



*ЗдраУ*

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**Методичні рекомендації для роботи з відеоматеріалами  
з дисципліни Англійська мова. Модуль 1  
для здобувачів вищої освіти першого року навчання**

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я  
НАЦІОНАЛЬНИЙ ФАРМАЦЕВТИЧНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ

Буданова Л.Г., Внукова К.В., Семенова Л.В., Чітішвілі В.В.

**Англійська мова. Модуль 1**

Методичні рекомендації для роботи з відеоматеріалами  
для здобувачів вищої освіти першого року навчання

Харків  
НФаУ  
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Англійська мова. Модуль 1. Методичні рекомендації для роботи з відеоматеріалами для здобувачів вищої освіти першого року навчання /Буданова Л.Г., Внукова К.В., Семенова Л.В., Чітішвілі В.В. - Харків.: НФаУ, 2020. – 36с.

Видання містить методичні рекомендації щодо роботи з відеоматеріалами на практичних заняттях та під час самостійного опанування матеріалу здобувачами вищої освіти першого року навчання з рівнем володіння мови на рівень А2- В1+. Тематичне наповнення відповідає навчальному плану та робочій програмі: тематичний словник, лексико-граматичні вправи, автентичні відеоматеріали. Метою даних методичних рекомендацій є запропонувати алгоритм навчання з використанням відеоматеріалів. Видання може бути корисними для здобувачів вищої освіти денної, заочної, дистанційної форм навчання, викладачів англійської мови.

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## ПЕРЕДМОВА

Видання містить алгоритм роботи з автентичними відеоматеріалами, практичні поради та рекомендації, для аудиторної роботи та під час самостійного опанування матеріалу, а також ідеї для викладачів щодо використання ресурсів і матеріалів. Видання може бути використане як додатковий навчальний матеріал для основного підручника з дисципліни «Англійська мова» для студентів фармацевтичного відділення. Видання складається з 10 розділів, чітко структурованих відповідно модулю 1 «Introduction to the speciality» (Вступ до фаху) згідно навчальній програмі, містить епізоди, засновані на професійній діяльності майбутнього спеціаліста фармацевтичної галузі. Кожен епізод надає чітко визначені мовні структури і словниковий запас. Представлено основні завдання та види діяльності на розвиток мовленнєвої активності: Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher. Vocabulary.

After you watch, be ready to write a summary.

Формування компетентностей з англійської мови під час навчання студентів в університеті є важливим для отримання знань та вмінь, які забезпечать успішність майбутніх фахівців у реальному суспільстві. Науково-технічні зміни принесли потужний потік інформації який неможливо подолати без володіння англійською мовою, виникла потреба у формуванні нових принципів викладання мови. Сьогодні навчальний процес у вищій школі є неможливим без використання інформаційно комунікаційних технологій. Студенти набувають певних знань та вмінь, саме тому, основною метою викладача є забезпечення сучасного навчального простору.

## UNIT 1. EPISODE 1.



[https://www.youtube.com/watch?reload=9&v=AwaPF\\_oUKZc](https://www.youtube.com/watch?reload=9&v=AwaPF_oUKZc)

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

MPharm degree programme	рограма ступеня магістра фармації (MPharm)
nature manufacture	природниче виробництво
predecessors	попередники
head of the department	завідувач кафедри, відділу
Drug Control Center	Відділ контролю лікарських засобів
to provide	забезпечувати
community pharmacy	громадська аптека
staff	співробітники
to be recognized	бути визнаним
Royal Pharmaceutical Society	Королівське фармацевтичне Бути легким у спілкуванні королівство
to be easy to approach	бути легким у спілкуванні
experience	досвід
perspective	перспектива
It is an honor to be	Це честь бути

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

### **Tapescript**

#### **Introducing the Department of Pharmacy and the MPharm degree programme at King's College London.**

-I chose Kings because it has world-renowned reputation for education training and research and I think it's one of the world's top universities for pharmacy. Pharmacies been taught in this College since 1891 and of course the subject then was very different from what it is now most recently the profession of pharmacy has completely changed. Instead of just being an expert on the nature manufacture and supply of drugs now pharmacists are applicants, so, a pharmacy student in our program gets taught not only about the science of drugs, what they are and how they're made but also most importantly how they're used and how the pharmacist can help in the safe and effective use of medicines.

- One of my predecessors as head of department of Pharmacy, professor Arnold Beckett set up in the 1960s the first Drug Control Center that still goes on in this building. In London, 2012, association of the drug Control Center provided the sports teste for the London Olympics there are many distinctive aspects to studying your master pharmacy degree here, at Kings. The integration of science and practice the opportunities for our students to access the clinical environment through King's Health Partners. They attend three of the leading teaching hospitals in the United Kingdom in st. Thomas's Hospital, King's College Hospital and Southland and the Maudsley probably the largest mental health hospital in Europe. Another important aspect is the professional association that the department enjoys both with hospital pharmacy through the strong links we have with Kings health partners through the community pharmacy within the locality. Finally, with the regulator and the professional body where many of our staff are recognized by the Royal Pharmaceutical Society.

-We're taught by internationally renowned scientists and researchers. So, we're taught with the best up-to-date knowledge and resources.

-Our students engage with research where they work alongside. Some of the leading researchers in the UK both in the discipline of science but also in the use of medicines out within the local hospitals. In the community pharmacy environment.

-One of the good aspects of studying at King's College in London - you get patient contact from year one and you get to see the pharmacist in action from first and fourth year. The progressive increase it's a by the time we get into fourth year you really understand the role of the pharmacist for pharmacy students from King's College in London - to work with patients early on in their undergraduate career gives them the needs of both clinicians and the needs of patients. The staff in here are very easy to approach and they're very friendly. If you want like problem solving they don't solve it for you but they teach you how to solve it and they guide you fully. Kings have excellent facilities. So we've got modernised labs and equipment and there's a great mix of varied lectures, practicals and clinical placements. There's a real mix, I never get bored with anything we're never doing one thing at a time. We believe that the programme are kings or it does prepare graduates for life both as a pre-registration student but also as a pharmacist.

- Later, our students do very well in their pre-registration examination and also employers are very complimentary about the skill set that our students have at Kings.

-We are not taught to be a farm graduates, they are preparing us to be leading competent professional pharmacists. I feel like we'll be better prepared to deal with patients as we get a lot of real-life patient contact throughout our clinical placements that we do at the teaching hospitals. I feel like now I'm actually able to do all my lecture and it's drawn all those experience I've had my 40th and really put that into practice. Anyone thinking to study pharmacy in Kings over the world. University is challenging but fun. At the same time we're at the hot London there's attractions all around us. It's just great Student Life and atmosphere around here. So really enjoyed my time, I've learned so much, met so many new people and I would definitely recommend other students to apply again to experience what I've been through for my

students perspective. It is an honor to be a part of such amazing University. If any of you think you've applied Kings, I'd say absolutely go for it it's the best University.

## UNIT 2. EPISODE 2.



<https://www.youtube.com/watch?v=Jq22sx60EDU>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

public health	здоров'я населення
to cure	лікувати
to heal	зцілювати
to prevent disease	попереджати хворобу
pharmacists duty	обов'язки фармацевта
pharmaceutical care	фармацевтична допомога
clinical screening	клінічний скринінг
high blood pressure	гіпертонія
cholesterol	холестерин
emphasis	акцент
specific clinical conditions	конкретні клінічні умови
over-the-counter medication	безрецептурні препарати
to reduce medication errors	зменшити помилки у використанні ліків



*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

### **Tapescript Community Pharmacy**

Over centuries many of the major advances in public health have been achieved through medicine. Pharmaceutical interventions cure heal and prevent disease in the human body as well as improve and maintain our health. The pharmacist is one of the most important professionals in the delivery of health services. Pharmacists - other health professionals who have the most detailed knowledge of medicines and how they work. We depend on them to ensure the safety and efficacy of the medicines used by the public. While we mostly encounter pharmacists who dispense medicines. There are many pharmacists who work behind the scenes beginning long before the medicine reaches the patient. Over the last decade there has been a major shift in the role of the pharmacist. As the profession has taken on many new responsibilities to meet the growing healthcare needs in our country. A pharmacist's duty is no longer confined to preparing prescription medicines. The pharmacist's responsibility extends to delivering optimal pharmaceutical care by assessing the suitability of the medication for a particular patient. Taking into account their medical history as well as possible side effects and interactions with food and other medicines that are being used. Importantly, pharmaceutical care includes engagement and communication with patients. So, they are given a clear understanding of the medication, its purposes, effects and the dosage regimen or how to tailor their medicine, to suit patients and their lifestyles. From conversations, for the patient, a pharmacist must be able to identify and evaluate important health aspects which may need addressing in some cases. It is important to show the patient how to use the device that delivers the medicine to the body. One of the most dramatic changes in pharmacy is the addition of clinical screening services offered by more and more

pharmacists such as: screening tests for diabetes, high blood pressure and cholesterol. With these changes, there's been a greater emphasis on the understanding of disease processes and how risks and diseases can be managed with lifestyle. Changes and medicine therapy in most cases you don't need an appointment to see your pharmacist. And most pharmacies offer a private consulting area for this purpose. Pharmacists are well trained to offer advice and support on health issues like weight loss, smoking and emergency contraception. Many pharmacists offer a baby clinic and Family Planning. Your local pharmacy is a place where you can ask questions and get a confidential consultation regarding any aspect of your health.

Pharmaceutical patient counseling can go a long way towards detecting and preventing unsafe patient medicine. Practices and ensuring that patients understand the use of medications that help manage their disease. Community pharmacists are often the first port of call for people to get advice on health. In general, as well as specific clinical conditions, your pharmacist can help you choose over-the-counter medication that is right for you. By taking into consideration your symptoms medical history and lifestyle. Community pharmacists are trust health advisors and our an affordable and accessible healthcare resource. They offer a trusted environment in which to reduce medication errors and improve safety while reducing costs and improving the overall quality of care this is especially so in rural areas where access to other health services may be limited. In these times where pharmacy practices have been established for many years, the pharmacist is trusted by the community to offer professional advice or to guide the patient to the right specialist for the necessary treatment. Like many other health professions, pharmacy is evolving and adapting to the latest methods of health delivery through consultations with other health professionals. Pharmacists are forming healthcare teams where in a patient's health is viewed holistically and medical problems are addressed from the perspective of the patient's life history and environment. There are many ways in which the

pharmacist adds value to your healthcare, to enhance quality care consumers can start by taking responsibility for themselves and for their health.

You have a right to understand everything you need to know about your Medicines. Your pharmacist can answer your questions. Guide you in your pharmaceutical and health contribute to your wellness. Together we can strive towards quality pharmaceutical care to achieve goodhealth .Your pharmacist knows! Your pharmacist cares! Ask your pharmacist!

### UNIT 3. EPISODE 3.



<https://www.youtube.com/watch?v=e3usANOiRR8>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

#### Vocabulary

a pickup area	відділ у якому пацієнт забирає свій, заповнений спеціалістом рецепт
a drop-off area	відділ у якому пацієнт надає свій рецепт, підписаний лікарем
prescription drugs	рецептурні препарати
prescription	рецепт
pills	пігулки
supplements	харчові добавки

chewable	для жування
to taste	смакувати
fish oil	риб'ячий жир
calcium	кальцій
proteins	білки
herbs	трави
q-tips	гігієнічні (косметичні) палички

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

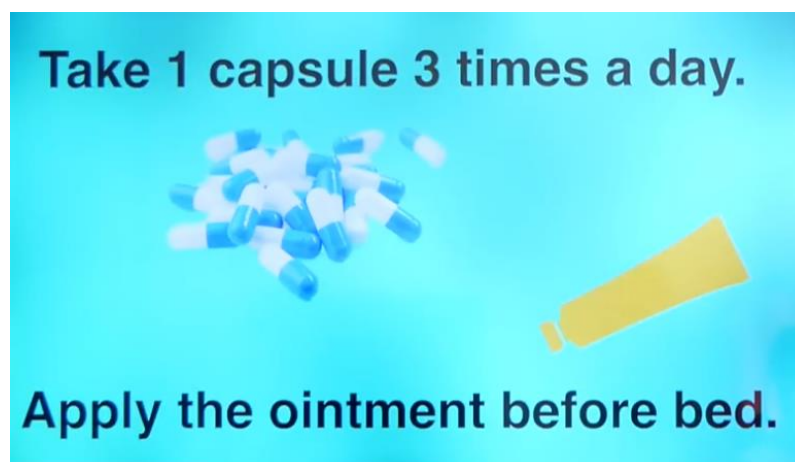
### **Tapescript**

#### **How to Buy Medicine in English. At the Pharmacy**

Hi! Welcome to Mad English TV! In this lesson I'm gonna teach you everything you need to know about going to a pharmacy. Ok, so, in Canada, pharmacies are inside other stores like Walmart superstore. I know, in other countries pharmacies are like their own building and go to the pharmacy there but in Canada most people just go to a pharmacy inside one of these stores. So, when you go to a pharmacy, you're going to see two areas: a pickup area and a drop-off area. Here you can see a sign that says pickup and over there there's a sign that says drop-off. So, first you need to go to the drop-off area and give them the prescription that you got from your doctor. The conversations gonna go something like this: you're gonna say: ' hi, I have a prescription, I'd like to fill', and they're going to say: ' Ok, can I see some ID like a driver's license or some other form of ID', so, you give them that and then they'll say: ' your prescription will be ready in 20 minutes' . Then, after 20 minutes, you go back here but you go to the pickup window and you pick up your prescription. Now, there's two kinds of medication or drugs: there's prescription drugs and over-the-counter drugs . Over-the-counter means anyone can buy them any time. If you have a headache you can just go to Walmart go to the pharmacy and buy some Tylenol or something, but prescription drugs - you need a prescription from your doctor saying that you can take that medication. So, let's look at some over-the-counterDrugs. Here we have

our different brands of drugs. You can have Tylenol Advil tums but what's inside the drug is the drug name right so, for example, if you buy tylenol for your headache you look on the side of the bottle. We'll, probably, say acetaminophen 500 milligrams or ibuprofen, or calcium carbonate. So, there's two kinds of pills: there's capsules and tablets. Now, a pharmacy also has vitamins and supplements. Vitamins are like this: they have a letter like vitamin A, vitamin B, vitamin C and sometimes they have a number as well like vitamin B6 or vitamin B12. If there's a lot of vitamins in one pill then it's called a multivitamin. Right, and if you're gonna give multivitamins to your kids then you should probably buy chewable vitamins. Chewable means this when I was a kid I loved eating truly believe vitamins, because they taste really good. So, supplements are anything like this: fish oil, calcium, protein any sort of plants or herbs or anything like that - called supplements. All right, now you can also get a lot of other things at a pharmacy, you can get q-tips or toothpaste or vicks. There's a lot of stuff at the pharmacy, so, if you need anything for your health or your body like maybe shampoo or soap or anything, you can probably find that in the pharmacy area.

#### **UNIT 4. EPISODE 4.**



[https://www.youtube.com/watch?v=u20YXO\\_Z1I0](https://www.youtube.com/watch?v=u20YXO_Z1I0)

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

## Vocabulary

a heart attack	серцевий напад
walk-in clinics	поліклініка
an appointment	запис на прийом до лікаря
the reception area	регістратура
to be experiencing pain in	мати біль (у певній частині тіла)
chest	грудна клітина
dizziness	запаморочення
nausea	нудота
vomiting	блювота
stool	тверді випорожнення
cold	застуда
flu	грип
to apply the ointment	наносити мазь
a low fever	низька температура
breathing	дихання
a regular checkup.	регулярний огляд лікаря
physical exam	медичний огляд

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

### Tapescript

#### **How to Talk to a Doctor in English. Visiting a Clinic or Hospital.**

Hi! Welcome to Mad English TV! In this lesson we're going to talk about visiting a doctor. The first thing you need to know is that, this is called a clinic and this is called a hospital. A clinic is very small and usually, only has one or two doctors working there. So, if you're really sick you should probably go to the hospital and when you get to the hospital you should see a sign that says emergency. Go there now if you're

having a heart attack or something really serious then you should probably call an ambulance and you do that by dialing 9 1 1 on your phone, here, in Canada or the US. If you're in the UK then you dial 9 9 9.

Here, in Canada, we have a lot of clinics called walk-in clinics, it means you can just walk in and say: 'hi, I'd like to see a doctor. Then you wait for an hour or two and you see the doctor, you don't need an appointment to go to a walk-in clinic. When you walk into a clinic the first thing you're going to see the reception area, so, you go up to the receptionist and she's going to say: 'hi, have you been here before?', and if you've been there before, then you just tell them your name and then you just sit down and wait, because they already have your information. But if you haven't been there before, then you're going to fill out a form. That's going to have your contact information: any allergies, maybe your medical history. After you're finished filling in the form, you give it back to the receptionist and then she's going to say: 'Ok, just wait and we'll call your name when the doctor is ready to see you.'

When you actually see the doctor, he's going to say: 'hi, how can I help you?', and then you need to tell him your problems. If you know, what the problem is you can say: 'I have the flu, or I have a cold, or I have whatever other disease, or any addition you have, but if you're not sure, then you need to tell him your symptoms. These are called symptoms you could say: 'I'm experiencing pain in my chest or I'm experiencing dizziness, or nausea, or I've been vomiting for two days. I'm so sick or I have really bad diarrhea. Those are called symptoms, so the doctor might ask you: 'do you have any other symptoms?' - and then you can say: 'yes, I have blood in my stool. In the medical world this is called stools. So, the doctor will ask you: 'how often do you have bowel movements?',- so the term bowel movement is just the medical way to say how often do you use the bathroom. These are called bowels and when the bowels move I guess you use the bathroom that's why it's called a bowel movement. You could say: 'I'm really Constipated, I haven't had a bowel movement in three days,' or you could say: 'I have really bad diarrhea', that means

you're going to the bathroom like every five minutes. You could say: 'I like some medicine for my headaches or like some medicine for my diarrhea. Now, if you know the name of the medicine that you want you could say: 'I'd like a prescription for SOVA rocks', alright so there's two kinds of medicine there's prescription and over-the-counter. Now, over-the-counter medicine means that you can just go into the store and buy it, anyone can. But prescription medication - you need a doctor's note for pay, that note is called a prescription. All right, so when you visit your doctor, your doctor will write you a prescription and he'll say: 'Ok, you need to take one capsule three times a day or you need to apply the ointment before bed.' So, then you take your prescription and you go to a far see and you get your medication. So, if you don't know what's wrong with you and if the doctor doesn't know what's wrong with you he'll probably send you to the lab for tests. When you go to get tests , you go to the place called the lab. Now, when you're at the lab, you'll probably get a blood test or a urine test, or a stool test. So that, urine is the medical term for pee. So, urine and stools those are like the medical, we don't use those words normally in English but when you go to a doctor. those words are very important. The results from the lab will be sent to your doctor not to you, they're going to be sent to your doctor, so, your doctor is going to tell you. We'll call you if the results show anything okay. So, if the doctor gets your blood test and it doesn't show anything, then he's not going to call you. So, if you never hear from your doctor, that means the test results didn't really show anything. When you're at the clinic, the doctor might do a few simple tests like he might take your temperature, he might say: ' you have a low fever, your temperature is 37.8', or he might take your blood pressure, might say: 'your blood pressure is fine', or he might measure your heart rate or listen to your breathing using a stethoscope. This thing here is called a stethoscope. So, he might do a few simple tests like that. Now, some people go to their doctor every six months or a year to get a regular



checkup. That's called a physical exam. The doctor is going to look in your ears, look in your throat, might take your blood pressure, your temperature, listen to your breathing. You'll do all of that. That's called a physical exam.

## UNIT 5. EPISODE 5.



<https://www.youtube.com/watch?reload=9&v=bC5ckoxXh08>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

take medications	приймати ліки
over the counter or OTC medications	безрецептурні препарати
pain medications	ліки від болю
ache	біль
pain	біль
serious injury	серйозні травми
storing	зберігання
original package	оригінальна упаковка
to dispose of	утилізувати
properly	належним чином
active ingredient	діюча речовина
doubling up	повторне вживання ліків
reminders	нагадування

heat	ТЕПЛО
humidity	ВОЛОГІСТЬ
tightly	ЩІЛЬНО
misuse	НЕПРАВИЛЬНЕ ВИКОРИСТАННЯ
to be expired	ТЕРМІН ДІЇ ЯКОГО ЗАКІНЧИВСЯ

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

### **Tapescript**

#### **Safely taking and storing OTC pain medication.**

Tens of millions of Americans take over the counter or OTC pain medications to get temporary relief from minor aches and pains. OTC pain medications are effective and generally safe but just because you can buy them without a prescription doesn't mean they're harmless, they can cause serious injury and death if not taken as directed by the label. This film will provides tips on storing these medicines the correct way keeping them up and away and out of sight of young children and taking care to dispose of them properly after you purchase an OTC pain medication. It's best to keep it in the original package or bottle so you always have the dosing directions warnings and other important information. If you use a pill organizer or other containe, keep the original packaging. So you have the drug facts label on hand and avoid mixing different medications together in the same container because you could take the wrong one by mistake. Keep a list of all the OTC and prescription medications you're taking that can help prevent you from taking more than one medication at once with the same active ingredient or doubling up. It's also a good idea to share your medications list with your pharmacists and other health care professionals and ask them to check for potential interactions take note of when you take each dose, it may be helpful to set up reminders such as a cell phone or clock alarm to remind you when it's time for you or your loved one to take the

next dose many apps also exist. That can help set up reminders on your smartphone or tablet simply writing down how much to take. When you should take it and other information can also help you keep. You should find a safe place to store all your medications. It's usually best to store medications somewhere that is cool and dry such as a hall closet or kitchen cabinet they can be damaged by the heat and humidity from the shower and bath when stored in a bathroom. If you notice that any are expired discolored dried-out crumbling or look otherwise damaged do not take them as they may no longer work and can even be unsafe. If you have young children in your life you also need to be sure to store all your medications and vitamins up and away and out of sight. Poison control centers get more than four hundred and fifty thousand calls a year about young children getting into medications. You should never leave medications or vitamins out on a table countertop or sink or any easy to access spot you may want to consider storing them in a childproof. Medication safe also keep purses bags and coats that contain them out of reach in your home and when visiting others and remember to always lock caps tightly and put away medications after every use. Keep in mind that most pill organizers don't have child resistant closures. If your oat EC pain medication has expired or you no longer have a need for it make sure to dispose of it properly to avoid misuse by others. Most OTC medications can be thrown in the trash unless the medication label has other disposal directions. If safe to throw in the trash mix the medication with something unappealing like kitty litter or coffee grounds, so that, if someone finds it they won't want to take it .You can also bring medications to community disposal or take that days it's important to be responsible when taking OTC pain medications and the information in this film can help keep you and your family safe. If you have questions about taking storing or disposing of OTC pain medications talk to your pharmacist or other health care professional.

## UNIT 6. EPISODE 6.



<https://www.youtube.com/watch?v=gi3DeFY0cfw>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

chemistry lab safety	безпечна поведінка вхімічній лабораторії
goggles	захисні окуляри
lab coat	халат
to protect	захищати
skin	шкіра
long loose-fitting pants	довгі вільні штани
to merge	занурюватися
heat-resistant gloves	термостійкі рукавички
tongs	щипці
a sink	раковина
to rinse	промивати
emergency situation	аварійна (невідкладна) ситуація
emergency shutoff	аварійне відключення
fume hood	витяжка
broom	щітка для прибирання
dustpan	совок для сміття
extinguisher	вогнегасник

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

## **Tapescript**

### **Chemistry Lab Safety**

I'm going over your safety rules at Palm Beach State chemistry lab. make sure, you thoroughly read the instructions, before starting a lab safety, goggles must be worn in the lab at all times. I would highly advise that you also get a lab coat to protect your clothing and more importantly- to protect your skin. Shoes that covers the top of your feet are very important also. So, this goes for the ladies and for the guys. There are no flip-flops allowed in the lab, make sure, that you have long loose-fitting pants to protect from chemicals also, and ladies, please, remember to wear your hair back. Make sure that there's no eating or drinking in the lab for your safety and definitely - no smoking, his includes the new electronic cigarettes, they are not allowed in the lab . We're beginning that's wrong - right. Merge your hands, never handle hot objects with your bare hands, you're provided with heat-resistant gloves and tongs in the lab. Now, dealing with small burns - immediately go to the sink and rinse. Always remember to wear safety gloves while working in the chemistry lab. Make sure that you familiarize yourself with these different features in the lab. In case of an emergency situation, look around and see where all your exits are, know where your eye wash station is, though, where your shower is, your emergency shutoff, your emergency gas shutoff and familiarize yourself with all the fume hoods, know where the fire extinguisher is in case of an emergency. Also treat all chemicals as hazardous and make sure to read your labels twice to make sure you have the right chemical. Do not weigh materials directly on the balance pads, use glassware such as a beaker or a designed weigh paper. If you cut yourself - immediately rinse the affected area and your instructor will come with a first-aid kit. Gosh the first thing you should do, if

something breaks in the lab - tell your instructor immediately, your instructor will then guide you where the brooms and dustpans are to handle this broken glassware. Remember, broken glassware goes into broken glassware. We don't throw paper disposal on it or any other ways in this broken glass disposal. Next, I'd like to go over how to handle a chemical spill: first contact your instructor and let them know that a chemical has been spilled, it will then instruct you how to handle this chemical - spill either using a spill kit or with small spills - possibly using paper towels. Never taste chemicals and never smell chemicals directly. Always waft spills occur on your clothing. You must, first, remove the affected area and then, rinse immediately, depending on the size of this spill. A small spill can be rinsed in the sink and a larger spill might have to be rinsed in the shower. If the chemical splashes in into your eye - immediately proceed over TI wash station. Every lab is equipped with an eye wash Station, rinse for at least 15 minutes or until the chemicals fully removed. To prevent contamination of stock reagents, never return chemicals to the stock bottle, either share with another student or dispose of as instructed. Before you pour, know how much you need to reduce the waste of chemicals. Use distilled water for reactions or making solutions. Do not waste the distilled water by washing your glassware, doing that, oh my god, all right, get down, get down, roll, roll in the event of a fire. Notify your instructor immediately and they will give you instructions on how to handle the situation in case your clothing catches fire. Stop drop and roll immediately. Make sure, you never touch your hands to your face or your body, while in the lab. And make sure, you wash your hands thoroughly before leaving the lab. Remember to wipe down your lab station before you leave the lab and have a safe and productive semester and as Professor John says 'don't burn it down'!

## UNIT 7. EPISODE 7.



<https://www.youtube.com/watch?v=8eGudxn0QJs&t=179s>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

BPS (Board of Pharmacy Specialties)	організація спеціальностей фармацевтичної галузі
demand for	попит на
patient care	турбота про пацієнта
recognizing	визнання
skills	навички
abilities	обов'язки
work collaboratively	працювати у співпраці
patient outcomes	результати лікування
responsibility	відповідальність
adverse reaction	побічна реакція
nuclear pharmacy	радіофармація
credibility	надійність

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

## **Tapescript**

### **BPS Overview**

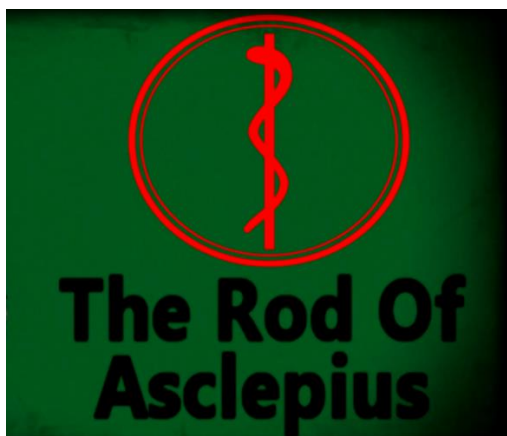
The total cost of U.S. drug expenditures exceeds 360 billion dollars every year. Medication therapies are becoming more complex creating an increasing demand for board-certified pharmacists. Board of Pharmacy specialties was established in 1976 as an autonomous division of the American Pharmacists Association. Our mission is to improve patient care by recognizing the special knowledge skills and abilities of pharmacists, to practice in specialty areas through our board certification process. Over the past 10 years, there's been a 400% increase in the number of board-certified pharmacists. Today BPS certifies more than 35,000 pharmacists in the United States and 26 countries worldwide. The rigorous standards, both for eligibility and testing, makes these individuals among the most qualified to manage complex patients and the increasing demands of health care delivery. Today BPS board-certified pharmacists design medication regimens, monitor for and prevent adverse reactions, recommend the most cost effective treatments and work collaboratively to improve patient outcomes. I work with the team. The physician team and the advanced practice providers to help design the medication therapy for patients and as well set up the monitoring plan for them. I do extensive patient education I think, as the pharmacist on the team, I dedicate my responsibility to being sole person for medication outcomes. So, making sure that we choose the right medications that were modern for safe and effective outcomes and then individualizing that therapy. To make sure, we've chosen the best thing for each specific patient. I really love working with older adults and what I get to do is help them on a daily basis with their medications that can be anything related to reaching out to them to help manage their diabetes. If you pare down their medications and make sure they're taking the right medicines before they come back to the physician for follow-up. From working in nuclear pharmacy to providing care to newborns or seniors, board-certified pharmacists are uniquely qualified to provide an advanced level of care. I have found, it personally rewarding to



be a board-certified pharmacist and pharmacotherapy specialists. I think we all have our areas of pharmacy that we really like to excel in, but at the end of the day we need to take the patient in totality and really think about how meditation impacts the patient. It helps me take care of my patients in a more beneficial manner. I think it gives others confidence in my abilities as well it spurs me on to stay up to date and focus with new information with respect to the treating of patients with infectious diseases. When they see your board-certified, that means a lot to them and it adds credibility to what you're recommending. It's an additional credential that adds credibility to my own experience and practice as a pharmacist and background. It's an infectious diseases and so being just a board-certified pharmacotherapy specialist keeps me in the loop with some of the things that I do.

On a daily basis and enriches my experience when I'm rounding daily with the infectious diseases, console team the value of the bps board-certified pharmacist registers throughout the healthcare continuum when you're dealing with an era of ever-increasing medicines, medications with innumerable complications. Having a board-certified pharmacist as part of that core healthcare, providing team is as important as any therapeutic agent or therapy. We've provided clinically done aware of and our pharmacist here, in particular, are just incredibly bright, incredibly talented and incredibly dedicated to evidence-based patient care. And it just adds so much to the overall care team. They bring that clinical knowledge and that knowledge of form you know, the pharmacology of medications. It's a fair where I think physicians don't have that expertise as medicine has become more specialized, they play an important role in terms of monitoring not only which drugs we use for various conditions but also concentrations the dosages of the drugs. BPS board-certified pharmacists taking healthcare to the next level.

## UNIT 8. EPISODE 8.



<https://www.youtube.com/watch?v=WjjoGmkj52s>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

the rod of Asclepius	жезл Асклепія
to be creeped out by	бути наляканим
entwined	обвинений
ancient Greek symbol	стародавній грецький символ
mythology	міфологія
shed	сарай
rejuvenation	омолодження
warning	попередження
to complain	скаржитися
Mount Sinai	Гора Синай
a pole	стовб
caduceus	кадуцей

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

## Tapescript

### The Rod of Asclepius

Do you know what this symbol is. If you're creeped out by snakes, you may think it's something to be afraid of, actually just the opposite. It's called the rod of Asclepius. A snake entwined around a staff - the ancient Greek symbol for medicine and healing in Greek mythology. The god Asclepius practiced the healing arts. The staff symbolized physicians who traveled around the countryside on foot. But why the snake? In ancient times although poisonous bodies and snakes were felt to have medicinal or healing properties. Just as snakes shed their skin, the image represented renewal and rejuvenation. Some also saw the snake as a warning about medicines which can heal but can also cause harm. If misused that's the greek aspect of the symbol. There's also a possible biblical connection in the Book of Numbers chapter 21 verses 6 through 9. The Israelites were bitten by serpents, in other words, for snakes as they wandered around the desert for 40 years. After that, nasty incident with the ten commandments, at Mount Sinai. You probably remember the Cecil B DeMille film Paramount Pictures 1956. So, they went to Charlton Heston, I mean Moses, to complain and God told Moses: 'Make a fiery serpent and set it on a pole and everyone who is bitten, when he sees it shall live Moses raised a snake of bronze high in a pole or staff in the camp those who had faith and looked upon it survived their snake bites, those who didn't didn't so biblically the fearsome snake symbolizes healing .' Now, here's another symbol that is often mistaken for the rod of Asclepius and was incorrectly identified. As that ancient medical symbol by the US army on its medical corps. Insignia, in 1902, this symbol is, that caduceus notice, the two snakes. It's often incorrectly used as a medical logo.

## UNIT 9. EPISODE 9.



<https://www.youtube.com/watch?v=E0D3Cop86Yo>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

rapid changes	швидкі зміни
Healthcare Systems	система охорони здоров'я
ailment	нездужання хвороба
astonishing	вражаючий
citizens gross income	валовий дохід громадян
free high-quality health care	безкоштовна якісна медична допомога
system sharing medical costs	система розподілу медичних витрат
mortality	смертність
relying	покладаючись
sceneries	пейзажі
salary income	дохід від зарплати
health fund	фонд охорони здоров'я
to provide	забезпечувати
health insurance	медична страховка

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

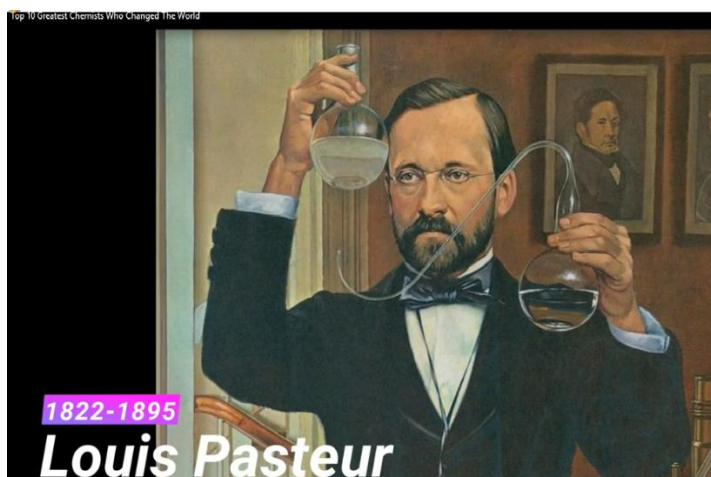
## **Tapescript**

### **Best Healthcare Systems in the World**

Medical science has made rapid changes. Over the last century as technology has evolved our ability to understand and treat illnesses and ailments has improved at astonishing rates, but that is just medical science, the healthcare systems across the world don't necessarily improve. At the same rates, in fact, health care systems across the world to differ greatly. Let's look at some examples of how different countries handle healthcare. Luxembourg is not only a wealthy and beautiful country with natural sceneries, it also has, what is said, to be the world's best healthcare system. Their public health fund is made up of 5.4 percent of each citizens gross income. This fund enables the country to provide its citizens with free high-quality health care. Luxembourg also has the lowest mortality rate among the EU member countries. Singapore has a hybrid health care system sharing medical costs between patients and the state. A number of plans are in place to ensure all citizens can afford health care without relying heavily on the government. These plans are dependent on a variety of indicators, such as salary income and health status. Less money spent by the state on patients enables hospitals to be renovated in more doctors and nurses, to be recruited, as a result, Singapore has a very high average life expectancy at about eighty three point one years, as well as low rates of infant mortality - at just two per 1000 births. Being one of the world's wealthiest countries in the world, helps when it comes to providing an efficient healthcare system with more money to spend on equipment research and medical staff citizens of Switzerland receive health care, that is up-to-date and efficient it's health care service is universal and is based upon the mandatory, holding of health insurance by all citizens. Japan's public private hybrid health care system saves the government a lot of money and enables

the country to provide a high quality service. In fact, it is one of the cheapest healthcare systems in the world. Austria has a health care system based on mandatory health insurance. Austrians pay a premium of around 25 euros per month for their health services. Sweden is characterized by high standards of quality care and above-average health care spending the country, has a high proportion of doctors and well-connected network consisting of public hospitals and private clinics, even though upfront payments are the norm the fees are reasonable and prescriptions are subsidized health insurance is compulsory for all citizens. In the Netherlands and for those who cannot afford insurance. The Dutch government provides financial support over 4000 euros per citizen and more than 10% of the GDP is spent by the government on health care. This is among the highest amount within the entire European Union Spain offers free universal health care to anyone who is a resident legally or illegally in the country, as well as to tourists and other visitors, some 90% of spaniards use the system with about 18% signing up to private health care schemes including many public sector workers who are given the option of free private care. The danish have a universal health care system that provides them with mostly free medical care. All permanent residents are entitled to a national healthcare insurance card and most examinations and treatments are free of charge. Canada has a universal publicly funded health care system that consists of a group of socialized health insurance, plans providing coverage to all canadian citizens and permanent residents. Every citizen is provided with preventative care medical treatment access to hospitals and dental surgery. Canada holds a remarkably high life expectancy rate which many attribute to the efficiency of its health care system. Of course these are just a few of the many systems across the world medical science is moving forward at incredible speeds. Making treatments more easily performed and, even granting, the possibility of treatment to patients who previously thought there was no hope. But the accessibility of these newly possible treatments can be bottlenecked by inefficient systems

## UNIT 10. EPISODE 10.



<https://www.youtube.com/watch?v=HPqnoROSWp8>

*Activity 1. Before you watch, learn new words and phrases. Practice pronunciation. Repeat after your teacher.*

### Vocabulary

famous	відомий
rabies	сказ
anthrax	сибірська виразка
portal fever	портальна лихоманка
color blindness	дальтонізм
determination	визначення
nucleic acids	нуклеїнова кислота
coal	вугілля
the table of elements	таблиця елементів
liquid	рідина

*Activity 2. Watch the video.*

*Activity 3. After you watch, be ready to write a summary.*

## **Tapescript**

### **Famous chemists.**

*Mario Molina* discovered the ozone hole in the Antarctic as one of three recipients of the Nobel Prize in Chemistry in 1995. *Molina* codiscovered the harm that chlorofluorocarbons had on the ozone layer. In addition to developing the process of pasteurization *Luis Pasteur* discovered the a symmetrical molecular structure on certain cradles, he made some of the earliest vaccines for rabies and anthrax and the reduction of a bacterial infection in what is known as portal fever. *John Dalton* recognized for his work on the atomic theory and research on color blindness, he successfully identified chemical compounds and reactions affected by interaction of atoms with one another. Successful determination of base sequences in nucleic acids the research work undertaken by *Frederick Sanger*, involved his successful sequencing of DNA insulin and RNA. He was awarded the Nobel Prize two times both for his work in chemistry in 1958 and in 1980 he was able to establish a baseline on the determination of base sequences in nucleic acids. As a chemist, *Joseph Priestley* has been credited with the discovery of oxygen. He shares the distinction with *Lavoisier* and *She'll*. More importantly we have *Priestley* to thank for soda water which he invented. *Marie Curie* received the Nobel Prize in Chemistry in 1911 for her discovery of radium and polonium, she was able to isolate and study the compounds in nature of radium. As the inventor of the dynamite *Alfred Nobel* is seen as a chemist innovator engineer and arms manufacturer. One of his earliest inventions include the gas meter, at one time he held nearly 350 patents on various items. Being the father of modern chemistry *Lavoisier* was able to show the relationship between oxygen and metal resulting in rust. He also was able to show the role of oxygen in plant respiration and in animals. It was he who showed that water was made of hydrogen and oxygen and that air was composed mainly of oxygen and nitrogen in its gaseous state. *Rosalyn L C Franklin* and her contributions to science involve the study of the structures of coal, graphite, DNA, RNA and viruses in understand their molecular structures. *Dmitri Mendeleev* created the table of elements used in



chemistry and physics. In addition to the creation of the periodic table, Mendeleev worked on the spectroscope and the capillarity of liquids both of which continued to be used to this day. Politics got in the way of Dmitri from receiving the Nobe Prize in 1906.

## 3MICT

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Видання містить методичні рекомендації щодо роботи з відеоматеріалами на практичних заняттях та під час самостійного опанування матеріалу здобувачами вищої освіти першого року навчання з рівнем володіння мови на рівень В1+. Тематичне наповнення відповідає навчальному плану та робочій програмі: тематичний словник, лексико-граматичні вправи, автентичні відеоматеріали. Метою даних методичних рекомендацій є запропонувати алгоритм навчання з використанням відеоматеріалів. Видання може бути корисними для здобувачів вищої освіти денної, заочної, дистанційної форм навчання, викладачів англійської мови.

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Семенова Людмила Валентинівна, Чігішвілі Вікторія Вікторівна.**

### **Англійська мова. Модуль 1**

### **Методичні рекомендації для роботи з відеоматеріалами для здобувачів вищої освіти першого року навчання**

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