

საგანი: ინგლისური ენა IV( B2+)

Name \_\_\_\_\_ Faculty \_\_\_\_\_ Group

2018 წელი

შეფასების სისტემა კომპონენტების მიხედვით:

ღია ტიპის ტესტები: 8 ქულა

დახურული ტიპის ტესტები: 8 ქულა

თარგმანი 4 ქულა

ღია ტიპის ტესტები/ ღია კითხვები:

**Task 1. Read the text and answer the questions.** 3 p. ( 0.6 per answer)

### **Drug-related Problems in the Elderly**

Drug-related problems are common in the elderly and include drug ineffectiveness, adverse drug effects over dosage, under- dosage, and drug interactions. Drugs may be ineffective in the elderly because clinicians under-prescribe (e.g., because of increased concern about adverse effects) or because adherence is poor (e.g, because of financial or cognitive limitations) Adverse drug effects are effects that are unwanted, uncomfortable, or dangerous. Common examples are over- sedation, confusion, hallucinations, falls, and bleeding. Adverse drug effects can occur in any patient, but certain characteristics of the elderly make them more susceptible. For example, the elderly often take many drugs (polypharmacy) and have age-related changes in pharmacodynamics and pharmacokinetics; both increase the risk of adverse effects. At any age, adverse drug effects may occur when drugs are prescribed and taken appropriately; e.g., new-onset allergic reactions are not predictable or preventable. However, adverse effects are thought to be preventable in almost 90% of cases in the elderly (compared with only 24% in younger patients). Certain drug classes are commonly involved: antipsychotics, warfarin, antiplatelet agents, hypoglycemic drugs, antidepressants, and sedative-hypnotics. In the elderly, a number of common reasons for adverse drug effects, ineffectiveness, or both are preventable. Several of these reasons involve inadequate communication with patients or between health care practitioners (particularly during health care transitions). A drug given to treat one disease can exacerbate another disease regardless of patient age, but such interactions are of special concern in the elderly. Distinguishing often subtle adverse drug effects from the effects of disease is difficult and may lead to a prescribing cascade. A prescribing cascade occurs when the adverse effect of a drug is misinterpreted as a symptom or sign of a new disorder and a new drug is prescribed to treat it. The new, unnecessary drug may cause additional adverse effects, which may then be misinterpreted as yet, another disorder and treated unnecessarily, and so on. Many drugs have adverse effects that resemble symptoms of disorders common among the elderly or changes due to aging. The following are examples. In elderly patients, prescribers should always consider the possibility that a new symptom or sign is due to drug therapy. Because the elderly often take many drugs, they are particularly vulnerable to drug-drug interactions. The elderly also frequently use medicinal herbs and other dietary supplements and may not tell their health care providers. Medicinal herbs can interact with prescribed drugs and lead to adverse effects. For example, ginkgo biloba extract taken with warfarin can increase risk

of bleeding, and St. John's Wort taken with an SSRI can increase risk of serotonin syndrome. Lack of close monitoring, especially after new drugs are prescribed, increases risk of adverse effects and ineffectiveness. Criteria to facilitate monitoring have been developed by the Health Care Financing Administration expert consensus panel as part of drug utilization review criteria. The criteria focus on inappropriate dosage or duration of therapy, duplication of therapy, and possible drug-drug interactions. Some inappropriate drugs are available OTC; thus, clinicians should specifically question patients about use of OTC drugs and tell patients about the potential problems such drugs can cause. The elderly are often given drugs (typically, analgesics, H<sub>2</sub> blockers, hypnotics, or laxatives) for minor symptoms (including adverse effects of other drugs) that may be better treated non-pharmacologically or by lowering the dose of the drug causing adverse effects. Initiating additional drugs is often inappropriate; benefit may be low, costs are increased, and the new drug may lead to additional toxicity. Drug effectiveness is often compromised by lack of patient adherence among the ambulatory elderly. Adherence is affected by many factors but not by age per se. Up to half of elderly patients do not take drugs as directed, usually taking less than prescribed (under-adherence). Causes are similar to those for younger adults. In addition, the following contribute:

- Financial and physical constraints, which may make purchasing drugs difficult
  - Cognitive problems, which may make taking drugs as instructed difficult
  - Use of multiple drugs
  - Use of drugs that must be taken several times a day or in a specific manner
  - Lack of understanding about what a drug is intended to do (benefits) or how to recognize and manage adverse effects (harms)
  - **Immunizations:** Older adults are at greater risk of morbidity and mortality resulting from influenza, pneumococcal infection, and herpes zoster. Vaccination rates among older adults can still be improved.
  - Anticipate confusion due to sound-alike drug names and pointing out any names that could be confused (eg, Glucophage® and Glucovance®)
1. Why are senior adults at higher risk of experiencing problems associated with drug therapy?
  2. Why do the young and the elderly have different response to medication?
  3. Why are side-effects of a new drug sometimes misinterpreted?
  4. What factors play a role in noncompliance to drug therapy?
  5. What does the term non-pharmacological treatment mean?

**Task 2. Read the text. Are these statements true (T) or false (F)?** 2 p. (0.4 per answer)

A 28-year-old male amateur motocross rider was admitted to hospital in August 2007 after having a cardiac arrest. He had collapsed shortly after participating in a motocross race. Paramedics arrived after about 20 minutes.

The patient's initial cardiac rhythm was recorded as ventricular fibrillation. He was restored to sinus rhythm after receiving two 150 J biphasic counter shocks. He was intubated by paramedics and transported to hospital.

Later, the patient recalled feeling well earlier in the day, until after his second race, when he developed dull, constant retrosternal chest pain. He described this as being mild in intensity, with no radiation or associated symptoms. It settled within 30 minutes of sitting down to rest. He went on to participate in

to win one more race that afternoon. He collapsed at about 3 pm, approximately 20 minutes after the last race.

The patient had been well in the week preceding these events. He denied having any previous episodes of chest pain or syncope. He had a large breakfast on the morning of the race and had remained adequately hydrated throughout the day. Further, he had consumed 7–8 cans of a caffeinated “energy drink”. He was otherwise fit and well and taking no regular medication. There was no family history of premature coronary disease, sudden cardiac death or unexplained syncope. He denied alcohol misuse or illicit drug use.

On arrival at hospital, the patient was intubated and sedated.

Abnormal findings from laboratory tests included an elevated level of troponin I. The provisional diagnosis was of anteroseptal myocardial infarction.

The patient was transferred to a tertiary referral centre for cardiac catheterization. On arrival there, an ECG showed evolving ischemic changes.

Echocardiography showed mild left ventricular enlargement. Coronary angiography, performed on the same day, gave normal results He was discharged after 6 days.

- |  |     |
|--|-----|
| 1. The contender fainted during the motocross race.                          | T/F |
| 2. Therapeutic shock of electricity applied to the heart improved the state. | T/F |
| 3. 3-segmented counter shock, at energy setting of 150 J was delivered.      | T/F |
| 4. The motorist failed in the first round.                                   | T/F |
| 5. The initial diagnosis was inconsistent with the findings of angiography.  | T/F |

### ლექსიკა-გრამატიკა

**Task 3. Choose the most appropriate tense of the verb in parenthesis.** 3p. (0.3 per answer)

1. You (babysit) for us while we are away? (seeking a favor of someone by asking about their plans)
2. My itinerary said that my flight (leave) at 7 a.m.
3. He’s never going to stop talking. In 15 more minutes we (listen) to him lecture for solid 3 hours.
4. What? You are smoking another cigarette? At this rate you (smoke) a whole pack by lunchtime.
5. Until the council (install) a new generator, the village (have) no electric power.
6. After Ceylon (be) independent for 24 years, its name was changed to Sri Lanka.
7. I’ll meet you at the airport tomorrow. After you (clear) customs, look for me just outside the gate. I (stand) right by the door.
8. Jane’s eyes burnt and her shoulders ached. She (sit) at the computer for five straight hours.
9. He (drive) her as far the shop and she (walk) the rest of the way.
10. It’s against the law to kill the black rhinoceros. They (become) extinct.

**Task 4. Give the definition for the following items:** 2 p. (0.2 per answer)

1. to buy time

2. attend to
3. rapport
4. counsel
5. to address
6. extent
7. frailty
8. stillbirth
9. be on a binge
10. hectic life (days)

დახურული ტიპის ტესტები / დახურული კითხვები:

**Task 5 Match the following words with the English equivalents. 1 p. (0.1 per answer)**

- |            |   |
|------------|---|
| 1. blister | a) localized swelling and inflammation of the skin having hard central core filled with pus |
| 2. bruise  | b) large vesicle  |
| 3. boil    | c) a round raised area, a lump caused by blow   |
| 4. bump    | d) a dark area on the skin caused by an injury, characterized by ruptured blood vessels.    |
| 5. bulla   | e) a small bubble on the skin filled with serum and caused by friction, burning or damage   |
| 6. squash  | f) strike or put down forcefully or noisily   |
| 7. twist   | g) violently break into pieces  |
| 8. smash   | h) trip or momentarily lose one's balance   |
| 9. stumble | i) cause to rotate around stationary position, turn   |
| 10. bang   | j) crush or squeeze with force so that it becomes flat or out of shape                      |

**Task 6. Fill in the missing words 3 p. (0.3 per answer)**

**1) traction 2) scarring 3) alignment 4) disruption 5) mal-union 6) failure 7) fashion 8) suture 9) stiff 10) combating**

All fractures attempt to heal in the same 1) \_\_\_\_\_. The injured bone quickly produces new tissue that extends across the fracture line and joins the broken pieces together. At first this new tissue is soft and puttylike; later, it is bony and hard. While re-forming, the bone must be protected from weight-bearing and movement between the fracture ends. The major complications of fracture include 2) \_\_\_\_\_ to heal. It is frequently a result of infection. Because healing will not ordinarily take place until an infection is treated, all procedures are aimed at 3) \_\_\_\_\_ infection at the site of injury. This undesired condition may also result from severe destruction of bone, 4) \_\_\_\_\_ of blood supply, or inadequate immobilization of the limb or body part involved; sometimes the cause cannot be determined. Healing is encouraged by cleansing of the fracture site, closure of the overlying broken skin by 5) \_\_\_\_\_ or skin graft, and re-

immobilization; Healing in a poor position, or 6) \_\_\_\_\_ may occur when realignment has been improper or when injuries have destroyed large portions of the bone. Sometimes the bone is therapeutically re-fractured so that proper 7) \_\_\_\_\_ may be achieved.

Fractures in joints present a particularly serious problem because the normally smooth surface of the joint may be destroyed. If the fracture heals in irregular alignment, the joint is likely to be permanently 8) \_\_\_\_\_ and painful; osteoarthritis is a frequent complication in old age. Unless the surface of the joint can be accurately aligned by manipulation or 9) \_\_\_\_\_, surgery is necessary. Loss of function may be caused by prolonged immobilization, by heavy 10) \_\_\_\_\_ after severe injury or infection, or by injury to motor nerves.

**Task 7. Read the sentences below and decide which word or phrase a, b, or c best fits each space.**

2 p. (0.2 per answer)

1. Approximately 50% of all women experience urinary \_\_\_\_\_.  
a) retention                      b) incontinence                      c) detention
2. The sleeping pills left her feeling \_\_\_\_\_.  
a) elated                      b) deplorable                      c) groggy
3. Uncontrollable coughing \_\_\_\_\_ are common in both adults and children.  
a) fits                      b) ailments                      c) spells
4. The most familiar kind of \_\_\_\_\_ is the sensation known as "pins and needles".  
a) gout                      b) paresthesia                      c) palpitation
5. \_\_\_\_\_ refers to any type of difficulty that occurs while walking.  
a) Jogging                      b) Leaping                      c) Hobbling
6. Bedridden persons are confined to the \_\_\_\_\_ position.  
a) supine                      b) prostrate                      c) prone
7. \_\_\_\_\_ is a mixture of materials that hardens and is used for immobilizing a body part.  
a) Swab                      b) Gauze                      c) Plaster of Paris
8. The hotel is an ideal \_\_\_\_\_ for conferences and business meetings.  
a) spot                      b) venue                      c) ground
9. Just now, she chose to drink from the creek, lying \_\_\_\_\_ on the ground, her face half-buried in the water.  
a) prone                      b) sprawling                      c) supine
10. Big mouthfuls often \_\_\_\_\_.  
a) stifle                      b) suffocate                      c) choke

**Task 8. Translate the sentences 4 p. (0.4 per answer)**

1. ღია მოტეხილობის დროს დაზიანების ადგილზე ჩნდება ჭრილობა და ძვალს გარემოსთან აქვს კონტაქტი, ამიტომ იქმნება მოტეხილობის არეში მიკრობების შეჭრის საშიშროება.
2. კონსერვატიული მკურნალობა გულისხმობს დაჭიმვას და შემდგომ თაბაშირის დადებას.
3. კუნთების ატროფიის თავიდან ასაცილებლად პაციენტს ოპერაციის მეორე დღესვე ურჩევენ ავარჯიშონ კუნთები.

4. კენტის საავადმყოფოს გადაუდებელი დახმარების სპეციალისტები პაციენტებისთვის უზრუნველყოფენ 24-საათიან უწყვეტ მომსახურებას.
5. ცენტრი აკმაყოფილებს საერთაშორისო სტანდარტებს და გააჩნია შესაბამისი ინფრასტრუქტურა და აღჭურვილობა, აგრეთვე ყავს პროფესიონალთა გამოცდილი გუნდი.
6. გერიატრიული მკურნალობის ძირითადი მიზანია ხანდაზმულთა აქტივობის გაზრდა და მათი მკურნალობაში ჩართვის აუცილებლობა.
7. პროექტის მიზანია ხელმისაწვდომი და მაღალი ხარისხის მომსახურების მიწოდება ჯანდაცვის ობიექტებში( სამშობიარო სახლი, ქალთა საკონსულტაციო ცენტრი)
8. ორსულობის გართულებების განვითარება შესაძლოა დედის ქრონიკულმა დაავადებებმა გამოიწვიოს– ფარისებრი ჯირკვლის მოშლამ, ორსულობის (გესტაციურმა) დიაბეტმა, სისხლძარღვოვანმა პათოლოგიებმა, რომლებიც ვლინდება შემუშვებებითა და ვენური სტაზით.
9. ზრდის ფაქტორი გადამწყვეტ როლს ასრულებს მეცხების, კუნთების, იოგების, ხრტილებისა და ძვლების შეხორცებაში.
10. სპორტული ტრავმებისა და საყრდენ-მამოძრავებელი აპარატის მკურნალობის დროს ექიმები ხშირად ნიშნავენ მკურნალობას სხვადასხვა მალამოების, კრემებისა და გელების სახით.

#### **Task 9.**

Produce a 150-200-word abstract of your recent publication