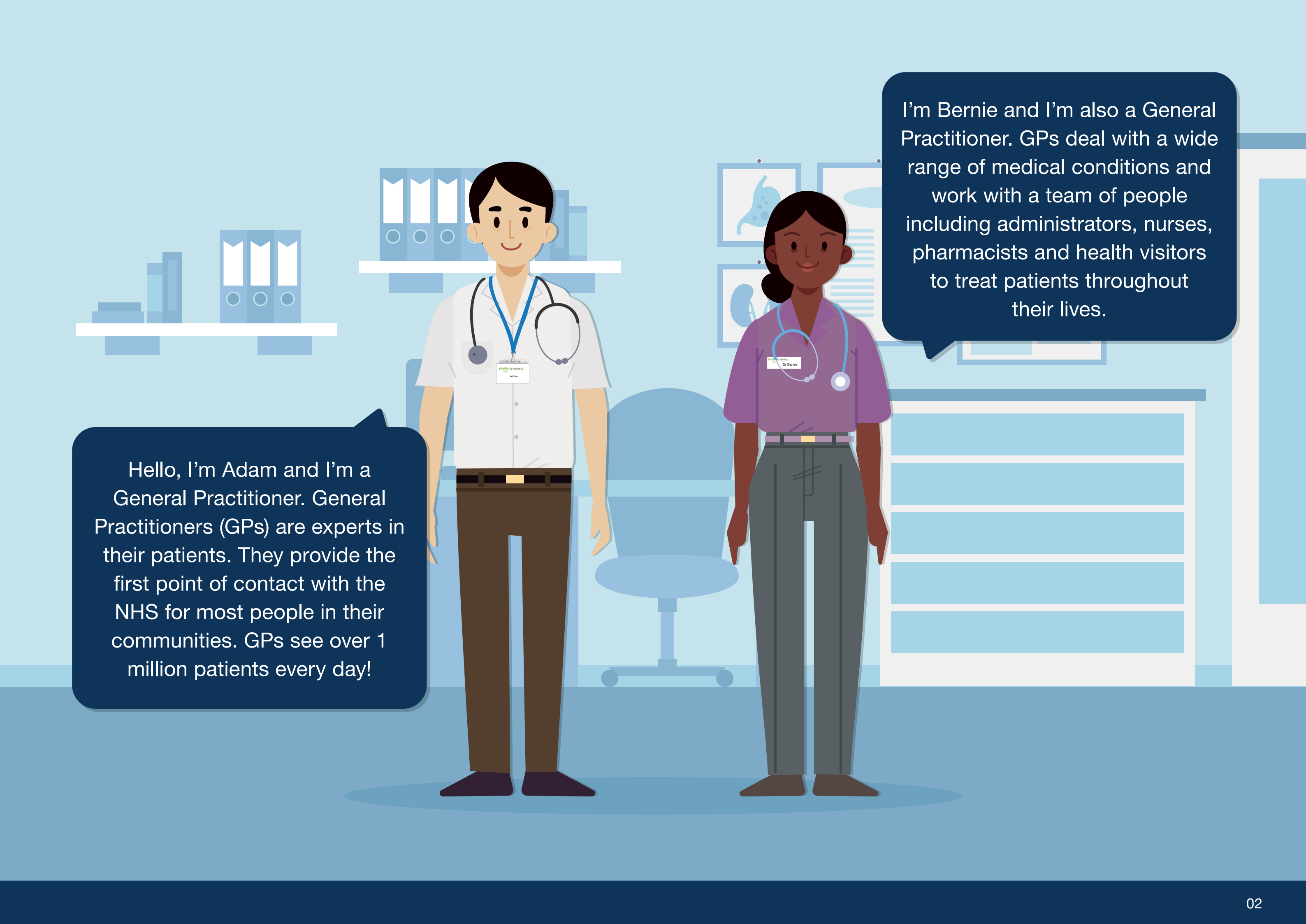


Primary School Activity Book

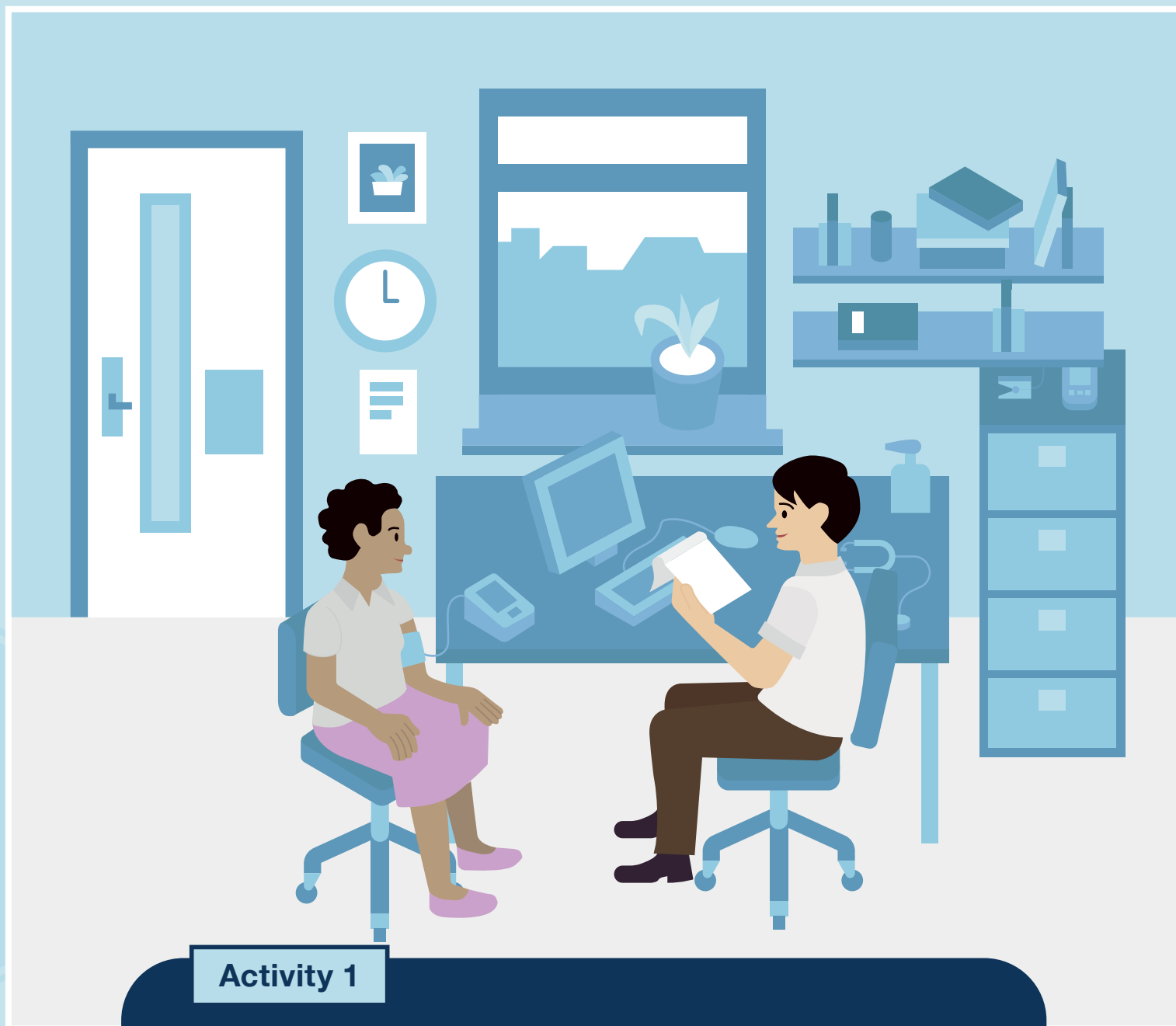
Being a GP





Hello, I'm Adam and I'm a General Practitioner. General Practitioners (GPs) are experts in their patients. They provide the first point of contact with the NHS for most people in their communities. GPs see over 1 million patients every day!

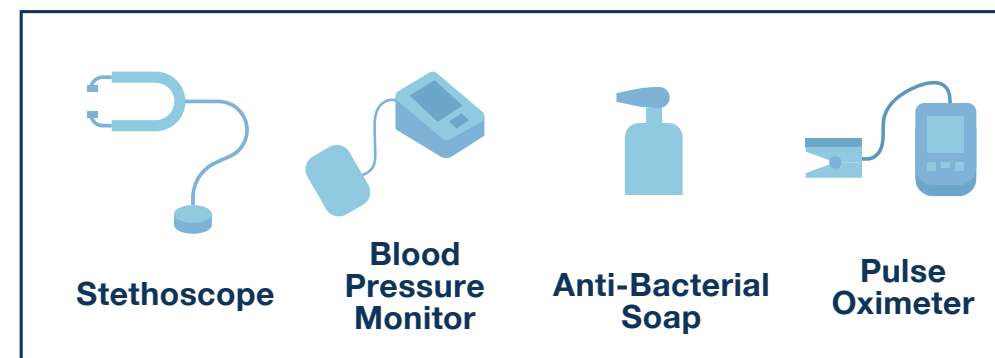
I'm Bernie and I'm also a General Practitioner. GPs deal with a wide range of medical conditions and work with a team of people including administrators, nurses, pharmacists and health visitors to treat patients throughout their lives.



Activity 1

Hidden Picture

Dr Adam needs you to help him find important pieces of equipment needed to treat his patients. Can you find the 4 hidden objects in this picture of his consultation room?



There is a glossary at the end of the document explaining what some of these things are.

In this picture you can see Dr Adam talking with one of his patients. What other sorts of things do people go to see the doctor about? Can you write these below?

Healthy Foods

Dr Adam asked some of his patients what they have eaten, he wants them to group them as 'healthy' or 'not healthy'. Can you tick the healthy foods listed opposite?

Can you list 3 ways that you can reduce the amount of unhealthy foods that you eat?

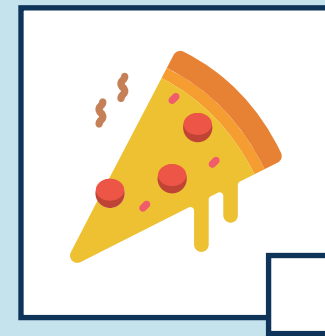
1.

2.

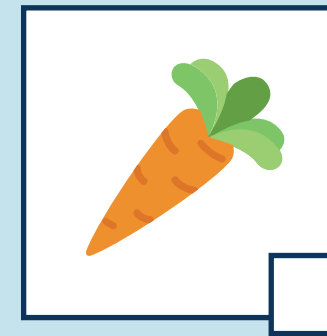
3.



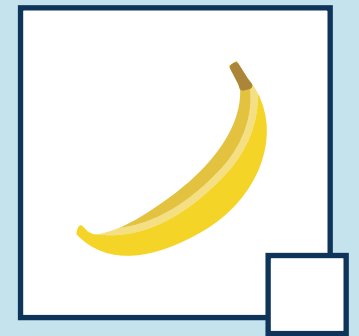
Milk



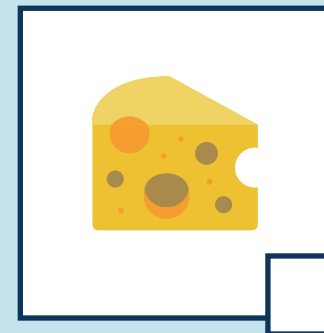
Pizza



Carrot



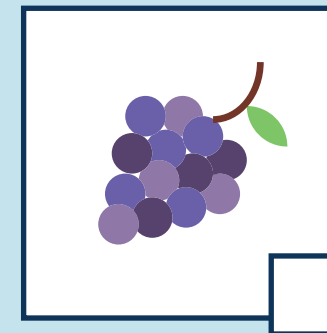
Banana



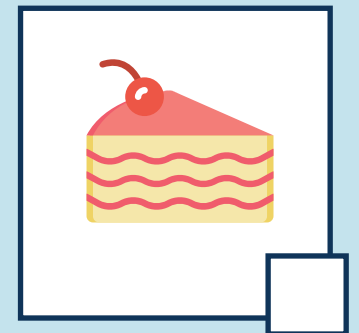
Cheese



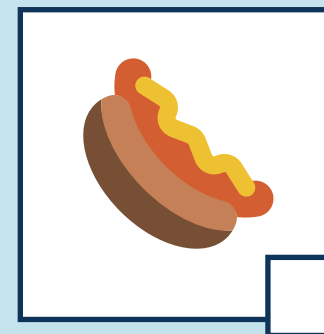
Sweets



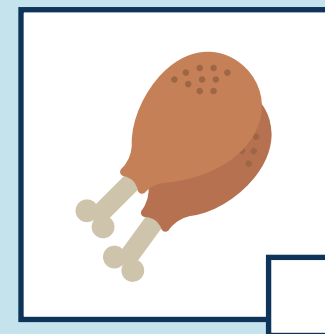
Grapes



Cake



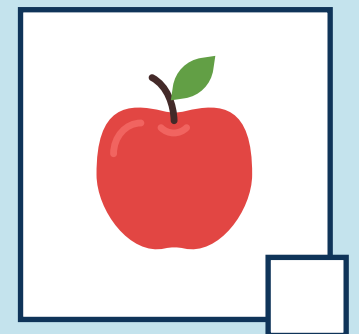
Hot Dog



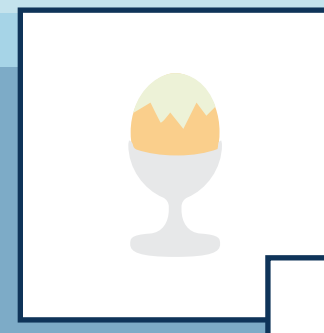
Chicken



Muffin



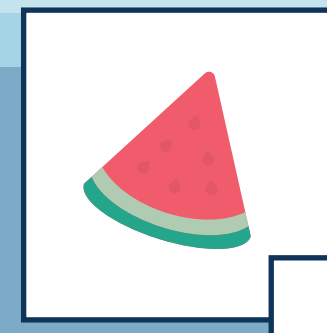
Apple



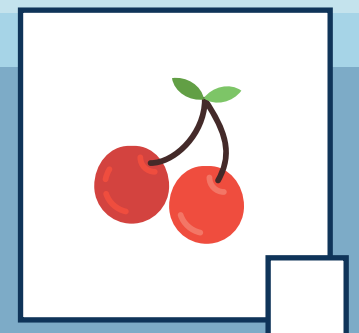
Eggs



Ice Lolly



Watermelon



Cherries



Spot the Difference

Dr Adam sees many patients each day, sometimes up to 30 - how many differences can you spot in his consultation room?



How many difference could you find?

Activity 4

Keeping Healthy

Dr Bernie has been working with Dr Adam to help patients to stay fit and healthy. She wants you to help her.

In the spaces below can you write down why each of these things are healthy?



Carton of Milk

This keeps me healthy because...



Glass of Water

This keeps me healthy because...



Washing your hands

This keeps me healthy because...



Plate of Food

This keeps me healthy because...



Exercise

This keeps me healthy because...



**Teacher,
Parents, Family**

This keeps me healthy because...



**Healthcare
Professionals**

This keeps me healthy because...

Correct order (alphabetical) for filing the leaflets:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Health Promotion

Dr Bernie is trying to file some information leaflets that she has. She gives these to patients to support them to lead a healthy lifestyle. Can you put them in alphabetical order?

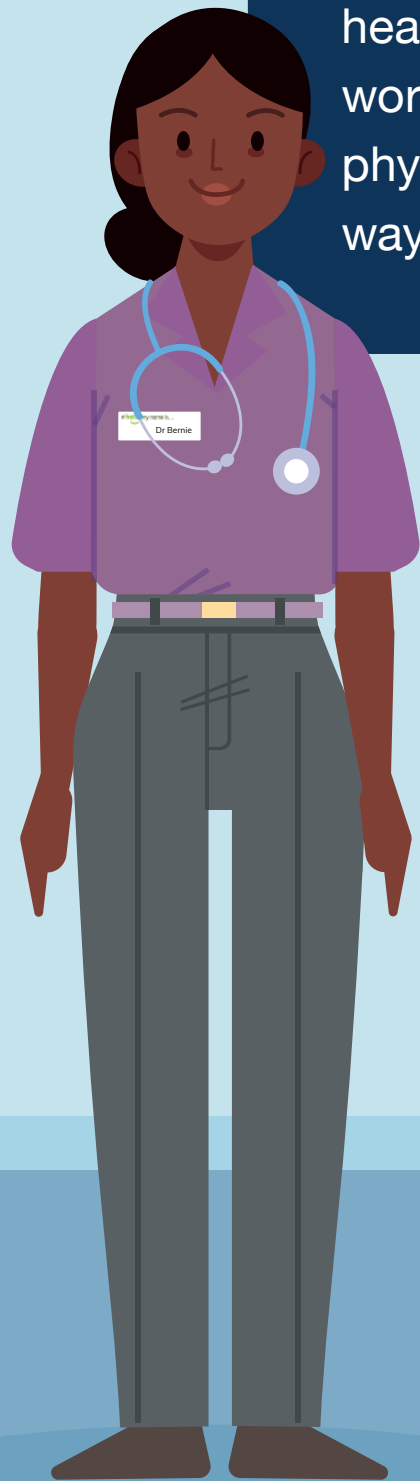
Remember to list them using the first letter of the first word. If there are 2 with the same letter then you go to the second letter of the first word.

Leaflets Dr Bernie needs to file:

- All about me - my healthy choices
- Healthy eating
- Hand washing
- Accident prevention
- My body- keeping the right weight
- Exercise is fun!
- Staying safe in the sun
- Why do we need to have injections?
- Drinking water is good for me
- GPs - what they can do to help me

Find the way

GPs work with lots of people to look after the health of patients. This week Dr Bernie is working with the pharmacy, hospital and physiotherapist. Can you help her find the way to each by labelling their lettered route?



A

B

C

D

E

F

Pharmacy

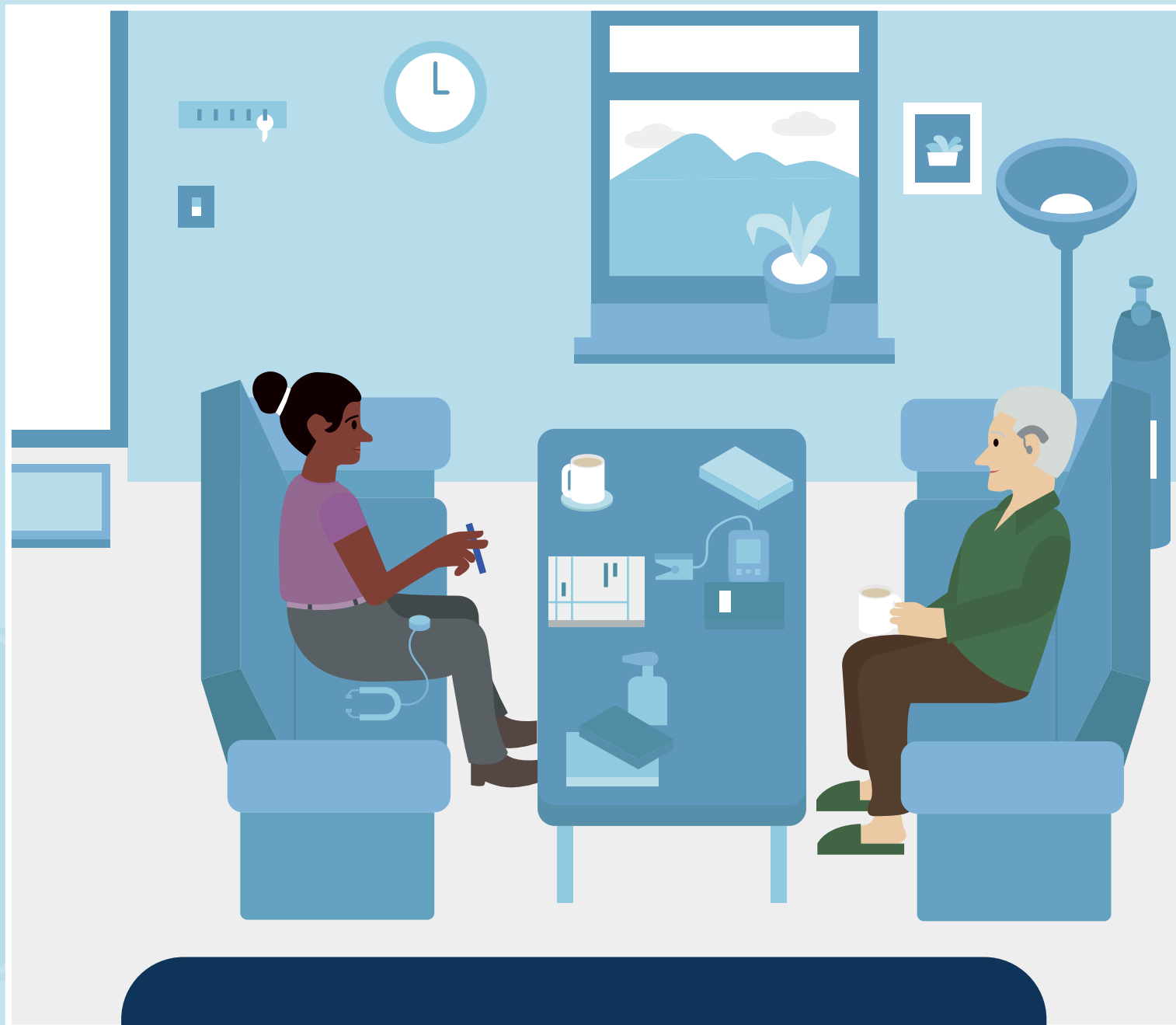
School

Hospital

District Nurses

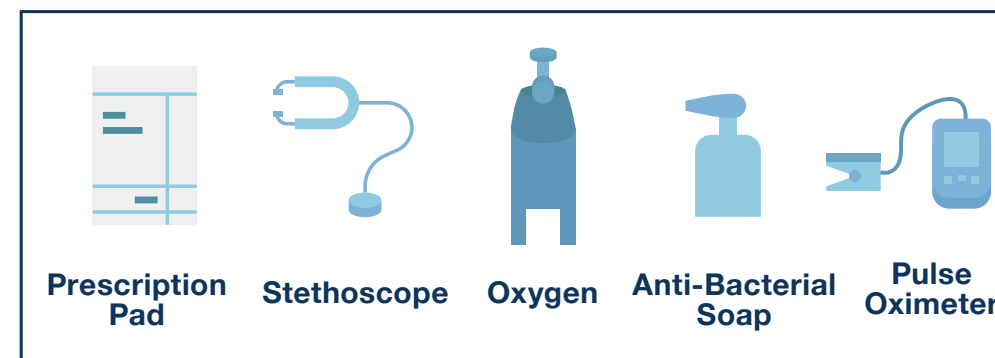
Physiotherapy

GP Surgery



Hidden Picture

...
GPs have the privilege of visiting patients in their own home, can you help Dr Bernie find 5 hidden objects when visiting Jim in his home.



There is a glossary at the end of the document explaining what some of these things are.

Dr Bernie is seeing one of her elderly patients. What changes happen as we get older? Write what you think in the box here.

Activity 8

How many Words?

Can you work out how many words you can write with the letters in... **GENERAL PRACTITIONER?**

1 letter words

2 letter words

3 letter words

4 letter words

5 letter words

■ ■ ■ ■

(2 - 12 - 15 - 15 - 4)

(19 - 20 - 5 - 20 - 8 - 15 - 19 - 3 - 15 - 16 - 5)

(12 - 21 - 14 - 7 - 19)

(15 - 24 - 25 - 7 - 5 - 14)

_____ ■

(15 - 24 - 9 - 13 - 5 - 20 - 5 - 18)

A stylized illustration of a laptop keyboard and trackpad. The keyboard is shown from a top-down perspective, with keys represented by light gray rectangles with thin black outlines. The trackpad is a larger, light gray rectangle located below the keyboard. The entire illustration is set against a light gray background.

Dr Adam and his Patients

Dr Adam has a lot of patients to see today! The pictures on this page show you how many he will see. Fill in the tally chart below and then answer the questions.

Patient	Tally	Total Number
Babies		
Children		
Adults		

How many babies are waiting to see Dr Adam?

How many children are waiting to see Dr Adam?

How many adults are waiting to see Dr Adam?



Fill in the Gaps

Healthcare professionals need special tools to help them in their jobs. Can you work out each of the tools from the clues we've provided? You will need to fill in the gaps. All the words you need are in the equipment list below.

If you want to know more about them please turn to the information at the end of the activity book. You may also want to see how many of them are in the pictures within the book.

EQUIPMENT

BLOOD PRESSURE MONITOR

OTOSCOPE

SYRINGE

PEN TORCH

PULSE OXIMETER

STETHOSCOPE

PRESCRIPTION

Special tool

S _ _ _ _ _ C _ _ _

What it does

Used to listen to the heart and lungs

Special tool

_ _ _ _ _ E

What it does

Used to look into ears, noses and mouths

Special tool

_ _ _ T _ _ _ _

What it does

It is shined into eyes to watch how the eye reacts to light

Special tool

_ _ _ _ _ P _ _ _ _ U _ _ _ O _ _ _ _

What it does

Used to find out what someone's blood pressure is

Special tool

_ _ _ _ _ X _ _ _ _ _

What it does

Used to find out how much oxygen is in someone's blood

Special tool

_ _ _ _ N _ _

What it does

Used to take blood samples

Special tool

_ _ _ _ _ P _ _ _ _

What it does

A patient takes this to the pharmacist (chemist) who will give them their medication



Hidden Picture

Dr Adam works as the GP for his local rugby club. Can you find the hidden objects of him providing medical support at a sports game?



Anti-Bacterial
Soap



Triangular
Bandage



Wound
Dressing



Bandage

There is a glossary at the end of the document explaining what some of these things are.

What other things do you think could be in a first aid bag? Write them down here.

Amazing Body Facts

Our body is amazing! Dr Bernie would like you to help her find out which of the following facts are true and which are false.

Place a tick in the right box for each 'fact'.

- | | True | False |
|---|--------------------------|--------------------------|
| 1. More than half of our body is made up of oxygen. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Your bones are harder than your teeth. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. If you want to be tall you should measure yourself in the morning. | <input type="checkbox"/> | <input type="checkbox"/> |

- | | True | False |
|---|--------------------------|--------------------------|
| 4. Babies cannot see colours for the first few days of their lives. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. You have approximately 50,000 hairs on your head. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. There is a bone in your ear called your stirrup. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. You have more than 100,000km of blood vessels in your body. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Around 1,000 cells in your body died and were replaced by new ones while you were reading this sentence. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Our fingertips are more sensitive than our lips. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. We have more bones in our body as a child than as an adult. | <input type="checkbox"/> | <input type="checkbox"/> |

Match the Word

Doctors and other medical professionals use the words below as part of their daily work, but what do they mean?

Can you match the word to the correct definition by writing the correct letter in the box? They are all about hearing and the ear.

Medical Term	Definition (Which letter?)
Ear drum	
Hammer	
Ear canal	
Eustachian tube	
Pinna	

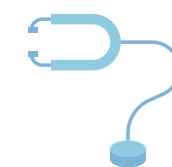
Description

- A** This is one of the 3 small bones that sit in the middle ear.
- B** This part of the ear sometimes gets filled with too much ear wax, people can go to the GP surgery for ear drops to soften this or get it gently washed out in a procedure called ear syringing.
- C** This is the part of the ear what collects the vibrations and as it shakes it passes them onto the bones in the middle ear.
- D** This is the part of the ear that acts as a funnel and is the bit that you can see!
- E** This is the part of the ear that connects to the back of the throat. It makes the pressure of the middle ear equal to that outside the body. You notice this when your ears pop on a plane or in a train tunnel.



Hidden Picture

Can you help Dr Bernie find the 4 hidden objects in this picture of her helping with an expedition?



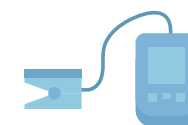
Stethoscope



First Aid



Syringe



Pulse Oximeter

There is a glossary at the end of the document explaining what some of these things are.

Write in the box below what else you think Dr Bernie will need to do to keep everyone healthy on the expedition.

Medical Calculations

Dr Adam needs to make sure that one of his patients takes the right medicines when he should. He has written a prescription showing when each medicine dosage should be taken.

Can you work out in the boxes how much medicine the patient needs to take so that I can let the pharmacist know how much of the medicine needs to be given to the patient each week. Can you then work out how much medicine the pharmacist would need to give to the patient to last for one month (this is 4 weeks or 28 days)?

Total doses of Medicine A for one week are...

Total doses of Medicine A for one month are...

If Medicine A costs 25p for 7 capsules how much will it cost for one month's supply?



Prescription



Medicine A

One capsule three times per day at mealtimes.

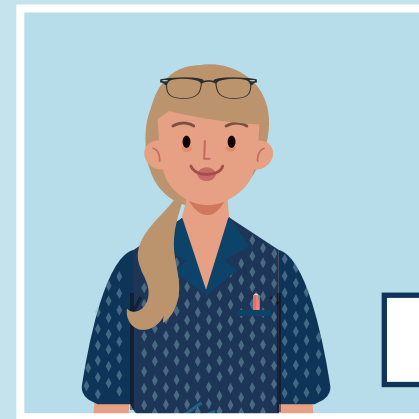
Dr Adam	Dr Adam
---------	---------



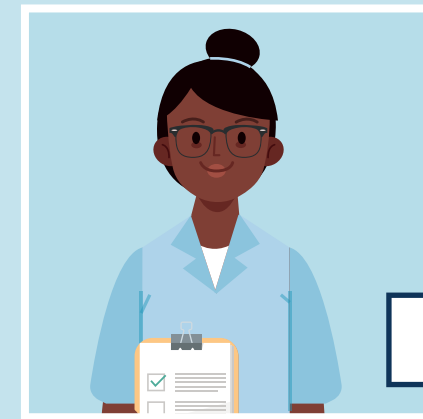
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Who's Who?

Dr Adam works in a team of healthcare professionals, can you help identify who each of them are from the descriptions? Put the correct letter next to each person.



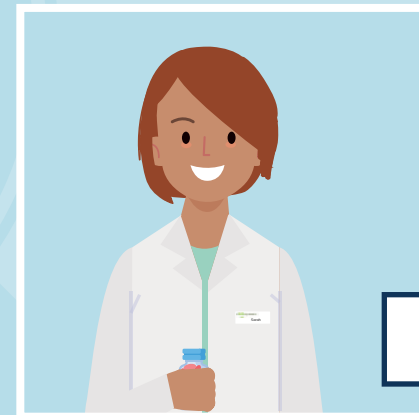
Receptionist



Practice Manager



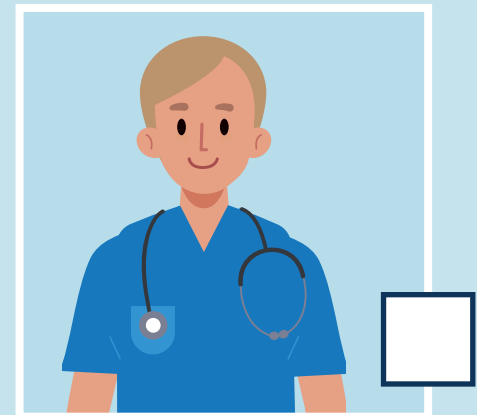
Physiotherapist



Pharmacist



Paramedic



Nurse



Health Visitor



Community Midwife

- **A:** This person welcomes you to the General Practice.
- **B:** This person checks your pulse and temperature and carries out other health checks.
- **C:** This person gives medicines to patients.
- **D:** This person makes sure that the General Practice runs well.
- **E:** This person helps to deliver babies.
- **F:** This person helps people at the scene of accidents.
- **G:** This person gives health advice in patients homes.
- **H:** This person helps other people to improve their movement.

The Digestive System

The digestive system helps us to convert food into energy. Can you identify the following in the picture? Write the word in the correct box.

Parts of the digestive system to identify: **Mouth, oesophagus, stomach, small and large intestine.**

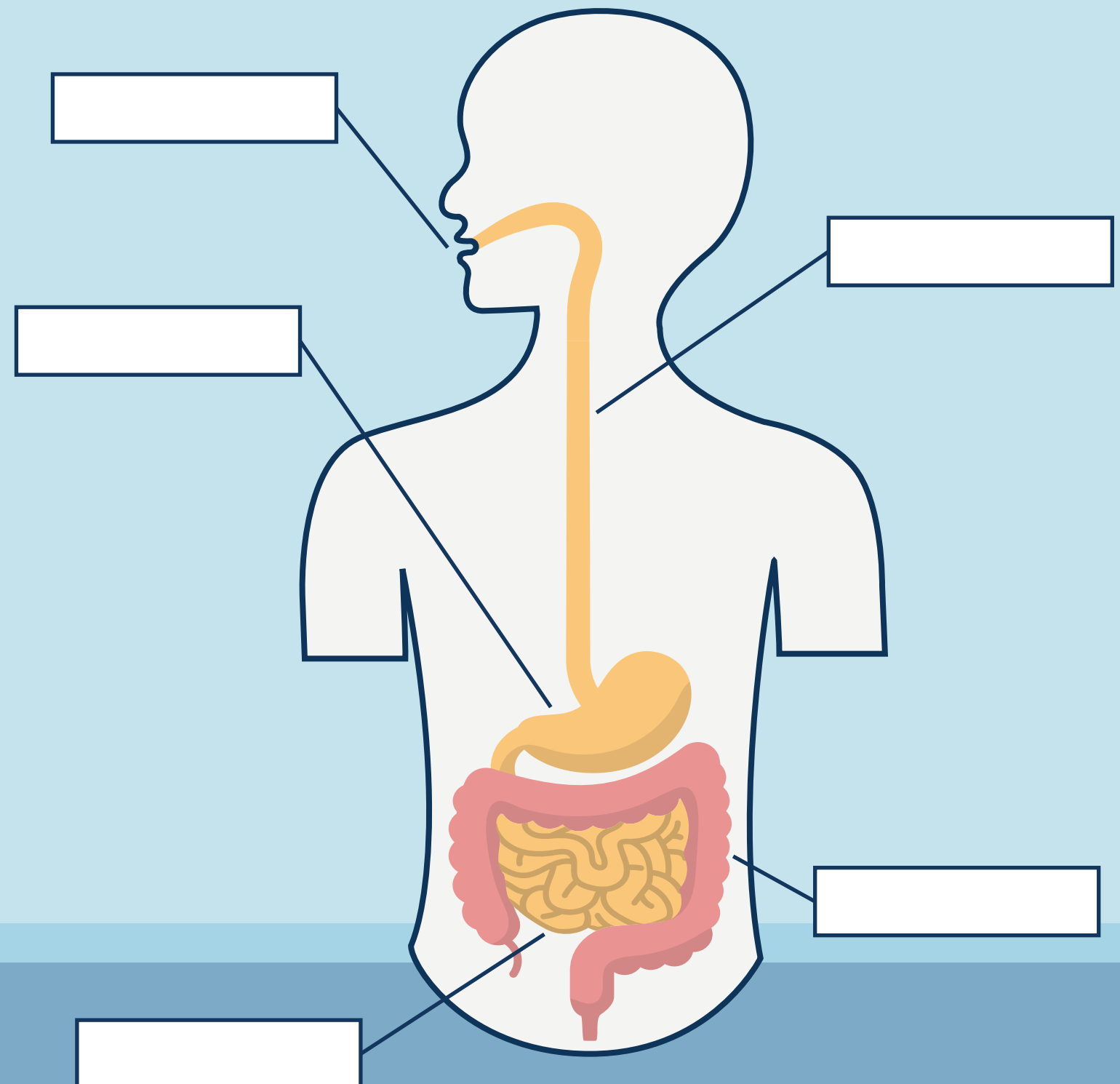
Which of the parts listed is associated with one of our senses...

and which sense is it linked to...

Which part of the digestive system carries the food from the mouth to the stomach?

Which organ produces strong acid to break down our food?

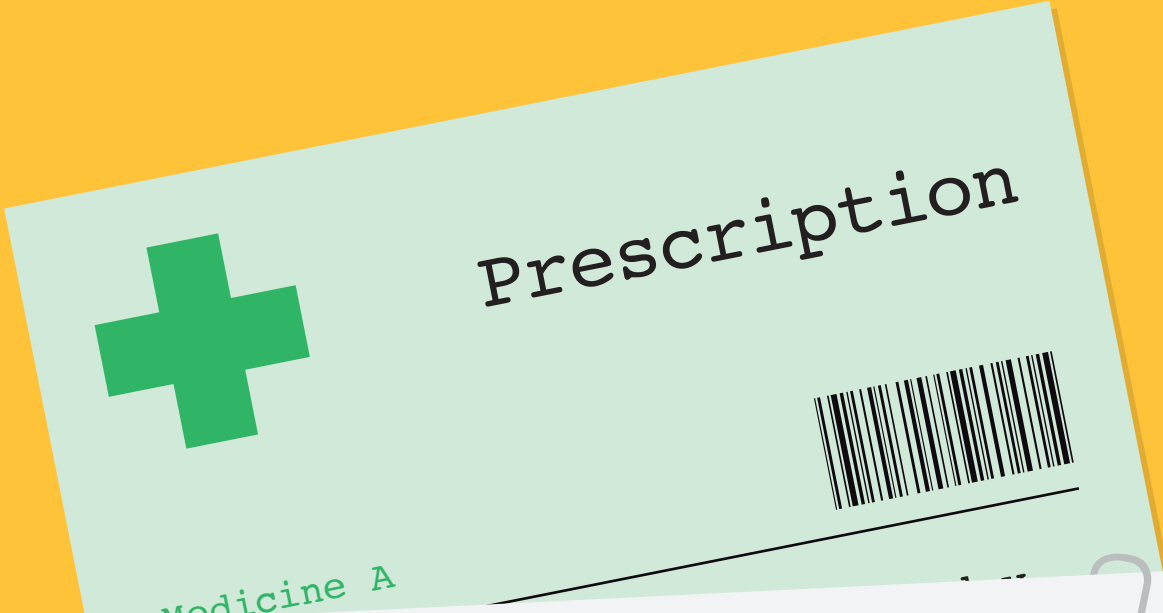
Which part of the digestive system absorbs the digested food?



Activity 19

Keeping Fit

Some of Dr Adam’s patients exercise by racing each other. When we exercise our body needs more oxygen which is then pumped to our muscles, to do this we breathe more quickly and our hearts beat faster. Can you work out the heart rates of his patients?



Runner	Heart rate before race sum	Heart rate before race answer	Heart rate after race answer
Angela	2 x 38		25 more than before the race = _____
Colin	3 x 20		30 more than before the race = _____
Bethany	20 + 40		27 more than before the race = _____
Muhammad	40 + 4 + 8		Double the rate before the race = _____
Petra	50% of 140		One & a half times the rate before the race = _____
Jessica	75% of 100		The same as Bethany & Andrew’s rates before the race = _____



Hidden Picture

Can you help Dr Adam find the 4 hidden objects in his classroom?



There is a glossary at the end of the document explaining what some of these things are.

When Dr Adam is teaching medical students what important skills should he be teaching them? Write what you think here.

Glossary

Anti-bacterial soap/gel is one of the methods used to clean healthcare professionals' hands to minimise the spread of bacteria and viruses.

Bandage is used to support injured parts of the body or to help keep dressings in place.

Blood is the red liquid that travels in tubes called arteries and veins carrying oxygen and other essential things to our organs where it drops them off, collecting waste from them that our bodies no longer need.

Blood pressure monitor is a cuff placed around the upper arm which is used to measure our blood pressure (BP).

Cough is a protective function of the body to clear our throat and tubes that we breathe through of foreign material.

Dehydration is when we don't have enough water in our body. This can happen if we are not drinking enough or we are losing more than normal for example if we have a tummy bug (diarrhoea).

Digestive system is the gastrointestinal tract (the tube from the mouth to the anus) and organs which together convert food into parts that the body can use.

Dressing is used to cover wounds to keep them clean to prevent infection.

Ear canal is a tube running from the outer ear to the middle ear.

Ear drum is the part of the ear that collects sound vibrations causing it to shake.

Eyepatches are used to cover injured eyes.

Eustacian tube is the tube connecting your ear to your throat.

Germs include bacterial and viruses that can cause illness and disease.

Hammer is one of the 3 small bones in the ear- the others are the anvil and stirrup.

Heart pumps blood around the body.

Heart rate is the number of beats of the heart each minute.

Immunisation is a way of preventing disease it can involve giving children or adults injections, a nasal spray or droplets by mouth to make them immune to certain diseases.

Large intestine absorbs the water in our food.

Mouth contains your tongue and teeth.

Oesophagus is the tube that carries food from the mouth to the stomach.

Otoscope is an instrument used to look into ears, noses and mouths.

Pen torch is used to look into the eye or mouth.

Pinna is the outer part of the ear that you can see.

Prescription pad is used by healthcare professionals to prescribe medicines for patients. The patient then takes this to the pharmacist who will provide them with the medication. This is known as dispensing.

Pulse oximeter is a device often placed on a patient's finger that tells us how much oxygen is in their blood.

Oxygen is one of the gasses in the air which is breathed into the lungs, it is carried in red blood cells around the rest of the body.

Small intestine absorbs the digested food.

Stomach contains strong acid to break down our food.

Stethoscope is used to amplify sounds and allows us to hear heart and breath sounds for example.

Syringe is used to take blood for testing from patients or to inject medication.

Teeth help to tear and grind our food into small pieces before we swallow.

Tongue is covered in taste buds and sits on the floor of our mouth and throat.



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