

## At the Doctor's Office

### 9:30 - 9:40 Ice Breaker

- What was the best thing that happened this last week?
- What was the worst thing that happened this last week?



At some point every year, you will likely have to visit a doctor. Whether you have a cold or simply need to have an annual check-up, we are blessed to have doctors who can help us feel better and stay healthy. But some find that the doctor's office can be a confusing or even scary place. There are so many forms to fill out, questions to answer, and rooms to wait in! This lesson will hopefully help us feel confident when making appointments to visit the doctor and in going into the office itself.

### 9:40 - 10:00 Vocabulary and Conversation

- fever: when your body temperature is above normal (98.6 degrees F)
- headache: pain inside your head (other body parts can use "ache" too, such as "earache" or "stomachache")
- allergies: substances to which people have bad reactions (pollen, dust, penicillin, etc.)
- thermometer: an instrument used to measure temperature
- symptoms: a physical or mental sign that something is wrong
- prescribe: give an order to a pharmacy for medicine
- flu: a contagious type of sickness that causes severe aches and fever.
- get around to something: find time to do a task

#### Conversation:

Dr. A: Hi Rose. I'm Dr. Adams. What brings you in to the office today?

Rose: I feel awful. I woke up last night and had a slight **fever**, and when I woke up this morning I had a **sore throat** and a terrible **headache**. I don't know if it is serious, so I thought I should come in and get it checked out.

Dr. A: Okay. Do you have any **allergies**?

Rose: I don't have any allergies.

Dr. A: Let me take your temperature and see if you have a fever now. Just keep this **thermometer** under your tongue for a minute... 102. Looks like you do have a fever! What about any other **symptoms**?

Rose: Well, sore throat, muscle aches, and I'm very tired all the time – no energy.

Dr. A: Have you had your **flu** shot yet?

Rose: No. I have wanted to get it for weeks, but I just never **got around to it**.

Dr. A: How long have you experienced these symptoms?

Rose: They started last Tuesday.

Dr. A: So, you've had them for more than a week. Well, it sounds like you have the flu. It is going around Arlington Heights right now. For now, I recommend getting plenty of rest and drinking a lot of liquids.

Rose: Is there any medicine that you can **prescribe** for me that might help me feel better sooner, or at least help with the symptoms?

Dr. A: Yes. I'm going to prescribe some medicine that you should be able to pick up at your local pharmacy. Take one pill four times a day for a week. It should help relieve your symptoms and perhaps even stop you from developing a bad case of the flu.

Rose: Thank you so much, Dr. Adams.

Dr. A: You are very welcome, Rose. I hope you feel better soon.

## 10:00 - 10:20 Discussion

Here are some questions about visiting a doctor's office. Discuss them together as a group. It's not necessary to discuss all the questions; choose the ones that are most interesting to you.

1. What is the first thing you think of when you hear the word "doctor"?
2. When was the last time you had to go to the doctor? Was it a good experience?
3. What are some ways you try to stay healthy so you do not have to go to the doctor? For example, do you have a yearly check-up?
4. Are you or your children afraid of going to the doctor's office? If not, what is something you are afraid of?
5. Are doctors' visits the same in your country as in the U.S.? How?
6. Have you had your flu shot this year? If so, where? If not, why not?
7. Do you have any home remedies for different common symptoms?
8. Do you have any allergies? Do you take medicine to help control them, or do you just avoid the things you are allergic to?
9. How often do you go to the doctor? Should you go more often?
10. Have you ever had to go to the emergency room? If yes, why?
11. If you have medical insurance, do you know what your co-pay is? How much is it?
12. If you needed to find a new doctor, how would you find a good one?

13. Do you have any funny stories about visiting the doctor? If so, would you mind sharing with your group?

### 10:20-10:40 More Dialogue and Vocabulary

Making an appointment is the first step when visiting a doctor. In the first activity, unscramble the dialogue. Once you have it unscrambled, practice reading through it.

#### Example:

Jane: office hello Johnson's Doctor

Jill: afternoon good

#### Unscrambled:

Jane: Hello, Doctor Johnson's office.

Jill: Good afternoon

<b>Jane:</b> Lewis' hello office Doctor
<b>Jill:</b> morning good
<b>Jill:</b> Jill is name Smith my
<b>Jill:</b> to afternoon can't an Dr. appointment I at see tomorrow Lewis 3:00 but it have I make
<b>Jane:</b> Okay
<b>Jane:</b> another to do appointment want you make
<b>Jill:</b> please yes
<b>Jane:</b> at you this 4:00 come can afternoon
<b>Jill:</b> sorry am I
<b>Jill:</b> can't I
<b>Jane:</b> 12:15 you Monday can next come at
<b>Jill:</b> can yes I
<b>Jill:</b> great that is
<b>Jill:</b> much you very thank
<b>Jill:</b> at Monday you see 12:15
<b>Jane:</b> Good-bye.
<b>Jill:</b> Bye

In this second activity, one person will play the part of the patient and one person will play the part of the receptionist at the doctor's office. Use the times below to start a dialogue and try to set up an appointment. Try not to look at the other person's available times! (*Tutors, you might need to participate the first time to make sure the exercise is clearly understood.*)

#### Example:

Patient: Hello, I would like to make an appointment for today at 8:00 p.m.

Office: I'm sorry, but we do not have an opening at that time, could you come at 8:15 pm?

Patient: I'm sorry, but I cannot. What about tomorrow at 1:35 pm?

Office: We have an opening at that time. I'll put you down for an appointment.

<b>Patient Can Come</b>	<b>Patient Can't Come</b>
Today at 10:25 and 11:00 a.m. and 8:00 p.m.	Today at 3:50, 4:30, 6:40, and 8:20 p.m.
Tomorrow at 1:35, 1:45, 2:20, and 4:15 p.m.	Tomorrow at 8:00 and 10:20 a.m. and 1:55, 4:30, and 4:45 p.m.
Monday at 12:05 p.m.	
Tuesday at 10:10 a.m.	Tuesday at 11:00 a.m.
Wednesday at 7:40 a.m.	Wednesday at 1:55 p.m.

<b>Doctor's Office Availability</b>	
This morning at 10:25	Tomorrow at 8:00 a.m.
This morning at 11:00	Tomorrow at 1:35 p.m.
This afternoon at 3:50	On Monday at 12:05
This afternoon at 4:30	On Tuesday at 10:10 a.m.
Tonight at 8:20 p.m.	On Wednesday at 1:55 p.m.