

UNIT 5. Symptoms and Vital Signs

READING – Anamnesis in Healthcare

Anamnesis is one of the most important skills for healthcare workers. It refers to collecting information about a patient's current and past diseases through an interview. The word comes from Greek, and even in ancient times, doctors understood the importance of asking patients questions.

Today, anamnesis is still essential. Healthcare professionals must ask the right questions depending on the patient's symptoms. For example, if a patient has **dyspnea** (difficulty breathing), it is important to ask about smoking habits or exposure to chemicals. This helps identify possible causes of the illness.

During anamnesis, healthcare workers collect **symptoms**, which are subjective sensations that the patient feels, such as pain, dizziness, or fatigue. These cannot be measured, so they can be difficult to evaluate. Some symptoms are headache, anxiety, asthenia, dizziness or pain in general. Some diseases, like fibromyalgia, are hard to treat because the symptoms (general pain, asthenia and difficulty sleeping) are not easily measurable as there is no objective way to determine the amount of pain that these patients suffer.

In addition to anamnesis, doctors also use **physical examination** and **complementary tests**. During a physical examination, they observe **signs**, which are objective and measurable, such as fever, tachypnea, bradycardia or cyanosis. These help determine how serious a disease is.

Complementary tests, such as blood tests, X-rays, or CT scans, provide more information and improve diagnosis. However, they are not always perfect and should be used carefully. For example, some devices may give incorrect results in certain situations.

In conclusion, healthcare workers use different tools to make a diagnosis, but anamnesis is the most important one. Like "health detectives," they collect and analyse information to understand the patient's condition.

1. Write **T (True)** or **F (False)**. If false, correct the sentence.

1. Anamnesis is the process of performing laboratory tests on a patient.
2. The concept of anamnesis comes from ancient Greek medicine.
3. Symptoms are objective and can always be measured.
4. Dyspnea means difficulty breathing.
5. Physical examination helps identify measurable signs of disease.
6. Complementary tests are always 100% accurate.
7. Healthcare workers should only use tests and not ask patients questions.
8. Signs include things like fever or cyanosis.

2. Find signs and symptoms from the text that match the following definitions.

- Feeling very tired → _____
- High breathing rate → _____
- Feeling that your head spins → _____
- Pain in the head → _____
- The skin turns blue → _____
- Low heart rate → _____

3. Now, indicate if the previous words from activity 2 are signs or symptoms.

Vocabulary: Symptoms and Vital Signs

1. Try to find a word for each warning sign in the image and match it with its symptoms.

Dizziness – Inability to sleep – Nausea – Cold sweat – Abdominal pain – Fatigue – Arm pain
– Heart flutters – Shortness of breath – Paleness

- a) You feel a temporary loss of brain control.
- b) You feel discomfort in your left arm.
- c) You feel some kind of arrhythmia.
- d) You feel the need to vomit.
- e) Unable to sleep properly.
- f) You feel cold liquid through your skin.
- g) You pant or gasp.
- h) Your stomach hurts.
- i) Abnormally white skin.
- j) You feel you have no energy.



2. Match the words to their definitions:

- a) Anxiety

1. It is the feeling of weakness, as if you might fall down.

4. Look at the terms from the previous exercise. Classify them into into three groups.

- a) Circulatory system (4 words)
- b) Digestive system (3 words)
- c) Nervous system (3 words)

5. Let's look at eight signs and symptoms related to the nose and eyes. Write the correct combination of both parts of the concept.

_____ congestion	Watery _____
Red _____	_____ bleeds
Blocked _____	Swollen _____
Dry _____	Runny _____
nose	eyes

6. Match the symptoms with the most likely condition.

SYMPTOMS	CONDITIONS
1. runny nose + watery eyes	a) heart problems
2. dizziness + hypotension	b) allergy
3. abdominal pain + diarrhoea	c) low blood pressure
4. chest pain + shortness of breath	d) digestive problems
5. red eyes + swollen eyes	f) cold/flu
6. fatigue + depression	g) dehydration
7. nausea + vomit	h) eye infection / irritation
8. nasal congestion + blocked nose	i) stomach illness
9. heart flutters + anxiety	j) mental health condition
10. Drowsy + dehydration	k) stress / anxiety episode