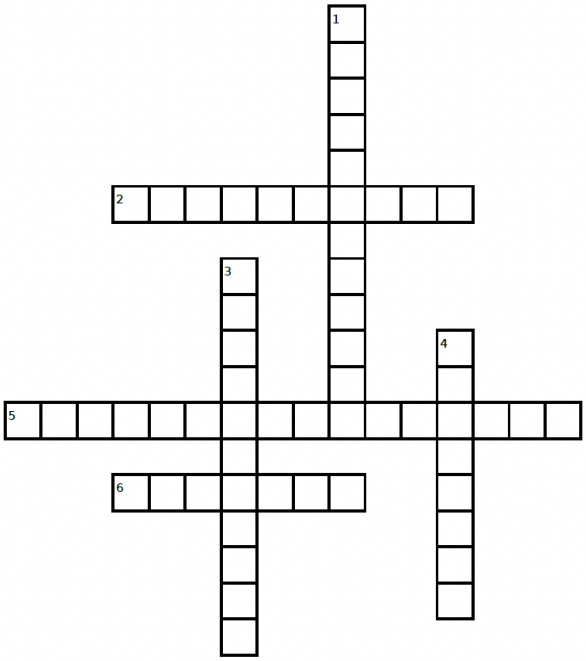
Word Search

S U V C A K U M E D I C I N E
Z V V D O F H P X J K V I P C
J Q E K O M Z L L X N M I Y F
R B Z T G A F E S C A L E S O
E D H N V S X R A Y V F Z Z K
C Y W K C L J Y D H D P H M E
E I I S O L A T I O N J E E N
P U L T R A S O U N D A Q D N
T J Y K M A Q E L R S R S Z E
I I I S T E T H O S C O P E L
O N X V X X T B S J G F N H M
N N W R C G S Y M D U Q U C G
I K E S H A P M B F Q R R Q B
S E X A M I N A T I O N S F G
T P J X L U Z W E B D I E A X

receptionist	stethoscope	examination	xray
ultrasound	medicine	isolation	vet
scales	nurse	kennel	VCA

Crossword Puzzle



Down:

1. someone who works on reception
3. where you sit before being called in for your appointment
4. where the medicines are kept

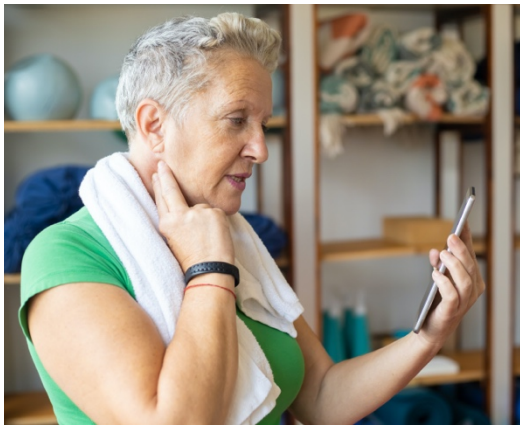
Across:

2. where test are done
5. where sterile surgery takes place
6. used to look at bones and organs inside the body

Optional Activity

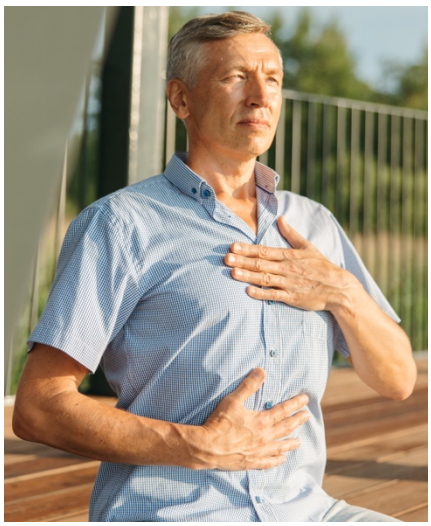
Perform a mini physical examination on yourself!

1) Can you find some of your pulses? Easy ones to find are in your neck just below the corner of your jaw, and on your wrist just below your thumb. Use 2 fingers to lightly press the area to see if you can feel it pulsing.
   See if you can count the number of pulses in one minute. Then try having a run around or doing some star jumps, then check your pulse again, what happened?





2) Focus on your breathing, you can place a hand on your chest and belly and feel what happens when you take a breath in and out. You can also put your hands on your sides where your ribs are, what happens to your ribs as you breath in? what direction do they move in? Can you count how many breaths you do in one minute?





3) Throat palpation. Have a feel of your trachea (wind pipe) which is the hard feeling tube in the middle of your neck, swallow, hum, talk and cough whilst touching it, what do you feel?

   Then you can see if you can find your lymph nodes, these are part of your immune system, they feel like firm round / oval lumps just under your jawline. Sometimes they can be hard to find unless they are swollen.





4) Limb & joint palpation. Have a feel of your knee, can you feel a hard round bit in the middle? That's your knee cap (patella). Below that is a firm long chord type structure, this is your patella ligament.
   Hold your hand gently over your knee as you bend and stretch it, what do you feel? Any funny feelings? Sometimes we can feel clicking, popping or creaking sensations in our joints as they move.
   See if you can have a go at feeling other joints in your body, how do they move, can you feel the muscles nearby the joint, tensing and relaxing?



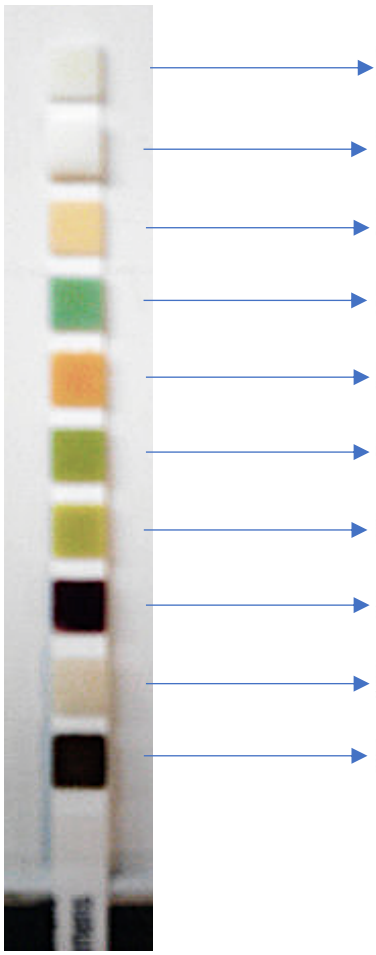

Urinalysis

This is a urine sample from Gigi who is a 10 year old Poodle, she has started becoming hungrier but seems to be getting skinnier, her owner has noticed her drinking lots and she keeps having wee accidents in the house.
Her owner has brought you a urine sample they managed to catch from Gigi this morning for you to test.

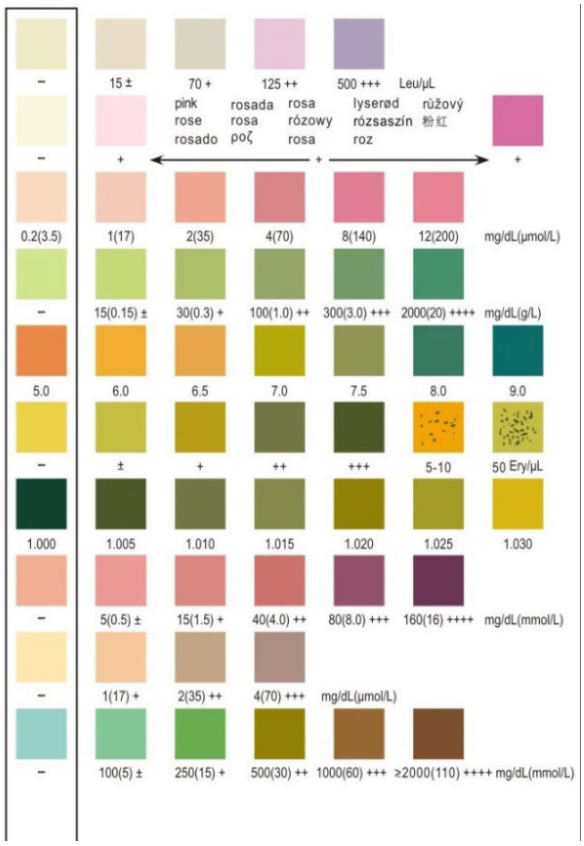
1) Compare each square on Gigi's urine stick to the colours on the chart and see if you can write down the results onto the patient's records alternatively just circle the colours on the results chart.
2) Which readings do you think are abnormal?
3) What diseases do you think Gigi could have?

(image sources from aconlabs.com & Wikipedia.org)

Patients Dipstick



Results Chart



Urinalysis Results:

Name:

Age:

Species & Breed:

Sex:

Urine collection date:

Dipstick results:

LEU (white blood cells)……..

NIT (nitrite)……

URO (urobilinogen)……..

PRO (protein)……..

pH……..

BLO (blood)……

SG (specific gravity)……..

KET (ketones)……

BIL (bilirubin)……..

GLU (glucose)……...

Optional Activity

Perform a human triage!

There are 5 main things in humans that we check for in an urgent or emergency situation. We can remember it with the acronym: DR ABC

D – Check for any danger before helping someone else
R – Check if they are responsive

A – Check the airway is open and clear
B – Check if they are breathing
C – Check their circulation

Have a look at the St Johns Ambulance website page on how to complete a primary survey, there are some great pictures and a video explaining what to do if you find someone collapsed.

https://www.sja.org.uk/get-advice/first-aid-advice/how-to/how-to-do-the-primary-survey/

Why not role play with a friend or carer with one of you pretending to be the patient and one the first aider, then you can swap roles!

If you want to learn more about human first aid, there are some other great guides on their website.

Optional Activity

Make your own x-ray picture!

You'll need:

- Black paper or card
- Pencil
- Either white chalk / paint / pencil / crayon
  OR
- White paper cut into thin strips / white paper straws / cotton buds / white lolly sticks
- Glue

Method:

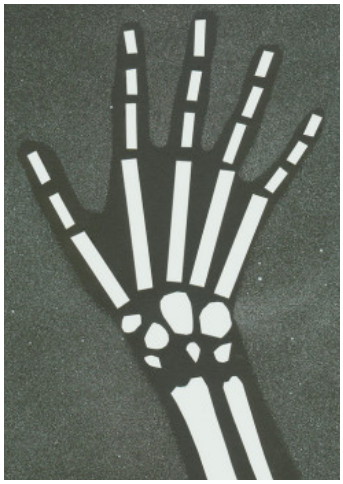
1) Use your pencil to draw around your hand and wrist on your black sheet of paper / card.

2) To create your 'bones' you can do one of the following methods;

- Paint or draw the bones of the hand inside the drawing of your hand.
- Cut up paper / straws / cotton buds / lolly sticks and glue them in position to represent the bones
- Paint your hand with white paint where the bones would be and then press your hand onto the black paper to make a skeleton hand print!

Once you have done your hand x-ray, get creative maybe try making some other bones or a full skeleton of a human or other animal, or even a dinosaur or made up creature!

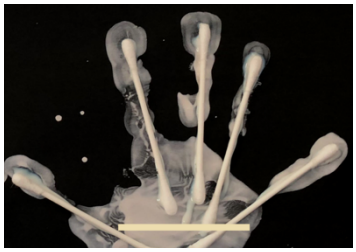
Some ideas:











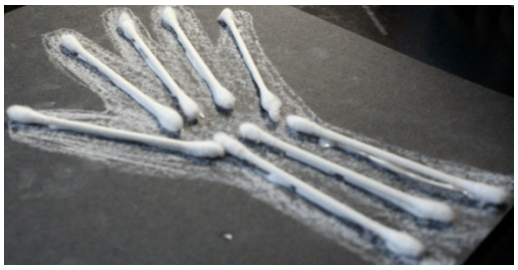


Image source credits: alittlepinchofperfect.com, thepinterestedparent.com, the-gingerbread-house.co.uk, Simpleeverydaymom.com, familyfuncrafts.com, fromabcstoacts.com.

Labelling the hand bones

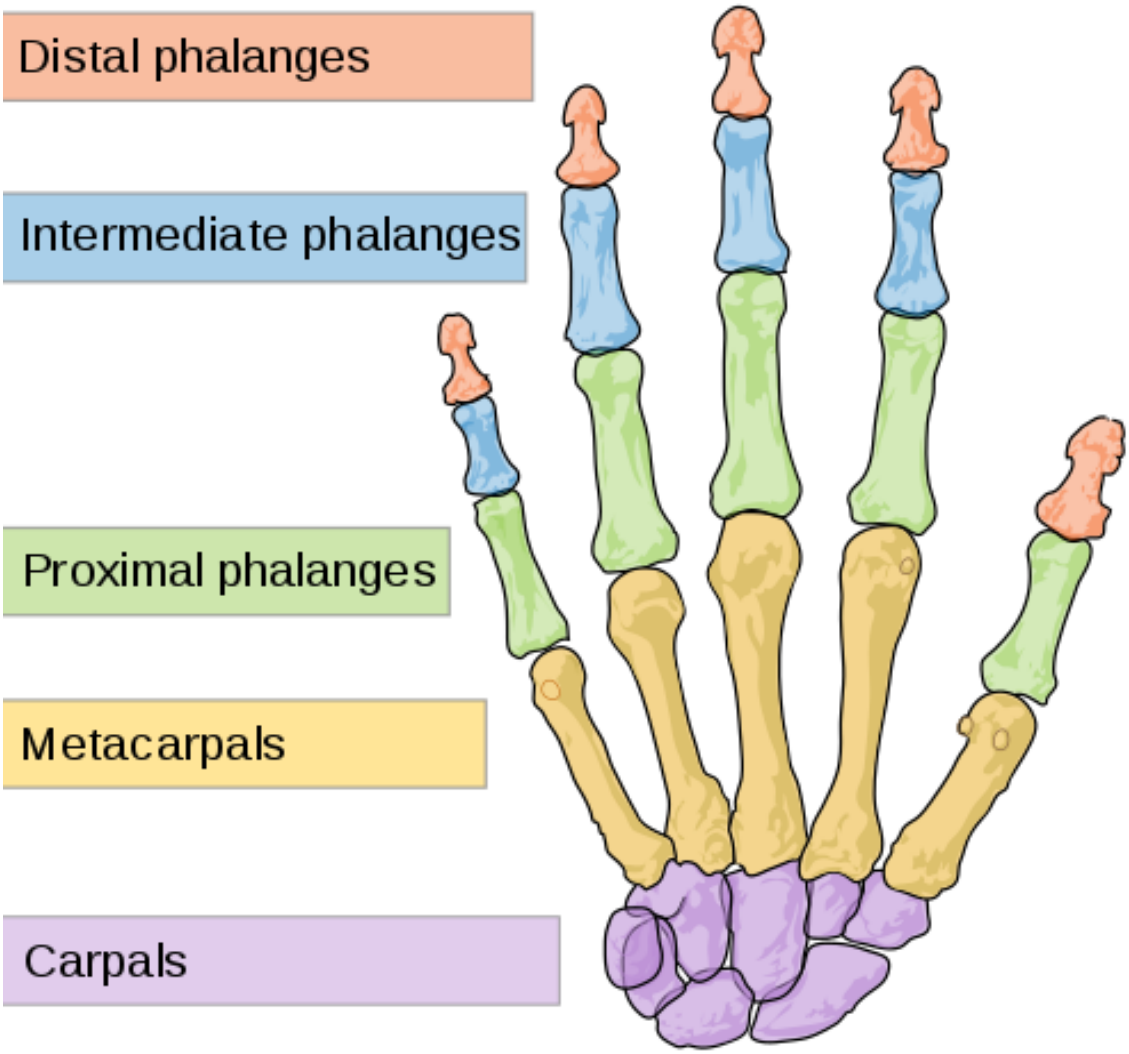
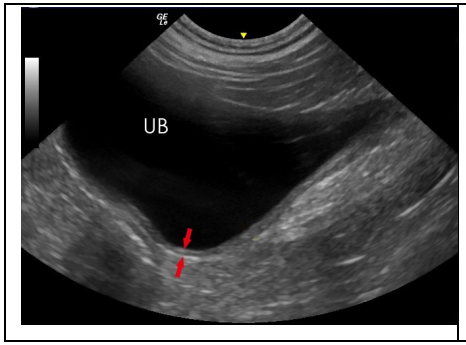


Image source: Wikipedia.org

Extra challenge: can you find out the names of each carpal bone? In anatomy diagrams the phalanges are numbered, can you find out the number for each phalanx?

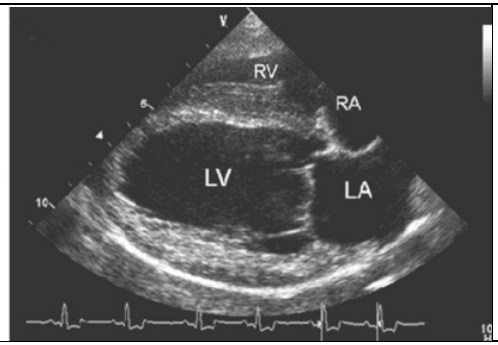
Optional Activity

Match the imaging picture to the correct description.





A





ABDOMINAL X-RAY OF PREGNANT DOG (WHITE SKELETONS OF THE PUPPIES ARE VISIBLE)	ULTRASOUND OF THE HEART (IT HAS 4 CHAMBERS FILLED WITH BLACK COLOURED FLUID)	ULTRASOUND OF INTESTINES (THESE CAN LOOK LIKE EITHER TUBES OR CIRCLES FILLED WITH BLACK FLUID, DEPENDING ON WHICH WAY THEY ARE VIEWED)	ULTRASOUND OF THE BLADDER (IF FULL, THE BLADDER CAN LOOK LIKE A BALLOON FILLED WITH BLACK FLUID)

Optional Activity

Practice your scrubbing in technique!

1) Lay out all of your equipment on a table – hat, mask, sponge, tea towel, shirt/ dressing gown, gloves.

2) First put on your hat and mask



3) Then use your sponge or flannel to copy the scrubbing hand technique seen in the video, you can use just water or use soap as well if you want to.
(Remember to keep your wrists above your elbows so dirty water from your arm doesn't run down towards your clean hands).





4) Use your tea towel to dry hands as shown in the video, one side for one hand and arm, the other side of the towel for the other hand and arm

5) Next put on your shirt or dressing gown backwards so the buttons or ties are at the back.
(Ask an assistant to button or tie you in!)





6) Keeping your hands inside your cuffs / sleeves see if you can put on your gloves.
(this part can be tricky!)



Did you manage to do it? Did you maintain sterility?

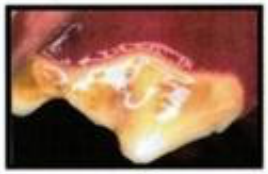
No? don’t worry it’s just a bit of fun, it can take a lot of practice!

The best bit is seeing what silly positions you get into, and funny faces you pull whilst trying to get your gown and gloves on!

Image source: jugglingwithkids.com, pexels.com, toolstation.com

Optional Activity

Dental Grading

Grade 1		Gingivitis
Grade 2		Gingivitis and Plaque
Grade 3		Gingivitis, Plaque and Calculus
Grade 4		Gingivitis, Plaque, Calculus, Root Exposure and/or Mobile Teeth

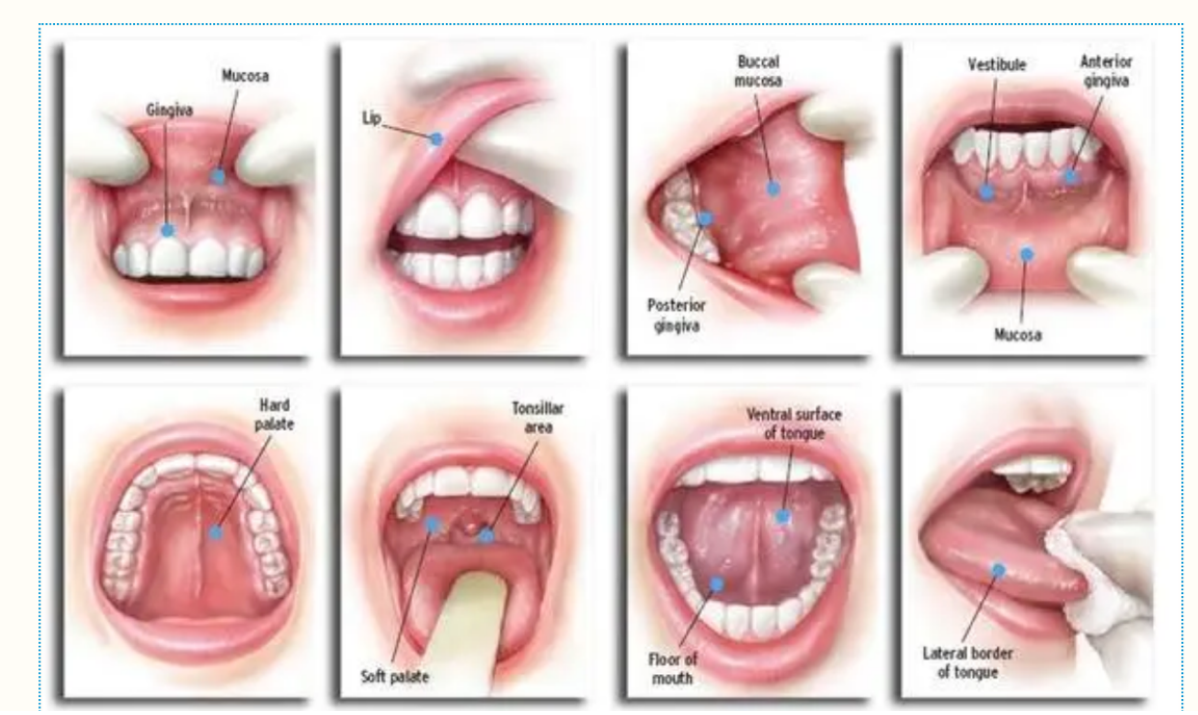
Patient Image	Grade?	Patient Image	Grade?
			
			
			

Image source: epsomrdvet.com.au, mustluvdogshouston.com, mcdowallvets.com.au,

Optional Activity

Perform an oral examination

1) Grab a mirror
2) Look at all the inside areas of your mouth, your lips, cheeks, tongue, back of your mouth…



3) Look at your teeth
- How many can you count?
- Are there any sore or red areas?
- Any teeth that aren't straight?
- How clean are your teeth?

4) Look at the chart to see which teeth you have? Can you circle them?

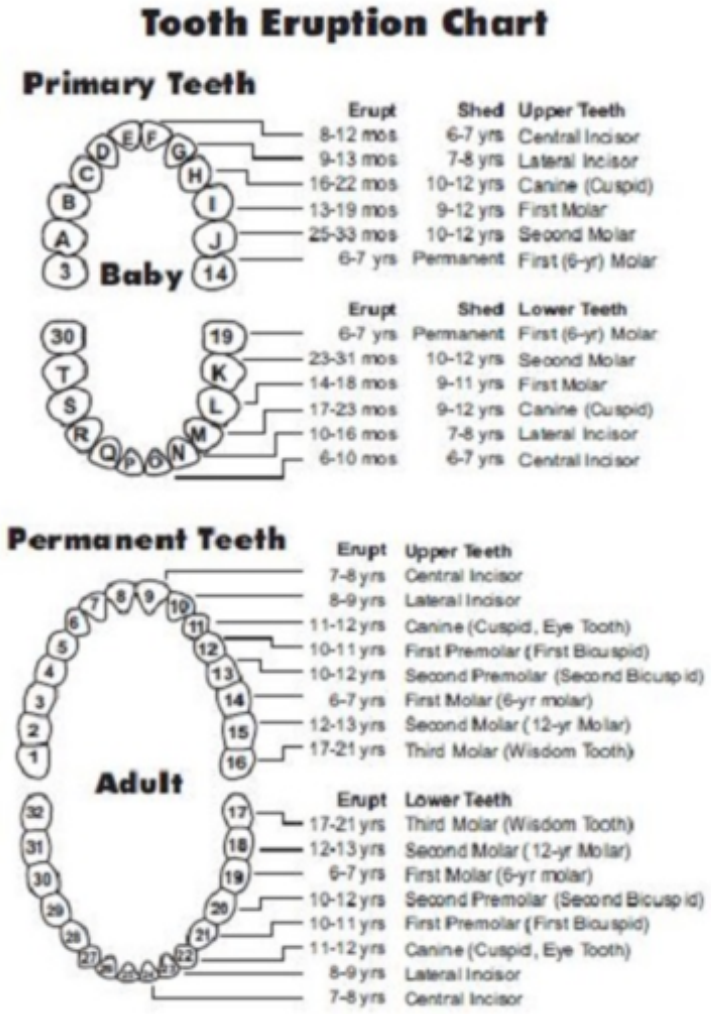


Image source: templaterepublic.com, vibrantsmilesga.com