

2023 January, 1月 教本③ 「くすりと英会話」 学習ページ (変更もあり)

[10:10-10:30] Section 1. OTC薬の販売 OTC (over-the-counter) medicines

p35 Dialog 20 受診勧奨 Physician Recommendation

フローチャート p38-39 発熱 Patient with a Fever, p40-41 頭痛 Patient with a Headache

【補足演習: 音読】 p134, Dialog 80 経口避妊薬②副作用 Oral Contraceptive: Side Effects

[10:30-10:50] Section 2. 保険薬局 Prescription drugs

p81 Dialog 45 抗不安薬: 本人への説明 Tranquilizers: Explaining to the Individual

p82 Dialog 46 抗不安薬: 家族への説明 Tranquilizers: Explaining to Grandson

【補足演習: 音読】 なし

[10:50-11:00] Break 休憩 Let's take a 10-minute break.

[11:00-11:15] Section 3. ベッドサイド Bedside dialogues in the hospital

p176 Dialog 105 麻薬: 貼付剤／使用法の説明

Narcotic: Patch / Explanation of the Method of Use

p179 Dialog 106 麻薬: 貼付剤／注意事項 Narcotic: Patch / Precautions

【補足演習: 音読】 p122, Dialog 72 麻薬: 飲み方の説明 Narcotic/Directions

p124, Dialog 73 麻薬: 副作用 Narcotic: Oxycontin/Side Effects

[11:15-11:30] Extra Activities

Quiz the 100, Appendix (vocabulary check) on page 193, etc.

ぼるーん「オフ会」

1/24 (火) 夜間

18:00-20:50

Room #204

1/25 (水) 午後

13:30-16:20

Room #205

* 本レッスンの目的は最大限量の発話練習です。会話内容が現状・現場にそぐわない場合はご容赦下さい。

* 会話表現の例文としてご理解下さい。

Recommendation from Ms. Jane for January's Lesson

Location in 英会話 ハンド ブック	Original English Text	Issues	Recommended sentence
Track 45	You may need less and less before you stop the medication completely.	“less and less” doesn’t sound natural.	You may need to reduce the dosage of the medicine gradually before you can stop it completely.
Track 80	So I strongly recommend that you not smoke while taking this medication.	Missing “do” before “not”.	So I strongly recommend that you do not smoke while taking this medication.
Track 105	So how should I take it?	When we take medicine, it means that we drink or eat it. In this case, we can’t consume the patch, thus I recommend the verb “use” instead.	So how should I use it?

(2) Recommendation from Ms. Jane for January's Lesson

Location in 英会話 ハンド ブック	Original English Text	Issues	Recommended sentence
Page 39	If your symptoms do not improve or worsen after taking it after a couple of days, please let us know.	“after...after” makes the sentence a little confusing. Recommend to replace the second “after” with “for”.	If your symptoms do not improve or worsen after taking it for a couple of days, please let us know.
Track 106	While you are using this patch, do not use a heating pad, electric blanket, sauna, and do not take long baths or showers in hot water.	Recommend to use “and” or “or” when listing 2 or more items.	While you are using this patch, do not use a heating pad, electric blanket, or sauna, and do not take long baths or showers in hot water.

Q&A: *The answer is just one example.

OTC Drugs

[Listening Points] p35 Dialog 20 Physician Recommendation

1. What is the customer looking for?

2. He/She looks pale. What's the matter with him/her?

3. How long has the customer had a high fever?

4. Does the customer have any other symptoms besides a high fever?

5. Where is Dr. Tanaka's clinic?

[shadowing and overlapping]

* role-playing (Jane & Class)

Today's Review: OTC Drugs
[Review] p35 Dialog 20 Physician Recommendation

Customer: Excuse me. Do you have any good medicine for ?

Pharmacist: What's the matter? You look .

Customer: I have a of over 38 degrees, and it has not gone down for .

Pharmacist: Do you have any other ?

Customer: Yes, I've also had .

Pharmacist: have you taken any ?

Customer: Yes, I have been taking a from a drugstore.

Pharmacist: In that case, you need to .

Customer: Could you introduce me to a near here?

Q&A: *The answer is just one example.

Prescription Drugs

[Listening Points] p81 Dialog 45 Tranquilizers: Explaining to the Individual

1. What is this medicine for?

. (The patient is Ms. Anna Clark.)

2. How many tablets and how often does the patient need to take?

3. Are there any side effects of this medicine?

4. What are the precautions that the patient has to follow?

5. Before stopping the medication completely, what does the patient need to do?

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[shadowing and overlapping]

* role-playing (Jane & Class)

Q&A: *The answer is just one example.

Prescription Drugs

[Listening Points] p82 Dialog 46 Tranquilizers: Explaining to Grandson

1. What is the patient's name? Who came to pick up the medicine at a pharmacy?

2. What is the medicine for?

3. How many tablets and how often does the patient need to take?

4. When is the patient given an extra tablet?

5. Does the patient have glaucoma?

[shadowing and overlapping]

* role-playing (Jane & Class)

Today's Review: Prescription Drugs

[Review] p82 Dialog 46 Tranquilizers: Explaining to Grandson

Pharmacist: Mr. Wilson?

Family: Yes. He is my

Pharmacist: I see. He has a today.

Do you know why this medicine has been ?

Family: Yes, he easily becomes , and he has problems at night.

Pharmacist: This medicine relieves

This is also used for patients with in sleeping.

Give him one tablet, , after each meal.

If he has difficulty falling asleep, give him an

Family: All right.

Pharmacist: Oh, just a moment.His say he has glaucoma.

Does the doctor know this?

Family: Yes, he does.

Pharmacist: OK. Then should be fine.

Bedside Dialogs in the Hospital

Q&A: *The answer is just one example.

[Listening Points]

p176 Dialog 105 Narcotic: Patch / Explanation of the Method of Use

1. What is the new medicine for?

2. How will the medicine work?

3. How many days does it work?

4. Which parts of the body could the patient apply the patch?

5. How often should the patient change the patches?

[shadowing and overlapping]

* role-playing (Jane & Class)

[Listening Points]

p179 Dialog 106 Narcotic: Patch / Precautions

1. The patient is Mr. Wiebe. What does he say about his pain now?

2. Are there any precautions for using this patch?

3. What does the precaution say?

4. If the patient suddenly stop using this patch after several weeks or so, what side effects will he experience?

[shadowing and overlapping]

* role-playing (Jane & Class)

Today's Review: Bedside Dialogues in the Hospital

[Review] p176 Dialog 105 Narcotic: Patch / Explanation of the Method of Use

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Pharmacist: Next, be sure to press the patch in place, using the palm of your hand, for a minimum of . Make sure that the entire adhesive is attached to your skin, especially around .

Patient: All right.

Pharmacist: Please wash your hands with after applying the medicine. Do not use or other . Remove the patch after (72 hours). And choose a place on your skin to apply the next patch.

Patient: I understand. What should I do if I forget .

Pharmacist: If you forget to apply or change the patch, apply one you remember to do so.

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Reading-only practice: p122, Dialog 72 Narcotic: Oxycontin/Directions
p124, Dialog 73 Narcotic: Oxycontin/Side Effects

Quiz #2 Part (1) [Food & Nutrition]

Vocabulary list (1 - 30) January-March

additive		anorexia		bland		bulimia	
calcium		calorie		carbohydrates		cholesterol	
deficiency		enriched		fat		fiber	
gluten		iron		metabolism		minerals	
nutrient		obese		organic		potassium	
preservatives		protein		refined		serving	
snack		sodium chloride		supplem ent		toxin	
vitamins		whole grain					

Quiz #2 Part (5) [Food & Nutrition] (1 - 30)

January (1-5) Quiz#2 Part (1) [Food & Nutrition]

1. So-called salt \Rightarrow
major ionic component of blood and other body fluids, urine, etc.
 \Rightarrow
2. A poisonous substance \Rightarrow
 \Rightarrow
3. Chemicals added to food so that they don't spoil \Rightarrow
 \Rightarrow
4. A steroid alcohol that supports metabolism \Rightarrow
when a constituent of LDL, it may cause atherosclerosis.
 \Rightarrow
5. Bananas have a high level of this mineral \Rightarrow
 \Rightarrow

January (6-10) Quiz#2 Part (1) [Food & Nutrition]

6. The general term for all biochemical reactions that occur in the body to obtain energy essential for life-sustaining activities and to synthesize organic materials necessary for growth.

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7. Grown without exposure to chemical fertilizers, growth stimulants, antibiotics or pesticides.

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⇒

8. Found in meat, fish, poultry, dry beans and nuts, the body uses this to build and repair tissue.

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⇒

9. Freed from impurities

⇒

⇒

10. A is the amount of heat energy needed to raise the temperature of one gram of water by one degree Celsius.

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2023/01/16【日本旅行医学会】WHOよりお知らせ *WHO: (the) World Health Organization* (国連)世界保健機関
会員各位
WHOの情報を共有いたします

WHO updates COVID-19 guidelines on masks, treatments and patient care
<https://www.who.int/news/item/13-01-2023-who-updates-covid-19-guidelines-on-masks--treatments-and-patient-care>

WHO has updated its guidelines on mask wearing in community settings, COVID-19 treatments, and clinical management. This is part of a continuous process of reviewing such materials, working with guideline development groups composed of independent, international experts who consider the latest available evidence and the changing epidemiology.

Masks continue to be a key tool against COVID-19

WHO continues to recommend the use of masks by the public in specific situations, and this update recommends their use irrespective of the local epidemiological situation, given the current spread of the COVID-19 globally.

Masks are recommended following a recent exposure to COVID-19, when someone has or suspects they have COVID-19, when someone is at high-risk of severe COVID-19, and for anyone in a crowded, enclosed, or poorly ventilated space. Previously, WHO recommendations were based on the epidemiological situation.

Similar to previous recommendations, WHO advises that there are other instances when a mask may be suggested, based on a risk assessment. Factors to consider include the local epidemiological trends or rising hospitalization levels, levels of vaccination coverage and immunity in the community, and the setting people find themselves in.