

OET TEST MATERIAL

ANSWER SHEET

LISTENING TEST 6:

PART A

1 sample answer

Doctor Alex

Mark

Sore Throat

2 Notes on mark's condition

Three times

For 3 months

Painful and unable to talk or eat properly

3 Notes on personal information from mark

Thirty

2-3 days

Professor at Canterbury College

4 Notes on examination by the doctor

Red

Swollen

5 Notes on examination by doctor again

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Normal

Yes coughs

Tonsillitis

Feeling pain in the neck and ears

No headache or tiredness

Voice

Notes on mark's history of this medical problem

A month ago

Three times in three months

Mark's explanation of the problem –

He was not able to open his mouth and eat properly

Suffered 3-5 days

Had to apply for the leave

Gurgled but to no use

6 Notes on explanation by the doctor on tonsillitis

Viral or bacterial infection

Found to be very common in children...

Food habit or may not

What acts as filters?

Tonsils act as filters

Function:

They trap germs that could enter airways and cause infection.

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They fight, producing antibodies

But sometimes they themselves become infected. Swollen and inflamed.

7 Notes on explanation on examination by the doctor again

Sample detection - may have to perform a **rapid strep test or throat swab culture**.

What it may involve?

Answer: It may involve gently swabbing the back of the throat, close to the tonsils with a cotton swab.

What will it help in?

Answer: It will help in detecting whether it is bacterial or viral.

8 Notes on explanation by the doctor after examination

Yes, he was

List out the name of drugs mentioned here by the doctor

Amoxicillin

Macrolide

Erythromycin

9 Notes on questions by the patient again

Complete the given dialogue

But I am a bit **nervous** now.. Because, a friend of mine, **roger**, too was suffering from **tonsillitis** and he had got to **remove his tonsils**. Tonsillitis in him was just **persistent**, you know...

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10 Notes on suggestion by the doctor

Asked the patient to quit smoking

Advised to take medicine on time

Advised not to stop the medicine even after getting well after two or three days

Do not teach loudly, do not raise voice

Speak a bit slowly

PART B

1a Name of the doctor: Neil Johnson

1b osteoarthritis specialist

2a degenerative joint disease

2b arthritis

2c The breakdown of cartilage causes

- (i) the bones to rub against each other,
- (ii) stiffness,
- (iii) pain and
- (iv) loss of movement in the joint.

3a Osteoarthritis mostly affects **cartilage**.

3b healthy cartilage also helps **absorb the shock of movement**.

3c The rubbing causes (i) pain,

(ii) **swelling**, and (iii) loss of motion of the joint

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3d Bits of bone or cartilage can **break off and float inside the joint space,**

4a People with osteoarthritis often have **joint pain** and **reduced motion.**

4b doesn't affect **internal organs**

4c **Rheumatoid arthritis** is the second most common form of arthritis

5a affects nearly **27 million Americans.**

5b OA typically affects only certain joints, such as the **hips, hands, knees, low back and neck.**

5c occurs mostly in **older people**

5d Younger people sometimes get **osteoarthritis, primarily from joint injuries.**

6 Some risk factors that might lead to it include:

- **Being overweight.**
- Getting older
- **Joint injury**
- Joints that are not **properly formed**
- A genetic defect **in joint cartilage**
- **Stresses on the joints from certain jobs and playing sports**

7 Warning signs of osteoarthritis are:

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- Stiffness in a joint **after getting out of bed** or sitting for a long time
- Swelling or tenderness in one or more joints
- A crunching feeling or **the sound of bone rubbing on bone**

7b Tests include

- **Medical history**
- Physical exam
- **X rays**

8a Osteoarthritis treatment has four main goals:

- **Improve joint function.**
- **Keep a healthy body weight.**
- **Control pain**
- **Achieve a healthy lifestyle**

8b Osteoarthritis treatment plans can involve:

- **Exercise**
- Weight control
- Rest and joint care
- Nondrug pain relief **techniques to control pain**
- **Medicines**
- Complementary and alternative therapies
- **Surgery**

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9a Three kinds of programs are:

- **Patient education programs**
- Arthritis **self-management programs**
- **Arthritis support groups**

9b People in these programs learn to:

- **Exercise and relax.**
- Talk with their doctor or other health care providers.
- **Solve problems.**

9c People with osteoarthritis find that self-management programs help them:

- **Understand the disease.**
- **Reduce pain while staying active.**
- Have more control over the disease.
- **Live an active, independent life.**

9d People with a good-health attitude:

- Focus on what they can do, not **what they can't do.**
- Focus on their **strengths, not their weaknesses.**
- Build fitness and healthy eating into their daily routines.

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10 Researchers are studying:

Tools to detect **osteoarthritis earlier**

A wide range of **treatment strategies**

Medicines **to prevent, slow down, or reverse joint damage**

Complementary and alternative therapies

END OF PART B

LISTENING TEST 7:

PART A

1 Sample Question

Name of the doctor: Suzain

Name of the patient: Martha

Problem: Injured Knee

2 Notes on Martha's Injury

The patient just **tripped over and fell down....**

Grazed her knees

Bleeding occurred

Lost some **5 ml of blood or perhaps more**

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3 Notes on personal information / about Martha's injury

Age: **35**

Feels **pain**

Did Martha apply any cream at the site of wound?

Answer: **Yes, Antibacterial cream... something like Neosporin**

4 Notes on examination by the doctor

She fell down

It was bleeding and **she wanted to stop it**

5 Notes on examination by doctor again

Skin layer has totally peeled off..

Reason Martha gave for her late visit: **she was not in the city**

Describe the problem

Problem in walking

Take short steps

Feels pain while bending or folding the leg

6 Notes on Martha's history of this medical problem

No illness

Suffered from mild headache on the day of injury

She is not a sugar patient

7 Notes on further examination by the doctor

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Back pain

Back pain / Night / during day time

Pills

8 Notes on explanation on examination by the doctor again

Advised not to take anything which may not be good for her

It could be nocturnal back pain

Nearly 70 to 80 percent of the people suffer from it..

A day / pain-free .

9 Notes on explanation by the doctor after examination

Prescription

Take as directed.

Paracetamol, **twice a day**

Non-steroidal anti-inflammatory drug, ibuprofen once in a day....

Penicillin Injection

Is patient allergic to anything?

Answer: Yes, to penicillin

10 Notes on questions by the patient again

Who the doctor asked Martha to meet?

Doctor Hillary, an expert **PT with almost 30 years of experience.**

Where Martha can meet her?

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Answer: Martha can meet her at Health Care Hospital on the Regent Street.

End of Part A

PART B

1a Name of the doctor - Tammy Nazario

1b He is a Trichologist,

1c Talks about Alopecia Areata

2a affects **the hair follicles**

2b hair falls out in **small, round patches about the size of a quarter**

2c Many people may get only a few bare patches. Some may **lose more hair** but in some other there can be **total loss of hair on the head** or complete loss of hair **on the head, face, and body**

3 Who Gets Alopecia Areata?

3a **often begins in** childhood

3b it is **autoimmune** disease

3c in an autoimmune disease, the body's immune system **mistakenly attacks some part of your own body.**

3d **cause is not known**

3e The triggers may be a **virus or something in the person's environment.**

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4 Will My Hair Ever Grow Back?

4a one can tell you when **there might fall out or grow back**

4b person may lose more hair, or **hair loss may stop.**

4c **a person who has lost all of his hair may** grow all of his hair back.

4d The disease varies from **person to person.**

5 How Is Alopecia Areata Treated?

5a treatment **is not available**

5b There are no **drugs approved to treat it.**

5c notes on **Corticosteroids:**

- (i) Corticosteroids are drugs that reduce **swelling and pain.**
- (ii) They also affect the immune system.
- (iii) Injected in the skin**
- (iv) Swallowed as **pills**
- (v) Rubbed on the skin as **a cream or ointment.**

6a Drugs that are rubbed on the skin as a cream or lotion may include:

- (i) Minoxidil **(5%)**
- (ii) Anthralin
- (iii) Squaric acid dibutyl ester (**SADBE**) and
- (iv) diphenyl**cyclopropanone** (DPCP).

6b Drugs that affect the immune system include:

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- (i) Sulfasalazine
- (ii) Cyclosporine.**

6c Something about Photochemotherapy:

- (i) In photochemotherapy, **the drug** given is psoralen
- (ii) The drug can be **swallowed or rubbed on the skin.**
- (iii) Once the drug is taken or applied, the area with hair loss is exposed to an ultraviolet light source.
- (iv) This combined treatment is called **PUVA.**

7 Alternative therapies:

7a includes

- (i) acupuncture**
- (ii) aroma therapy
- (iii) evening primrose **oil**
- (iv) zinc and vitamin supplements
- (v) chinese herbs.**

8 How Will Alopecia Areata Affect My Life?

8a Alopecia areata doesn't make **you feel pain and does not make you feel sick.**

8b People who have the disease are healthy in other ways.

8c Alopecia areata will not shorten **life,**

8d not affect activities such as working, **marrying,** raising a family, **playing sports, and exercising.**

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9 How Can I Cope With the Effects of This Disease?

9a Things that can be done to cope with the effects of this disease, include:

- (i) **Learning as much as you can about the disease**
- (ii) **Talking with others who are dealing with the disease**
- (iii) Talking with a counselor, if necessary, to help build a **positive self-image**

9b To reduce the physical dangers or discomforts of lost hair:

- (i) Use sunscreens **for the scalp, face, and all exposed skin**
- (ii) Wear eyeglasses (or sunglasses) to protect eyes from sun, and from **dust and debris**, when eyebrows or eyelashes are missing
- (iii) **Wear wigs, caps, or scarves** to protect the scalp from the sun and keep the head warm.
- (iv) Apply **antibiotic ointment** inside the nostrils to help keep germs out of the nose when nostril hair is missing.

10 What Research Is Being Done on Alopecia Areata?

10 Scientists are studying:

- Genes
- Hair **follicle development**
- **Immune treatments**
- Stem cells in the skin
- **Medications**

END OF PART B

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LISTENING TEST 8:

Part A

Now look at Question 1. Question 1 has been done for you.

Name of the doctor: **Doctor Rachel.**

Name of the patient: **Morgan Tyler**

Referred by: **Doctor Lewis**

2 Notes on Tyler's problem

- **Have been feeling some unusual kind of pain in his chest..**
- **Unable to bear it**
- **It comes usually after he takes food**
- **He has been facing this work for a week**

3 Notes on questions by the doctor

Age of the patient: **49**

Profession: **work in a mall as an accountant...**

Smoke: yes , **but not a chain smoker**

Alcohol: yes, **but occasional**

4 Notes on further questions by the doctor

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Reason given by the patient for the late visit:

He thought it was **just because of his weight lifting.**

Possible reason given by the patient for back pain

- **Worked out in the gym**
- **Broke his usual exercise regime, it is something that he does sometimes**

5 Notes on examination by doctor again

Explanation by the patient about the problem:

- **Feels severe pressure**
- **Pain in the center of the chest that lasts for more than a few minutes**
- **Pain even seems to spread to the shoulders, neck, arms, or jaw.**
- **Feels a bit dizzy as well...**

6 Notes on Tyler's history of this medical problem

Morgan Tyler is not a BP patient but he is suffering from **diabetes which is just normal.**

He takes tablets regularly, **goes for a walk or does a bit of exercise**

Explanation by the doctor on pain

Can't say it is associated with **heart illness**

It can be because of some **indigestion too**

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7 Notes on suggestions by the doctor.

Suggested by the doctor

Stop going to gym

Chest pain can be related to symptoms of **illness of the heart**

Tests prescribed include:

Chest X ray

Stress test

8 Notes on explanation by the doctor

What is stress test?

Answer: This is the test which **will let us know of how heart responds, responds to exertion**

It is a test to determine the **amount of stress** that heart **can manage before developing** either an abnormal rhythm or evidence of ischemia

Name of the other test: **Echocardiogram**

9 Notes on explanation by the doctor gain

What is Echocardiogram?

Answer:

An echocardiogram is a test that uses ultrasound to evaluate your heart muscle, heart valves, and risk for heart disease.

Prescribed: **Nitroglycerine for pain**

10 Notes on suggestions by the doctor again

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- **No smoking**
- **No alcohol**

End of Part A

PART B

WRITE CLEARLY

1 Name of the Doctor - **Charles Alvaro**

He is an ophthalmologist

Talking about Amblyopia

2 What is Amblyopia?

2a **Amblyopia is poor vision in an eye that did not develop normal sight during early childhood.**

2b other name - **lazy eye**

One eye develops good vision and the other not then the eye with poorer vision is termed **amblyopic**.

2c both eyes can be affected – **true**

2d two or three out of every **100 people are affected**

3 How does normal vision develop?

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3a **During the early childhood years,** the visual system changes and develops.

3b vision does not develop properly, **if a child does not use his or her eyes normally**

3d The development of equal vision in both eyes is **necessary for normal vision.**

4 When should vision be tested?

4a It is recommended that **all children have their vision checked at or before their fourth birthday.**

4b Most physicians test vision as part of a **child's medical examination.**

4c They will refer a child to an **ophthalmologist for a sign of eye problems.**

4d If there is a family history of misaligned eyes, an ophthalmologist should examine the eyes during infancy.

5 What causes Amblyopia?

5a Amblyopia is caused by **any condition that affects normal use of the eyes and visual development.**

5b In many cases, the conditions associated with Amblyopia may be **inherited.**

5c One of the major causes of the Amblyopia can be associated with Strabismus **(or misaligned eyes)**

5d Amblyopia occurs most commonly with misaligned or **crossed eyes.**

5e The crossed eye **"turns off"** to avoid **double vision,** and the child uses only the better eye.

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6a Other causes may include:

- (i) unequal focus or refractive error and**
- (ii) cloudiness in the normally clear eye tissues**

6b Refractive errors are eye conditions that are corrected by **wearing glasses.**

6c Amblyopia can also occur in both eyes **if both eyes have very blurred vision.**

6d **cataract** may lead to Amblyopia.

7 How is Amblyopia diagnosed?

7a Amblyopia is detected by **finding a difference in vision between the two eyes or poor vision in both eyes.**

7b If one eye is amblyopic and the good eye is covered, **the baby may attempt to look around the patch, try to pull it off, or cry.**

7c poor vision in one eye doesn't always necessary mean the child is Amblyopia – **True**

8 How is Amblyopia treated?

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8a **A child must be made to use the weak eye.**

8b It is done by patching or covering the strong eye, often **for weeks or months.**

8c **Glasses may be prescribed to correct errors in focusing.**

8d If glasses alone do not improve vision, then **patching is necessary.**

8d Amblyopia may also be treated by blurring the **vision in the good eye with special eye drops** or lenses to force the child to use the amblyopic eye.

9 If Amblyopia is not treated, the following problems may occur:

9a **The amblyopic eye will have permanently decreased vision**

9b Depth perception (seeing in three dimensions) **will be lost**

9c If the good eye is ever injured, a **lifetime of poor vision will result**

10 Success in the treatment of Amblyopia also depends upon:

10a **how severe the Amblyopia is and** how old the child is when treatment begins....

10b If the problem is detected and treated early, **vision can improve for most children.**

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10c Amblyopia caused by strabismus or unequal refractive errors may be treated successfully during the **first nine years of age**.

If Amblyopia is not detected **until after early childhood**, treatment may be unsuccessful.

End of Part B

LISTENING TEST 9:

Part A

Now look at Question 1. Question 1 has been done for you.

Name of the patient: **Daniel**

Reason for his visit: **Stomachache (severe)**

2 Notes on Daniel's condition

- Feels intense pain
- There is this burning sensation
- Happened first time
- Feeling uncomfortable
- Has been suffering from three weeks

3 Notes on personal information from Daniel

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Age: **36**

Profession: **not given (works in an office)**

Doesn't takes home cooked food

Takes food outside (lunch and dinner)

Breakfast is always at home

4 Notes on examination by the doctor

Questions about food

Have not eaten anything, any kind of **heavy food**

Same lunch and dinner at the same

Like pasta, like pizzas

5 Notes on further questions by the doctor again

How the patient described the pain?

Described **as very painful**

Disturbing **his sleep, his work at home**

Not even **jogging anymore**

Described this pain as in between **5 and 7** in a scale of **1 to 10**

Pain comes and goes

Faced an operation at the age of **12**

Appendices removed

No **acidity problems** – digestion is good

6 Notes on further questions by the doctor

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Pain develops often after meals

- It hurts when he eats
- Takes greasy food a lot

What the doctor suggested here?

Avoid greasy food

Avoid pasta and pizza

7 Notes on kind of pain felt by the patient

He feels pain in the **middle of the abdomen**

Pain travels **to his shoulders, he feels painful in shoulders**

His back **aches especially during night time**

Feels good in morning, no pain

8 Notes on patient's condition again

Feels more painful **when he lies down**

He even tastes the acid in his mouth

Felt like vomiting twice

Doesn't take spicy food much

Bowel movement **is regular. There is no change**

9 Notes on final phase of discussion on the problem faced by Daniel

Change in consistency of the bowel movement

It is a bit softer

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Change in color. **It is greener**

No blood in bowel movement

Feels acidity with pain too

10 Notes on suggestion by the doctor

Medications listed out include:

Aspirin, Motrin, Advil

Tylenol...

What the doctor suggested?

Answer: Suggested to continue **Tylenol** for a day or two...

Suggested to undergo medical test as well

End of Part A

PART B

Write Clearly

1 Name of the doctor - **Rachel Cooper.**

Specialization - **Pediatrician or a pediatric advisor**

Talked about **New born infections**

2 Complete the sentences given

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2a **Infections occurs** in babies because their **defensive mechanism is poorly developed**

2b use of antibiotics is recommended for dealing with infection – **YES**

3 Questions on causes

3a Common agents are **bacteria**

3b what the speaker hints?

Answer: speaker hints that the bacteria affect right after their birth as the babies come in contact with them swallowing or breathing in the fluid in the birth canal where bacteria can be in plenty

3c choose the correct answer

(a) (a)

4 What are the symptoms?

When a baby first develops an infection, the baby might:

- **not feed well**
- be very sleepy, not wake up for feedings
- be irritable, not **settle down after feedings**
- breathe fast (**over 60 breaths a minute**)
- have trouble keeping a **normal temperature** (a normal rectal temperature is 99.8°F, or **37.5°C**)
- not act right, **have a change in behavior**

4b list out two things at least if the infection gets worsen

- **have pale or greyish skin**
- **work hard to breathe**

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- **have a bluish color around the lips and mouth**

4c Some newborns may have an infection in only **one part of their body**

5 Answer the following questions

(i) Four major tests talked about here include:

Blood test, urine test, secretion test, chest x ray

(ii) When is chest X-ray is taken?

Answer: If a baby is having trouble breathing, a chest X-ray may be taken to look for signs of pneumonia.

6 Answer the following questions

6a who can get meningitis?

Answer: Any baby who is very sick from infection or has bacteria in her blood could get meningitis.

6b how meningitis is diagnosed?

Answer: Meningitis is diagnosed by doing a test called a spinal tap (or lumbar puncture, LP) to get a sample of spinal fluid.

6c what is done to make sure that the baby is breathing properly during the test?

Answer: To make sure that she is breathing OK during the test, the baby is attached to a monitor.

6d which fluid is taken for the test of infection?

Answer: spinal fluid

6e is there any risk of being paralyzed? If no then how?

Answer: There is almost no risk of paralysis because the needle is put into the space below the end of the spinal cord

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7 Answer the following questions

7a what is SCN stands for

Answer: Special Care Nursery

7b complete the gaps in the summary

A baby is taken to SCN for **evaluation and treatment**. The baby is placed on a **warming bed** and she is attached to a **monitor** that continuously measures **heart rate** and **breathing**. If the baby has trouble breathing, she may also be attached to a **pulse** oximeter that records the **amount of oxygen in her skin**.

8 Complete the following table

Medicine	
Suspected bacterial infections are treated with antibiotics.	An IV is put into one of the . The IV delivers the right amount of antibiotic to the baby's bloodstream . Antibiotics are not well absorbed from a baby's stomach .
If the lab tests are positive for a bacterial infection or the baby's symptoms strongly suggest infection, the baby will get IV antibiotics for 7 to 14 days .	
Most babies can fight infection without the use of medicine	
The two viral infections named here include	(i)herps and (ii) chickenpox

9 Answer the following questions

9a what is done to prevent dehydration?

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Answer: If the baby is breathing too fast to eat, he is given fluids through the IV so he won't get dehydrated.

9b what is given to the baby if it is too sleepy to eat

Answer: If he is too sleepy to eat, he may be given IV fluids or he may be fed by dripping milk through a tube that passes through his mouth and into the stomach.

9c complete the gaps

Some babies are not **very sick** and the only treatment they need is **antibiotics**. These babies are able to **breast-feed or bottle-feed**

10 true or false

10a true

10b true

10c true

END OF PART B

LISTENING TEST 10:

Part A

Now look at Question 1. Question 1 has been done for you.

Name of the patient: **Ralph**

Reason for her visit: **unusual kind of a burning sensation in her feet**

2 Notes on Ralph's problem

- Feeling burning sensation in her feet

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- Feels very painful
- Feels like pricking with needles
- Comes goes off but not totally

3 Notes on Ralph's medical history

- He is diabetic
- Got diabetic at the age of 40... He is 47 now
- But it is normal, under control
- Never faced any surgery

4 Notes on further questions asked by the doctor

Information given by the patient

- Drinks **occasionally, not habituated**
- He smokes
- Works in a chemical factory: **ANK** chemicals
- Never faced **any skin problem**

5 Notes on examination by the doctor

- Unusually swollen.....
- Feels pain in the ankle
- Get his sugar checked two days back range: **120-130**

6 Notes on further questions by the doctor

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Patient feels burning sensation **at the end of the long day**

Not able to take **enough sleep**

What is done to prevent infection while working?

Answer: Wear special leather shoes / wear leather gloves

7 Notes on explanation by the doctor

What the doctor explained here?

- **Problem is one of the common ones.**
- **It is called paresthesias or burning feet.**

It often affects people, who are **above 50**,

Affects those who have **diabetes**

Affects people who are suffering from **obesity, blood disorders, etc**

It can be dangerous if not treated in the early stages

8 Notes on further explanation of the problem by the doctor

Other symptoms which may include

- Tingling sensation
- Swelling
- Redness
- Dull ache
- Increased sweating etc...

Tests Ralph will have to undergo include:

X-rays and other diagnostic imaging tests like **CT scan, MRI scan**

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Purpose:

These are actually used to rule out nerve entrapment, nerve injuries, soft tissue masses

9 Notes on tests suggested by the doctor

Have to face **biopsy** too if the tests suggestive of skin cancer.

Suggested by the doctor

- Asked the patient to **take a week off**
- **Asked him not to wear leather shoes**
- Asked him to bathe feet in cool, **iced water to get some relief**
- **Asked him to elevate his feet while resting**
- **Asked him not to take alcohol / cigarettes**

10 Notes on suggestions by the doctor again

What the doctor will prescribe here?

Answer: **He will prescribe an ointment or a cream**

What the doctor asked him to wear?

Answer: **Asked him to wear custom-made orthotics or footwear**

End of Part A

PART B

OET TEST MATERIAL

In this part of the test you will hear a talk on restless leg syndrome. You will hear the talk once only, in sections. As you listen, you must answer the questions in the spaces provided on the answer paper. Turn over now and look quickly through Part B. You have one minute to do this.

You may write as you listen and there will be pauses during the talk for you to complete your answers and to read the following question. Remember, you will hear the tape once only and you should write as you listen.

Now read Question 1. Question 1 has been done for you.

WRITE CLEARLY

1 Name of the doctor: **Doctor Fernandez**
Topic for discussion: **restless leg syndrome.**

2 Notes on restless legs syndrome

- 1 a disorder related to **sensation and movement**
- 2 unpleasant feeling or sensation in parts of their bodies when they lie down to sleep
- 3 Restless legs syndrome usually **affects the legs,**
- 4 it can cause unpleasant feelings **in the arms, torso, or even a phantom limb (the part of a limb that has been amputated).**
- 5 You may also be sleepy or **have trouble concentrating.**

3 Complete the summary

There is no **clear reason** for restless legs syndrome. Deficiency of **iron** can be the cause of it too. Treating the cause may really solve the problem. Women may get restless legs syndrome during pregnancy. Other problems such as **kidney failure, rheumatoid arthritis,** diabetes, nerve damage, **anemia,** and Parkinson's disease etc are also known to be **very common**

4 Symptoms

Restless legs syndrome makes the patient feel like *moving a part of the body, usually legs.*

Feelings are often described as **tingling, "pins and needles," prickling, pulling, or crawling.**

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What are periodic limb movements?

Answer: While sleeping your legs or arms may begin to jerk or move. These movements are called periodic limb movements.

Tiredness is common – **True**

5 Answer the following questions

What tests doctor may order to the patient?

Answer: Doctor may order tests of your nerves to be sure there is no nerve damage.

Your doctor may also order a sleep study called a polysomnography.

This test records **how often your legs jerk or move while you sleep.**

Complete the gaps

Some changes that may help include:

- Avoid tobacco, **alcohol, and caffeine.**
- Keep your bedroom cool, quiet, and comfortable, and use it only for sleeping, not for watching TV.
- **Get regular exercise.**
- **Massage the leg or the arm, or use heat or ice packs.**

6 Complete the table

Treatment for restless legs syndrome is based on the type of symptoms and how bad the symptoms are

Treatment for other medical conditions	Treatment for Severe Symptoms	Treatment for mild symptoms
If other medical conditions such as iron deficiency etc are the causes of the	Medicines may be tried when symptoms are severe and interfere with sleep	Getting regular exercise and enough sleep may relieve mild symptoms.

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symptoms then those conditions shall be treated first.	and daily functioning.	

What can effectively control symptoms?

Answer:

Stretching,

Walking,

Exercising regularly,

Taking a hot or cold bath,

Using massage,

Losing weight **if you are overweight, and**

Avoiding **smoking and caffeine** may reduce or control your symptoms.

7 Answer the following questions

1 What is the course of treatment if symptoms are due to deficiency in iron?

Answer: If your symptoms are caused by deficiency of iron then the patient will be treated for that condition first. For example, if iron deficiency is causing restless legs syndrome then the patient is prescribed iron supplements.

2 What is recommended by doctors for pregnant women suffering from restless legs syndrome?

Answer: Doctor may recommend conservative treatment, such as regular exercise and stretching, to relieve symptoms.

3 What is the method of treatment of restless legs syndrome in children?

Answer: Children who have restless legs syndrome are not usually treated with drugs in the beginning itself. First regular, moderate exercise and regular sleep routines are tried. If this treatment is not effective, the doctor may prescribe medicine.

4 Some of the common drugs include:

Dopamine agonists, such as ropinirole (Requip)

OET TEST MATERIAL

Anticonvulsants, such as **gabapentin** (Neurontin)

Opioids, such as **oxycodone** (for example, Percocet)

Benzodiazepines, such as diazepam (Valium)

8 Answer the following questions or complete answers wherever required

1 What drugs doctor may prescribe?

Answer: Doctor may prescribe drugs like **zolpidem** (for example, Ambien) or eszopiclone (Lunesta) alone or together with dopamine **agonists**, opioids, or **anticonvulsants**.

2 Name the drugs which may improve or worsen the conditions?

Answer: Antidepressants improve restless legs syndrome in some people but make it worse in others.

3 What is the course of treatment if the condition gets worse?

Answer: If the patient continue to have symptoms even though the patient is receiving treatment with **drugs** and is **exercising regularly, eating right** etc then symptoms may need to be **reevaluated**. Many other conditions can cause **the sensations found in restless legs syndrome**, including several **vitamin and mineral deficiencies**.

9 Complete the table

Stretching and Massage	Changing your schedule	Heat or Cold	Exercise
The patient may be able to control symptoms by gently stretching and massaging the limbs before bed or as	Fatigue can make symptoms worse. Because symptoms typically improve around 4 a.m. to 6 a.m. Try going to bed	Symptoms may be relieved by bathing in very hot or very cold water. Or try a heating pad or ice bag .	Regular, moderate exercise may reduce symptoms . Avoid long periods between activities and avoid sudden bursts of intense activity .

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discomfort begins	later than usual or allowing extra time for sleeping in to help you get the rest you need.		Talking to the doctor before starting an exercise program is needed.
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10 Complete the following table

Always avoid			
Caffeine and alcohol	Certain medicines	Being confined for long periods	Excessive exercise
Reason: These may make your symptoms worse.	Reason: Some prescription and over-the-counter (OTC) medicines (such as cold and sinus medicines) can make symptoms of RLS worse . If symptoms getafter you take a certain medicine, talk to your doctor.	Reason: Try to plan for times when you will need to remain seated for long stretches . For example, if you are traveling by car, plan to make some stops so you can get out and walk around .	Reason: Although moderate exercise may help relieve symptoms , unusually intense workouts may make them worse . Try to figure out at what level exercise helps and at what point it triggers restless legs syndrome .

End of part B

READING TEST 6:

OET TEST MATERIAL

Part A	Part B	
	Passage 1	Passage 2
1 morbidity	D	C
2 childhood	C	A
3 stools	C	B
4 watery	D	C
5 acute	A	D
6 5-10 days	B	D
7 fluid	C	A
8 intestinal	B	A
9 infants	A	A
10 young children	D	C
11 rotavirus		
12 food poisoning		
13 bacteria Salmonella		
14 Campylobacter		
15 medical treatment		
16 severe		
17 diarrhoea		
18 adults		
19 fluid		

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20 mineral water		
21 carbohydrate		

READING TEST 7:

Part A	Part B	
	Passage 1	Passage 2
1 large intestine	D	C
2 functional disorder	C	C
3 bowel	D	B
4 intestinal disorder	A	B
5 women	D	C
6 inherited	C	C
7 cancerous	B	B
8 abnormal muscle contraction	B	D
9 colon	A	A
10 constipation	B	C
11 diarrhea		
12 emotional stress		
13 nervous system		
14 abdomen		
15 big meal		

OET TEST MATERIAL

16 diagnose		
17 x-ray study		
18 reduced		
19 diet		
20 fibre		
21 stress		

READING TEST 8:

Part A	Part B	
	Passage 1	Passage 2
1 intestinal tract	A	C
2 surgically	C	A
3 baby	B	A
4 short	B	C
5 volvulus	B	B
6 Crohn's disease,	C	B
7 intestinal pseudo-obstruction	B	B
8 abnormally short	C	A
9 Poor weight gain	C	C
10 Bloating	C	D
11 Fatigue		
12 Vomiting		

OET TEST MATERIAL

13 SBS		
14 weight		
15 Dehydration		
16 deficiencies		
17 intestine		
18 Ulcers		
19 Bacterial		
20 stones		
21 gallstones		

READING TEST 9:

Part A	Part B	
	Passage 1	Passage 2
1 eating raw	A	D
2 meat	C	C
3 bear or cougar	A	D
4 domestic pigs or wild boar.	A	D
5 vary	B	C
6 Nausea	C	D
7 Nausea	D	C
8 joints	D	C

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9 muscle pains	B	B
10 coordinating movements	C	D
11 heart		
12 and breathing problems		
13 Fatigue		
14 muscle pain		
15 trichinellosis		
16 positive laboratory test		
17 raw or undercooked		
18 Laboratory diagnosis		
19 Trichinella antibody		
20 muscle biopsy		

READING TEST 10:

Part A	Part B	
	Reading Passage A	Reading Passage B
1 fatal	D	C
2 unresponsive	D	B
3 inflammation	D	D
4 immune	B	A
5 virus	C	D

OET TEST MATERIAL

6 inflammatory damage	B	C
7 vary	A	D
8 Chest pain	C	B
9 heartbeat	A and B (both are correct)	C
10 headache	C	B
11 joint		
12 sore		
13 weeks		
14 viral infection		
15 serious		
16 inflammation		
17 irritation		
18 chest X-ray		
19 chest		
20 heart muscle		
21 muscle biopsies		