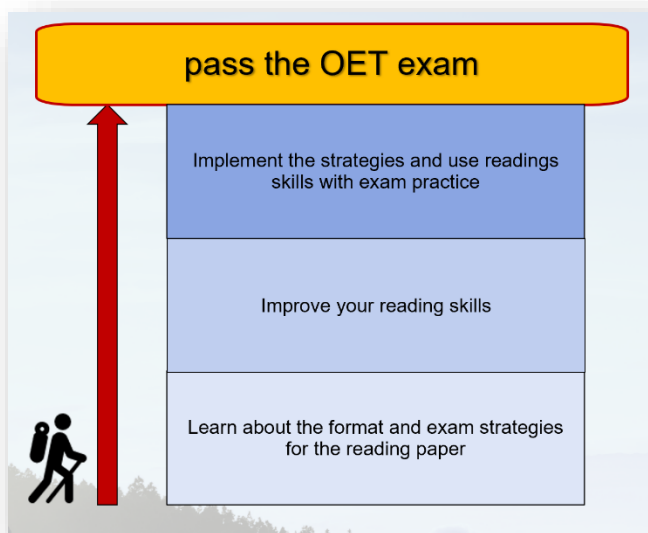


OET Reading Study skills for reading



- ✓ Read a wide range of appropriate material
- ✓ Do shorter activities, little and often
- ✓ Increase your reading speed gradually

What do you need to do to improve your reading skills?



Challenges and considerations

- Time pressure
- Reading speed
- Unknown vocabulary
- Academic style writing
- Lexical reference



How can you improve your reading skills?

Treating burns and scalds

To treat a burn, follow the **first aid** advice below:

- **immediately get the person away from the heat source** to stop the burning
- **cool the burn with cool or lukewarm running water** for 20 minutes – do not use ice, iced water, or any creams or greasy substances like butter
- **remove any clothing or jewellery** that's near the burnt area **of the hand** including babies' nappies, but do not remove anything that's stuck to the **skin**
- **make sure the person keeps warm** by using a blanket, for example, but take care not to rub it against the burnt area
- **cover the burn** by placing a layer of cling film **over it** – a clean plastic bag could also be used for burns on your **hand**
- **use painkillers** such as **paracetamol** or **ibuprofen** to treat any pain
- **if the face is affected**, **lie down**, **sit up as much as possible**, rather than lying down. This helps to reduce swelling
- **if it's an acid or chemical burn**, **dial 999**, carefully try to remove the chemical and any contaminated clothing, and **rinse the affected area** using as much clean water as possible

Reading A: Scanning & finding information quickly

- ✓ Using texts that are easily available, scan for high frequency words.
- ✓ Choose a medical condition you know nothing or little about and write down 3 questions you would like to know about it.

Symptoms of atopic eczema

Atopic eczema causes the skin to become **itchy, dry, cracked and sore**.

Some people only have small **patches of dry skin**, but others may experience widespread **inflamed skin** all over the body.

Inflamed skin can become red on lighter skin, and darker brown, purple or grey on darker skin. This can also be more difficult to see on darker skin.

Although atopic eczema can affect any **part of the body**, it most often affects the **hands**, insides of the **elbows**, **backs of the knees** and the **face** and **scalp** in children.

Source: <https://www.nhs.uk/conditions/atopic-eczema/>

Colour vision deficiency (colour blindness)

- *How common is it?*
- *Which colours are affected?*
- *How does it impact people's lives?*



- How common is it?
- Which colours are affected?
- How does it impact people's lives?

Types and symptoms of colour vision deficiency

Most people with colour vision deficiency have difficulty distinguishing between shades of red, yellow and green.

This is known as "red-green" colour vision deficiency. It's a common problem that affects around 1 in 12 men and 1 in 200 women.

Someone with this type of colour vision deficiency may:

- find it hard to tell the difference between reds, oranges, yellows, browns and greens
- see these colours as much duller than they would appear to someone with normal vision
- have trouble distinguishing between shades of purple
- confuse reds with black

In rare cases, some people have trouble with blues, greens and yellows instead. This is known as "blue-yellow" colour vision deficiency.

Issues for people with a colour vision deficiency

Colour vision deficiency is not usually anything to be concerned about.

Most people get used to it over time, it will not normally get any worse, and it's rarely a sign of anything serious.

But it can sometimes cause issues such as:

- difficulty at school if colours are used to help with learning
- problems with food, such as identifying whether meat is fully cooked or whether fruit is ripe
- getting medications confused if they're not clearly labelled
- trouble identifying safety warnings or signs
- slightly limited career choices - certain jobs, such as pilots, train drivers, electricians and air traffic controllers, may require accurate colour recognition

Overall, many people with a colour vision deficiency have few, if any, difficulties. They can do most normal activities, including driving.

Source: <https://www.nhs.uk/conditions/colour-vision-deficiency/>



Vocabulary for reading B

Annual medication review

To give all patients an annual medication review is an ideal to **aim for**. In the meantime, there is an **aspiration** for targeting all clinical medication reviews to those patients **able to benefit** most. Our guidelines state that 'at least a level 2 medication review **will occur**' (i.e. the minimum standard is a treatment review of medicines with the **full review** not necessarily with the patient present. However, the guidelines go on to say that 'all patients **always have the choice to raise questions and highlight problems** about their medicines' and that 'any changes **resulting from** an review are **agreed with** the patient'. It also states that GP practices are expected to:

- **promote** **skills** in identifying and **using** **effective** treatments.
- **maximise** **effectively** in the provision of **provisionally managing** patients to recovery through **providing** the **route** for costly treatments by **provisionally managing** patients to recovery through the **whole** care pathway.

- ✓ read notice boards around the hospital/at the dentist's etc,
- ✓ read policies on websites and documents in the workplace e.g. instruction and procedure manuals
- ✓ Write down formal verbs and phrases and learn their meaning e.g. "outline" "establish" "conclude" "account for"

2.4 GP practices

GP practices **provide** primary care services to the public.

As part of the NHS App, GP practices can **enable** their patients to see their medical information, book appointments, order repeat prescriptions, send secure patient to practice messages, and select or change their nominated pharmacy.

GP practices may also provide additional services such as online consultations and personal health record services, and will normally **engage** a specialist organisation to provide these additional services on their behalf. Your GP practice **remains** in charge of your personal information and decides what health information from your health record, appointments and prescriptions is displayed to you.

Source: <https://www.nhs.uk/nhs-app/nhs-app-legal-and-cookies/nhs-app-privacy-policy/privacy-policy/>





Understanding ideas in reading C

Extended usage of these glasses boosts chromatic response in those with anomalous trichromacy (red-green color vision deficiency)." said John S. Werner, distinguished professor of ophthalmology and a leader in vision science at UC Davis Health. "We found that sustained use over two weeks not only led to increased chromatic contrast response, but, importantly, these improvements persisted when tested without the filters, thereby demonstrating an adaptive visual response."

- ✓ Choose an appropriate text and summarise the main idea presented in the text in 1 paragraph
- ✓ summarise each paragraph in 2-3 sentences
- ✓ Underline the topic sentence in each paragraph to help you focus on the main idea

But in Europe, health recommendations suggest fat should comprise between 20-35% of our total daily calories. There's also no recommendations for how many calories should be from saturated or trans fats – just that these should be limited. In the US, people are only advised to limit saturated fat intake to less than 10% of daily calories.

In Europe, health recommendations about fat consumption is higher than the US and with no specific recommendations about the amount of saturated and trans fat that can be consumed.

Source: <https://theconversation.com/fat-why-are-we-so-confused-about-whether-or-not-we-should-include-it-in-our-diet-163462>



Language for reading C

The fact that today is the beginning of Migraine Awareness Week is likely to fall beneath many people's radar. Which is a surprise, because with an estimated one in seven people globally living with migraine, the condition touches many lives. For those who don't have migraine, it can be almost impossible to comprehend the impact of this misunderstood and often trivialised disease. After all, it's just a headache, isn't it? Well, no it isn't.

- ✓ Make a note of language used to express attitude and opinion e.g. "suggest" "claim" "argue"
- ✓ Make a note of evaluative and hedging language e.g. "he found this surprising" "it was unexpected" "this might mean that..." "it is likely that" "research has hinted that..."
- ✓ Make a note of cause and effect language e.g. "this is attributed to.." "this has led to" "this is down to.."

Symptoms are similar for both adults and children, **although** elements of them differ or change as we age. For example, inattention is the most persistent symptom in adults.

ADHD **can be** debilitating and is associated with **higher likelihood** of lower quality of life, substance use issues, unemployment, accidental injuries, suicide and premature death. **In addition**, ADHD can cost adults around **£18,000 per year** because of things like medical care or paying for social support.

It's also **commonly associated with** a wide range of **co-existing conditions** in adults.

For example, depression is almost **three times more prevalent** in adults with ADHD. And nearly half of all adults with ADHD also have **bipolar spectrum disorder**.

Around 70% of adults with ADHD also experience **emotional dysregulation**, which **can make it more difficult** to control emotional responses. It's also thought that **almost all adults with ADHD** have **rejection sensitive dysphoria**, a condition where perceived rejection or criticism can cause extreme emotional sensitivity or pain.

Source: <https://theconversation.com/adhd-in-adults-what-its-like-living-with-the-condition-and-why-many-still-struggle-to-get-diagnosed-162824>



Linking & referencing in reading C

There are many different types of arrhythmias, but heart block (also known as AV block), is one of the most common arrhythmias endurance athletes develop. While **the condition** is well documented in athletes - and the potential dangers of **it** are understood - little is actually known about the triggers of heart block and how **it** can be prevented.

- ✓ Find all the linking expressions in a paragraph and decide if they are contrasting, adding, expressing results etc.
- ✓ Find reference words such as **"this"** **"it"** **"they"** and work out what they are referring to

More than 7m people in the UK have **high blood pressure**; **it** is a leading cause of cardiovascular disease and cardiovascular events such as heart attacks and strokes, associated with one in four deaths. As many as **5.6m people in the UK** do not realise **they** have **it** as they feel fine, while others show signs such as shortness of breath, persistent headaches, blurred vision or nosebleeds. So, what is **blood pressure** and why is **it** so important?

Your heart is a pump, roughly the size of your fist. Contraction of the heart muscle generates a force, causing pressure to rise in your blood vessels, which drives the flow of blood around your body. This flow works continually to supply oxygen and nutrients **to organs through your arteries** and removes waste products through your veins too. The problems begin when the **pressure** becomes so high that **it** begins to cause damage to the blood vessels and increase the workload on the heart.

Source: <https://theconversation.com/what-is-a-healthy-blood-pressure-124658>



Useful Websites

<https://theconversation.com/uk/health>

<https://www.theguardian.com/society/health>

<https://www.bbc.com/news/health>

<https://www.nhs.uk>