

## Unit 3 • Le soin quotidien

# Day to day care



### DIALOGUE 5

#### Discussing a patient with the Head Nurse Le cas de David / David's case

*The head nurse is explaining to Emma, a young nurse who is new to her team, the day to day care of one of the patients on her ward.*

“So here we have David, he was admitted three days ago after falling from a roof. He has multiple fractures of the right leg, arm and pelvis. He has broken his jaw and has some swelling to his skull so he is on bedrest for several weeks. He requires full daily care as he is unable to do anything for himself at the moment.

You need to give him a bedbath and help him keep his hair clean, wash his face and give him a mouth wash as he can't brush his teeth and also to prevent fungal infections. He got a bit agitated about this yesterday, so allow him to do as much as he wants. I think he's embarrassed! As he is bed bound and immobile, he has a risk of getting bedsores so, you need to rub some cream on the pressure points twice a day. Make sure he is comfortable by adjusting his pillows and the bed.

He is being fed intravenously at the moment so he has a central venous line\*, through which he gets parenteral nutrition, hydration and medication. His parenteral drip will need changing shortly but the other drips were done just an hour ago. He has already received two units of packed cells and will receive two more this afternoon. He was catheterised as his bladder was badly bruised during the accident and he will need to remain catheterised until the doctor says we can remove it. Until then we are keeping a log of his fluids as usual so, remember to record the output when you change his catheter bag.

He has open wounds on his legs which need redressing everyday and checking to make sure they are clean and healing. The stitches will be removed in about 15 days. It is vitally important that he doesn't try to move on his own as his pelvis is fractured and his leg must be kept extended and raised at all times.

As you can see from his observations earlier today his blood pressure was slightly higher than normal and his respirations were more rapid, however, this is probably due to the stress of the accident. Yesterday was the first day he was really awake since his operations. He was quite agitated and distressed by his condition. He was extubated yesterday and he's at day 3. He is in quite a bit of pain so don't forget to check how comfortable he is and if necessary, we'll adjust his morphine as instructed by the doctor.

Don't forget David can't talk with his jaw wired together but, you must carry on as normal and keep chatting to him so he doesn't feel isolated. When he comes off the intravenous he will need help manipulating his food, which will be in liquid form, as his jaws are wired together. He can communicate with his eyes and his left hand but

he gets very frustrated. His parents said they were coming to see him this afternoon and his girlfriend has been everyday so that should cheer him up. It is going to take a long time for him to recover but he should improve little by little each day.”

*\* Sometimes, you can use a “picc line” (say “pick”) a Peripheral Inserted Catheter. It is a form of intravenous access into a vein in the arm that can be used for a prolonged period of time (total parenteral nutrition, chemotherapy, etc.).*



**1. Trouvez les mots ou expressions dans le texte, ils signifient... / Find the words in the text which mean.**

1. Vessie	
2. Être alité (×2)	
3. Toilette au lit	
4. Bain de bouche	
5. Escarres	
6. Passer de la pommade.	
7. 2 fois par jour	
8. Voie veineuse centrale	
9. Culot globulaire	
10. « Salement amoché »	
11. Sonde urinaire	
12. Maintenu(e) en extension et surélevé(e)	
13. Légèrement plus élevé que la normale	
14. Plaies ouvertes	
15. Se remettre / Se rétablir	
16. Ses mâchoires sont bloquées.	
17. À « J3 »	
18. Vous devez vous comporter normalement (comme d’habitude).	
19. Quand il ne sera plus sous perfusion.	
20. Remonter le moral.	
21. Améliorer	

## L'impératif

L'impératif est un mode verbal qui exprime un ordre, une instruction, une exhortation ou encore un conseil.

### ◆ Construction

Forme affirmative	verbe (sans pronom)	Close your eyes / <i>Fermez vos yeux!</i>
Forme négative	Do not / don't + verbe	Don't breathe / <i>Ne respirez plus!</i>



## 2. Traduisez ces intructions très courantes / Translate these very common instructions.

1. Levez-vous ! .....
2. Asseyez-vous ! .....
3. Levez la jambe ! .....
4. Retournez-vous ! .....
5. Détendez-vous ! .....
6. Ne respirez plus ! .....
7. Respirez profondément ! .....
8. Expirez lentement ! .....
9. Ne bougez plus ! .....
10. Avalez ! .....
11. Toussez ! .....
12. Allongez-vous ! .....
13. Ne vous inquiétez pas ! .....
14. Levez vos fesses ! .....



### DIALOGUE 6

## Le cas de David (suite) / David's case (cont'd)

Now Emma has come to take care of David.

- Hello David, how are you feeling today? Are you in any pain? Just move your hand if you are. I've come to change your dressing and help you get washed. So lets start with washing your face. Turn your head to one side slightly, now turn it to back. Let's wash your body now, lift your arm. I don't think you'll be able to do your private parts even though I know you want to. I'll lift you to one side slightly, so that I can wash your bottom and now I'll dry you with a towel and then I'll rub some ointment in to prevent bedsores. Take this mouth wash and swill\* it around to rinse your mouth. Now spit it out\*\* into the bowl. I expect you're really tired after all that, so try to relax and get some rest now while I change your dressing and saline drip. Don't forget, if you're in too much pain or if you need anything, just push the call bell.

\* swill around your mouth: *faites-le tourner dans votre bouche.*

\*\* spit it out: *crachez-le.*



**3. Relevez les 12 impératifs du texte / Find the 12 examples of the imperative in the text.**

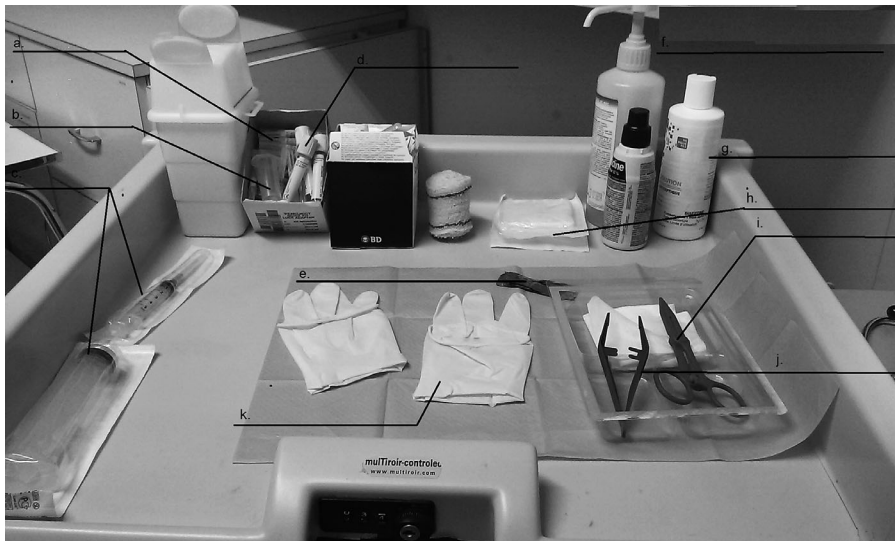
- |         |          |
|---------|----------|
| 1. .... | 7. ....  |
| 2. .... | 8. ....  |
| 3. .... | 9. ....  |
| 4. .... | 10. .... |
| 5. .... | 11. .... |
| 6. .... | 12. .... |



**4. Associez les mots aux éléments de l'image / Complete the image with the words from the box.**

- |                        |                     |                     |
|------------------------|---------------------|---------------------|
| blood sample tubes     | syringes            | sterile gloves      |
| antiseptic pump bottle | swab/ compress      | antiseptic solution |
| scissors               | blood sample holder | disposable tweezers |
| blade                  | needles             |                     |

**Trolley – general nursing**



**Étudiez les 4 dialogues (7, 8, 9, 10) et remplissez les tableaux qui font suite / Study the 4 dialogues (7, 8, 9, 10) then fill in the relevant tables.**

## Changer un pansement et enlever un plâtre / Changing a dressing and taking off a plastercast

*Henry fell off his motorbike yesterday and needed an operation to reduce multiple fractures. He has a plaster cast on his leg with a window at the ankle so the wound is accessible.*

— It's time to change your dressing now. How does it feel?

— Well it's hurting more today.

— What kind of pain is it?

— A throbbing pain. I can feel it all the time and my foot feels hot and a bit swollen.

— Well, let me take a look at your leg and check the plaster.

— I'm just putting on some gloves to prevent the transfer of any germs. Let's see now! Ah yes, I can see what is causing the throbbing and swelling in your foot, it's a bit infected. Nothing to worry about, I'll clean it straight away and ask the doctor to come and see you. I'll just wipe the wound with some antiseptic and then put a fresh sterile compress on it. It should start feeling more comfortable now it's cleaned up but, if it doesn't, let me know and I'll arrange for a sample to be taken with a cotton swab and sent to the lab for analysis.

The plaster looks too loose which may prevent the fracture from healing. The swelling in your thigh has gone down since the plaster cast was put on. I'll get the doctor to check this.

— What about the plaster, how do you take that off?

— We use a saw to cut through the plaster, don't worry it is very precise and won't cut you! You just have to remain very still for a couple of minutes that's all.

Anyway we won't be doing that for a while yet.

Now I need to give you an injection in your thigh or abdomen to reduce the risk of thrombosis. It's normal after breaking a leg and you will have to have this every day for several weeks."

### 5. Remplissez les blancs dans les colonnes / Fill in the blanks in the table (continued on next page).

1. Je vais changer votre pansement.	
	2. Throbbing pain
	3. My foot feels hot.
4. Ma cheville est très enflée.	
5. Gonflement, enflure	
6. Il n'y a rien d'inquiétant / Pas de quoi s'inquiéter.	
7. Tout de suite, immédiatement	
	8. I'll arrange for a sample to be taken.
9. Mettre des gants.	
10. Votre cheville a désenflé.	
11. Poser / Retirer un plâtre.	

	12. You must remain very still for a while.
13. Je dois vous faire une piqûre (une injection).	



**DIALOGUE 8**

## Poser une perfusion / Putting up a drip

*Mrs Miller has been admitted to hospital due to respiratory insufficiency.*

“Hello Mrs Miller, how are you feeling now?

- OK I suppose but I’m still quite breathless and having difficulty breathing.
- I’m going to give you some oxygen, that should make you feel a bit better and then I’m going to set up a drip to give you some medication intravenously.
- Thank you.
- Can you just sit up a little so I can pass the tubes behind you? Now then, let’s put these in your nose and that will give you the oxygen to help your breathing. Does it feel comfortable, you can adjust it a little if it doesn’t?
- No, it’s fine.
- I’m going to use a tourniquet so I can find a vein in your hand. Can you open and close your hand making a fist as this helps the vein swell? You will feel a small prick as it goes in then you shouldn’t feel a thing. Don’t worry, I won’t leave the needle in, it just enables me to insert the plastic tip of the catheter hub that will remain in your vein. There you are, the needle is in now so I can connect the drip.
- How long will I need to stay on the drip?
- Well I don’t know yet, the doctor will tell you later when she comes to check on you. Is there anything you need?
- Yes, could I have a drink now? I’m really thirsty.
- Yes of course, I’ll bring you some water in a minute.”



### 6. Même exercice que précédemment / Same exercise as the previous one.

1. Essoufflé	
	2. I need to set up / to put a drip.
3. Pouvez-vous vous asseoir / vous redresser un peu ?	
4. Respiration	
	5. You can adjust the tube.
6. Garrot	
	7. To make a fist
	8. A small prick
9. Cela me permettra de...	
10. Embout	
11. Combien de temps...?	
	12. To stay on a drip

**DIALOGUE 9****Parler du drain et du retrait des fils /  
Discussing a drain and removing stitches**

*Mrs Barnes had an appendectomy but has had complications following her operation and now needs a drain.*

— How long will I need a drain?

— As long as the wound keeps producing liquid or at least until it gets to a minimum level. I know it isn't very pleasant but it is essential for the wound to heal. We're going to check the liquid production everyday and we'll remove the stitches later.

— How will you take them out?

— We can use different things, a blade, stitch cutter or scalpel for example. We simply cut the stitch and gently pull it out with tweezers. It shouldn't hurt, in fact you will hardly feel it at all."

**7. Même exercice que précédemment / Same exercise as the previous one.**

1. Couler (pour une plaie)	
2. Cicatriser, guérir	
3. Retirer	a. b.
4. Lame	
	5. It shouldn't hurt.
6. À peine	
7. Délicatement	
	8. To pull out

**DIALOGUE 10****Demander un prélèvement d'urine /  
Asking for a urine sample**

*When taking a urine sample you need to prepare all the equipment you need in advance. These include: soap, flannel, towel, antiseptic, sterile compresses, sterile sample/specimen pot, laboratory labels, documents and transportation box/pouch.*

**Instructing the patient**

I need you to give a urine sample so we can send it to the lab for analysis. We use a "clean catch" method to prevent germs from the penis or vagina from getting into the urine sample. Here is the specimen pot, don't open the protective bag until you are ready to give the sample. It is really important that everything is kept sterile to avoid cross contamination so, please make sure you follow these procedures exactly. Wash your hands before starting and then wash your genitals with soap and water and rinse well.

Remove the lid from the pot and put it down with the inside facing upwards so it doesn't come in contact with any surfaces and make sure that you don't touch the inside of the lid or the pot.

### Girls and women

Girls and women need to wash the area between the vaginal “lips” (labia).

- Use one of the antiseptic wipes to clean the inner folds of the labia. Wipe from the front to the back.
- Then clean the outer folds of the labia, again wiping from front to back.
- Use a new wipe to clean over the opening where urine comes out (urethra), just above the opening of the vagina.

### Boys and men

Clean the head of the penis with a sterile wipe. If you are not circumcised, you will need to pull back (retract) the foreskin first.

### To collect the urine sample

- First start peeing a small amount into the toilet bowl, then stop the flow.
- Get the pot in position and start peeing again directly into the pot until it is about half full. Make sure your fingers don’t get in the way as this would affect the sample.
- You may empty your bladder into the toilet bowl once you have finished the specimen.
- Close the lid immediately and put it back in the bag, then wash your hands again.
- Please throw away all the wipes once you have finished with them.
- If you have any problems let me know and once you’re finished call me with the bell please.



## 8. Même exercice que précédemment / Same exercise as the previous one.

1. Flacon d’analyse stérile	
	2. Flannel
	3. To prevent... from
4. Maintenu stérile	
5. Éviter	
6. Couvercle	
	7. Upwards
8. Plis intérieurs / extérieurs	
	9. Wipe from the front to the back.
10. Se décaloter	
11. Prépuce	
12. Une petite quantité	
	13. Flow of urine
14. À moitié plein	
15. Jeter	