

Signs are **objective**, symptoms on the other hand are **subjective**. Signs are called objective because they can be felt, heard or seen. *Bleeding, bruising, swelling and a temperature* are **signs**. Symptoms are subjective because they are not visible to others. It is only the patient who experiences the **symptoms**.

A high temperature, a rapid pulse, low blood pressure, open wound and bruising can be called **signs**. *Chills, shivering, fever, nausea, shaking and vertigo* are the **symptoms**.

Symptoms

A fever / a high temperature

An itchy rash

Headache

Sleepy / tired

Nauseous

A runny nose

A cough

A stomachache

To throw up / to vomit

Dizzy / vertigo



Verbs and symptoms

TO BE:

asthmatic
cold/hot
diabetic
an insomniac
dizzy
tired
nauseous
allergic
in pain
lactose intolerant
sick / ill

TO HAVE:

asthma
a cold
diabetes
insomnia
vertigo
fatigue
nausea
allergies
pain
lactose intolerance

Talking about symptoms

Asking about symptoms is part of the nursing assessment process. Nurses use the mnemonic **OLDCART** for assessing a patient's symptoms.

- Onset - *When did your symptoms start?*
- Location - *Where do you feel the headache?*
- Duration - *How long have you had these symptoms?*
- Characteristics - *How would you describe it?*
- Aggravating factors - *Does anything make it worse?*
- Relieving factors - *Does anything make it better?*
- Treatments - *Are you taking any medication for the nausea?*

Future forms

TO BE + GOING TO + INFINITIVE (without 'to')
Used to talk about plans & intentions, and predictions.
He's not going to get any worse, is he?

WILL + INFINITIVE (without 'to')
Used for spontaneous decisions, offers, promises and threats.
I'll call the doctor immediately. We'll send the results tomorrow.

ZERO CONDITIONAL = If* + PRESENT SIMPLE, PRESENT SIMPLE
Used to talk about facts that are generally true. *when, unless
When he wakes, let me know. If you pick a scab, it bleeds.

FIRST CONDITIONAL = If + PRESENT SIMPLE, WILL* + INFINITIVE
Used to talk about future events that are likely. *shall, can, may
If you work out regularly, you'll get fitter.



Dialogue sample

Nurse: Right Mr Andrews, I'm going to ask you a couple of questions before the doctor sees you. When did the vomiting start?

Patient: Yesterday evening. I think it could be something I ate.

Nurse: I see. And what did you eat?

Patient: My wife and I had seafood for lunch at the new restaurant in town.

Nurse: Have you taken any medication?

Patient: No. I can't keep anything down. Everything I eat or drink just comes back up.

Nurse: That sounds awful. Does anything make your nausea worse / better?

Patient: No.

Nurse: Alright, thank you. Just wait here. The doctor will be in to see you soon.

