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DOCTOR'S BAG

Off to Work Game Instructions
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Key Medical Inventions and Discoveries Poster



WELCOME TO DOCTOR ACADEMY!





Hello and welcome to Doctor Academy. You've made a great decision! Of all the jobs in the world, a doctor's is one of the most important.

From the moment you start growing inside your mum, until you become a grey-haired grandparent, doctors are there to look after you. Now you, too, are joining the ranks of this wonderful profession.



As you can imagine, the human body is very complicated and you need a lot of knowledge to find out what is wrong and how to fix it. You also need to be able to work with patients who might be very worried.

A doctor works as part of a team along with other healthcare professionals, including dieticians, nurses and different types of therapists. Together, they make important decisions about the best way to treat the patient, what kinds of medicines to use and what help might be needed from a specialist doctor. It's a lot of responsibility!

Are you ready? Let's get started on our training.

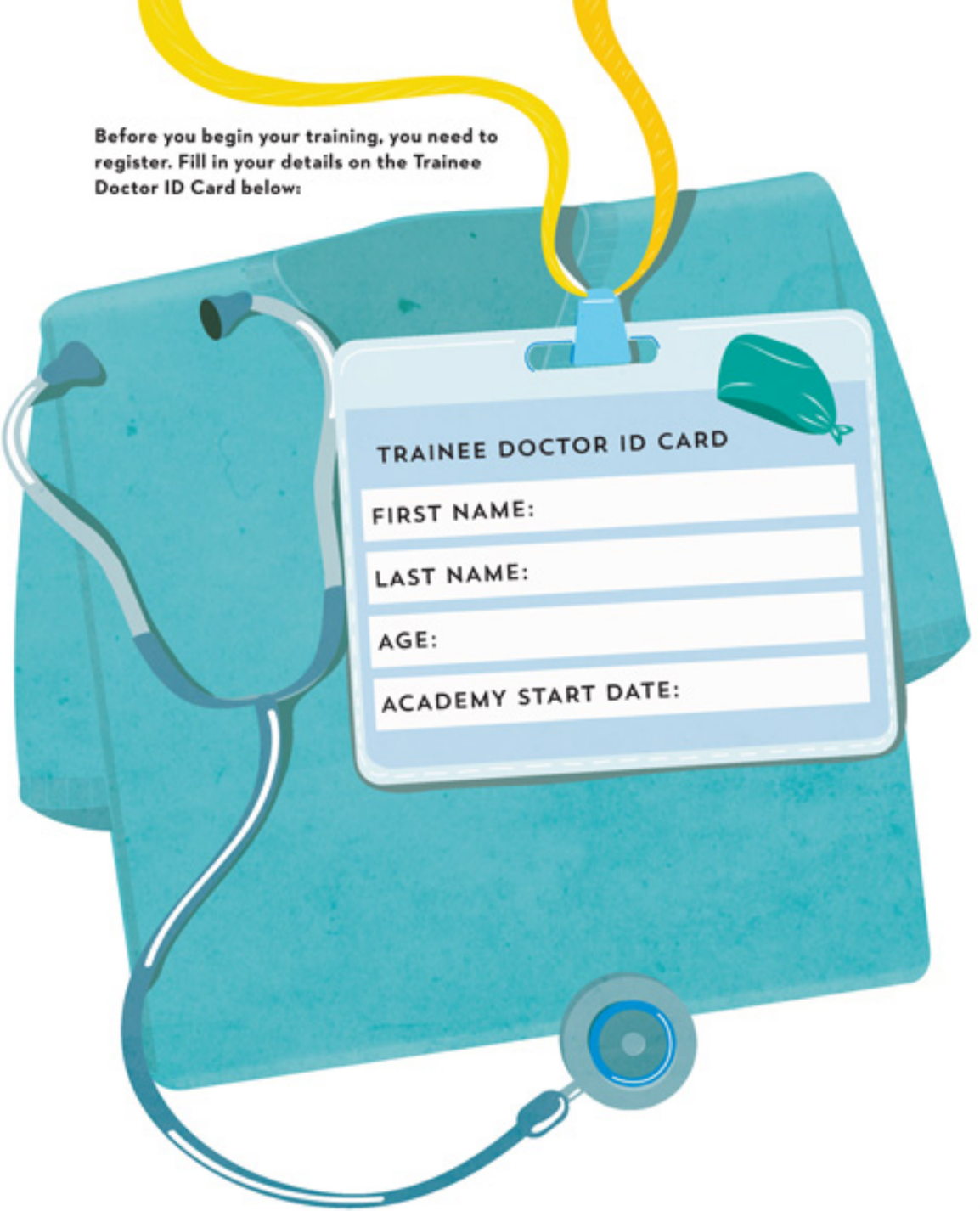








Before you begin your training, you need to register. Fill in your details on the Trainee Doctor ID Card below:



TEAMWORK

When people go to see a doctor, they usually don't know what's wrong with them. As they are describing their symptoms, the doctor must listen very carefully to spot the important information that will help them make a diagnosis.

However, a doctor doesn't work on their own with a patient, but as part of a teams that involves people with different medical skills, such as nurses, dieticians, therapists and many others. Each part of the team helps to piece together the clues, a bit like making a picture out of separate jigsaw puzzle pieces.



Have you ever watched a team game, such as football? Have you noticed that the team members constantly communicate with one another? The moves that usually succeed are those when everyone knows where they're supposed to be and what they're supposed to be doing.

PRACTISE BEING PART OF A TEAM

This activity helps you to work as part of a team to accomplish a common goal. You need at least three friends.

1. Select a leader from the group.

2. The leader decides on an order in which the other players line up in. For example, the order can be from the tallest to the shortest or from the lightest to the darkest hair color or from the oldest to the youngest team member. The group must form the line but they are not allowed to speak at all, though they can use hand signals, taps and other ways to communicate with one another. When the line up is completed, all the group members should clap at the same time to let the leader know they've finished.



When you have finished, place your Task Complete sticker here.

PLACE STICKER HERE

TASK COMPLETE

PEOPLE SKILLS

HEALTH INFORMATION

The healthier and stronger people are in both their mind and body, the less likely they are to become ill. On the opposite page, you are going to design a poster for the doctor's waiting room. It will convince people that it is a good idea to be healthy.

Try to make your poster eye-catching and easy to understand. If you sound bossy or make healthy living sound boring, no one will pay any attention.

Here are some ideas for healthy living to get you started. Pick and choose from them what you want to say, and come up with your own too!

- **Eat more fruit and vegetables**
- **Reduce screen time**
- **Get enough sleep**
- **Get a pet**
- **Avoid too much sugar**
- **Take up a hobby**
- **Do exercise you enjoy**
- **Do puzzles to improve your concentration**
- **Walk, don't drive**
- **Visit your doctor for health checks to prevent illness**
- **Talk to someone if you are upset or worried**
- **Feel happier and more relaxed**
- **Wash your hands**
- **Wear a helmet when cycling**
- **Drink plenty of fluids**
- **Stop smoking**
- **Cycle more**



DESIGN A HEALTHY LIVING POSTER

When you have designed your poster, place your Task Complete sticker here.

PLACE STICKER HERE

TASK COMPLETE

GENERAL PRACTICE

MAKE A DIAGNOSIS

If a patient comes to see you saying they feel unwell, your first job will be to find out what is wrong.Identifying the problem is called 'making the diagnosis'. The doctor makes the diagnosis by listening to the patient describe their symptoms, and examining them. They may also do some special tests.

MAKE YOUR OWN DIAGNOSES

Here are some common childhood illnesses and their symptom. Read through them, and then use the information to diagnose the patients on the opposite page.

A cold: This is very common. The symptoms include coughing, sneezing and a runny nose. ☐

Chicken pox: This illness causes red, very itchy spots to appear on the body. ☐

Whooping cough: This is a serious cough where the sufferer runs out of breath and breathes in with a strange 'whooping' sound. ☐

Stomach bug: This can cause diarrhoea, vomiting and stomach pains. ☐

Slapped cheek: This strange-sounding illness gets its name because its main symptom is a bright red rash on the cheeks. ☐

Scarlet fever: This illness causes fever and a sore throat but the main symptom is a rash over the armpits, chest and neck (and, often, over other areas). ☐

Pink eye: The proper name for this illness is conjunctivitis but pink eyes are the main symptom of this infection. ☐

Hay fever: Some people get a runny nose and sneezing fits at certain times of the year because of pollen in the air. Pollen is made up of tiny particles from plants, grass and trees. ☐

WRITE THE NAME OF THE ILLNESS BELOW ITS PICTURE.

1.



2.



3.



4.



5.



6.



7.



8.



When you have carried out the diagnoses, check your answers below, and then place your Task Complete sticker here.

PLACE STICKER HERE

TASK COMPLETE

ANSWERS: 1. Chickenpox. 2. Pink eye. 3. Hayfever. 4. Scarlet fever. 5. Stomach bug 6. Slapped cheek. 7. Whooping cough. 8 A cold



SURGEON

THE HOSPITAL TEAM

Hospital doctors are part a large team of people who all work hard to make sure patients get the best possible care.



Laboratory technicians carry out tests to help doctors. They may examine blood and other substances to help identify illnesses.



Therapists help people to rebuild their skills such as standing, walking and speaking.



Pharmacists are experts in medicines and make sure the patients receive the right medicines with the correct instructions.



Nurses are the medical people who spend the most time with the patients. They care for and monitor patients throughout the day and night.



Ambulance paramedics provide emergency treatment and transport patients to the hospital.



Technicians are specialists who operate equipment such as X-ray machines.



Cleaners work hard to keep the hospital as clean as possible. This is not just to make the building look nice. It is essential to patient safety and helps prevent the spread of diseases.



If someone with an illness needs an operation, they will be sent to see a **surgeon**. There's a lot for the surgeon to do when a patient needs an operation.

1. First they will meet their patient. Most surgeons specialize in particular areas such as neuro (brain) surgery or ear, nose and throat surgery. Some surgeons work only with children. They are known as paediatric surgeons.
2. The surgeon explains to the patient what the problem is and what needs to be done during the operation so that he or she feels reassured.
3. In the operating theatre, the surgeon has to concentrate. He or she is not only performing complicated surgery but is also leading a team of other medical experts at the same time. Some surgeons like listening to music while they work!
4. After the operation, the surgeon will visit his or her patients to check that they are recovering as expected.
5. The surgeon fills in medical records and decides when a patient has recovered enough to go home.



DOCTOR INFO



SCRUBBING UP

In the 19th century, people discovered that illness was spread by germs and that the way to avoid this was through cleanliness. Simply keeping everything clean meant that infections could be prevented and operations were much less risky.

Nowadays, before surgeons perform operations, they prepare very carefully by:

- Removing all jewellery and putting on a head covering that covers all of their hair.
- Scrubbing their hand, including the sides of each finger and underneath the nails, with a brush and a special soap that kills germs.
- Scrubbing their wrists and arms (as high as the elbow).



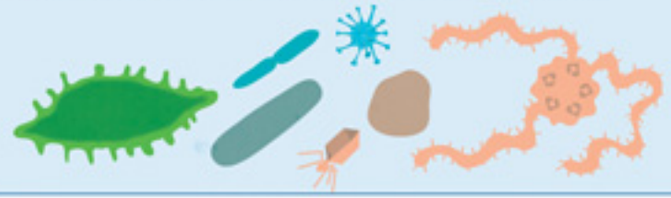


These scrubs are timed and can last for five minutes. The tricky bit is making sure not to touch the taps or sink while cleaning as these may have germs. If the surgeon does touch these, the scrub has to start all over again!

- After scrubbing up, the surgeon enters the operating room with their hands held up above the elbows.
- In the operating room, they dry themselves with special towels and then put on masks, gowns and gloves.
- The gloves and masks are thrown away after the surgery since they can only be used once.

CREATE A GERM

Let your imagination run wild. Give it as many arms, eyes, wings, horns and colours and whatever else you want!





When you have finished your picture, place your Task Complete sticker here.

PLACE STICKER HERE

TASK COMPLETE