

**O‘ZBEKISTON RESPUBLIKASI OLIY TA‘LIM,
FAN VA INNOVATSIYALAR VAZIRLIGI
SOG‘LIQNI SAQLASH VAZIRLIGI**

ENGLISH FOR HEALTHCARE PROFESSIONALS

O‘quv qo‘llanma

(Tibbiyotda xorijiy til fanidan)

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O‘quv qo‘llanma tibbiyot oliy o‘quv yurtlari o‘qituvchilari va davolash hamda pediatriya yo‘nalishining 1-kurs talabalari uchun mo‘ljallangan bo‘lib, ularning ingliz tilida kasbiy bilim va ko‘nikmalarini shakllantirishga qaratilgan. Qo‘llanmada tibbiy terminologiya, kasbiy muloqot, klinik holatlar, shifoxona jamoasi, shifoxona muhiti, favqulodda holatlar, og‘riq va simptomlar, bolalar va keksalarga parvarish, ovqatlanish, semizlik, qon kabi global mavzularga oid matnlar ustida ishlash bo‘yicha mashqlar jamlangan. Mazkur manba talabalarning xorijiy tilda mustaqil o‘qish, tahlil qilish va muloqot yuritish qobiliyatini rivojlantirishga xizmat qiladi.

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PREFACE

The healthcare system is the backbone of a nation's well-being, and the preparation of highly qualified medical professionals is one of the most important tasks of our time. This manual has been developed for students of medical universities to provide a structured overview of essential themes in modern clinical practice. It is designed to guide future doctors and nurses through the fundamental aspects of hospital life and patient care, combining theoretical knowledge with practical insights.

The chapters of this manual cover a wide range of topics: the hospital team and its organization; the environment in and around the hospital; hospital admissions; accidents and emergencies; pain and symptoms; caring for children and the elderly; nutrition and obesity; blood and its disorders; death and dying; hygiene; mental health nursing; monitoring the patient; medication; and alternative treatments. Each section is intended to help students understand not only the medical aspects but also the ethical, psychological, and social dimensions of healthcare.

In his address to healthcare workers, President Shavkat Mirziyoyev emphasized: "We cannot become a competitive country without the development of these two sectors. The future is built by a healthy nation, by an educated generation." These words remind us that medical education is not only about acquiring professional skills but also about serving society and ensuring the health of future generations.

The manual encourages students to think critically, act responsibly, and maintain compassion in every aspect of their work. By studying these topics, future medical professionals will be better prepared to respond to emergencies, manage chronic conditions, and provide holistic care to patients of all ages. Special attention is given to the integration of modern technologies, evidence-based practices, and the importance of continuous professional development.

This preface sets the tone for a journey into the world of medicine where knowledge, empathy, and responsibility come together. May this manual serve as a reliable

companion for students, inspiring them to uphold the highest standards of medical practice and contribute to the health and prosperity of our nation.

1. THE HOSPITAL TEAM



Hospitals are complex institutions where many professionals work together to provide care for patients. The hospital team is not just about doctors and nurses; it is a coordinated group of specialists, assistants, and support staff who ensure that every patient receives the best possible treatment. Understanding the hospital team helps us appreciate how healthcare functions as a system rather than as individual effort.

The hospital team begins with doctors, who diagnose illnesses, prescribe treatments, and perform surgeries. Doctors often specialize in different areas: surgeons operate on patients, pediatricians care for children, cardiologists focus on heart diseases, and oncologists treat cancer. Each doctor brings unique expertise, but they all share the responsibility of making medical decisions that affect patients' lives.

Nurses are the backbone of hospital care. They monitor patients' conditions, administer medications, and provide emotional support. Nurses often spend more time with patients than doctors do, which allows them to notice small changes in health that may be critical. They also educate patients and families about treatment plans, recovery, and preventive care.

Another essential member is the pharmacist. Pharmacists prepare and dispense medications, ensuring that prescriptions are safe and effective. They advise doctors and nurses about drug interactions and dosage, preventing harmful mistakes. Without pharmacists, hospitals could not guarantee the safe use of medicine.

The laboratory technicians play a vital role behind the scenes. They analyze blood samples, urine tests, and other specimens to help doctors make accurate diagnoses. Their work is often invisible to patients, but it is crucial for detecting infections, monitoring organ function, and confirming medical conditions.

Radiologists and radiology technicians use imaging technologies such as X-rays, CT scans, and MRIs to look inside the body. These images allow doctors to see broken bones, tumors, or internal bleeding without surgery. Radiology has revolutionized modern medicine by making diagnosis faster and safer.

The administrative staff ensures that hospitals run smoothly. They handle patient records, schedule appointments, and manage billing. While they may not provide direct medical care, their efficiency allows doctors and nurses to focus on patients instead of paperwork.

Social workers and psychologists are also part of the hospital team. They support patients emotionally and socially, helping them cope with illness, stress, or family problems. For example, a patient diagnosed with cancer may need psychological counseling to deal with fear and anxiety. Social workers connect patients with community resources, financial aid, or rehabilitation programs.

Physiotherapists help patients regain movement after injury or surgery. They design exercise programs to strengthen muscles, improve balance, and restore independence. For example, after a hip replacement, physiotherapists guide patients through safe exercises to walk again.

Dietitians focus on nutrition. They create meal plans for patients with diabetes, heart disease, or obesity. Proper diet is often as important as medicine, and dietitians ensure that patients receive food that supports recovery.

Emergency medical staff such as paramedics and trauma surgeons are trained to act quickly in life-threatening situations. They stabilize patients, stop bleeding, and perform urgent procedures. Their speed and accuracy often mean the difference between life and death.

Cleaning staff and maintenance workers are sometimes overlooked, but they are vital for hospital safety. Cleaners prevent infections by sterilizing rooms and equipment. Maintenance workers keep machines, electricity, and water systems functioning. Without them, hospitals could not operate safely.

Finally, volunteers often assist by comforting patients, guiding visitors, or helping with non-medical tasks. Their kindness reduces stress and creates a welcoming environment.

In summary, the hospital team is a network of professionals and helpers. Each member has a specific role, but together they form a system that saves lives. Hospitals demonstrate how teamwork, communication, and shared responsibility are essential in healthcare. When patients recover, it is not only because of one doctor or nurse, but because of the collective effort of the entire hospital team.

Vocabulary

Word	Uzbek	Russian
Doctor	Shifokor	Врач
Nurse	Hamshira	Медсестра
Pharmacist	Dorishunos	Фармацевт
Patient	Bemor	Пациент
Surgery	Operatsiya	Операция
Diagnosis	Tashxis	Диагноз
Treatment	Davolash	Лечение
Medication	Dori	Лекарство
Laboratory	Laboratoriya	Лаборатория
Technician	Texnik	Техник
Radiology	Radiologiya	Радиология

Word	Uzbek	Russian
Appointment	Uchrashuv / Qabul	Приём
Record	Yozuv / Hujjat	Запись / Документ
Social worker	Ijtimoiy xodim	Социальный работник
Psychologist	Psixolog	Психолог
Physiotherapist	Fizioterapevt	Физиотерапевт
Dietitian	Dietolog	Диетолог
Emergency	Favqulodda holat	Чрезвычайная ситуация
Volunteer	Ko'ngilli	Волонтёр
Teamwork	Jamoaviy ish	Командная работа

Task: Match the words with definitions

1. A person who provides medical care and diagnoses illnesses.
2. A professional who assists patients with daily care, medications, and emotional support.
3. A specialist who prepares and dispenses medicines safely.
4. Someone receiving medical care in a hospital.
5. A medical operation performed to treat or repair the body.
6. The identification of a disease or condition.
7. The process of curing or managing illness.
8. A substance used to treat or prevent disease.
9. A place where scientific tests and analyses are carried out.
10. A worker skilled in technical or mechanical tasks.
11. The branch of medicine using imaging like X-rays or MRIs.
12. A scheduled meeting with a doctor or specialist.
13. An official document or written information about a patient.
14. A professional who helps patients with social and community support.

15. A specialist in mental health and counseling.
16. A therapist who helps patients recover movement and strength.
17. A nutrition expert who designs healthy meal plans.
18. A situation requiring urgent medical attention.
19. A person who freely offers help without payment.
20. The cooperative effort of a group working together.

Answer the questions

1. What is the main idea of the text “The Hospital Team”?
2. How do doctors contribute to patient care in hospitals?
3. Why are nurses considered the backbone of hospital care?
4. What role do pharmacists play in ensuring patient safety?
5. How do laboratory technicians assist doctors in diagnosis?
6. What technologies do radiologists use to examine the human body?
7. Why is administrative staff important in hospitals?
8. How do social workers support patients emotionally and socially?
9. What is the role of psychologists in hospital teams?
10. How do physiotherapists help patients after surgery or injury?
11. Why is nutrition important in patient recovery according to dietitians?
12. What kind of situations require emergency medical staff?
13. How do cleaners and maintenance workers contribute to hospital safety?
14. What tasks do volunteers perform in hospitals?
15. Why is teamwork essential in hospital settings?
16. How do different specialists coordinate their work in hospitals?
17. What is the difference between direct medical care and support services?
18. How does radiology improve modern medicine compared to older methods?
19. Why is emotional support as important as physical treatment in hospitals?
20. How does the hospital team demonstrate the importance of shared responsibility?

Multiple-choice

1. Who diagnoses illnesses and prescribes treatments?
 - A) Nurse
 - B) Doctor
 - C) Pharmacist
 - D) Technician
2. Which hospital staff spends the most time with patients?
 - A) Doctors
 - B) Nurses
 - C) Pharmacists
 - D) Radiologists
3. Who ensures that prescriptions are safe and effective?
 - A) Pharmacist
 - B) Nurse
 - C) Surgeon
 - D) Volunteer
4. What do laboratory technicians analyze?
 - A) Patient records
 - B) Blood and urine samples
 - C) X-ray images
 - D) Nutrition plans
5. Which specialist uses CT scans and MRIs?
 - A) Radiologist
 - B) Dietitian
 - C) Social worker
 - D) Physiotherapist
6. Who manages patient records and appointments?
 - A) Administrative staff

- B) Nurse
- C) Pharmacist
- D) Cleaner

7. Which staff connects patients with community resources?

- A) Psychologist
- B) Social worker
- C) Volunteer
- D) Technician

8. Who helps patients cope with fear and anxiety?

- A) Psychologist
- B) Nurse
- C) Surgeon
- D) Dietitian

9. Which professional designs exercise programs for recovery?

- A) Physiotherapist
- B) Pharmacist
- C) Radiologist
- D) Volunteer

10. Who creates meal plans for patients with diabetes?

- A) Dietitian
- B) Nurse
- C) Doctor
- D) Cleaner

11. Which staff acts quickly in life-threatening situations?

- A) Emergency medical staff
- B) Administrative staff
- C) Social worker
- D) Volunteer

12. Who sterilizes rooms and equipment to prevent infections?

- A) Cleaner
- B) Nurse
- C) Pharmacist
- D) Technician

13. Who keeps machines and electricity functioning in hospitals?

- A) Maintenance workers
- B) Doctors
- C) Volunteers
- D) Nurses

14. Who comforts patients and guides visitors?

- A) Volunteer
- B) Doctor
- C) Pharmacist
- D) Radiologist

15. What is the main purpose of teamwork in hospitals?

- A) To reduce costs
- B) To save lives
- C) To avoid paperwork
- D) To train students

16. Which staff educates patients about recovery and preventive care?

- A) Nurse
- B) Pharmacist
- C) Radiologist
- D) Cleaner

17. Which professional focuses on heart diseases?

- A) Cardiologist
- B) Oncologist

C) Pediatrician

D) Dietitian

18. Which specialist treats cancer?

A) Oncologist

B) Cardiologist

C) Surgeon

D) Psychologist

19. Which staff ensures hospitals run smoothly without medical tasks?

A) Administrative staff

B) Nurse

C) Doctor

D) Pharmacist

20. What is the collective effort of the hospital team called?

A) Individual work

B) Teamwork

C) Surgery

D) Diagnosis

2. IN AND AROUND THE HOSPITAL



Hospitals are unique places where science, compassion, and organization meet to serve human health. When we think of hospitals, we often imagine doctors and nurses rushing to help patients, but in reality, hospitals are complex systems with many areas, departments, and people working together.

Understanding what happens in and around the hospital helps us appreciate how healthcare is delivered and how communities depend on these institutions.

Inside the hospital, the first place most patients encounter is the reception area. Here, administrative staff welcome patients, check their information, and direct them to

the right department. The reception is the gateway to the hospital, ensuring that patients are registered and guided properly.

Nearby is the waiting room, where patients and families sit before appointments. Waiting rooms are designed to be comfortable, with chairs, magazines, and sometimes televisions. They help reduce stress while patients wait for medical care.

The emergency department is one of the busiest areas. Ambulances bring patients with urgent conditions such as accidents, heart attacks, or severe injuries. Emergency doctors and nurses act quickly to stabilize patients. This department is open 24 hours a day, symbolizing the hospital's constant readiness.

The wards are large rooms where patients stay for longer treatment. Each ward may specialize in a certain type of care: surgical wards, pediatric wards for children, or maternity wards for mothers. Wards are managed by nurses who monitor patients daily. The operating theatre is a highly sterile environment where surgeons perform operations. Only trained staff are allowed inside, and everyone must wear special clothing to prevent infection. Modern operating theatres are equipped with advanced technology, making surgery safer and more effective.

The intensive care unit (ICU) is reserved for patients in critical condition. Here, machines monitor heart rate, breathing, and blood pressure continuously. Doctors and nurses in the ICU provide round-the-clock care, often saving lives in the most difficult circumstances.

Hospitals also have laboratories, where technicians analyze blood, urine, and tissue samples. These tests help doctors confirm diagnoses and decide on treatments. Without laboratories, medical decisions would be less accurate.

Another important area is radiology, where X-rays, CT scans, and MRIs are performed. Radiologists interpret these images to detect fractures, tumors, or internal bleeding. Radiology allows doctors to see inside the body without surgery.

Around the hospital, there are many supportive services. The pharmacy provides medicines prescribed by doctors. Pharmacists ensure that patients receive the correct drugs and explain how to use them safely.

The cafeteria serves food for staff, patients, and visitors. Nutrition is important for recovery, so hospitals often have dietitians who design meals for patients with special needs.

The ambulance bay is located outside the hospital, where emergency vehicles arrive. Ambulances are equipped with medical tools to provide care during transport. Paramedics work here, ensuring patients reach the hospital safely.

Hospitals also have parking areas for visitors and staff. Accessibility is important, so hospitals are designed with ramps, elevators, and wide corridors for wheelchairs.

The garden or outdoor space around hospitals provides relaxation for patients and families. Nature helps reduce stress and supports healing.

Security is another essential aspect. Security guards patrol the hospital to ensure safety. They protect patients, staff, and property, making the hospital a secure environment.

Hospitals are not only places for treatment but also for education. Many hospitals are connected to medical schools, where students learn through practice. Teaching hospitals combine patient care with training future doctors.

Research is also conducted in hospitals. Research centers study diseases, develop new treatments, and test medicines. This makes hospitals centers of innovation as well as care.

Volunteers play a role too. They guide visitors, comfort patients, and assist with non-medical tasks. Their presence adds warmth to the hospital environment.

In conclusion, hospitals are more than buildings with doctors and nurses. They are ecosystems with wards, laboratories, pharmacies, cafeterias, gardens, and research centers. Inside and around the hospital, every person and every space contributes to the

mission of healing. Hospitals remind us that health is a collective effort, requiring science, compassion, and organization.

Vocabulary

Word	Uzbek	Russian
Reception	Qabulxona	Регистратура
Waiting room	Kutish xonasi	Зал ожидания
Emergency	Favqulodda holat	Скорая помощь
Ward	Palata	Палата
Operating theatre	Operatsiya xonasi	Операционная
Intensive care	Reanimatsiya	Реанимация
Laboratory	Laboratoriya	Лаборатория
Radiology	Radiologiya	Радиология
Pharmacy	Dorixona	Аптека
Cafeteria	Ovqatlanish joyi	Столовая
Ambulance	Tez yordam mashinasi	Скорая машина
Parking	Avtoturargoh	Парковка
Garden	Bog‘	Сад
Security guard	Qo‘riqchi	Охранник
Medical school	Tibbiyot maktabi	Медицинская школа
Research center	Tadqiqot markazi	Научный центр
Volunteer	Ko‘ngilli	Волонтёр
Patient	Bemor	Пациент
Surgeon	Jarroh	Хирург
Nurse	Hamshira	Медсестра

Task: Match the words with definitions

1. The place where patients first register and get directions.
2. A room where patients and families wait before appointments.
3. Department for urgent medical cases.
4. A large room where patients stay for treatment.
5. A sterile room where operations are performed.
6. Unit for patients in critical condition.
7. Place where blood and tissue samples are tested.
8. Department using X-rays and scans.
9. Place where medicines are dispensed.
10. Eating area for staff and visitors.
11. Vehicle that transports patients in emergencies.
12. Area where cars are parked.
13. Outdoor space for relaxation.
14. Person who ensures safety in the hospital.
15. Institution where doctors are trained.
16. Facility for scientific studies.
17. Person who helps without payment.
18. Individual receiving medical care.
19. Doctor who performs surgery.
20. Professional who monitors patients daily.

Answer the questions

1. What is the role of the reception area in hospitals?
2. Why are waiting rooms important for patients and families?
3. What happens in the emergency department?
4. How are wards organized in hospitals?
5. What makes the operating theatre different from other rooms?
6. Why is the ICU essential for critical patients?

7. What do laboratories contribute to medical care?
8. How does radiology help doctors?
9. What is the function of the hospital pharmacy?
10. Why is the cafeteria important for recovery?
11. What is the purpose of the ambulance bay?
12. How do parking areas support hospital accessibility?
13. Why are hospital gardens valuable for patients?
14. What duties do security guards perform in hospitals?
15. How do medical schools connect with hospitals?
16. Why are research centers located in hospitals?
17. What role do volunteers play in hospital life?
18. How do nurses support patients in wards?
19. Why is teamwork important in hospital settings?
20. How does the hospital environment reflect both science and compassion?

Multiple-choice

1. Where do patients first register when they arrive at the hospital?
 - A) Ward
 - B) Reception
 - C) Laboratory
 - D) Pharmacy
2. Which room is designed for patients and families to wait before appointments?
 - A) Operating theatre
 - B) Waiting room
 - C) ICU
 - D) Cafeteria
3. Which department handles urgent medical cases?
 - A) Emergency
 - B) Radiology

- C) Pharmacy
 - D) Garden
4. Where do patients stay for longer treatment?
- A) Ward
 - B) Reception
 - C) Laboratory
 - D) Parking
5. Which room is sterile and used for surgery?
- A) Operating theatre
 - B) Cafeteria
 - C) Waiting room
 - D) Garden
6. Which unit monitors patients continuously in critical condition?
- A) ICU
 - B) Ward
 - C) Pharmacy
 - D) Laboratory
7. Where are blood and tissue samples tested?
- A) Laboratory
 - B) Reception
 - C) Garden
 - D) Parking
8. Which department uses X-rays and MRIs?
- A) Radiology
 - B) Pharmacy
 - C) Cafeteria
 - D) Ward
9. Where are medicines dispensed?

- A) Pharmacy
- B) Laboratory
- C) ICU
- D) Garden

10. Which area provides food for staff and visitors?

- A) Cafeteria
- B) Laboratory
- C) Ward
- D) Reception

11. Which vehicle transports patients in emergencies?

- A) Taxi
- B) Ambulance
- C) Bus
- D) Private car

12. Where do visitors and staff park their cars?

- A) Parking area
- B) Ward
- C) Laboratory
- D) Pharmacy

13. Which outdoor space provides relaxation for patients and families?

- A) Garden
- B) Operating theatre
- C) ICU
- D) Laboratory

14. Who ensures safety and security in the hospital?

- A) Security guard
- B) Nurse
- C) Doctor

D) Volunteer

15. Which institution connected to hospitals trains future doctors?

A) Medical school

B) Pharmacy

C) Cafeteria

D) Laboratory

16. Where are scientific studies and new treatments developed?

A) Research center

B) Ward

C) Reception

D) Garden

17. Who helps patients and visitors without payment?

A) Volunteer

B) Doctor

C) Nurse

D) Pharmacist

18. Who is the individual receiving medical care?

A) Patient

B) Surgeon

C) Nurse

D) Security guard

19. Which professional performs surgical operations?

A) Surgeon

B) Nurse

C) Social worker

D) Volunteer

20. Which professional monitors patients daily in wards?

A) Nurse

- B) Pharmacist
- C) Security guard
- D) Researcher

3. HOSPITAL ADMISSIONS.



Hospital admissions are the formal process by which patients enter a hospital for medical care. This process is essential for ensuring that patients receive the right treatment, that their information is recorded accurately, and that hospital staff

can coordinate care effectively. Admissions may occur in different ways: through the emergency department, by referral from a doctor, or as planned elective procedures.

When a patient arrives at the hospital, the first step is registration. Administrative staff collect personal details such as name, age, address, and insurance information. They also record medical history, allergies, and current medications. This information is vital for doctors and nurses to provide safe care. Patients are often given an identification wristband to avoid confusion.

In emergency admissions, patients may arrive by ambulance or walk into the emergency department. Emergency staff quickly assess the patient's condition, stabilize them if necessary, and decide whether hospital admission is required. Emergency admissions are often urgent and bypass some of the paperwork to save time.

Elective admissions are planned in advance. For example, a patient scheduled for surgery will be admitted on a specific date. Pre-admission clinics may be used to prepare patients, conduct tests, and explain procedures. This reduces risks and ensures that patients are ready for treatment.

Once admitted, patients are assigned to a ward or unit. Surgical wards, medical wards, pediatric wards, and maternity wards each specialize in different types of care. Nurses orient patients to the ward, explain routines, and monitor their condition. Doctors visit to confirm diagnoses and begin treatment plans.

The admission office plays a central role. It ensures that records are complete, insurance is verified, and consent forms are signed. Without proper documentation, hospitals cannot provide safe or legal care. Admissions staff also coordinate with other departments to allocate beds and resources.

During admission, patients undergo initial assessment. Nurses check vital signs such as temperature, blood pressure, and heart rate. Laboratory tests and imaging may be ordered. This baseline information helps doctors track progress and detect complications. Communication is critical. Patients and families are informed about hospital rules, visiting hours, and safety procedures. They are encouraged to ask questions and share concerns. Clear communication reduces anxiety and builds trust.

Hospital admissions also involve financial procedures. Insurance companies may need to approve treatment. Patients without insurance may discuss payment plans with hospital staff. Social workers assist families with financial or social support. Admissions are not only about paperwork—they are the gateway to care. A well-organized admission process ensures patient safety, efficient treatment, and satisfaction. Poor admissions can lead to delays, errors, or even harm.

Around the world, hospitals use electronic systems to streamline admissions. Digital records reduce mistakes and allow information to be shared quickly among departments. Wristbands with barcodes help identify patients accurately. Technology has made admissions faster and safer.

In conclusion, hospital admissions are the first step in hospital care. They combine administrative efficiency with medical readiness. Whether emergency or elective, admissions ensure that patients are identified, assessed, and prepared for treatment.

Hospitals depend on this process to deliver safe, effective, and compassionate care.

Vocabulary

Word	Uzbek	Russian
Admission	Qabul qilish	Госпитализация
Registration	Ro‘yxatdan o‘tish	Регистрация
Patient	Bemor	Пациент
Emergency	Favqulodda holat	Чрезвычайная ситуация
Elective	Rejalashtirilgan	Плановый
Ward	Palata	Палата
Consent	Rozilik	Согласие
Insurance	Sug‘urta	Страховка
Assessment	Baholash	Оценка
Vital signs	Hayotiy ko‘rsatkichlar	Жизненные показатели
Diagnosis	Tashxis	Диагноз
Treatment	Davolash	Лечение
Nurse	Hamshira	Медсестра
Doctor	Shifokor	Врач
Laboratory	Laboratoriya	Лаборатория
Record	Hujjat / yozuv	Запись
Wristband	Bilaguzuk	Браслет
Anxiety	Tashvish	Тревога
Social worker	Ijtimoiy xodim	Социальный работник
Communication	Muloqot	Общение

Task: Match the words with definitions

1. Formal process of entering a hospital.
2. Collecting patient details at arrival.
3. Individual receiving medical care.
4. Urgent situation requiring immediate attention.
5. Planned hospital admission.
6. Large room where patients stay.
7. Patient's agreement to treatment.
8. Financial protection for medical costs.
9. Evaluation of patient's condition.
10. Measurements like blood pressure and heart rate.
11. Identification of illness.
12. Medical care given to cure disease.
13. Professional who monitors patients daily.
14. Professional who diagnoses and prescribes treatment.
15. Place where tests are analyzed.
16. Written information about a patient.
17. Identification band worn by patients.
18. Feeling of worry or stress.
19. Professional who helps with social and financial issues.
20. Exchange of information between people.

Answer the questions

1. What is hospital admission?
2. How do emergency admissions differ from elective admissions?
3. What information is collected during registration?
4. Why are identification wristbands important?
5. What role does the admission office play?
6. How do nurses contribute during admission?

7. What is the purpose of initial assessment?
8. Why is communication important during admission?
9. How do insurance companies affect admissions?
10. What is the role of social workers in admissions?
11. How do wards differ in hospitals?
12. Why are consent forms necessary?
13. What are vital signs, and why are they checked?
14. How do laboratories support admissions?
15. What is the difference between diagnosis and treatment?
16. How do electronic systems improve admissions?
17. Why is anxiety common during hospital admission?
18. How do hospitals prepare patients for elective surgery?
19. What risks occur if admissions are poorly managed?
20. Why are hospital admissions considered the gateway to care?

Multiple-choice

1. Hospital admission means:
 - A) Leaving hospital
 - B) Entering hospital
 - C) Paying bills
 - D) Visiting a doctor
2. Registration involves:
 - A) Surgery
 - B) Collecting patient details
 - C) Giving medicine
 - D) Cleaning rooms
3. Emergency admission is:
 - A) Planned in advance
 - B) Urgent and unplanned

- C) Only for children
 - D) For research
4. Elective admission is:
- A) Sudden
 - B) Planned
 - C) Illegal
 - D) Accidental
5. Wards are:
- A) Offices
 - B) Patient rooms
 - C) Cafeterias
 - D) Laboratories
6. Consent means:
- A) Refusal
 - B) Agreement
 - C) Insurance
 - D) Diagnosis
7. Insurance provides:
- A) Entertainment
 - B) Financial protection
 - C) Surgery
 - D) Food
8. Assessment is:
- A) Evaluation
 - B) Surgery
 - C) Payment
 - D) Waiting
9. Vital signs include:

- A) Blood pressure
- B) Insurance
- C) Consent
- D) Cafeteria food

10. Diagnosis is:

- A) Identifying illness
- B) Giving medicine
- C) Signing consent
- D) Paying bills

11. Treatment is:

- A) Curing disease
- B) Registration
- C) Insurance
- D) Waiting

12. Nurses:

- A) Monitor patients
- B) Drive ambulances
- C) Pay bills
- D) Do research

13. Doctors:

- A) Diagnose and prescribe
- B) Clean rooms
- C) Cook food
- D) Register patients

14. Laboratories:

- A) Analyze tests
- B) Provide food
- C) Register patients

D) Clean wards

15. Records are:

A) Written patient information

B) Cafeteria menus

C) Insurance cards

D) Consent forms

16. Wristbands are used for:

A) Patient identification

B) Decoration

C) Payment

D) Entertainment

17. Anxiety means:

A) Worry

B) Consent

C) Insurance

D) Surgery

18. Social workers help patients by:

A) Providing social and financial support

B) Performing surgery

C) Cleaning wards

D) Dispensing medicines

19. Communication during admission is important because:

A) It reduces patient anxiety

B) It replaces medical treatment

C) It avoids insurance costs

D) It speeds up surgery

20. Why are hospital admissions considered the gateway to care?

A) They prepare patients for safe treatment

- B) They provide entertainment
- C) They reduce cafeteria costs
- D) They replace doctors

4. ACCIDENTS AND EMERGENCIES



Accidents and emergencies are unexpected events that threaten health, safety, and sometimes life itself. They can occur anywhere—at home, on the road, at work, or in public spaces. Hospitals and emergency services exist to respond quickly to such situations, but

prevention and awareness are equally important. Understanding how accidents happen, how emergency systems work, and how communities respond helps us prepare for crises.

Types of Accidents

Accidents vary in nature. Road traffic accidents are among the most common, involving cars, motorcycles, bicycles, and pedestrians. Workplace accidents may include falls, burns, or exposure to harmful substances. Domestic accidents often involve children or the elderly, such as falls, poisoning, or cuts. Natural disasters like earthquakes, floods, and storms also cause emergencies, overwhelming hospitals and rescue services.

Emergency Response

When an accident occurs, the first step is first aid. Immediate care can save lives before professional help arrives. For example, stopping bleeding, performing CPR, or keeping an injured person calm are vital actions. Emergency medical services (EMS) are then called. Ambulances transport patients to hospitals, where emergency departments are open 24 hours a day.

The Hospital Emergency Department

The emergency department is designed to handle urgent cases. Doctors and nurses assess patients quickly, prioritizing those in critical condition. This system, called triage, ensures that the most serious cases receive immediate attention. Patients may undergo tests, imaging, or surgery depending on the injury. Emergency staff must act fast, often making life-saving decisions in minutes.

Community and Public Safety

Accidents and emergencies affect not only individuals but also communities. Firefighters, police officers, and paramedics work together to protect public safety. Governments establish emergency plans, train staff, and run awareness campaigns. Schools teach children how to respond to fires or earthquakes. Public education reduces panic and increases survival rates.

Prevention

While emergencies cannot always be avoided, many accidents are preventable. Seat belts, helmets, smoke alarms, and safe workplace practices reduce risks. Healthy lifestyles also prevent medical emergencies such as heart attacks or strokes. Prevention is cheaper and safer than treatment, making it a priority for societies.

Psychological Impact

Accidents and emergencies cause stress, fear, and trauma. Survivors may suffer from anxiety or post-traumatic stress disorder (PTSD). Psychologists and social workers provide counseling to help victims recover emotionally. Communities also support families through solidarity and aid.

Technology in Emergencies

Modern technology improves emergency response. GPS helps ambulances reach patients faster. Mobile phones allow quick calls to emergency numbers. Hospitals use electronic records to share information instantly. Drones and robots assist in search and rescue during disasters. Technology saves time, which is critical in emergencies.

Accidents and emergencies remind us of life's fragility. They demand quick action, teamwork, and compassion. Hospitals, emergency services, and communities all play

roles in reducing harm. Prevention, education, and technology make societies safer. By understanding accidents and emergencies, we prepare ourselves to respond effectively and protect lives.

Vocabulary

Word	Uzbek	Russian
Accident	Baxtsiz hodisa	Несчастный случай
Emergency	Favqulodda holat	Чрезвычайная ситуация
First aid	Birinchi yordam	Первая помощь
Ambulance	Tez yordam mashinasi	Скорая помощь
Paramedic	Tez yordam xodimi	Парамедик
Triage	Ustuvorlik belgilash	Сортировка
Injury	Jarohat	Травма
Trauma	Travma	Травма
Disaster	Ofat	Катастрофа
Rescue	Qutqaruv	Спасение
Firefighter	O't o'chiruvchi	Пожарный
Police	Politsiya	Полиция
Hospital	Shifoxona	Больница
Surgery	Operatsiya	Операция
Prevention	Oldini olish	Профилактика
Safety	Xavfsizlik	Безопасность
Anxiety	Tashvish	Тревога
CPR	Sun'iy nafas berish	Реанимация (СЛР)
Technology	Texnologiya	Технология

Word	Uzbek	Russian
Community	Jamiyat	Сообщество

Match the word with definition

1. Unexpected harmful event.
2. Urgent situation requiring immediate action.
3. Immediate care before professional help.
4. Vehicle for transporting patients.
5. Medical staff trained for emergencies.
6. System of prioritizing patients.
7. Physical harm to the body.
8. Severe injury or shock.
9. Natural or man-made catastrophe.
10. Act of saving people.
11. Person who fights fires.
12. Law enforcement officer.
13. Place for medical treatment.
14. Operation performed by surgeons.
15. Measures to avoid accidents.
16. Condition of being protected.
17. Feeling of worry or stress.
18. Technique to revive patients.
19. Use of machines and science.
20. Group of people living together.

Answer the questions

1. What are common types of accidents?
2. How do road traffic accidents affect hospitals?
3. What is the role of first aid?

4. Why are ambulances important in emergencies?
5. What do paramedics do?
6. How does triage work in emergency departments?
7. What kinds of injuries require surgery?
8. How do disasters overwhelm hospitals?
9. What is the role of rescue teams?
10. How do firefighters contribute to safety?
11. Why is police involvement necessary in emergencies?
12. How do hospitals prepare for emergencies?
13. What is the importance of prevention?
14. How does safety equipment reduce risks?
15. What psychological effects follow accidents?
16. How do psychologists help victims?
17. What role does technology play in emergencies?
18. How do communities support victims?
19. Why is education important for emergency response?
20. What lessons do accidents and emergencies teach societies?

Multiple-choice

1. What is an accident?
 - A) Planned event
 - B) Unexpected harmful event
 - C) Celebration
 - D) Safe activity
2. Emergency means:
 - A) Ordinary situation
 - B) Urgent condition
 - C) Planned surgery
 - D) Daily routine

3. First aid is:
 - A) Final treatment
 - B) Immediate care before hospital
 - C) Insurance process
 - D) Laboratory test
4. Ambulance is used for:
 - A) Transporting patients
 - B) Carrying food
 - C) Police patrol
 - D) Firefighting
5. Paramedics are:
 - A) Teachers
 - B) Emergency medical staff
 - C) Engineers
 - D) Volunteers
6. Triage means:
 - A) Sorting patients by urgency
 - B) Giving medicine
 - C) Cleaning wards
 - D) Registering patients
7. Injury refers to:
 - A) Harm to the body
 - B) Insurance
 - C) Consent
 - D) Relaxation
8. Trauma is:
 - A) Severe injury or shock
 - B) Normal health

- C) Prevention
- D) Technology

9. Disaster is:

- A) Catastrophe
- B) Celebration
- C) Surgery
- D) Prevention

10. Rescue means:

- A) Saving people
- B) Cooking food
- C) Writing records
- D) Insurance

11. Firefighters:

- A) Fight fires
- B) Drive ambulances
- C) Perform surgery
- D) Register patients

12. Police officers:

- A) Enforce law
- B) Dispense medicine
- C) Teach children
- D) Operate machines

13. Hospitals are:

- A) Places for medical care
- B) Restaurants
- C) Schools
- D) Factories

14. Surgery is:

- A) Operation by doctors
- B) Insurance
- C) Prevention
- D) Rescue

15. Prevention means:

- A) Avoiding accidents
- B) Treating trauma
- C) Performing CPR
- D) Registering patients

16. Safety refers to:

- A) Protection from harm
- B) Cooking food
- C) Insurance
- D) Celebration

17. Anxiety is:

- A) Feeling of worry ✓
- B) Consent
- C) Surgery
- D) Rescue

18. CPR is:

- A) Technique to revive patients ✓
- B) Insurance process
- C) Hospital admission
- D) Laboratory test

19. Technology in emergencies is used to:

- A) Improve response and save time ✓
- B) Decorate hospitals

- C) Replace doctors
- D) Provide entertainment

20. Community in emergencies refers to:

- A) Group of people supporting each other ✓
- B) Individual patient only
- C) Hospital staff only
- D) Insurance companies

5. PAIN

Pain is one of the most fundamental human experiences. It is both a warning signal and a complex phenomenon that influences our physical, emotional, and social lives. While unpleasant, pain serves an important biological purpose: it alerts us to injury, illness, or danger.



Without pain, humans would not be able to protect themselves from harm. Yet pain is not only a physical sensation—it is also shaped by psychology, culture, and personal history.

The Nature of Pain

Pain can be defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. It is subjective, meaning that each person experiences pain differently. Some people tolerate pain well, while others find even minor discomfort overwhelming. Pain is influenced by genetics, environment, and mental state.

Types of Pain

There are several types of pain. Acute pain is short-term, often caused by injury, surgery, or illness. It usually disappears once the underlying problem is treated. Chronic pain, however, lasts for months or even years, often without clear cause. Conditions such

as arthritis, back problems, or nerve damage can lead to chronic pain. Another category is neuropathic pain, which results from damage to the nervous system. Phantom limb pain, experienced by amputees, is an example.

Pain Pathways

Pain begins when specialized nerve endings called nociceptors detect harmful stimuli such as heat, pressure, or chemicals. These signals travel through nerves to the spinal cord and then to the brain. The brain interprets the signals as pain. Interestingly, the brain can also amplify or reduce pain depending on context. For example, athletes may feel less pain during competition because adrenaline suppresses it.

Emotional and Psychological Aspects

Pain is not only physical. Emotional states such as fear, anxiety, or depression can intensify pain. Conversely, positive emotions, relaxation, and support from others can reduce pain perception. This is why pain management often includes psychological therapies such as counseling, meditation, or cognitive behavioral therapy.

Cultural and Social Dimensions

Different cultures interpret and express pain differently. In some societies, showing pain is considered weakness, while in others it is accepted as natural. Social support also plays a role: patients surrounded by caring family and friends often cope better with pain. Pain is therefore not just a medical issue but also a social phenomenon.

Pain Management

Managing pain requires a combination of approaches. Medications such as analgesics, anti-inflammatory drugs, and opioids are commonly used. However, drugs alone are not enough. Physical therapies, exercise, and rehabilitation help restore function. Psychological support reduces stress and improves coping. Alternative methods such as acupuncture, massage, and relaxation techniques are also used. Modern medicine emphasizes a holistic approach, treating both body and mind.

Challenges of Chronic Pain

Chronic pain is particularly challenging. It affects quality of life, sleep, work, and relationships. Patients may feel hopeless or misunderstood. Doctors must balance effective treatment with avoiding drug dependence. Chronic pain requires long-term strategies, including lifestyle changes, therapy, and sometimes advanced interventions like nerve blocks or implants.

Pain in Medicine

Pain assessment is a critical part of medical care. Doctors use scales where patients rate their pain from 0 (no pain) to 10 (worst pain). This helps guide treatment. Pain is also studied in research, leading to new drugs and therapies. Understanding pain better allows medicine to improve patient care.

Pain is universal yet deeply personal. It protects us, challenges us, and shapes our lives. While it cannot always be eliminated, it can be managed through science, compassion, and support. By understanding pain in all its dimensions—physical, emotional, social, and cultural—we can respond more effectively and help people live healthier, more comfortable lives.

Vocabulary

Word	Uzbek	Russian
Pain	Og‘riq	Боль
Acute	O‘tkir	Острый
Chronic	Surunkali	Хронический
Neuropathic	Neyropatik	Нейропатический
Nociceptor	Og‘riq reseptori	Ноцицептор
Tissue	To‘qima	Ткань
Injury	Jarohat	Травма
Illness	Kasallik	Болезнь
Anxiety	Tashvish	Тревога

Word	Uzbek	Russian
Depression	Depressiya	Депрессия
Analgesic	Og‘riq qoldiruvchi	Анальгетик
Inflammation	Yallig‘lanish	Воспаление
Opioid	Opioid	Опиоид
Rehabilitation	Reabilitatsiya	Реабилитация
Meditation	Meditatsiya	Медитация
Therapy	Davolash usuli	Терапия
Phantom pain	Soxta og‘riq	Фантомная боль
Scale	Shkala	Шкала
Adrenaline	Adrenalin	Адреналин
Coping	Moslashish	Справляться

Match the word with definition

1. Unpleasant sensory and emotional experience.
2. Short-term pain caused by injury or illness.
3. Long-lasting pain without clear cause.
4. Pain from nerve damage.
5. Specialized nerve endings detecting harmful stimuli.
6. Material forming organs and body parts.
7. Physical harm to the body.
8. State of poor health.
9. Feeling of worry or nervousness.
10. Mental disorder with sadness and hopelessness.
11. Medicine that relieves pain.
12. Body’s reaction with swelling and redness.
13. Strong pain-relieving drug.

14. Process of restoring health and function.
15. Practice of calming the mind.
16. Method of medical treatment.
17. Pain felt in a missing limb.
18. Tool for measuring pain intensity.
19. Hormone released during stress or excitement.
20. Ability to deal with difficulties.

Answer the questions

1. What is the biological purpose of pain?
2. How is pain defined in medicine?
3. What makes pain a subjective experience?
4. What is acute pain?
5. How does chronic pain differ from acute pain?
6. What is neuropathic pain?
7. What role do nociceptors play in pain?
8. How does the brain influence pain perception?
9. How do emotions affect pain?
10. Why is pain considered both physical and psychological?
11. How do cultural attitudes shape pain expression?
12. What role does social support play in coping with pain?
13. What are common medications for pain relief?
14. Why is rehabilitation important in pain management?
15. How does meditation help with pain?
16. What challenges do chronic pain patients face?
17. How do doctors assess pain intensity?
18. What is phantom limb pain?
19. How does adrenaline affect pain perception?
20. Why is a holistic approach important in pain management?

Multiple choice

1. Which type of pain results from tissue injury?
 - a) Psychogenic pain
 - b) Neuropathic pain
 - c) Functional pain
 - d) Nociceptive pain
2. Which type of pain is caused by nerve damage?
 - a) Inflammatory pain
 - b) Neuropathic pain
 - c) Referred pain
 - d) Nociceptive pain
3. Which neurotransmitter is primarily involved in pain transmission?
 - a) Serotonin
 - b) Substance P
 - c) Dopamine
 - d) Acetylcholine
4. Which type of pain is often seen in fibromyalgia?
 - a) Inflammatory pain
 - b) Functional pain
 - c) Nociceptive pain
 - d) Neuropathic pain
5. Which part of the brain processes pain signals?
 - a) Thalamus
 - b) Hippocampus
 - c) Medulla oblongata
 - d) Cerebellum
6. Which scale is commonly used to assess pain intensity?
 - a) Mini-Mental State Exam

- b) APGAR Score
 - c) Visual Analog Scale
 - d) Glasgow Coma Scale
7. Which type of pain is typically sharp and well-localized?
- a) Visceral pain
 - b) Functional pain
 - c) Neuropathic pain
 - d) Somatic pain
8. Which medication is commonly used to treat neuropathic pain?
- a) Ibuprofen
 - b) Paracetamol
 - c) Amoxicillin
 - d) Gabapentin
9. Which receptor is targeted by opioids to relieve pain?
- a) Dopamine receptor
 - b) NMDA receptor
 - c) Mu-opioid receptor
 - d) GABA receptor
10. Which type of pain is poorly localized and often associated with internal organs?
- a) Referred pain
 - b) Visceral pain
 - c) Neuropathic pain
 - d) Somatic pain
11. Which condition is commonly associated with chronic inflammatory pain?
- a) Epilepsy
 - b) Multiple sclerosis
 - c) Rheumatoid arthritis
 - d) Parkinson's disease

12. Which of the following is NOT a typical symptom of neuropathic pain?
- a) Tingling
 - b) Sharp stabbing pain
 - c) Burning sensation
 - d) Swelling
13. Which hormone can modulate pain perception during stress?
- a) Estrogen
 - b) Thyroxine
 - c) Cortisol
 - d) Insulin
14. Which of the following is a non-pharmacological method for pain relief?
- a) Antihistamines
 - b) Antidepressants
 - c) Physical therapy
 - d) Antibiotics
15. Which type of pain is often described as electric shock-like?
- a) Neuropathic pain
 - b) Nociceptive pain
 - c) Visceral pain
 - d) Functional pain
16. Which brain region is involved in the emotional aspect of pain?
- a) Amygdala
 - b) Brainstem
 - c) Occipital lobe
 - d) Cerebellum
17. Which type of pain is most likely to be chronic?
- a) Nociceptive pain
 - b) Neuropathic pain

- c) Referred pain
 - d) Acute pain
18. Which type of pain is felt in a different location than its source?
- a) Somatic pain
 - b) Neuropathic pain
 - c) Referred pain
 - d) Visceral pain
19. Which type of pain is associated with abnormal central processing?
- a) Inflammatory pain
 - b) Nociceptive pain
 - c) Neuropathic pain
 - d) Functional pain
20. Which type of pain arises from immune response and swelling?
- a) Neuropathic pain
 - b) Inflammatory pain
 - c) Somatic pain
 - d) Functional pain

6. SYMPTOMS



Symptoms are the body's way of communicating that something is wrong. They are subjective experiences reported by patients, unlike signs, which are objective findings observed by doctors. Understanding symptoms is essential in medicine because they guide diagnosis, treatment, and prevention. Every person

experiences symptoms differently, and cultural, psychological, and social factors influence how they are expressed.

What Are Symptoms?

A symptom is any physical or mental change noticed by a patient that indicates possible illness. Common examples include pain, fever, fatigue, cough, or nausea. Symptoms may be mild or severe, temporary or chronic. They often appear before a disease is diagnosed, serving as early warnings.

Types of Symptoms

Symptoms can be classified in several ways. Acute symptoms appear suddenly, such as chest pain during a heart attack. Chronic symptoms last for months or years, like persistent back pain. Localized symptoms affect one part of the body, while systemic symptoms involve the whole body, such as fever or weight loss. Some symptoms are specific, pointing clearly to a disease, while others are nonspecific, making diagnosis more difficult.

Common Symptoms

- Pain: The most frequent symptom, ranging from mild discomfort to severe agony.

- Fever: Indicates infection or inflammation.
- Cough: Often linked to respiratory problems.
- Fatigue: A feeling of tiredness, common in many conditions.
- Nausea and vomiting: Associated with digestive or systemic illness.
- Headache: Can result from stress, infection, or neurological issues.
- Shortness of breath: Signals lung or heart problems.
- Rash: Suggests skin or allergic conditions.

Psychological Symptoms

Not all symptoms are physical. Anxiety, depression, insomnia, and confusion are psychological symptoms that affect mental health. They may accompany physical illness or exist independently. Doctors must consider both body and mind when evaluating patients.

Importance in Diagnosis

Symptoms are the starting point of medical investigation. Doctors ask patients to describe their experiences, including onset, duration, severity, and triggers. This information, combined with physical examination and tests, leads to diagnosis. For example, chest pain, shortness of breath, and sweating may suggest heart disease, while fever, cough, and sore throat point to infection.

Challenges

Symptoms are subjective and vary between individuals. One person's "mild pain" may be another's "severe pain." Cultural attitudes also affect reporting: some patients minimize symptoms, while others exaggerate them. Children and elderly patients may struggle to describe symptoms accurately. Doctors must listen carefully and interpret symptoms in context.

Management

Treating symptoms is part of medical care. Pain relief, fever reduction, or anti-nausea drugs improve comfort while the underlying disease is treated. Sometimes, managing

symptoms is the main goal, especially in chronic or terminal illness. Palliative care focuses on reducing suffering rather than curing disease.

Conclusion

Symptoms are vital signals of health and disease. They guide diagnosis, influence treatment, and reflect the patient's experience. Understanding symptoms requires medical knowledge, empathy, and communication. By listening to symptoms, doctors and patients work together to protect health and improve quality of life.

Vocabulary

Word	Uzbek	Russian
Symptom	Alomat	Симптом
Sign	Belgilar	Признак
Diagnosis	Tashxis	Диагноз
Pain	Og'riq	Боль
Fever	Isitma	Лихорадка
Fatigue	Charchoq	Усталость
Cough	Yo'tal	Кашель
Nausea	Ko'ngil aynishi	Тошнота
Vomiting	Qusish	Рвота
Headache	Bosh og'rig'i	Головная боль
Rash	To'shma	Сыпь
Shortness of breath	Nafas qisilishi	Одышка
Anxiety	Tashvish	Тревога
Depression	Depressiya	Депрессия
Insomnia	Uyqusizlik	Бессонница
Confusion	Chalkashlik	Спутанность

Word	Uzbek	Russian
Acute	O'tkir	Острый
Chronic	Surunkali	Хронический
Localized	Mahalliy	Локализованный
Systemic	Umumiy	Системный

Match the word with definition

1. Patient's subjective experience of illness.
2. Objective finding observed by a doctor.
3. Identification of disease.
4. Unpleasant physical sensation.
5. Elevated body temperature.
6. Extreme tiredness.
7. Expulsion of air from lungs.
8. Feeling of sickness in stomach.
9. Forceful emptying of stomach contents.
10. Pain in the head.
11. Skin eruption or spots.
12. Difficulty breathing.
13. Feeling of worry.
14. Persistent sadness.
15. Difficulty sleeping.
16. Mental disorientation.
17. Sudden onset.
18. Long-lasting condition.
19. Affecting one part of body.
20. Affecting whole body.

Answer the questions

1. What is the difference between symptoms and signs?
2. Why are symptoms important in medicine?
3. How do acute symptoms differ from chronic ones?
4. What are localized symptoms?
5. What are systemic symptoms?
6. Give examples of common physical symptoms.
7. What psychological symptoms may accompany illness?
8. How do doctors use symptoms in diagnosis?
9. Why are symptoms considered subjective?
10. How do cultural factors affect symptom reporting?
11. Why is pain the most common symptom?
12. What does fever usually indicate?
13. How does fatigue affect daily life?
14. What illnesses cause cough?
15. Why is nausea important in diagnosis?
16. What challenges do doctors face with elderly patients?
17. How is insomnia related to health?
18. Why is palliative care focused on symptoms?
19. How do symptoms guide treatment decisions?
20. Why is empathy important in understanding symptoms?

Multiple choice

1. A symptom is:
 - A) Patient's experience
 - B) Doctor's observation
 - C) Laboratory test
 - D) Hospital record
2. A sign is:
 - A) Patient's description

- B) Objective finding
- C) Feeling of pain
- D) Insurance form

3. Diagnosis means:

- A) Identifying disease
- B) Preventing illness
- C) Giving medicine
- D) Measuring fever

4. Acute symptoms are:

- A) Sudden
- B) Long-lasting
- C) Systemic
- D) Psychological

5. Chronic symptoms are:

- A) Temporary
- B) Long-lasting
- C) Sudden
- D) Localized

6. Localized symptoms affect:

- A) Whole body
- B) One area
- C) Emotions
- D) Sleep

7. Systemic symptoms affect:

- A) One organ
- B) Entire body
- C) Skin only
- D) Muscles

8. Pain is:

- A) Common symptom
- B) Laboratory test
- C) Doctor's sign
- D) Insurance

9. Fever indicates:

- A) Infection
- B) Relaxation
- C) Happiness
- D) Confusion

10. Fatigue means:

- A) Tiredness
- B) Hunger
- C) Pain
- D) Rash

11. Cough is linked to:

- A) Respiratory illness
- B) Skin disease
- C) Anxiety
- D) Confusion

12. Nausea is:

- A) Stomach sickness
- B) Headache
- C) Rash
- D) Fever

13. Vomiting is:

- A) Expelling stomach contents
- B) Breathing deeply

C) Sleeping

D) Talking

14. Headache is:

A) Pain in head

B) Pain in chest

C) Pain in stomach

D) Pain in leg

15. Rash is:

A) Skin eruption

B) Breathing problem

C) Fatigue

D) Confusion

16. Shortness of breath is:

A) Difficulty breathing

B) Difficulty eating

C) Difficulty sleeping

D) Difficulty speaking

17. Anxiety is:

A) Worry

B) pain

C) illness

D) problem

18. Depression is:

A) Persistent sadness and hopelessness

B) Sudden fever

C) Skin rash

D) Breathing difficulty

19. Insomnia refers to:

- A) Difficulty sleeping
- B) Difficulty breathing
- C) Difficulty eating
- D) Difficulty walking

20. Confusion is:

- A) Mental disorientation
- B) Pain in the chest
- C) Elevated temperature
- D) Fatigue after exercise

7. CARING FOR CHILDREN. CARING FOR THE ELDERLY



Caring for children and the elderly has always been one of the most important responsibilities of families and communities. Both groups represent vulnerable members of society: children because they are still developing physically, emotionally, and socially, and the elderly because

they may face declining health, reduced independence, and social isolation. Despite their differences, both groups require compassion, patience, and structured support.

Caring for Children

Children are the future of any nation. Providing proper care during childhood ensures healthy development and prepares them for adulthood. Childcare involves several dimensions:

- Physical care: This includes nutrition, hygiene, medical check-ups, and safe living environments. A balanced diet, vaccinations, and regular exercise are essential for growth.
- Emotional care: Children need love, attention, and encouragement. Positive reinforcement builds self-confidence, while neglect or harsh treatment can harm their psychological well-being.
- Educational care: Early childhood education lays the foundation for lifelong learning. Parents and teachers play a crucial role in stimulating curiosity, teaching values, and developing social skills.
- Social care: Children must learn how to interact with peers, respect others, and understand cultural traditions. Socialization helps them become responsible citizens.

Modern societies often rely on daycare centers, schools, and healthcare systems to support families. However, the role of parents remains central. A child who grows up in a nurturing environment is more likely to become a healthy, productive adult.

Caring for the Elderly

Elderly people represent wisdom, experience, and cultural heritage. Caring for them is not only a moral duty but also a way of preserving traditions and values. Elderly care involves:

- Health support: Older adults often face chronic illnesses such as diabetes, heart disease, or arthritis. Regular medical attention, medication management, and physical therapy are vital.
- Emotional support: Loneliness is a major challenge for the elderly. Family visits, community activities, and social programs help reduce isolation.
- Practical support: Assistance with daily tasks such as cooking, cleaning, or transportation allows elderly individuals to maintain dignity and independence.
- Respect and inclusion: Elderly people should be valued for their contributions. Listening to their stories and involving them in family decisions strengthens intergenerational bonds.

In many cultures, caring for the elderly is considered a sacred duty. However, modern lifestyles sometimes make it difficult for families to provide full-time care. Nursing homes, assisted living facilities, and home-care services have become common solutions, but they must be managed with compassion and respect.

Similarities in Caring for Children and the Elderly

Although children and the elderly are at opposite ends of the life cycle, their needs share similarities:

- Both require patience and empathy.
- Both depend on others for physical and emotional support.
- Both benefit from structured routines and safe environments.
- Both thrive when surrounded by love and respect.

Challenges and Solutions

Caring for vulnerable groups can be challenging. Parents may struggle with balancing work and childcare, while adult children may find it difficult to care for aging parents. Financial constraints, lack of time, and emotional stress are common issues.

Solutions include:

- Government policies that provide childcare subsidies and elderly pensions.
- Community programs that offer daycare centers and senior clubs.
- Technological innovations such as health-monitoring devices and online education.
- Promoting family values that emphasize respect for both children and elders.

Conclusion

Caring for children and the elderly is not just a family responsibility; it is a collective duty of society. By ensuring proper care, we protect the most vulnerable members of our communities and strengthen the bonds between generations. A society that values both its youngest and oldest members is a society that invests in its future and honors its past.

Vocabulary

English Word	Uzbek	Russian
Care	Parvarish	Уход
Child	Bola	Ребёнок
Elderly	Qariyalar	Пожилые
Health	Sog'liq	Здоровье
Nutrition	Oziqlanish	Питание
Hygiene	Gigiyena	Гигиена
Education	Ta'lim	Образование
Respect	Hurmat	Уважение
Family	Oila	Семья
Community	Jamiyat	Общество
Support	Qo'llab-quvvatlash	Поддержка
Independence	Mustaqillik	Независимость
Loneliness	Yolg'izlik	Одиночество
Tradition	An'ana	Традиция
Responsibility	Mas'uliyat	Ответственность
Compassion	Rahm-shafqat	Сострадание
Patience	Sabr	Терпение
Safety	Xavfsizlik	Безопасность
Development	Rivojlanish	Развитие
Dignity	Qadr-qimmat	Достоинство

Match each word with its correct definition:

1. Care
2. Nutrition
3. Hygiene
4. Respect
5. Compassion
6. Loneliness
7. Tradition
8. Responsibility
9. Independence
10. Dignity

Definitions:

- A. Cleanliness and practices that prevent illness.
- B. Emotional support and kindness toward others.
- C. Food and diet necessary for health.
- D. The state of being alone.
- E. The quality of being worthy of honor.
- F. Duty or obligation to act correctly.
- G. Freedom to make one's own decisions.
- H. Customs passed down through generations.
- I. Attention and support for someone's needs.
- J. Admiration and honor toward others.

Answer the questions

1. Why is caring for children considered essential for the future of society?
2. What are the main aspects of physical care for children?
3. How does emotional care affect a child's development?
4. Why is education important in early childhood?
5. What role does socialization play in child development?
6. What challenges do parents face in childcare today?

7. Why is caring for the elderly considered a moral duty?
8. What are common health problems faced by elderly people?
9. How can loneliness among the elderly be reduced?
10. What types of practical support do elderly people need?
11. Why is respect important in elderly care?
12. How do nursing homes and assisted living facilities help families?
13. What similarities exist between caring for children and the elderly?
14. Why do both groups require patience and empathy?
15. What are common challenges in caring for vulnerable groups?
16. How can government policies support families in childcare?
17. What role do community programs play in elderly care?
18. How can technology improve care for children and the elderly?
19. Why is family involvement important in both types of care?
20. What does a society gain by valuing both children and the elderly?

Multiple choice

1. Which of the following is NOT part of child physical care?
 - A) Nutrition
 - B) Hygiene
 - C) Loneliness
 - D) Medical check-ups
2. Emotional care for children includes:
 - A) Strict punishment
 - B) Love and encouragement
 - C) Ignoring feelings
 - D) Financial support only
3. Early childhood education helps:
 - A) Build curiosity
 - B) Prevent illness

- C) Reduce loneliness
 - D) Provide pensions
4. Socialization teaches children:
- A) To respect others
 - B) To avoid traditions
 - C) To ignore peers
 - D) To stay isolated
5. Elderly people often face:
- A) Chronic illnesses
 - B) Rapid growth
 - C) School exams
 - D) Childhood fears
6. Emotional support for the elderly reduces:
- A) Respect
 - B) Loneliness
 - C) Nutrition
 - D) Hygiene
7. Practical support for the elderly includes:
- A) Cooking and cleaning
 - B) Writing essays
 - C) Playing games
 - D) Studying mathematics
8. Respect for the elderly means:
- A) Ignoring their advice
 - B) Listening to their stories
 - C) Avoiding family decisions
 - D) Forgetting traditions

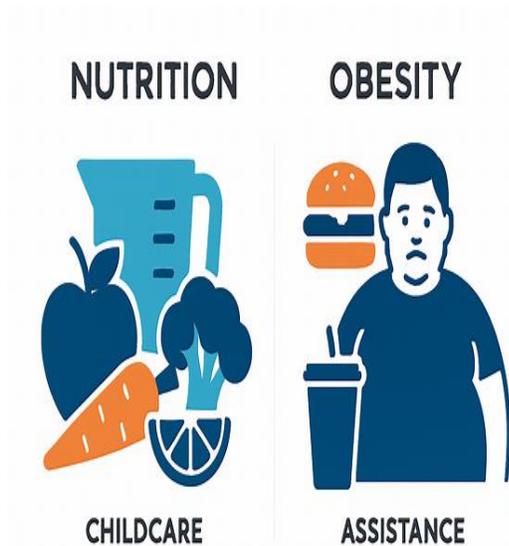
9. Nursing homes provide:
- A) Full-time care
 - B) School education
 - C) Childhood games
 - D) Independence only
10. Both children and elderly require:
- A) Patience and empathy
 - B) Strict discipline
 - C) Financial wealth only
 - D) No attention
11. A common challenge in care is:
- A) Financial stress
 - B) Rapid growth
 - C) School exams
 - D) Lack of traditions
12. Government childcare subsidies help:
- A) Reduce costs for families
 - B) Increase loneliness
 - C) Remove traditions
 - D) Avoid education
13. Elderly pensions provide:
- A) Financial support
 - B) Childhood education
 - C) Hygiene lessons
 - D) Nutrition for children
14. Community programs for seniors include:
- A) Clubs and activities

- B) School exams
 - C) Childhood games
15. Technology can improve care for children and the elderly by:
- A) Health-monitoring devices
 - B) Online education
 - C) Social media games only
 - D) Ignoring traditions
16. Family involvement in care is important because:
- A) It strengthens emotional bonds
 - B) It reduces loneliness
 - C) It teaches values across generations
 - D) All of the above
17. A society that values children and the elderly:
- A) Invests in its future
 - B) Honors its past
 - C) Builds stronger communities
 - D) All of the above
18. Which of the following is a challenge in elderly care?
- A) Chronic illness
 - B) Social isolation
 - C) Lack of independence
 - D) All of the above
19. Which of the following is a challenge in childcare?
- A) Balancing work and family
 - B) Financial stress
 - C) Lack of time
 - D) All of the above

20. The conclusion of the text emphasizes:

- A) Childcare is only a family duty
- B) Elderly care is only a government duty
- C) Caring for children and elderly is a collective responsibility
- D) Only technology can solve care problems

8. NUTRITION AND OBESITY.



Nutrition is the science of how food affects the body. It studies the nutrients in food, how the body uses them, and the relationship between diet, health, and disease. Proper nutrition is essential for growth, energy, and overall well-being. However, poor nutrition can lead to serious health problems, including obesity.

What is Nutrition?

Nutrition involves consuming a balanced diet that provides carbohydrates, proteins, fats, vitamins,

minerals, and water. Each nutrient plays a specific role:

- Carbohydrates provide energy.
- Proteins build and repair tissues.
- Fats store energy and support cell function.
- Vitamins and minerals regulate body processes.
- Water maintains hydration and helps digestion.

A healthy diet includes fruits, vegetables, whole grains, lean proteins, and limited amounts of sugar and saturated fats. Good nutrition strengthens the immune system, improves brain function, and reduces the risk of chronic diseases.

What is Obesity?

Obesity is a medical condition characterized by excessive body fat. It is usually measured by the Body Mass Index (BMI). A BMI over 30 is considered obese. Obesity is not just about appearance; it is a serious health issue linked to diabetes, heart disease, high blood pressure, and certain cancers.

Causes of Obesity

Obesity results from an imbalance between calorie intake and energy expenditure.

Common causes include:

- Poor diet: High consumption of fast food, sugary drinks, and processed snacks.
- Lack of physical activity: Sedentary lifestyles reduce calorie burning.
- Genetics: Some people are more prone to weight gain.
- Psychological factors: Stress and emotional eating contribute to obesity.
- Socioeconomic factors: Limited access to healthy food and safe exercise environments.

Consequences of Obesity

Obesity affects both physical and mental health:

- Physical consequences: Diabetes, cardiovascular disease, joint problems, sleep apnea.
- Mental consequences: Low self-esteem, depression, social stigma.

Obesity also increases healthcare costs and reduces productivity in society.

Preventing Obesity

Prevention focuses on lifestyle changes:

- Balanced diet: Eating more fruits, vegetables, and whole grains.
- Regular exercise: At least 30 minutes of physical activity daily.
- Education: Teaching children healthy habits early.
- Community support: Creating safe parks, affordable gyms, and healthy food options.
- Government policies: Regulating food advertising, taxing sugary drinks, and promoting nutrition programs.

Treating Obesity

Treatment may include:

- Dietary changes: Reducing calorie intake and improving food quality.
- Exercise programs: Structured physical activity.
- Medical treatment: Medication or surgery in severe cases.
- Psychological support: Counseling to address emotional eating.

Nutrition and Obesity in Children

Childhood obesity is a growing concern. Children who are obese are more likely to remain obese as adults. Causes include unhealthy school lunches, lack of physical activity, and excessive screen time. Prevention requires parental guidance, school programs, and community involvement.

Global Perspective

Obesity is a global epidemic. In developed countries, fast food and sedentary lifestyles dominate. In developing countries, urbanization and changing diets increase obesity rates. The World Health Organization (WHO) considers obesity one of the most serious public health challenges of the 21st century.

Conclusion

Nutrition and obesity are closely linked. Good nutrition prevents obesity, while poor nutrition contributes to it. Addressing obesity requires cooperation between individuals, families, communities, and governments. A healthy society begins with healthy eating habits and active lifestyles.

Vocabulary

English	Uzbek	Russian
Nutrition	Oziqlanish	Питание
Obesity	Semizlik	Ожирение
Diet	Ratsion	Диета
Calories	Kaloriya	Калории

English	Uzbek	Russian
Carbohydrates	Uglevodlar	Углеводы
Proteins	Oqsillar	Белки
Fats	Yog'lar	Жиры
Vitamins	Vitaminlar	Витамины
Minerals	Minerallar	Минералы
Hydration	Namlanish	Гидратация
Immune system	Immun tizim	Иммунная система
Chronic disease	Surunkali kasallik	Хроническая болезнь
Sedentary	Harakatsiz	Малоподвижный
Genetics	Genetika	Генетика
Stress	Stress	Стресс
Prevention	Oldini olish	Профилактика
Treatment	Davolash	Лечение
Exercise	Mashq	Упражнение
Self-esteem	O'zini qadrlash	Самооценка
Stigma	Tamg'a	Стигма

Match the word with its definition:

1. Nutrition
2. Obesity
3. Calories
4. Proteins
5. Vitamins
6. Sedentary
7. Genetics

8. Prevention
9. Treatment
10. Self-esteem

Definitions:

- A. Units of energy from food.
- B. Excessive body fat condition.
- C. Biological inheritance from parents.
- D. Psychological value of oneself.
- E. Science of food and health.
- F. Substances that regulate body processes.
- G. Lack of physical activity.
- H. Medical or lifestyle actions to cure disease.
- I. Actions taken to stop disease before it starts.
- J. Nutrients that build and repair tissues.

Answer the questions

1. What is nutrition?
2. Why is proper nutrition important?
3. Name the main nutrients in food.
4. What role do carbohydrates play?
5. How do proteins help the body?
6. What is obesity?
7. How is obesity measured?
8. List three causes of obesity.
9. What are two physical consequences of obesity?
10. What are two mental consequences of obesity?
11. Why is childhood obesity a concern?
12. How can obesity be prevented?
13. What role does exercise play in prevention?

14. How can governments help reduce obesity?
15. What is the link between nutrition and obesity?
16. Why is obesity considered a global epidemic?
17. How does socioeconomic status affect obesity?
18. What treatments are available for obesity?
19. Why is psychological support important in treatment?
20. What does the WHO say about obesity?

Multiple choice

1. Nutrition studies:
 - A) Food and its effects
 - B) Only exercise
 - C) Only genetics
 - D) Only psychology
2. Which nutrient provides energy?
 - A) Proteins
 - B) Carbohydrates
 - C) Vitamins
 - D) Minerals
3. Proteins are important for:
 - A) Hydration
 - B) Tissue repair
 - C) Energy storage
 - D) Stress reduction
4. Obesity is defined as:
 - A) BMI over 25
 - B) BMI over 30
 - C) Lack of vitamins
 - D) Lack of exercise only

5. Which is NOT a cause of obesity?
 - A) Genetics
 - B) Sedentary lifestyle
 - C) Balanced diet
 - D) Stress
6. Physical consequence of obesity:
 - A) Diabetes
 - B) Curiosity
 - C) Education
 - D) Respect
7. Mental consequence of obesity:
 - A) Self-esteem issues
 - B) Strong immunity
 - C) Better memory
 - D) Increased energy
8. Prevention of obesity includes:
 - A) Eating fast food
 - B) Balanced diet
 - C) Ignoring exercise
 - D) Stress eating
9. Treatment of obesity may include:
 - A) Surgery
 - B) Counseling
 - C) Exercise
 - D) All of the above
10. Childhood obesity is dangerous because:
 - A) Children grow taller
 - B) It often continues into adulthood

- C) It improves immunity
 - D) It reduces stress
11. Sedentary lifestyle means:
- A) Active life
 - B) Lack of physical activity
 - C) Balanced nutrition
 - D) Healthy diet
12. Which nutrient regulates body processes?
- A) Vitamins
 - B) Carbohydrates
 - C) Fats
 - D) Proteins
13. Which factor increases obesity risk?
- A) Genetics
 - B) Stress
 - C) Poor diet
 - D) All of the above
14. Hydration is important for:
- A) Digestion
 - B) Sleep
 - C) Genetics
 - D) Stress
15. WHO considers obesity:
- A) A minor issue
 - B) A global epidemic
 - C) A local problem
 - D) A genetic disorder only
16. Which food is healthiest?

- A) Fruits and vegetables
- B) Sugary drinks
- C) Fast food burgers
- D) Processed snacks

17 Which lifestyle factor contributes most to obesity?

- A) Regular exercise
- B) Sedentary behavior
- C) Balanced diet
- D) Adequate hydration

16. Which government policy can help reduce obesity rates?

- A) Taxing sugary drinks
- B) Promoting fast food
- C) Reducing school programs
- D) Ignoring nutrition education

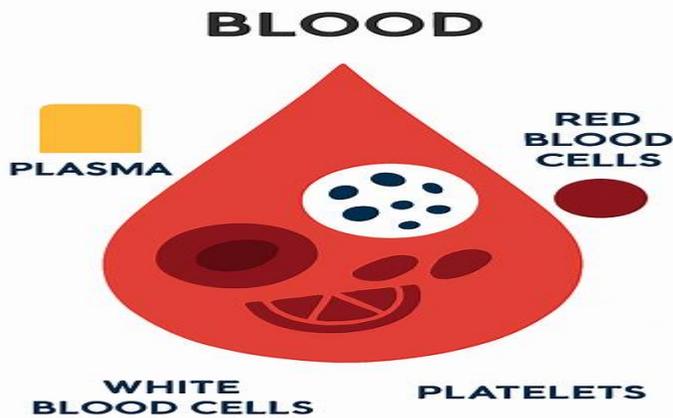
17. Why is psychological support important in obesity treatment?

- A) It helps address emotional eating
- B) It increases calorie intake
- C) It reduces hydration
- D) It eliminates genetics

18. What is the main link between nutrition and obesity?

- A) Poor nutrition contributes to obesity
- B) Good nutrition causes obesity
- C) Nutrition has no effect on obesity
- D) Obesity improves nutrition

9. BLOOD



Blood is often described as the “river of life” because it flows through every part of the human body, carrying essential substances that sustain life. Without blood, our organs would not receive oxygen, nutrients, or protection against harmful invaders. This remarkable

fluid is far more than just a red liquid—it is a complex tissue that plays multiple roles in keeping us alive and healthy.

Composition of Blood

Blood is made up of four main components: plasma, red blood cells, white blood cells, and platelets. Plasma is the liquid portion, making up about 55% of blood. It is mostly water but also contains proteins, hormones, nutrients, and waste products. Red blood cells (RBCs) are responsible for carrying oxygen from the lungs to the rest of the body and returning carbon dioxide to the lungs for exhalation. White blood cells (WBCs) are part of the immune system, defending the body against infections. Platelets are small fragments that help blood clot, preventing excessive bleeding when injuries occur.

Functions of Blood

Blood performs several vital functions:

- **Transportation:** It carries oxygen, carbon dioxide, nutrients, hormones, and waste products.
- **Regulation:** Blood helps regulate body temperature, pH levels, and water balance.
- **Protection:** White blood cells fight infections, while platelets prevent blood loss.

Oxygen Transport

Hemoglobin, a protein inside red blood cells, binds to oxygen in the lungs. Each hemoglobin molecule can carry four oxygen molecules. This oxygen is then delivered to

tissues and organs. Without this process, cells would not be able to produce energy, and life would cease.

Blood Types

Human blood is classified into groups based on the presence of specific antigens. The most important system is the ABO blood group: A, B, AB, and O. Another critical factor is the Rh system, which determines whether blood is positive (+) or negative (-). Blood type is crucial in transfusions; mismatched blood can cause dangerous reactions.

The Circulatory System

Blood travels through a vast network of vessels: arteries, veins, and capillaries. The heart acts as a pump, pushing blood through this system. Arteries carry oxygen-rich blood away from the heart, veins return oxygen-poor blood, and capillaries allow exchange of gases and nutrients at the cellular level.

Blood Disorders

Several medical conditions affect blood:

- Anemia: A shortage of red blood cells or hemoglobin, leading to fatigue.
- Leukemia: A cancer of white blood cells.
- Hemophilia: A disorder where blood does not clot properly.
- Thrombosis: Formation of dangerous blood clots.

Blood Donation

Blood donation saves millions of lives each year. Donated blood is used in surgeries, trauma care, and for patients with chronic illnesses. Since blood cannot be manufactured, voluntary donations are essential.

Blood is not just a fluid—it is a living tissue that sustains, protects, and connects every part of the body. Understanding blood helps us appreciate the miracle of life and the importance of caring for our health.

Vocabulary

Word	Meaning	Uzbek	Russian
Plasma	Liquid part of blood	Plazma	Плазма
Red blood cell	Oxygen-carrying cell	Qizil qon hujayrasi	Эритроцит
White blood cell	Immune cell	Oq qon hujayrasi	Лейкоцит
Platelet	Clotting fragment	Trombotsit	Тромбоцит
Hemoglobin	Oxygen-binding protein	Gemoglobin	Гемоглобин
Oxygen	Gas for respiration	Kislorod	Кислород
Carbon dioxide	Waste gas	Uglerod oksidi	Углекислый газ
Antigen	Surface marker	Antigen	Антиген
Antibody	Defensive protein	Antitelo	Антитело
Circulation	Movement of blood	Qon aylanishi	Циркуляция
Artery	Vessel carrying blood away	Arteriya	Артерия
Vein	Vessel carrying blood back	Vena	Вена
Capillary	Small blood vessel	Kapillyar	Капилляр
Clot	Thickened blood	Qon ivishi	Сгусток
Anemia	Low red blood cells	Anemiya	Анемия
Leukemia	Blood cancer	Leykemiya	Лейкемия
Hemophilia	Clotting disorder	Gemofiliya	Гемофилия
Transfusion	Transfer of blood	Qon quyish	Переливание
Donation	Giving blood	Donorlik	Донорство
Immune system	Defense system	Immun tizim	Иммунная система

Match the words with their definitions:

1. Plasma
2. Hemoglobin

3. Platelet
4. Artery
5. Vein
6. Capillary
7. Antigen
8. Antibody
9. Anemia
10. Leukemia

Definitions:

- a) Protein that carries oxygen
- b) Liquid part of blood
- c) Small vessel for exchange of gases
- d) Vessel carrying blood away from heart
- e) Vessel returning blood to heart
- f) Defensive protein against invaders
- g) Surface marker on cells
- h) Disorder with low red blood cells
- i) Cancer of blood cells
- j) Fragment that helps clotting

Answer the questions

1. Why is blood called the “river of life”?
2. What are the four main components of blood?
3. What percentage of blood is plasma?
4. What is the role of red blood cells?
5. What do white blood cells do?
6. How do platelets help the body?
7. What is hemoglobin?
8. How many oxygen molecules can hemoglobin carry?

9. What are the four ABO blood groups?
10. Why is blood type important in transfusions?
11. What does the heart do in the circulatory system?
12. What do arteries carry?
13. What do veins carry?
14. What happens in capillaries?
15. What is anemia?
16. What is leukemia?
17. What is hemophilia?
18. Why is blood donation important?
19. Can blood be manufactured artificially?
20. What is the main conclusion about blood in the text?

Multiple choice

1. Plasma makes up about:
 - a) 25%
 - b) 55%
 - c) 75%
 - d) 95%
2. Red blood cells carry:
 - a) Hormones
 - b) Oxygen
 - c) Nutrients
 - d) Antibodies
3. White blood cells are part of:
 - a) Digestive system
 - b) Immune system
 - c) Nervous system
 - d) Circulatory system

4. Platelets help with:
 - a) Digestion
 - b) Clotting
 - c) Breathing
 - d) Regulation
5. Hemoglobin is found in:
 - a) Plasma
 - b) Red blood cells
 - c) Platelets
 - d) White blood cells
6. Hemoglobin carries how many oxygen molecules?
 - a) 2
 - b) 4
 - c) 6
 - d) 8
7. The ABO blood groups include:
 - a) A, B, AB, O
 - b) A, B, C, D
 - c) O, P, Q, R
 - d) AB, AC, AD, AE
8. The Rh factor determines:
 - a) Positive or negative blood type
 - b) Oxygen levels
 - c) Nutrient levels
 - d) Clotting speed
9. Arteries carry blood:
 - a) To the heart
 - b) Away from the heart

- c) To the lungs only
 - d) To the brain only
10. Veins carry blood:
- a) Away from the heart
 - b) Back to the heart
 - c) Only to the liver
 - d) Only to the kidneys
11. Capillaries allow:
- a) Exchange of gases and nutrients
 - b) Storage of blood
 - c) Clotting
 - d) Transport of hormones only
12. Anemia is caused by:
- a) Low red blood cells
 - b) High white blood cells
 - c) Low platelets
 - d) High plasma
13. Leukemia is:
- a) A clotting disorder
 - b) A cancer of blood cells
 - c) A shortage of plasma
 - d) A shortage of oxygen
14. Hemophilia affects:
- a) Clotting ability
 - b) Oxygen transport
 - c) Heart pumping
 - d) Plasma levels

15. Blood donation is important because:
- a) Blood can be manufactured
 - b) Blood cannot be manufactured
16. Which of the following is NOT a function of blood?
- a) Transportation
 - b) Regulation
 - c) Protection
 - d) Digestion
17. Which blood component is mostly water?
- a) Plasma
 - b) Platelets
 - c) Red blood cells
 - d) White blood cells
18. Which blood disorder is related to clotting problems?
- a) Anemia
 - b) Leukemia
 - c) Hemophilia
 - d) Thrombosis
19. Which blood disorder involves cancer of white blood cells?
- a) Anemia
 - b) Leukemia
 - c) Hemophilia
 - d) Thrombosis
20. Why is blood donation essential?
- a) Because blood can be manufactured in labs
 - b) Because blood cannot be manufactured artificially
 - c) Because plasma is unlimited
 - d) Because oxygen is always available

10.DEATH AND DYING

Death is a universal experience. Every culture, religion, and society has grappled with the meaning of dying and the rituals surrounding it. While life is celebrated, death is often feared, mourned, or honored. To understand death and dying, we must look at biological, cultural, and philosophical perspectives.

Biological Perspective

From a medical standpoint, death occurs when the body's vital functions permanently stop. The heart ceases to beat, blood circulation halts, and the brain no longer functions. This process may be sudden, as in accidents, or gradual, as in aging or illness. Dying is often described as a transition, where the body slowly loses its ability to sustain life. Signs of dying include weakened heartbeat, irregular breathing, and organ failure.

Psychological Perspective

For individuals, the awareness of death can bring fear, sadness, or acceptance. Psychologists study how people cope with mortality. Elisabeth Kübler-Ross famously described the "five stages of grief": denial, anger, bargaining, depression, and acceptance. These stages help explain how humans process loss, whether facing their own death or mourning others.

Cultural and Religious Views

Different cultures interpret death in unique ways. In many traditions, death is not the end but a passage to another existence. For example:

- In Christianity, death is seen as entry into eternal life.
- In Islam, death is a return to God.
- In Buddhism, death is part of the cycle of rebirth.
- In secular views, death may be seen as the final end, with remembrance living on in memory.

Funeral rituals, mourning practices, and symbols of death vary widely but serve the same purpose: to honor the dead and comfort the living.

Social Impact

Death affects families and communities. It brings grief but also solidarity, as people gather to support one another. Public tragedies, such as natural disasters or wars, remind societies of the fragility of life. Memorials and commemorations help communities heal and remember.

Medical and Ethical Issues

Modern medicine has extended life expectancy, but it also raises ethical questions. End-of-life care, euthanasia, and organ donation are debated topics. Doctors must balance prolonging life with respecting dignity. Blood tests, vital signs, and medical interventions often mark the boundary between life and death.

Philosophers have long asked: What is the meaning of death? Some argue that death gives life meaning, because it reminds us of our limited time. Others see death as a mystery beyond human understanding. Existential thinkers emphasize living authentically in the face of mortality.

Death and dying are not only biological events but also deeply human experiences. They shape cultures, beliefs, and values. By studying death, we learn to appreciate life more fully and to prepare for the inevitable with dignity and compassion.

Vocabulary

Word	Meaning	Uzbek	Russian
Mortality	State of being subject to death	O'limlilik	Смертность
Grief	Deep sorrow	Qayg'u	Горе
Mourning	Expression of sadness	Motam	Траур
Funeral	Ceremony for the dead	Dafn marosimi	Похороны
Ritual	Religious practice	Marosim	Ритуал
Burial	Placing in the ground	Dafn	Захоронение
Cremation	Burning of the body	Yoqish	Кремация

Word	Meaning	Uzbek	Russian
Soul	Spiritual essence	Ruh	Душа
Afterlife	Life after death	O'limdan keyingi hayot	Загробная жизнь
Rebirth	Return to life	Qayta tug'ilish	Перерождение
Acceptance	Coming to terms	Qabul qilish	Принятие
Denial	Refusal to accept	Inkor	Отрицание
Legacy	What is left behind	Meros	Наследие
Memorial	Structure of remembrance	Yodgorlik	Мемориал
Compassion	Sympathy for others	Hamdardlik	Сострадание
Dignity	Respectful state	Qadr-qimmat	Достоинство
Hospice	End-of-life care	Hospis	Хоспис
Euthanasia	Assisted dying	Evtanaziya	Эвтаназия
Organ donation	Giving organs	Organ donorligi	Донорство органов
Philosophy	Study of wisdom	Falsafa	Философия

Match the words with their definitions:

1. Mortality
2. Grief
3. Funeral
4. Ritual
5. Cremation
6. Soul
7. Afterlife
8. Denial
9. Legacy

10.Hospice

Definitions:

- a) Burning of the body after death
- b) Ceremony for the dead
- c) Refusal to accept reality
- d) End-of-life care center
- e) Spiritual essence of a person
- f) State of being subject to death
- g) Deep sorrow after loss
- h) Life after death
- i) Religious practice or tradition
- j) What is left behind for future generations

Answer the questions

1. What is death from a biological perspective?
2. What happens to circulation during dying?
3. What are signs of dying?
4. Who described the five stages of grief?
5. What are the five stages of grief?
6. How do different religions view death?
7. What is the Christian view of death?
8. What is the Islamic view of death?
9. What is the Buddhist view of death?
- 10.What is a secular view of death?
- 11.Why are funeral rituals important?
- 12.How does death affect communities?
- 13.What role do memorials play?
- 14.What ethical issues arise in end-of-life care?
- 15.What is euthanasia?

16. What is organ donation?
17. Why do philosophers study death?
18. How does death give life meaning?
19. What is the conclusion about death in the text?
20. How can studying death help us appreciate life?

Multiple choice

1. Death occurs when:
 - a) The heart stops beating
 - b) The brain stops functioning
 - c) Circulation halts
 - d) All of the above
2. Signs of dying include:
 - a) Strong heartbeat
 - b) Irregular breathing
 - c) Organ failure
 - d) b and c
3. The five stages of grief were described by:
 - a) Freud
 - b) Kübler-Ross
 - c) Darwin
 - d) Plato
4. The five stages of grief include:
 - a) Denial, anger, bargaining, depression, acceptance
 - b) Fear, joy, sadness, hope, love
 - c) Birth, growth, decline, death, rebirth
 - d) None of the above
5. Christianity views death as:
 - a) Eternal life

- b) Rebirth
 - c) Final end
 - d) Cremation
6. Islam views death as:
- a) Return to God
 - b) Eternal life
 - c) Rebirth
 - d) End of existence
7. Buddhism sees death as:
- a) End of life
 - b) Cycle of rebirth
 - c) Eternal heaven
 - d) Nothingness
8. Secular views often see death as:
- a) Passage to heaven
 - b) Final end
 - c) Rebirth
 - d) Return to God
9. Funeral rituals serve to:
- a) Honor the dead
 - b) Comfort the living
 - c) Both a and b
 - d) None
10. Public tragedies remind societies of:
- a) Wealth
 - b) Fragility of life
 - c) Eternal life
 - d) Rituals

11. Memorials help communities:

- a) Forget loss
- b) Heal and remember
- c) Avoid grief
- d) Ignore death

12. End-of-life care raises:

- a) Ethical questions
- b) Financial issues only
- c) No concerns
- d) Ritual debates

13. Euthanasia means:

- a) Assisted dying
- b) Organ donation
- c) Funeral ritual
- d) Cremation

14. Organ donation involves:

- a) Giving organs after death
- b) Refusing treatment
- c) Cremation
- d) Mourning

15. Philosophers study death to:

- a) Avoid grief
- b) Understand meaning of life
- c) Create rituals
- d) Stop mortality

16. Death gives life meaning because:

- a) It reminds us of limited time
- b) It creates fear

- c) It causes grief
- d) It ends suffering

17. Compassion means:

- a) Sympathy for others
- b) Refusal to accept
- c) Ceremony for the dead
- d) Burning of the body

18. Hospice care is:

- a) End-of-life care
- b) Funeral ritual
- c) Burial practice
- d) Cremation

19. Legacy refers to:

- a) What is left behind after death
- b) The act of mourning
- c) A funeral ceremony
- d) A medical condition

20. Philosophy studies death to:

- a) Understand wisdom and meaning
- b) Avoid grief
- c) Create rituals
- d) Stop mortality

11.HYGIENE



Hygiene is the practice of keeping ourselves and our environment clean to maintain health and prevent disease. It is one of the oldest and most important aspects of human life. From washing hands to cleaning homes, hygiene plays a

vital role in protecting individuals and communities.

The Importance of Hygiene

Hygiene prevents the spread of harmful microorganisms such as bacteria, viruses, and fungi. Good hygiene reduces infections, improves quality of life, and increases life expectancy. In history, poor hygiene has been linked to epidemics such as cholera and plague. Today, hygiene remains essential in hospitals, schools, workplaces, and homes.

Personal Hygiene

Personal hygiene refers to habits that keep the body clean:

- Handwashing: Washing hands with soap and water removes germs.
- Oral hygiene: Brushing and flossing teeth prevents cavities and gum disease.
- Bathing: Regular bathing removes sweat, dirt, and bacteria.
- Hair and nail care: Clean hair and trimmed nails prevent infections.

Food Hygiene

Food hygiene ensures that food is safe to eat. It includes washing fruits and vegetables, cooking meat thoroughly, and storing food at safe temperatures. Poor food hygiene can cause food poisoning, which leads to nausea, vomiting, and diarrhea.

Environmental Hygiene

Environmental hygiene involves keeping surroundings clean. This includes proper waste disposal, clean drinking water, and safe sanitation systems. Communities with poor environmental hygiene often suffer from diseases like dysentery and malaria.

Workplace Hygiene

Workplace hygiene protects employees and customers. Offices, factories, and restaurants must follow hygiene rules to prevent illness. For example, workers in healthcare must wear gloves and masks, while food handlers must wash hands frequently.

Hospital Hygiene

Hospitals require strict hygiene because patients are vulnerable. Sterilizing equipment, disinfecting surfaces, and isolating infectious patients are critical. Without hospital hygiene, infections spread quickly.

Cultural and Social Aspects

Different cultures have unique hygiene practices. In some traditions, washing before prayer is essential. In others, bathing rituals are part of festivals. Socially, good hygiene is linked to respect and dignity.

Modern Challenges

Urbanization, pollution, and overcrowding make hygiene more difficult. Access to clean water is still limited in many parts of the world. Global organizations like the World Health Organization (WHO) promote hygiene campaigns to improve health worldwide.

Conclusion

Hygiene is more than cleanliness—it is a foundation of health. By practicing personal, food, environmental, and workplace hygiene, societies can prevent disease and live healthier lives. Hygiene is not just a habit; it is a responsibility shared by all.

Vocabulary

Word	Meaning	Uzbek	Russian
Hygiene	Practice of cleanliness	Gigiyena	Гигиена
Sanitation	Systems for cleanliness	Sanitariya	Санитария
Microorganism	Tiny living thing	Mikroorganizmlar	Микроорганизм
Infection	Disease caused by germs	Infeksiya	Инфекция

Word	Meaning	Uzbek	Russian
Prevention	Stopping something	Oldini olish	Профилактика
Handwashing	Cleaning hands	Qo‘l yuvish	Мытьё рук
Oral hygiene	Care of teeth	Og‘iz gigiyenasi	Гигиена полости рта
Bathing	Washing body	Cho‘milish	Купание
Food poisoning	Illness from food	Oziq-ovqat zaharlanishi	Пищевое отравление
Sterilization	Killing germs	Sterilizatsiya	Стерилизация
Disinfection	Cleaning with chemicals	Dezinfeksiya	Дезинфекция
Waste disposal	Removing trash	Chiqindilarni yo‘q qilish	Утилизация отходов
Contamination	Making dirty	Ifloslanish	Загрязнение
Epidemic	Widespread disease	Epidemiya	Эпидемия
Cholera	Infectious disease	Xolera	Холера
Malaria	Mosquito-borne disease	Bezori kasallik	Малярия
Hospital hygiene	Cleanliness in hospitals	Kasalxona gigiyenasi	Больничная гигиена
Workplace hygiene	Cleanliness at work	Ish joyi gigiyenasi	Гигиена труда
WHO	World Health Organization	JSST	ВОЗ
Dignity	Respectful state	Qadr-qimmat	Достоинство

Match the words with their definitions:

1. Hygiene
2. Sanitation
3. Microorganism
4. Infection
5. Handwashing
6. Oral hygiene
7. Bathing
8. Food poisoning
9. Sterilization
10. Disinfection

Definitions:

- a) Practice of cleanliness
- b) Systems for cleanliness
- c) Tiny living thing
- d) Disease caused by germs
- e) Cleaning hands
- f) Care of teeth
- g) Washing body
- h) Illness from food
- i) Killing germs
- j) Cleaning with chemicals

Answer the questions

1. What is hygiene?
2. Why is hygiene important?
3. What diseases are linked to poor hygiene historically?
4. What is personal hygiene?
5. Why is handwashing important?

6. What is oral hygiene?
7. Why should people bathe regularly?
8. How does nail care prevent infections?
9. What is food hygiene?
10. What happens if food hygiene is poor?
11. What is environmental hygiene?
12. Why is waste disposal important?
13. What diseases result from poor sanitation?
14. What is workplace hygiene?
15. Why is hospital hygiene critical?
16. What are examples of hospital hygiene practices?
17. How do cultures view hygiene differently?
18. What modern challenges affect hygiene?
19. What role does WHO play in hygiene?
20. What is the conclusion about hygiene in the text?

Multiple choice

1. Hygiene means:
 - a) Cleanliness practices
 - b) Cooking food
 - c) Playing sports
 - d) Growing plants
2. Sanitation refers to:
 - a) Systems for cleanliness
 - b) Bathing rituals
 - c) Oral care only
 - d) Hospital treatment
3. Microorganisms are:
 - a) Large animals

- b) Tiny living things
 - c) Food particles
 - d) Chemicals
4. Infection is caused by:
- a) Germs
 - b) Clean water
 - c) Soap
 - d) Vitamins
5. Handwashing removes:
- a) Germs
 - b) Oxygen
 - c) Nutrients
 - d) Hair
6. Oral hygiene prevents:
- a) Cavities
 - b) Cholera
 - c) Malaria
 - d) Epidemics
7. Bathing removes:
- a) Sweat and dirt
 - b) Oxygen
 - c) Nutrients
 - d) Vitamins
8. Poor food hygiene can cause:
- a) Food poisoning
 - b) Clean water
 - c) Longer life
 - d) Stronger teeth

9. Sterilization means:

- a) Killing germs
- b) Washing hands
- c) Eating food
- d) Growing plants

10. Disinfection uses:

- a) Chemicals
- b) Soap only
- c) Water only
- d) Vitamins

11. Waste disposal prevents:

- a) Contamination
- b) Bathing
- c) Oral hygiene
- d) Sterilization

12. Epidemics are:

- a) Widespread diseases
- b) Clean practices
- c) Hospital hygiene
- d) Food storage

13. Cholera is linked to:

- a) Poor sanitation
- b) Oral hygiene
- c) Bathing
- d) Sterilization

14. Malaria is spread by:

- a) Mosquitoes
- b) Food

- c) Water
 - d) Soap
15. Hospital hygiene includes:
- a) Sterilizing equipment
 - b) Disinfecting surfaces
 - c) Isolating patients
 - d) All of the above
16. Workplace hygiene protects:
- a) Employees and customers
 - b) Only doctors
 - c) Only teachers
 - d) Only children
17. Cultural hygiene practices may include:
- a) Washing before prayer
 - b) Bathing rituals
 - c) Both a and b
 - d) None
18. Modern challenges to hygiene include:
- a) Pollution
 - b) Overcrowding
 - c) Limited clean water
 - d) All of the above
19. WHO promotes:
- a) Hygiene campaigns
 - b) Sports events
 - c) Farming
 - d) Entertainment

20. Hygiene is described as:

- a) A responsibility shared by all
- b) A personal choice only
- c) A hospital practice only
- d) A cultural ritual only

12. MENTAL HEALTH NURSING

Mental health nursing is a specialized branch of nursing that focuses on the care of individuals experiencing mental health challenges. Unlike general nursing, which often emphasizes physical illness, mental health nursing addresses psychological, emotional, and behavioral needs. It requires compassion, patience, and specialized knowledge to support patients in achieving stability and well-being.

The Role of Mental Health Nurses

Mental health nurses provide care in hospitals, clinics, community centers, and even patients' homes. Their responsibilities include assessing mental health conditions, administering medications, offering counseling, and supporting recovery. They work closely with psychiatrists, psychologists, social workers, and families to create holistic treatment plans.

Skills and Qualities

Mental health nurses must possess strong communication skills, empathy, and resilience. They often deal with patients experiencing anxiety, depression, schizophrenia, bipolar disorder, or substance abuse. Building trust is essential, as many patients feel vulnerable or misunderstood. Nurses also need to manage crises, such as suicidal thoughts or aggressive behavior, with calmness and professionalism.

Treatment Approaches

Mental health nursing combines medical and therapeutic interventions. Medication may be prescribed to stabilize mood or reduce symptoms, while therapy helps patients develop coping strategies. Nurses often lead group sessions, encourage healthy routines, and teach

stress management techniques. Recovery is not only about reducing symptoms but also about improving quality of life.

Challenges in Mental Health Nursing

Stigma remains a major challenge. Many societies still view mental illness negatively, which discourages people from seeking help. Nurses must advocate for patients' rights and educate communities about mental health. Another challenge is burnout; caring for patients with complex needs can be emotionally demanding, so nurses must also protect their own mental health.

Ethical Considerations

Mental health nurses face ethical dilemmas, such as balancing patient autonomy with safety. For example, a patient may refuse treatment, but the nurse must consider whether this decision endangers the patient or others. Confidentiality is also critical, as trust depends on respecting privacy.

The Importance of Mental Health Nursing

Mental health is as important as physical health. Without proper care, mental illness can affect relationships, employment, and overall well-being. Mental health nurses play a vital role in reducing suffering, promoting recovery, and supporting communities. Their work contributes to a healthier, more compassionate society.

Conclusion

Mental health nursing is a demanding but rewarding profession. It requires knowledge, empathy, and resilience to support patients through their most difficult times. By addressing stigma, promoting awareness, and providing holistic care, mental health nurses help individuals regain dignity and hope.

Vocabulary

Word	Meaning	Uzbek	Russian
Mental health	Psychological well-being	Ruhiy salomatlik	Психическое здоровье

Word	Meaning	Uzbek	Russian
Nurse	Healthcare professional	Hamshira	Медсестра
Psychiatry	Study of mental illness	Psixiatriya	Психиатрия
Psychology	Study of the mind	Psixologiya	Психология
Counseling	Professional guidance	Maslahat	Консультирование
Therapy	Treatment method	Terapiya	Терапия
Depression	Mood disorder	Depressiya	Депрессия
Anxiety	Nervous disorder	Tashvish	Тревожность
Schizophrenia	Severe mental disorder	Shizofreniya	Шизофрения
Bipolar disorder	Mood swings illness	Ikki qutbli buzilish	Биполярное расстройство
Substance abuse	Harmful use of drugs	Modda suiiste'moli	Злоупотребление веществами
Stigma	Negative label	Tamg'a	Стигма
Empathy	Understanding feelings	Hamdardlik	Эмпатия
Resilience	Ability to recover	Moslashuvchanlik	Устойчивость
Autonomy	Independence	Mustaqillik	Автономия
Confidentiality	Privacy	Maxfiylik	Конфиденциальность
Recovery	Return to health	Tiklanish	Восстановление
Crisis	Emergency situation	Inqiroz	Кризис

Word	Meaning	Uzbek	Russian
Burnout	Emotional exhaustion	Ruhiy charchash	Выгорание
Advocacy	Support for rights	Himoya	Адвокация

Match the words with their definitions:

1. Mental health
2. Counseling
3. Therapy
4. Depression
5. Anxiety
6. Schizophrenia
7. Stigma
8. Empathy
9. Confidentiality
10. Burnout

Definitions:

- a) Mood disorder with sadness and hopelessness
- b) Nervous disorder with fear and worry
- c) Severe mental disorder with distorted thinking
- d) Emotional exhaustion from stress
- e) Privacy and trust in care
- f) Understanding another's feelings
- g) Negative label or stereotype
- h) Professional guidance for problems
- i) Treatment method for illness
- j) Psychological well-being

Answer the questions

1. What is mental health nursing?
2. How does it differ from general nursing?
3. Where do mental health nurses work?
4. What are their main responsibilities?
5. Why is communication important in mental health nursing?
6. What conditions do mental health nurses often treat?
7. Why is building trust essential?
8. How do nurses manage crises?
9. What role does medication play in treatment?
10. What role does therapy play in treatment?
11. What is recovery in mental health nursing?
12. What challenges do nurses face?
13. How does stigma affect patients?
14. Why must nurses advocate for patients?
15. What is burnout?
16. How can nurses protect their own mental health?
17. What ethical dilemmas do nurses face?
18. Why is confidentiality important?
19. Why is mental health nursing vital for society?
20. What is the conclusion about mental health nursing?

Multiple choice

1. Mental health nursing focuses on:
 - a) Physical illness
 - b) Psychological well-being
 - c) Nutrition
 - d) Surgery
2. Mental health nurses work in:
 - a) Schools only

- b) Hospitals, clinics, communities
 - c) Factories
 - d) Libraries
3. Responsibilities include:
- a) Cooking meals
 - b) Assessing conditions, counseling, medication
 - c) Building houses
 - d) Teaching math
4. Common conditions treated are:
- a) Diabetes
 - b) Depression, anxiety, schizophrenia
 - c) Flu
 - d) Broken bones
5. Empathy means:
- a) Ignoring feelings
 - b) Understanding feelings
 - c) Giving medicine only
 - d) Writing reports
6. Resilience means:
- a) Ability to recover
 - b) Ability to sleep
 - c) Ability to eat
 - d) Ability to run
7. Stigma refers to:
- a) Negative label
 - b) Positive support
 - c) Medication
 - d) Therapy

8. Burnout is:
- a) Emotional exhaustion
 - b) Physical strength
 - c) Happiness
 - d) Recovery
9. Confidentiality means:
- a) Sharing secrets
 - b) Respecting privacy
 - c) Ignoring patients
 - d) Writing reports
10. Autonomy means:
- a) Independence
 - b) Dependence
 - c) Confusion
 - d) Exhaustion
11. Recovery means:
- a) Return to health
 - b) Permanent illness
 - c) Burnout
 - d) Stigma
12. Crisis management involves:
- a) Calmness and professionalism
 - b) Ignoring patients
 - c) Giving food
 - d) Sleeping
13. Medication helps:
- a) Stabilize mood and reduce symptoms
 - b) Build houses

- c) Teach math
 - d) Create stigma
14. Therapy helps:
- a) Develop coping strategies
 - b) Cook food
 - c) Wash clothes
 - d) Ignore feelings
15. Nurses advocate for patients to:
- a) Protect rights
 - b) Increase stigma
 - c) Cause burnout
 - d) Reduce empathy
16. Stigma discourages:
- a) Seeking help
 - b) Eating food
 - c) Sleeping
 - d) Exercising
17. Ethical dilemmas include:
- a) Balancing autonomy with safety
 - b) Cooking meals
 - c) Washing clothes
 - d) Playing games
18. Confidentiality builds:
- a) Trust
 - b) Stigma
 - c) Burnout
 - d) Anxiety

19. Mental health nursing contributes to:

- a) Compassionate society
- b) More stigma
- c) Less empathy
- d) Burnout

20. Mental health nursing requires:

- a) Knowledge, empathy, resilience
- b) Cooking skills
- c) Sports ability
- d) Financial expertise

13. MONITORING THE PATIENT

Monitoring patients is one of the most essential responsibilities in healthcare. It involves observing, recording, and analyzing a patient's physical and psychological condition to ensure safety, detect changes, and guide treatment. Effective monitoring helps prevent complications, supports recovery, and improves overall quality of care.

The Importance of Monitoring

Patient monitoring allows healthcare professionals to detect early warning signs of deterioration. For example, changes in heart rate, breathing, or consciousness may indicate serious problems. Continuous observation ensures that interventions can be made quickly, reducing risks and saving lives.

Vital Signs

Vital signs are the basic indicators of health. They include:

- Temperature: Shows body heat and can indicate infection.
- Pulse/Heart rate: Reflects cardiovascular function.
- Respiration rate: Measures breathing.
- Blood pressure: Indicates circulation strength.
- Oxygen saturation: Shows how well oxygen is carried in the blood.

Monitoring these signs regularly provides a clear picture of a patient's condition.

Physical Monitoring

Beyond vital signs, nurses and doctors observe physical changes such as skin color, swelling, wounds, or mobility. Monitoring fluid intake and output is also important, as dehydration or fluid overload can be dangerous.

Psychological Monitoring

Patients' mental and emotional states are equally important. Anxiety, confusion, or depression can affect recovery. Nurses often assess mood, behavior, and communication to provide holistic care.

Tools and Technology

Modern healthcare uses advanced tools for monitoring:

- Electrocardiogram (ECG) for heart activity.
- Pulse oximeter for oxygen levels.
- Blood glucose monitor for diabetes.
- Telemetry systems for continuous observation.

Technology allows real-time data collection, helping staff respond quickly.

Documentation

Accurate recording of patient data is critical. Nurses document vital signs, symptoms, and interventions in charts or electronic health records. Documentation ensures continuity of care and supports communication among healthcare teams.

Communication

Monitoring is not just about numbers. Nurses must communicate findings to doctors, patients, and families. Clear communication builds trust and ensures that everyone understands the patient's condition.

Ethical Considerations

Monitoring must respect patient dignity and privacy. For example, continuous observation should be explained to patients to avoid feelings of intrusion. Confidentiality must always be maintained.

Challenges

Monitoring can be demanding. Patients may resist observation, equipment may fail, or staff may face heavy workloads. Training, teamwork, and resilience are necessary to overcome these challenges.

Conclusion

Monitoring patients is the foundation of safe and effective healthcare. By observing physical and psychological changes, using technology, documenting accurately, and communicating clearly, healthcare professionals ensure that patients receive the best possible care. Monitoring is not just a technical task—it is a compassionate responsibility.

Vocabulary

Word	Meaning	Uzbek	Russian
Monitoring	Observing condition	Kuzatish	Мониторинг
Vital signs	Basic health indicators	Hayotiy belgilar	Жизненные показатели
Temperature	Body heat	Harorat	Температура
Pulse	Heart rate	Yurak urishi	Пульс
Respiration	Breathing	Nafas olish	Дыхание
Blood pressure	Circulation force	Qon bosimi	Кровяное давление
Oxygen saturation	Oxygen in blood	Kislorod to‘yinganligi	Насыщение кислородом
Electrocardiogram	Heart test	Elektrokardiogramma	Электрокардиограмма
Pulse oximeter	Oxygen monitor	Puls oksimetr	Пульсоксиметр
Glucose monitor	Sugar test	Glyukoza o‘lchagich	Глюкометр
Telemetry	Remote monitoring	Telemetriya	Телеметрия
Documentation	Recording data	Hujjatlashtirish	Документация

Word	Meaning	Uzbek	Russian
Chart	Medical record	Tibbiy jadval	Медицинская карта
Communication	Sharing information	Muloqot	Общение
Privacy	Keeping information secret	Maxfiylik	Конфиденциальность
Dignity	Respectful care	Qadr-qimmat	Достоинство
Intervention	Medical action	Aralashuv	Вмешательство
Dehydration	Lack of fluids	Suvsizlanish	Обезвоживание
Recovery	Return to health	Tiklanish	Восстановление
Complication	Unexpected problem	Asorat	Осложнение

Match the words with their definitions:

1. Monitoring
2. Vital signs
3. Pulse
4. Respiration
5. Blood pressure
6. Electrocardiogram
7. Documentation
8. Communication
9. Privacy
10. Recovery

Definitions:

- a) Observing patient condition
- b) Basic health indicators

- c) Heart rate
- d) Breathing
- e) Circulation force
- f) Heart activity test
- g) Recording patient data
- h) Sharing information
- i) Keeping information secret
- j) Return to health

Answer the questions

1. What is patient monitoring?
2. Why is monitoring important?
3. What are vital signs?
4. How does temperature indicate health?
5. What does pulse show?
6. Why is respiration rate monitored?
7. What does blood pressure measure?
8. What is oxygen saturation?
9. What physical changes are observed?
10. Why is fluid balance important?
11. Why is psychological monitoring necessary?
12. What mental states affect recovery?
13. What is an ECG used for?
14. What does a pulse oximeter measure?
15. Why is documentation important?
16. How does communication support care?
17. What ethical issues exist in monitoring?
18. What challenges do nurses face?
19. How does technology improve monitoring?

20. What is the conclusion about monitoring?

Multiple choice

1. Monitoring means:
 - a) Cooking food
 - b) Observing condition
 - c) Playing games
 - d) Writing stories
2. Vital signs include:
 - a) Temperature, pulse, respiration, blood pressure, oxygen saturation
 - b) Height and weight only
 - c) Sleep and diet
 - d) None
3. Temperature shows:
 - a) Infection or body heat
 - b) Sleep quality
 - c) Exercise level
 - d) Privacy
4. Pulse measures:
 - a) Heart rate
 - b) Breathing
 - c) Oxygen
 - d) Fluids
5. Respiration rate is:
 - a) Breathing speed
 - b) Heart rhythm
 - c) Blood sugar
 - d) Privacy

6. Blood pressure indicates:
 - a) Circulation force
 - b) Oxygen saturation
 - c) Sleep quality
 - d) Privacy
7. Oxygen saturation shows:
 - a) Oxygen in blood
 - b) Food intake
 - c) Sleep hours
 - d) Privacy
8. ECG measures:
 - a) Heart activity
 - b) Breathing
 - c) Fluids
 - d) Sleep
9. Pulse oximeter checks:
 - a) Oxygen levels
 - b) Blood sugar
 - c) Temperature
 - d) Privacy
10. Glucose monitor is used for:
 - a) Diabetes
 - b) Heart disease
 - c) Sleep problems
 - d) Privacy
11. Telemetry means:
 - a) Remote monitoring
 - b) Cooking food

- c) Writing charts
 - d) Privacy
- 12.Documentation involves:
- a) Recording patient data
 - b) Cooking food
 - c) Playing games
 - d) Privacy
- 13.Charts are:
- a) Medical records
 - b) Food recipes
 - c) Exercise plans
 - d) Privacy
- 14.Communication means:
- a) Sharing information
 - b) Cooking food
 - c) Playing games
 - d) Privacy
- 15.Privacy means:
- a) Keeping information secret
 - b) Sharing widely
 - c) Ignoring patients
 - d) Cooking food
- 16.Dignity means:
- a) Respectful care
 - b) Ignoring patients
 - c) Playing games
 - d) Cooking food

17. Intervention means:

- a) Medical action
- b) Cooking food
- c) Playing games
- d) Privacy

18. Dehydration means:

- a) Lack of fluids
- b) Too much food
- c) Sleep disorder
- d) Privacy

19. Recovery means:

- a) Return to health
- b) Permanent illness
- c) Privacy
- d) Cooking food

20. Complication means:

- a) Unexpected problem
- b) Cooking food
- c) Privacy
- d) Playing games

14.MEDICATION

Medication is one of the most powerful tools in modern healthcare. It refers to substances used to prevent, treat, or cure diseases and relieve symptoms. From ancient herbal remedies to advanced pharmaceuticals, medication has transformed human health and extended life expectancy. Understanding medication involves knowing its types, uses, administration, and challenges.

History of Medication

Humans have used natural substances for healing for thousands of years. Ancient civilizations relied on herbs, minerals, and animal products. With the rise of modern science, medications became more precise. The discovery of antibiotics in the 20th century revolutionized medicine, saving millions of lives from infections.

Types of Medication

Medications can be classified into several categories:

- Preventive: Vaccines protect against diseases.
- Curative: Antibiotics kill bacteria.
- Symptomatic: Painkillers reduce discomfort.
- Chronic management: Drugs for diabetes or hypertension control long-term conditions.

Routes of Administration

Medications can be given in different ways:

- Oral: Tablets, capsules, syrups.
- Injection: Intravenous, intramuscular, subcutaneous.
- Topical: Creams, ointments, patches.
- Inhalation: Asthma inhalers.

Each route has advantages depending on the condition and patient needs.

Safety and Dosage

Correct dosage is critical. Too little may be ineffective, while too much can be harmful. Healthcare professionals calculate doses based on age, weight, and health status. Patients must follow prescriptions carefully to avoid side effects or resistance.

Side Effects

All medications can cause side effects, ranging from mild (nausea, dizziness) to severe (allergic reactions, organ damage). Monitoring and reporting side effects help doctors adjust treatment.

The Role of Pharmacists

Pharmacists ensure safe use of medication. They prepare prescriptions, advise patients, and check for drug interactions. Their expertise supports doctors and nurses in delivering effective care.

Challenges in Medication Use

- Resistance: Overuse of antibiotics leads to resistant bacteria.
- Access: Many people worldwide lack affordable medication.
- Adherence: Patients sometimes forget or refuse to take drugs.
- Ethics: Issues arise with experimental drugs or high costs.

Future of Medication

Advances in biotechnology and personalized medicine promise treatments tailored to individual genetics. Nanotechnology and artificial intelligence may create smarter drugs with fewer side effects.

Conclusion

Medication is more than chemicals—it is a bridge between science and healing. Used wisely, it saves lives, relieves suffering, and improves quality of life. Understanding medication empowers patients and professionals to use it responsibly.

Vocabulary

Word	Meaning	Uzbek	Russian
Medication	Drug treatment	Dori-darmon	Лекарство
Prescription	Doctor's order	Retsept	Рецепт
Dosage	Amount of medicine	Doza	Дозировка
Side effect	Unwanted reaction	Yon ta'sir	Побочный эффект
Antibiotic	Bacteria-killing drug	Antibiotik	Антибиотик
Vaccine	Preventive medicine	Vaksina	Вакцина
Painkiller	Relieves pain	Og'riq qoldiruvchi	Обезболивающее
Tablet	Solid medicine form	Tabletka	Таблетка

Word	Meaning	Uzbek	Russian
Capsule	Medicine in shell	Kapsula	Капсула
Syrup	Liquid medicine	Sirop	Сироп
Injection	Medicine by needle	In'eksiya	Иньекция
Intravenous	Into vein	Tomir ichiga	Внутривенный
Topical	Applied to skin	Teri ustiga	Наружный
Inhaler	Device for breathing medicine	Ingalator	Ингалятор
Pharmacist	Medicine specialist	Dorishunos	Фармацевт
Resistance	Failure to respond	Qarshilik	Резистентность
Adherence	Following treatment	Amal qilish	Соблюдение
Allergy	Immune reaction	Allergiya	Аллергия
Biotechnology	Science of living systems	Biotexnologiya	Биотехнология
Nanotechnology	Science of tiny particles	Nanotexnologiya	Нанотехнология

Match the words with their definitions:

1. Prescription
2. Dosage
3. Side effect
4. Antibiotic
5. Vaccine
6. Painkiller
7. Injection
8. Topical
9. Pharmacist
10. Resistance

Definitions:

- a) Doctor's order for medicine
- b) Amount of medicine to take
- c) Unwanted reaction to drug
- d) Bacteria-killing drug
- e) Preventive medicine
- f) Relieves pain
- g) Medicine given by needle
- h) Applied to skin
- i) Medicine specialist
- j) Failure to respond to treatment

Answer the questions

1. What is medication?
2. How did ancient civilizations use medication?
3. What discovery revolutionized medicine in the 20th century?
4. What are preventive medications?
5. Give an example of curative medication.
6. What are symptomatic medications?
7. What are chronic management drugs?
8. Name four routes of administration.
9. What is oral medication?
10. What is intravenous injection?
11. Why is dosage important?
12. What can happen if dosage is incorrect?
13. What are side effects?
14. Give examples of mild side effects.
15. What is the role of pharmacists?
16. What is antibiotic resistance?

17. Why do some patients fail adherence?
18. What ethical issues exist in medication use?
19. What is personalized medicine?
20. What is the conclusion about medication?

Multiple-Choice

1. Medication refers to:
 - a) Food
 - b) Drug treatment
 - c) Exercise
 - d) Sleep
2. A prescription is:
 - a) Doctor's order
 - b) Patient's choice
 - c) Pharmacist's advice
 - d) Nurse's note
3. Dosage means:
 - a) Medicine type
 - b) Amount of medicine
 - c) Side effect
 - d) Injection
4. Side effects are:
 - a) Desired results
 - b) Unwanted reactions
 - c) Dosage instructions
 - d) Doctor's orders
5. Antibiotics treat:
 - a) Viruses
 - b) Bacteria

- c) Allergies
 - d) Sleep problems
6. Vaccines are:
- a) Preventive medicines
 - b) Painkillers
 - c) Antibiotics
 - d) Syrups
7. Painkillers are used to:
- a) Relieve pain
 - b) Prevent infection
 - c) Increase dosage
 - d) Cause resistance
8. Tablets are:
- a) Solid medicine forms
 - b) Liquid medicine
 - c) Injections
 - d) Devices
9. Capsules contain:
- a) Medicine in shell
 - b) Liquid syrup
 - c) Injection fluid
 - d) Vaccines
10. Syrups are:
- a) Liquid medicines
 - b) Solid tablets
 - c) Capsules
 - d) Inhalers

11. Injections deliver medicine:

- a) By needle
- b) By mouth
- c) By skin patch
- d) By inhaler

12. Intravenous means:

- a) Into vein
- b) Into muscle
- c) Onto skin
- d) Into lungs

13. Topical medicines are:

- a) Applied to skin
- b) Taken orally
- c) Injected
- d) Inhaled

14. Inhalers are used for:

- a) Breathing medicine
- b) Oral medicine
- c) Skin medicine
- d) Injection

15. Pharmacists are:

- a) Medicine specialists
- b) Nurses
- c) Patients
- d) Surgeons

16. Resistance means:

- a) Failure to respond to treatment
- b) Correct dosage

c) Preventive care

d) Side effect

17. Adherence means:

a) Following treatment correctly

b) Ignoring prescriptions

c) Causing resistance

d) Taking overdose

18. Allergy is:

a) Immune reaction

b) Dosage

c) Prescription

d) Resistance

19. Biotechnology studies:

a) Living systems

b) Machines

c) Minerals

d) Weather

20. Nanotechnology studies:

a) Tiny particles

b) Large animals

c) Food

d) Sleep

15.ALTERNATIVE TREATMENTS.



Alternative treatments refer to medical practices that are not part of mainstream Western medicine. They include a wide range of therapies, from herbal remedies and acupuncture to yoga and meditation. While conventional medicine relies on scientific research and standardized procedures, alternative treatments often draw from traditional knowledge, cultural practices, and holistic approaches to health.

The Philosophy of Alternative Medicine

Alternative medicine emphasizes treating the whole person—mind, body, and spirit—rather than just symptoms. It often focuses on prevention, lifestyle changes, and natural healing. Many people turn to alternative treatments when conventional medicine does not provide relief or when they prefer natural approaches.

Common Types of Alternative Treatments

1. Herbal Medicine: Uses plants and natural extracts to treat illness.
2. Acupuncture: A traditional Chinese practice involving needles to balance energy.
3. Homeopathy: Based on the principle “like cures like,” using diluted substances.
4. Chiropractic Care: Focuses on spinal alignment to improve health.
5. Massage Therapy: Relieves stress and improves circulation.
6. Yoga and Meditation: Promote relaxation, flexibility, and mental well-being.
7. Aromatherapy: Uses essential oils for healing and relaxation.

8. Ayurveda: Ancient Indian system balancing body energies.
9. Traditional Chinese Medicine (TCM): Includes herbs, acupuncture, and diet.
10. Naturopathy: Encourages natural healing through diet, exercise, and lifestyle.

Benefits of Alternative Treatments

- Holistic care: Addresses physical, emotional, and spiritual health.
- Fewer side effects: Natural remedies often have gentler effects.
- Patient empowerment: Encourages active participation in health.
- Complementary use: Can be combined with conventional medicine.

Challenges and Criticisms

- Lack of scientific evidence: Some therapies lack rigorous testing.
- Safety concerns: Herbal remedies may interact with medications.
- Regulation issues: Standards vary across countries.
- Misuse: Patients may delay necessary medical treatment.

Modern Integration

Many hospitals now offer “integrative medicine,” combining conventional and alternative approaches. For example, cancer patients may receive chemotherapy alongside acupuncture for pain relief. Research continues to explore the effectiveness of alternative therapies.

Conclusion

Alternative treatments provide diverse options for health and healing. While they should not replace essential medical care, they can complement conventional medicine and empower individuals to take charge of their well-being. Understanding both benefits and limitations helps patients make informed choices.

Vocabulary

Word	Meaning	Uzbek	Russian
Alternative	Different option	Muqobil	Альтернативный
Treatment	Medical care	Davolash	Лечение

Word	Meaning	Uzbek	Russian
Herbal	Plant-based	O'simlik	Травяной
Acupuncture	Needle therapy	Ignaterapiya	Иглоукалывание
Homeopathy	Diluted medicine system	Gomeopatiya	Гомеопатия
Chiropractic	Spine therapy	Chiropraktika	Хирупрактика
Massage	Manual therapy	Massaj	Массаж
Meditation	Mental relaxation	Meditatsiya	Медитация
Yoga	Physical/mental practice	Yoga	Йога
Aromatherapy	Essential oil therapy	Aromaterapiya	Ароматерапия
Ayurveda	Indian healing system	Ayurveda	Аюрведа
Holistic	Whole-person approach	Holistik	Холистический
Remedy	Cure	Dori vositasi	Средство
Integrative	Combined approach	Integrativ	Интегративный
Naturopathy	Natural healing	Naturopatiya	Натуропатия
Traditional	Cultural practice	An'anaviy	Традиционный
Complementary	Used together	Qo'shimcha	Дополнительный
Prevention	Avoiding illness	Oldini olish	Профилактика
Regulation	Rules and standards	Qoidalar	Регулирование
Evidence	Proof	Dalil	Доказательство

Match the words with their definitions:

1. Alternative
2. Herbal
3. Acupuncture
4. Homeopathy

5. Chiropractic
6. Massage
7. Meditation
8. Aromatherapy
9. Ayurveda
10. Holistic

Definitions:

- a) Plant-based treatment
- b) Needle therapy from China
- c) Diluted medicine system
- d) Spine-focused therapy
- e) Manual therapy for relaxation
- f) Mental relaxation practice
- g) Essential oil therapy
- h) Indian healing system
- i) Whole-person approach
- j) Different option

Answer the questions

1. What are alternative treatments?
2. How do they differ from conventional medicine?
3. What is the philosophy of alternative medicine?
4. Name three common types of alternative treatments.
5. What is herbal medicine?
6. What is acupuncture?
7. What principle guides homeopathy?
8. What does chiropractic care focus on?
9. How does massage therapy help?
10. What benefits do yoga and meditation provide?

11. What is aromatherapy?
12. What is Ayurveda?
13. What does Traditional Chinese Medicine include?
14. What is naturopathy?
15. What are benefits of alternative treatments?
16. What are challenges of alternative treatments?
17. Why is scientific evidence important?
18. What are safety concerns with herbal remedies?
19. What is integrative medicine?
20. What is the conclusion about alternative treatments?

Multiple-Choice

1. Alternative treatments are:
 - a) Conventional medicine
 - b) Non-mainstream therapies
 - c) Surgery only
 - d) Hospital care only
2. Herbal medicine uses:
 - a) Chemicals
 - b) Plants
 - c) Machines
 - d) Surgery
3. Acupuncture involves:
 - a) Needles
 - b) Pills
 - c) Surgery
 - d) Massage
4. Homeopathy is based on:
 - a) "Like cures like"

- b) Surgery
 - c) Exercise
 - d) Chemicals
5. Chiropractic care focuses on:
- a) Spine alignment
 - b) Heart rate
 - c) Breathing
 - d) Digestion
6. Massage therapy helps:
- a) Circulation and relaxation
 - b) Surgery
 - c) Breathing only
 - d) Digestion
7. Yoga promotes:
- a) Flexibility and mental health
 - b) Surgery
 - c) Digestion
 - d) Sleep only
8. Aromatherapy uses:
- a) Essential oils
 - b) Needles
 - c) Surgery
 - d) Tablets
9. Ayurveda originated in:
- a) India
 - b) China
 - c) Europe
 - d) Africa

10. Holistic care means:

- a) Treating whole person
- b) Treating symptoms only
- c) Surgery only
- d) Hospital care only

11. Integrative medicine combines:

- a) Conventional and alternative treatments
- b) Surgery only
- c) Herbal medicine only
- d) Hospital care only

12. Naturopathy encourages:

- a) Natural healing
- b) Surgery
- c) Chemicals
- d) Machines

13. Prevention means:

- a) Avoiding illness
- b) Surgery
- c) Medication only
- d) Hospitalization

14. Evidence means:

- a) Proof
- b) Guess
- c) Tradition
- d) Belief

15. Regulation refers to:

- a) Rules and standards
- b) Surgery

- c) Belief
 - d) Guess
16. Complementary treatments are:
- a) Used together with conventional medicine
 - b) Always replacing conventional medicine
 - c) Surgery only
 - d) Hospital care only
17. A remedy is:
- a) Cure
 - b) Surgery
 - c) Hospital
 - d) Machine
18. Stigma around alternative medicine means:
- a) Negative label
 - b) Positive proof
 - c) Regulation
 - d) Evidence
19. One challenge of alternative treatments is:
- a) Lack of scientific evidence
 - b) Too much regulation
 - c) Excessive proof
 - d) Strong hospital support
20. The conclusion about alternative treatments is:
- a) They can complement conventional medicine
 - b) They replace all conventional medicine
 - c) They are unsafe always
 - d) They are illegal

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