- The learner repeats the true sentences and stays silent for the false ones (So it’s a kind of drill, but the learner has to process the meaning as well as repeat)
- The learner says true for the true ones and corrects the false ones: e.g. no, She is not sick, her baby is sick,

In a higher level class the learners can work in pairs. One learner can say a true/false sentence and the other responds. Then they swap roles.
Dialogues
- White out the dialogue in the speech bubbles. Then try to recreate it
- Imagine Meena is telling her partner/husband about what happened. Write a dialogue.
Extension activities

Filling in a registration form with a GP
Information about registering with a GP from the Ministry of Health
Either use an enrolment form from your or the learner’s own practice, or the sample forms from the GPNZ enrolment toolkit on page 10.

Making an appointment
Your learner will first need to have a good grasp of dates and times, so practise that initially if necessary.

There are two resources on the ELP website to help your learner with the language for making a doctor’s appointment.

Steps in making a doctor’s appointment has expressions for the various steps in making an appointment, such as greetings and goodbyes; asking for an appointment; agreeing on a day and time; giving your name and spelling your family name; checking the date and time.

You can then use this worksheet to construct your own dialogues: Making a doctor’s appointment

Parts of the body
Teach your learner parts of the body. You can:

- Point to the parts on your own body, and get your learner to move or point to that part of the body
- Use a body outline. Search for “body outline” in Google images. You can find a gender neutral one or a gender specific, depending on how much detail you want to go into. You can also find images for internal body organs on Google Images. Then label the outline.
- Find some body part flashcards on Google images.
- If you have a class you can play “Simon Says” - either asking learners to point to a part of their body, or giving them more complex instructions like wave your arms, stand on one leg, and pat yourself on the back. Allow learners to take it in turns to give the instructions.

Symptoms

Practice vocabulary for describing symptoms using the resource Useful language for healthcare on the ELP website.

Another good resource:
The doctor’s office: Describing pain and symptoms
Doctor - patient dialogue

From the English language partners website: What's the matter? consists of a written story about a visit to the doctor. As well as following the dictogloss procedure in the worksheet, you can cut up the dialogue and ask the learner to put it in order, or decide who says each sentence, the doctor or the patient. Practice the dialogue, with the tutor being the doctor and the learner being the patient.

Then construct some similar dialogues varying the symptoms, time etc.

Prescriptions - Asking the doctor questions

To introduce the importance of understanding what the doctor is prescribing, use this picture story about a doctor's appointment from Fairfax County (Virginia) Public Schools

In it a man goes to the doctor and is prescribed something, but doesn’t understand what the doctor is saying and doesn’t know how to ask questions about his prescription. Here are some of the suggested questions from the picture story:

- What is this medicine?
- Why am I taking it?
- What does this medicine do?
- How long do I need to take it?
- When should I start feeling better?
- What side effects of the medicine?
- What side effects do I need to call you for?
- Is it ok to drink alcohol with this medicine/this condition?
- Here are the names and doses of other medicines I'm taking now. Is it ok to take the new medicine with them? (Include over-the-counter medicines, prescriptions, vitamins, and herbs, from New Zealand and other countries

Reading prescription labels

Bring some over-the-counter medicines (e.g. paracetamol, nasal spray, antihistamine ointment). Look at the instructions on the back to find:

- the purpose of the product
- how much to take
- how often to take it
- possible side effects
- contra-indications (e.g. not for children under 12 years, do not take for more than 5 days.)

Bring in some prescription medicine, or use the chart on the next page to find out the following information:

- the name of the medication
- what kind of medication it is (tablets, cream, syrup)
- who prescribed the medication (Dr Arvin Spock)
- who the medication is for (Mrs Nora Robinson)
- the dosage (take two in the morning)
- the length of time to take the medicine (for four days, until finished)
- cautions/other directions (e.g. take with food, do not drink alcohol).
Making sure you take the right dose

Another picture story “The Right Dose” covers the importance of administering the correct dose of a medication, particularly as regards adult and children’s dosages.

Take a measuring spoon or medical dosage syringe to your learner’s house and practice various dosages as directed on medicine labels, using water.

You could also use jelly beans and a toy clock to practice dosages for tablets (e.g. if the label says two tablets to start with, and then 1 every six hours, you could turn the clock to 8 o’clock and put out two jelly beans, then one jelly bean at 2 o’clock, one at 8 o’clock and so on. Make sure you stop when you come to the maximum for the day (e.g. not more than 6 in 24 hours).

Plunket

Your learner will be registered with Plunket (or another well-child provider) if she has had her baby in New Zealand - if not, make sure she is registered.

Use the advice from the Plunket website to teach relevant vocabulary to help your learner talk to the Plunket nurse (and to other mothers at playgroups)

E.g. from this page on sleep:

sleep/sleeping pattern, be wakeful, have a sleep, settle a baby, bassinette, cot
Then practise some discussion questions using this vocabulary:

- What is a good age to move a baby to a cot?
- What are important safety features of a cot?
- How do you settle your baby?
- What are your baby’s sleeping patterns at the moment?

Your learner may have a *Well Child / Tamariki Ora* Health book which you could use for reading and vocabulary practice.

You may also want to find out where the nearest play group is and visit it with your learner and her baby.

Practice some conversation questions with your learner before you go, so that she can get to know the other parents, e.g.

- How old is your baby?
- What is his/her name?
- Do you have any other children?
- Is she sleeping well?
- Is she on solids yet?
- Where is a good place to get a cot?

Make sure you practice the answers for your learner too, using the triple A pattern:

For example if the other mother asks: *What is your baby’s name?*

- Answer: *Parviz…*
- Add: *…It means “lucky” in Farsi.*
- Ask: *What about yours?*

Your resource library may have this reader which describes a typical visit from a Plunket nurse: *The Plunket nurse visits Tom*.

**Health questions**

Everybody.co.nz is a website with information on common problems, quizzes, Human Atlas videos and tools such as a BMI calculator.

**Other useful NZ resources**

*Listen up* by Lyn Mattson from ELP Christchurch has a simple dialogue for making a doctor’s appointment (N.9) and for asking for health advice in a pharmacy (N.18).
Listening to New Zealand (beginner) has a whole unit (4) on Health, including going to the doctor, going to the dentist, at the chemist, and taking a baby to Plunket. Unit 3 covers making and changing appointments.

Listening to New Zealand (post beginner) has a conversation on taking a baby for a vaccination (Unit 4C). Further info on immunisations.

Further picture stories to follow on from these, on the ELP website:

A hospital stay with detailed activities about admission forms and hospital notices.

Visiting the dentist with ideas for using the story, school dental information and a conversation on making an appointment.
## Ideas for using the *Taking a Child to the Doctor* sequence story by Natalie Greenly, Resource Coordinator, ELP Auckland Central 2014

### Sample Enrolment Form

<table>
<thead>
<tr>
<th>Title</th>
<th>Mr</th>
<th>Mrs</th>
<th>Ms</th>
<th>Miss</th>
<th>Dr</th>
<th>First Name(s)</th>
<th>Family Name*</th>
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<td>Street or Road (city)</td>
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<td>Emergency contact</td>
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<td></td>
<td></td>
<td>Name of person to contact</td>
<td>Relationship</td>
</tr>
</tbody>
</table>

### Which ethnic group do you belong to?

- Mark the space or spaces which apply to you:  
  - New Zealand European
  - Māori
  - Samoan
  - Cook Islands Māori
  - Tongan
  - Māvau
  - Chinese
  - Indian
  - Other such as DUTCH, JAPANESE, TOKELAUMAN. Please state:

### Transfer of Records

In order to get the best care possible, I agree to the Practice obtaining my records from my previous Doctor. I also understand that I will be removed from their practice register.

- Yes [ ]
- No [ ]
- Not applicable [ ]

**Doctor’s Name:**

**Address / Location:**

### Dependents listed on this form will also be enrolled in the PHO as long as I am legally entitled to sign on their behalf (see over)

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<th>NHI</th>
<th>First Names</th>
<th>Family Name</th>
<th>Gender</th>
<th>Ethnicity/Ethnicities</th>
<th>Date of Birth</th>
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</table>
Taking a child to the doctor
Suggested text and vocabulary

Note for Tutors: For ideas about how to use this suggested vocabulary and text, refer to Ideas for using the sequence story on page 2 of this document.

Target Vocabulary (see page 2 for instructions)
sick, appointment, medical centre, receptionist, take a seat, waiting area, grizzly, have a temperature, take a temperature, check, chest, antibiotics, liquid paracetamol, twice a day, every 6 hours, medicine, prescription, chemist, get better, worried, health

Basic Story for Lower Levels

Meena’s baby, Arun, is sick. She calls the medical centre. She makes an appointment with Dr Law at 2pm.

At 2pm Meena takes Arun to the medical centre. She tells the receptionist that Arun has an appointment with Dr Law. The receptionist tells her to take a seat.

A few minutes later, Dr Law comes to the waiting area and calls for Arun Singh, Meena’s baby. Meena follows the doctor to her room. She sits down and tells Dr Law about Arun. He has been grizzly for the last 3 days and he is not eating or sleeping well. She also thinks he has a temperature.

First, Dr Law takes Arun’s temperature and finds it is a bit high. Next, she checks his ears and finds they are a bit red. She asks Meena if Arun has had a cold. Meena replies that he has had a bad cold. Finally, Dr Law listens to Arun’s chest. It is nice and clear.

Dr Law decides that Arun needs some antibiotics for his ears. Meena has to give him the antibiotics twice a day for the next 5 days with his morning and afternoon feed. She can also give him liquid paracetamol every 6 hours.

Dr Law gives Meena a prescription for the medicine. Meena has to take the prescription to the chemist. Dr Law says that Arun should start to get better in the next 2 days but tells Meena to call her if she is worried about Arun’s health. Meena thanks the doctor.
Questions for “Question stories” (see page 2 for instructions)

Pic 1: Who is in the picture? Where are they? What is Meena doing? What time is the appointment? Who is the appointment with?

Pic 2: Where is Meena? Who is she talking to? What will she do next? Who else is in the picture?

Pic 3: What is Meena doing? Who is speaking?

Pic 4: What does Meena tell the doctor about Arun?

Pic 5: What is the doctor doing? What does she find?

Pic 6: What is the doctor doing? What does she find? What does she ask Meena? What does Meena say?

Pic 7: What is the doctor doing? What does she find? Is there anything wrong with Arun’s chest?

Pic 8: What is the doctor going to give Arun? How often does Meena have to give the medicine to Arun? When should Meena give Arun his medicine? How long will Arun need to take the medicine? What other medicine can Meena give Arun? How often can she give him this medicine?

Pic 9: What is the doctor giving Meena? Where does Meena need to take this?

Pic 10: When should Arun get better? When should Meena call the doctor?
**Descriptions for “Jumbled sentences” (see page 3 for instructions)**
*Photocopy and cut up.*

<table>
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<th>Description</th>
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<tbody>
<tr>
<td>Meena calls the medical centre to make an appointment for her baby.</td>
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<tr>
<td>Meena talks to the receptionist at the medical centre.</td>
</tr>
<tr>
<td>The doctor comes to the waiting area and calls Meena’s baby.</td>
</tr>
<tr>
<td>Meena tells the doctor what is wrong with Arun.</td>
</tr>
<tr>
<td>The doctor checks Arun’s temperature.</td>
</tr>
<tr>
<td>The doctor checks Arun’s ears.</td>
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<tr>
<td>The doctor checks Arun’s chest.</td>
</tr>
<tr>
<td>The doctor tells Meena what medicine to give Arun.</td>
</tr>
<tr>
<td>The doctor gives Meena a prescription for Arun’s medicine.</td>
</tr>
<tr>
<td>The doctor tells Meena that Arun should get better in the next 2 days.</td>
</tr>
</tbody>
</table>