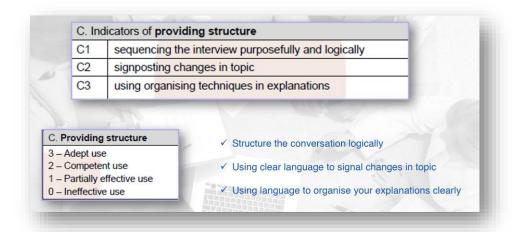


OET Speaking Meeting the assessment criteria: Providing Structure



- Look for opportunities
- Practise using signposting
- Stick to the order of the tasks on the card

What do the descriptors mean?



How to improve in this area

Signposting changes in topic





Organising techniques in explanations

Ok, so you will need to clean the area and pat it dry, apply a thin layer of the antiseptic cream and apply the dressing and secure it. Do you think you can manage that?

Ok, so **first** you will need to clean the area and pat it dry. **Then** apply a thin layer of the antiseptic cream and **finally** you need to apply the dressing and secure it. Do you think you can manage that?



Study Tips



Reliever inhalers

Most people with asthma will be given a reliever inhaler. These are usually blue.

You use a reliever inhaler to treat your symptoms when they occur. They should relieve your symptoms within a few minutes.

Tell a GP or asthma nurse if you have to use your reliever inhaler 3 or more times a week. They may suggest additional treatment, such as a preventer inhaler.

Reliever inhalers have few side effects, but they can sometimes cause shaking or a fast heartbeat for a few minutes after they're used.

Reliever inhalers have few side effects, but they can sometimes, shaking or a fast heartbeat for a few minutes after they're used

Source: https://www.nhs.uk/conditions/asthma/treatment/

So, you are going to be given an inhaler to help you to manage your asthma. I will explain and show you how to use it now and this is what you need to use when you begin to feel symptoms. It should bring you relief within a few minutes. Ok?

Your inhaler is for when you experience symptoms. If you find that you are using it 3 or more times a week, then you should tell your GP or asthma nurse, alright?

Asthma is a common lung condition that causes occasional breathing difficulties.

It affects people of all ages and often starts in childhood, although it can also develop for the first time in adults.

There's currently no cure, but there are simple treatments that can help keep the symptoms under control so it does not have a big impact on your life.

So I'm going to explain the possible causes, ok? Asthma is caused by an inflammation of the airways and there are many common triggers for these. One common trigger is allergies, or perhaps environmental factors such as smoke, pollution or cold air. Another trigger could be exercise or asthma might also be set off by colds or flu, ok?

So this means it is important to identify and then avoid your asthma triggers to keep the condition under control, does that make sense?

Source: https://www.nhs.uk/conditions/asthma

Let me explain what asthma is. Asthma is a common condition of the lungs which can cause difficulties breathing. There is no cure, but there are some things we can do to help control the symptoms, alright?

Causes and triggers of asthma

Asthma is caused by swelling (inflammation) of the breathing tubes that carry air in and out of the lungs. This makes the tubes highly sensitive, so they temporarily narrow.

It may happen randomly or after exposure to a trigger.

Common asthma triggers include:

- allergies (to house dust mites, animal fur or pollen, for example)
- smoke, pollution and cold air
- exercise
- infections like colds or flu

Identifying and avoiding your asthma triggers can help you keep your symptoms under control.

