

Lesson Package

ELSA 3

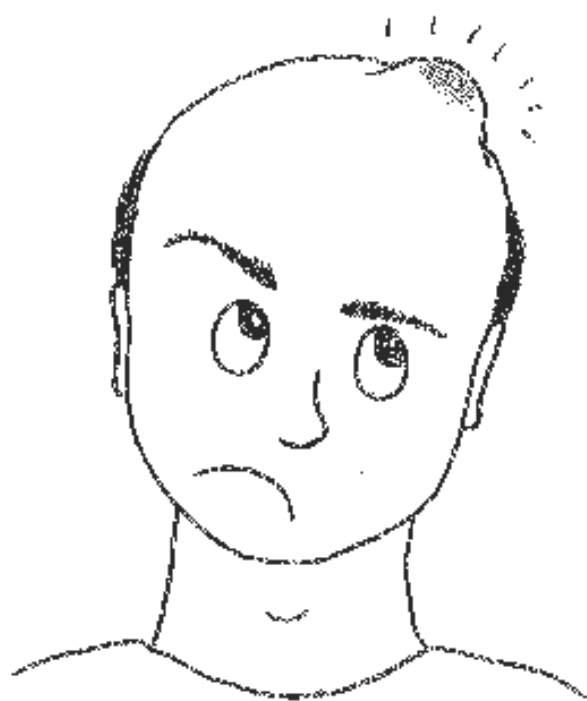


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Talking About Pain Lesson Plan

ELSA Level: 3

Time: 2.5 - 3 hours

Learning Outcomes:

- Ss will be able to state the location of their pain to health care providers.
- Ss will be able to use the pain scale to describe the level of their pain.
- Ss will be able to state if the pain is constant or intermittent.

Note: This topic may trigger negative memories for some Ss.

Suggested Approach:

Warm-up:

Material:

- Pictures of People in Pain

Steps:

- Elicit the idea of “Pain” using the 4 pictures of “People in Pain”: headache, toothache, etc.
Ask: “What do these 4 people have in common?” Answer = “Pain, they are all in pain.”
- Pre-teach / elicit degrees of “pain” with gestures / mime:
Ask “What kind of pain do I have?”
Pre-teach “mild”, “moderate” and “severe” pain using gestures or synonyms.
Pre-teach “constant” (stays for a long time) vs. “intermittent pain” (comes and goes).
Write these on the board. Ss copy (optional)

Activity 1: Talking About Pain Video

Material:

- Video: Talking About Pain
- Video Script (optional)

Steps:

- Watch “Talking About Pain” Video once. Then, write on the board:
 - “Where does she have pain?”
 - “How much pain does she have?” How does she rate her pain?
 - “Is her pain constant or intermittent?”
 - “When did her pain start?”
- Watch each scenario again, pausing after each and eliciting answers to the above questions.
- Refer to Video Script as needed.

Activity 2: Describing Pain**Material:**

- Pain Scale - presentation size
- Pain Scale - large
- Pain Pictures A - large
- Pain Pictures B - large and small

Steps:**Part 1: Mild, Moderate or Severe**

- Put up Pain Scale (presentation-size). Go over where it is used (clinics, Dr.’s office, pharmacy, etc.)
- Go over the scale and the associated pain terms (mild, moderate, severe, 1 - 3 = mild, 4 – 7 = moderate, 8 - 10 = severe).
- Present Pain Pictures A to whole class. (cut on the finger = mild pain, a bump on the head = moderate pain, a broken arm = severe pain.)
- Have Ss repeat the structure:
“I have _____ pain in my _____. I would rate my pain ____ out of 10.”
Example: I have severe pain in my arm. I would rate my pain 9 out of 10.
- In groups, Ss get a large Pain Scale and small Pain Pictures B. Ss choose half of the pictures and decide where to place them on the Pain Scale and repeat the structure above.
- Groups do oral practice with the structure.

Part 2: When Pain Started

- Present the second part of the structure:
“My pain started about _____ ago.”
“My pain is _____.”

Example: “My pain started about 10 minutes ago. My pain is intermittent.”

- In groups, Ss decide where to place the other half of their Pain Pictures B on their Pain Scale and repeat the complete structure:

“I have _____ pain in my _____. I would rate my pain ____ out of 10. My pain started _____ ago. My pain is _____.”

Example: I have severe pain in my arm. I would rate my pain 9 out of 10. My pain started 10 minutes ago. My pain is constant.

- T circulates, checks Ss are using the structure correctly.

Note: Since pain is subjective, T may point out that each group has different answers but they are equally “correct.”

Activity 3: Case Studies

Material:

- Case Studies Worksheet / Substitution Dialogue
- Pain Scale - wallet-size

Steps:

- Divide Ss into pairs and give the Case Studies Worksheet. Ss read the case studies and work on filling in the blanks in the dialogues and answering the questions.
- Check answers as a class.
- Distribute wallet-size Pain Scale to all Ss. to keep

Activity 4: Role-Plays

Material:

- Pain Scale - wallet size (optional)

Steps:

- Optional: Ss role-play 1 - 2 of the case studies from Activity 3.
- In pairs, Ss write their own case study and the dialogue for it.
- Volunteers present their dialogues and use the Pain Scale (wallet-size) as a prop in the role-play.
- Other Ss watch and listen for the following: Where does he / she have pain? What is the pain rated at? When did the pain start? Is the pain constant or intermittent?
- T elicits answers.

Extension Activities**1. Grammar Focus: Question formation practice****Steps:**

- On the board, write each statement used to describe pain.
Example: "My pain is intermittent."
- Elicit the questions for each of these statements.
- Get Ss to come up and write these questions on the board below each statement.

Example: My pain is intermittent. → *Is your pain constant or intermittent?*

Questions to elicit:

- *I have pain in my back.* → *Where do you have pain? / Where is the pain?*
- *I'd rate my pain 7 out of 10.* → *How would you rate your pain?*
- *The pain started 2 days ago.* → *When did the pain start?*
- *Yes, it hurts a lot.* → *Does it hurt a lot?*

Etc.

- Ss then practice the questions and answers in pairs. Student A = the patient, Student B = the nurse.

2. Functional Language: Expand Ss' vocabulary to describe pain.

Steps:

- Teach expressions to describe pain
 - “I’m in a lot of pain.”
 - “My back / leg / arm is killing me.”
 - “It’s pretty bad.” Etc.

Vocabulary List

mild pain that is not strong

moderate medium pain

severe very strong pain

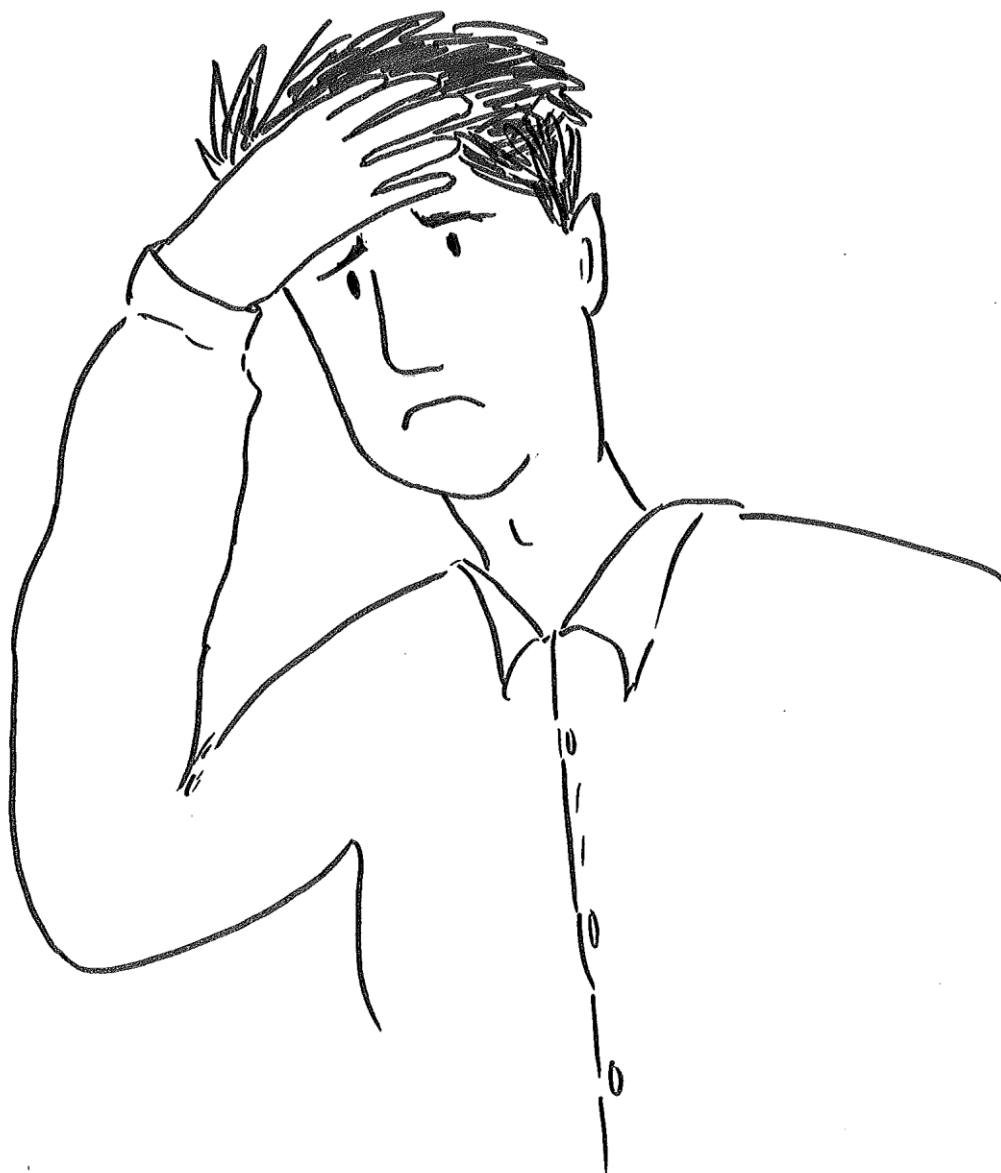
constant it stays for a long time

intermittent it comes and goes

Vocabulary-Definition Match

mild	pain that is not strong
moderate	medium pain
severe	very strong pain
constant	it stays for a long time
intermittent	it comes and goes

Pictures of People in Pain (*large*)



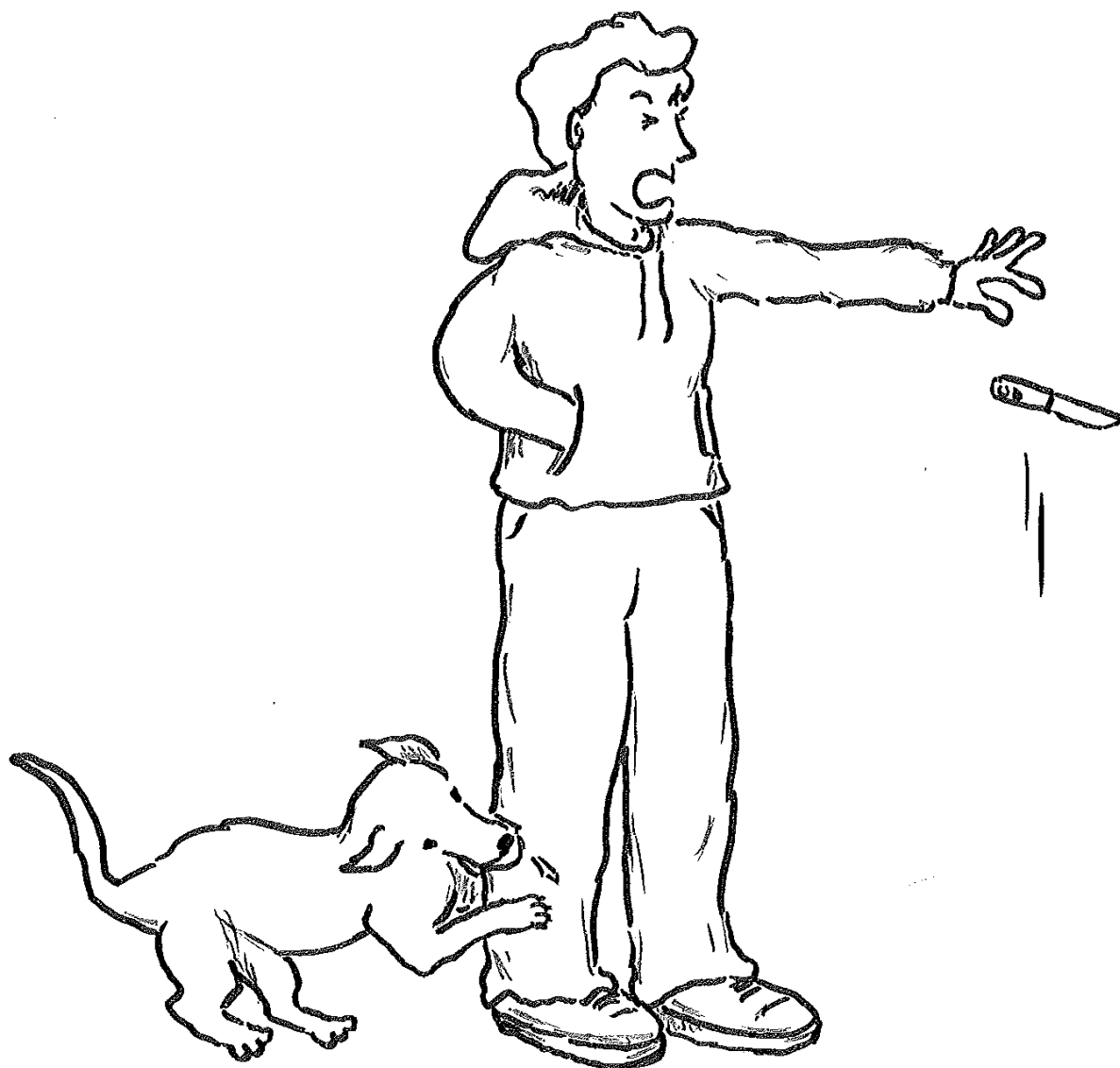
Pictures of People in Pain (*large*)



Pictures of People in Pain (*large*)



Pictures of People in Pain (*large*)



Video Script

ELSA Level 3

Scenario #1:

Part A: In an office.

Donna stands up from her desk and accidentally bangs her knee against the filing cabinet drawer.

Donna: Ow! (*Holding her knee*)

Part B: In a medical clinic.

In an examining room:

Shirene: Hi, Donna. I'm a nurse. My name is Shirene. Please sit down.

Donna: Okay. Ow. Ow.

Shirene: Where do you have pain?

Donna: Here. In my knee.

Shirene: Okay. I see. And how much pain do you have?

Donna: My knee really hurts!

Shirene: Okay. Now, from one to ten, how would you rate your pain?

Donna: Uh. I don't know....a number? That's hard to say.

Shirene: Well, ten is terrible pain. It's so bad you're going to faint. And one is a little pain. Five is in the middle.

Donna: Hmmm... I guess I'd rate it a five out of ten.

Shirene: A five, okay. Now, when did your pain start?

Donna: It started yesterday morning.

Shirene: Yesterday. Okay now, Donna, is your pain constant or intermittent?

Donna: What do you mean?

Shirene: Well, if your pain stays for a long time, it's constant. If it comes and goes, it's intermittent.

Donna: Hmm... My pain is constant.

Shirene nods.

Fade out.

Scenario #2:

Part 1: In an office.

Donna is sitting on a chair and leans over to put a file in the bottom drawer of the filing cabinet. Suddenly she grimaces and holds her back.

Donna: Ow! Ow! Oh, my back! Oh, it hurts so much!

Part 2: In a medical clinic

In an examining room:

Shirene: Hi Donna. I'm a nurse. My name is Shirene. Please sit down.

Donna: Actually, I feel better standing.

Shirene: Okay. Stay standing then. Now, where do you have pain?

Donna: Here, in my back. I have pain in my lower back.

Shirene: And how much pain do you have? Is it a lot? Severe? Or moderate?

Donna: It's severe. It really hurts.

Shirene: Okay. And when did your pain start?

Donna: It started this morning. Ow!!

Shirene: I'm sorry Donna. I just have to ask you one more question.

Donna: Okay.

Shirene: Is the pain constant or intermittent?

Donna: What do you mean?

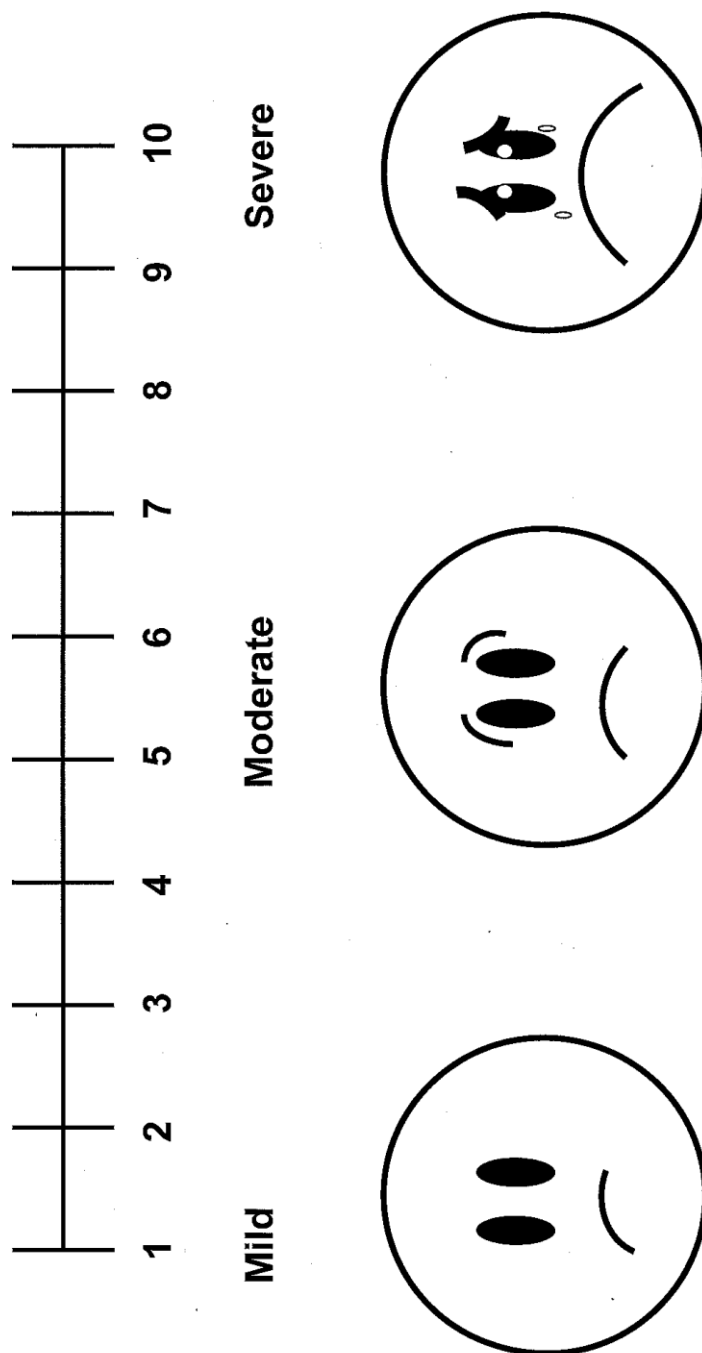
Shirene: Well, if it stays for a long time, it's constant. If it comes and goes, it's intermittent.

Donna: My pain is constant.

Fade out.

Pain Scale (*presentation size / large*)

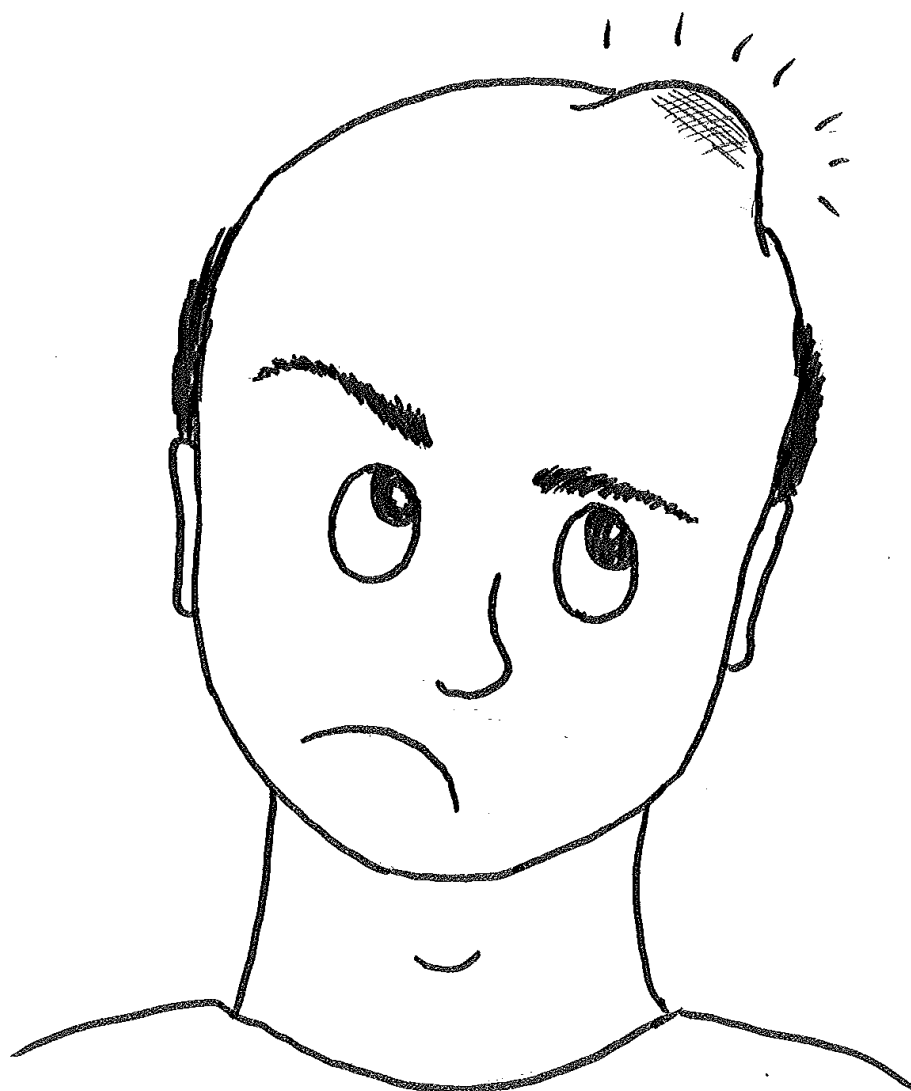
Pain Scale



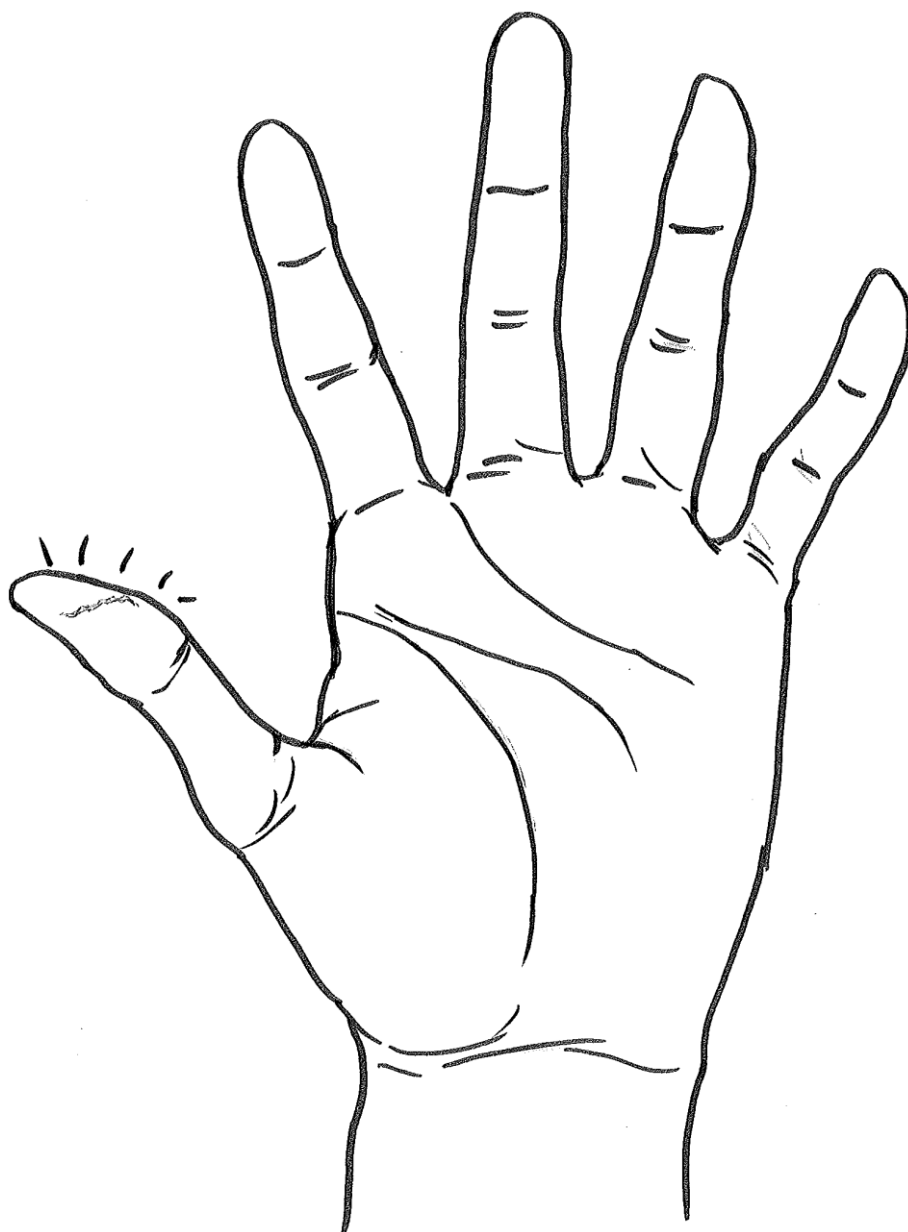
Pain Pictures A (*large*)



Pain Pictures A (*large*)



Pain Pictures A (*large*)



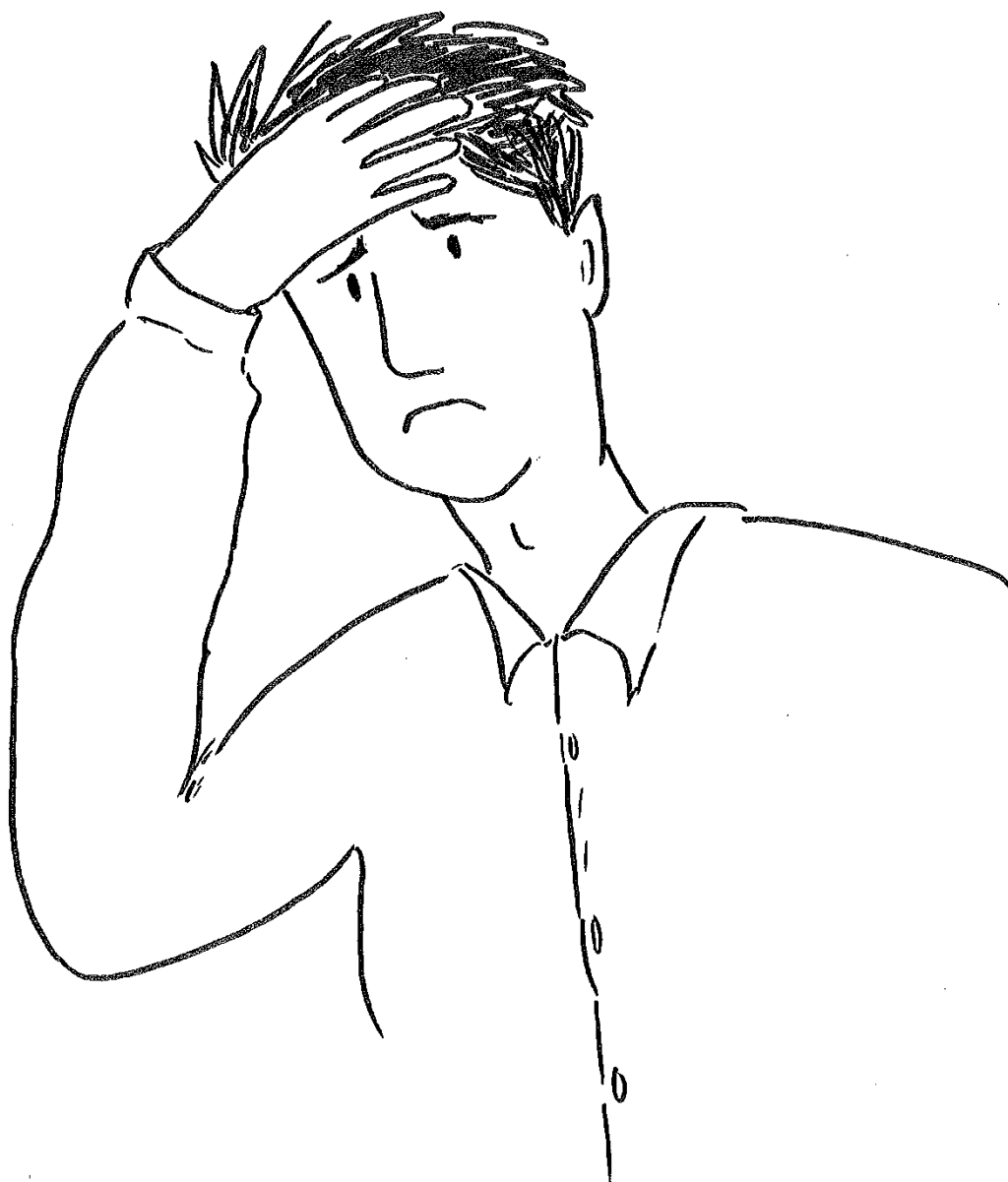
Pain Pictures B (small)



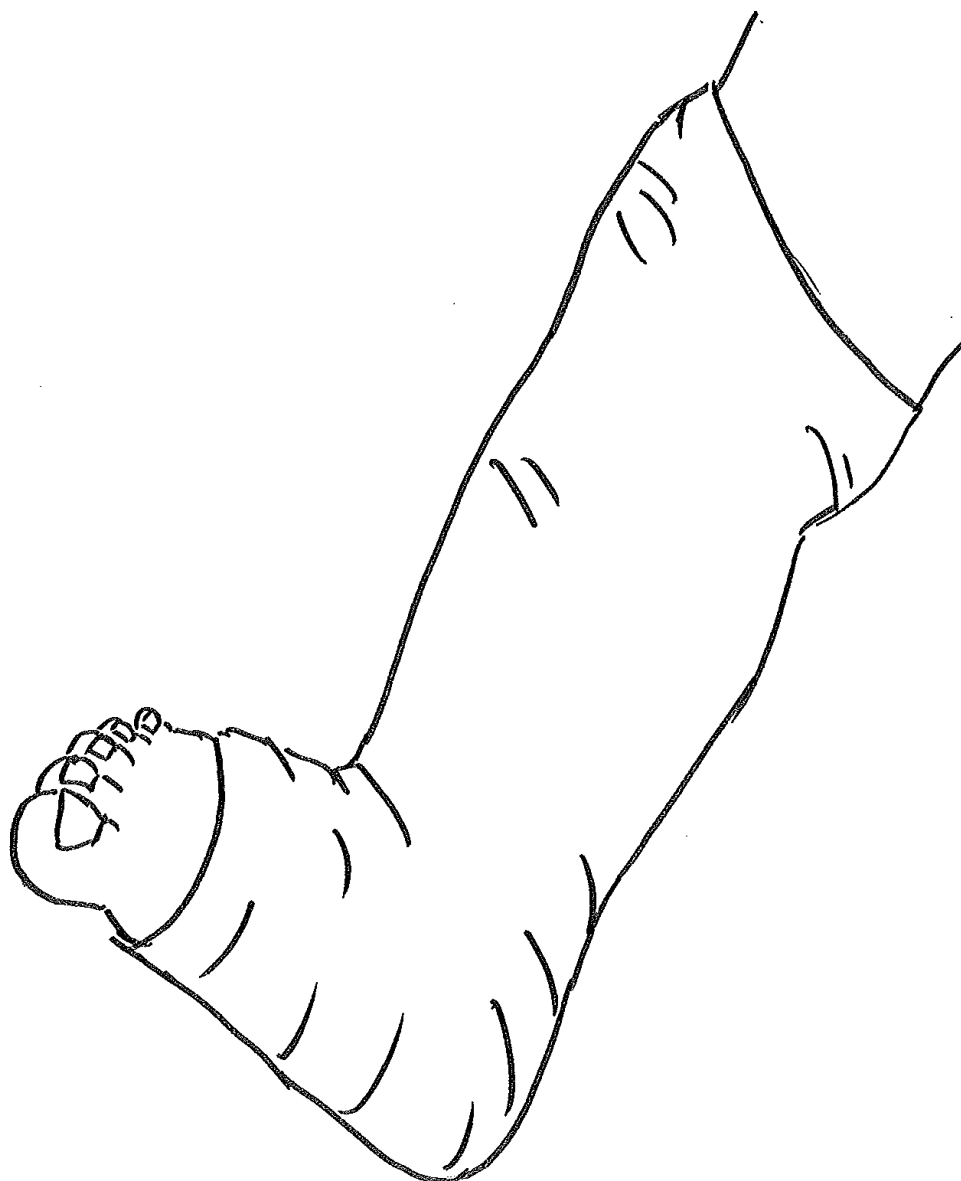
Pain Pictures B (*large*)



Pain Pictures B (*large*)



Pain Pictures B (*large*)



Pain Pictures B (*large*)



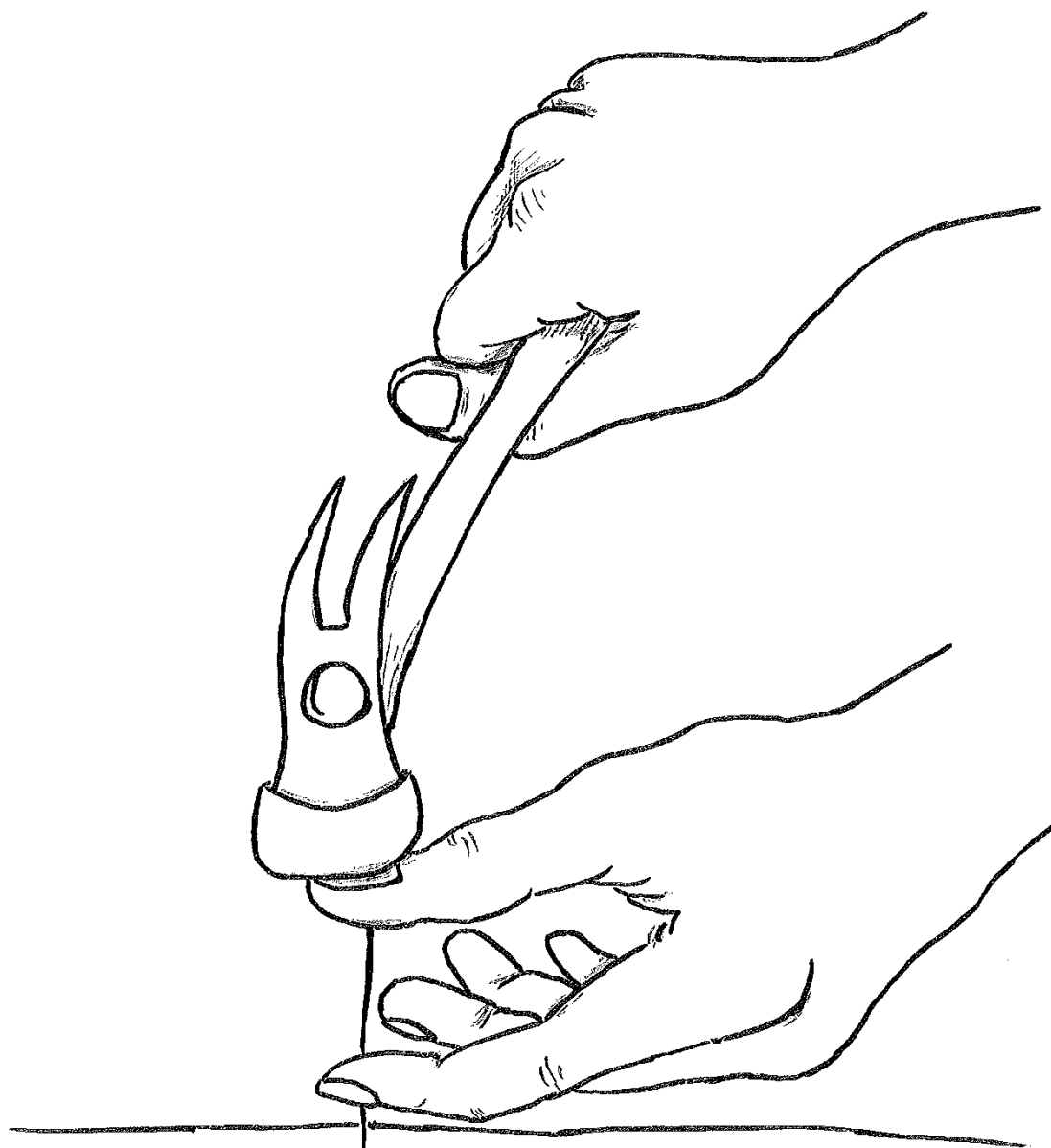
Pain Pictures B (large)



Pain Pictures B (*large*)



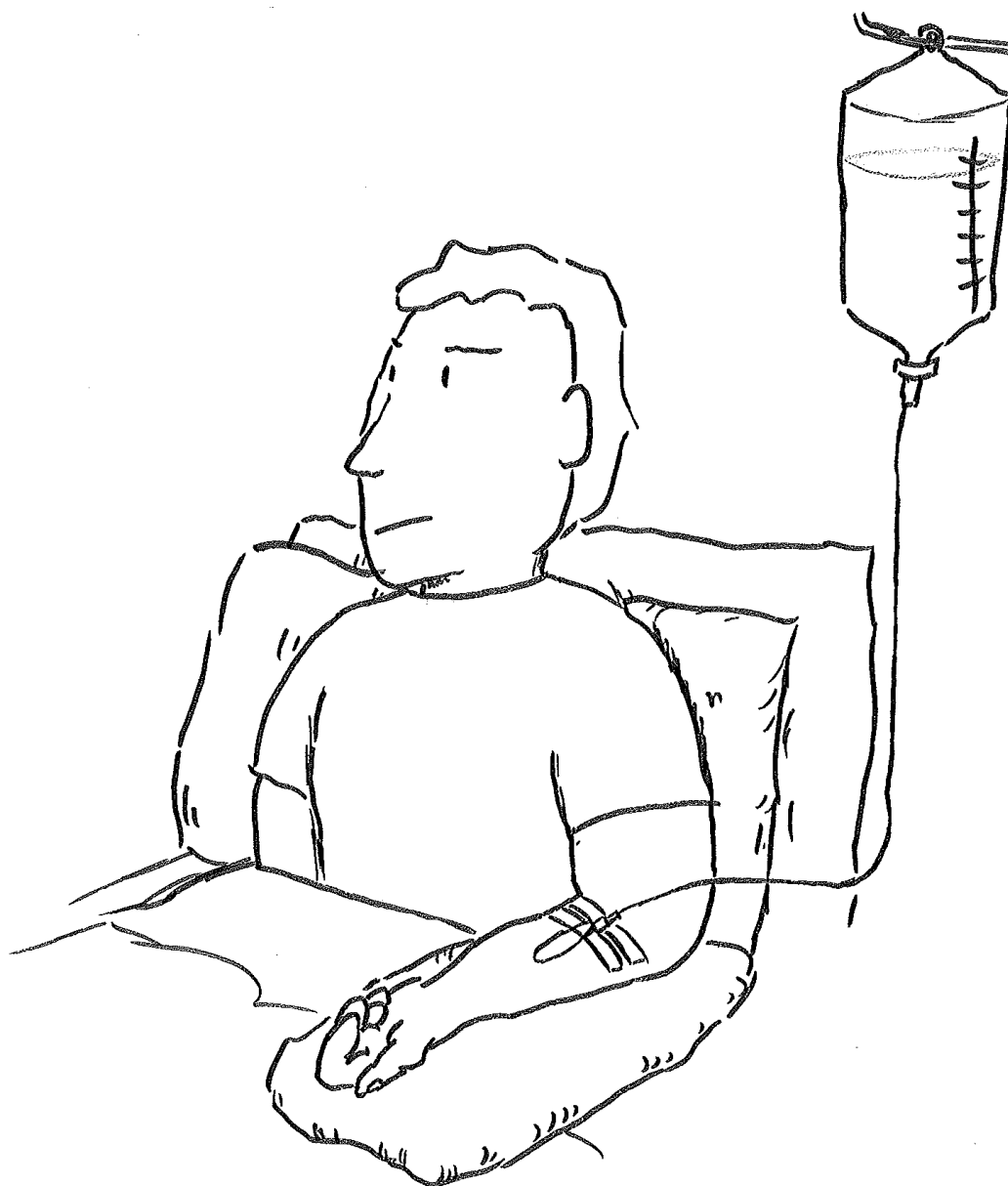
Pain Pictures B (*large*)



Pain Pictures B (*large*)



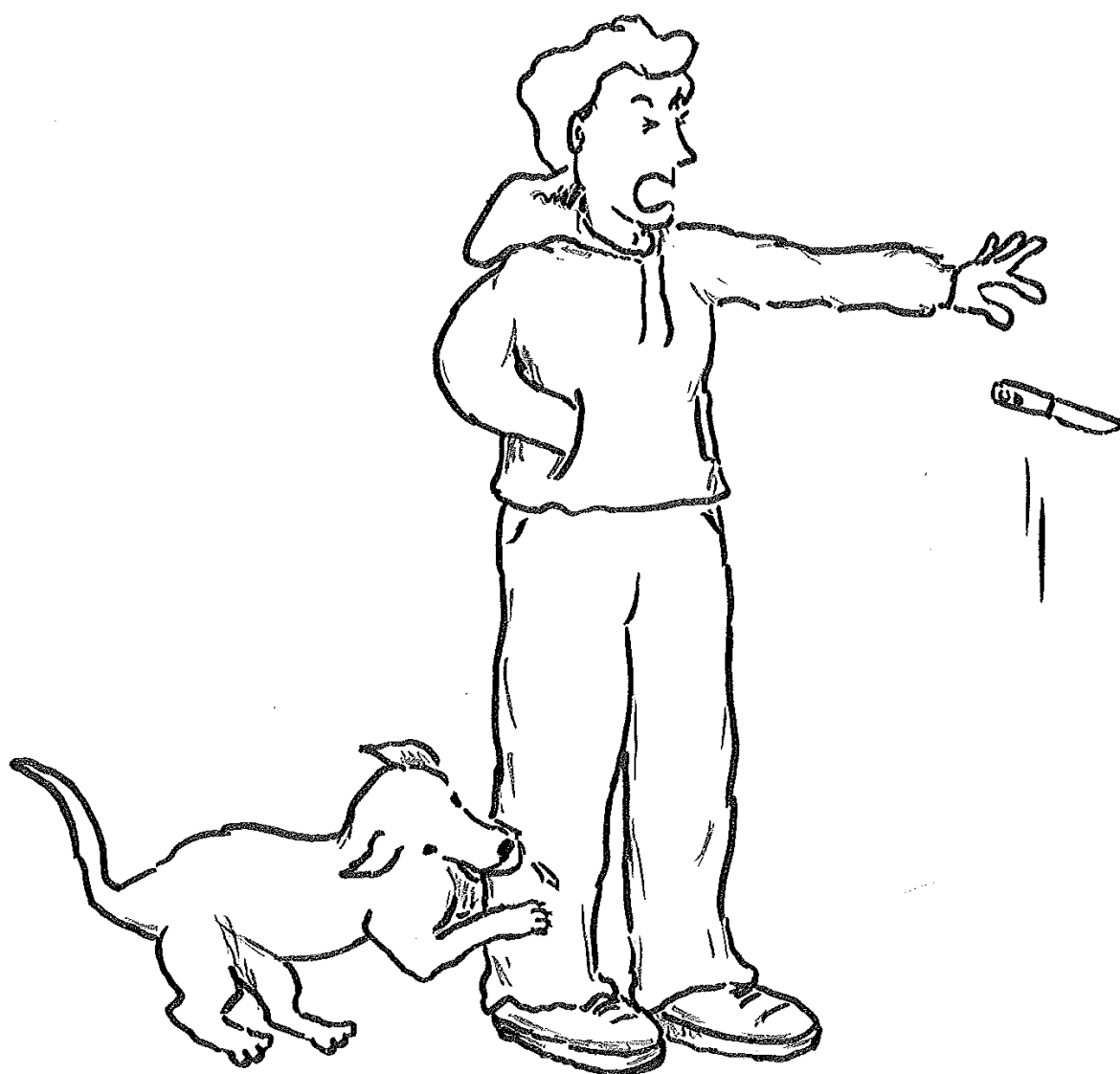
Pain Pictures B (*large*)



Pain Pictures B (*large*)



Pain Pictures B (large)



Pain Pictures A (*large*)



Case Studies Worksheet

Level 3

1. Bob is a 46 year old man. He is having moderate pain in his chest. He rates his pain 5 out of 10. The pain is constant. 10 minutes later, Bob's son drives him to Emergency for medical help. A nurse sees Bob and asks him some questions. How would Bob answer the nurse's questions?

Nurse: Where do you have pain?

Bob: I have pain in my _____.

Nurse: How much pain do you have?

Bob: I have _____ pain.

Nurse: What would you rate your pain out of 10?

Bob: I would rate my pain _____ out of 10.

Nurse: When did your pain start?

Bob: My pain started _____ ago.

Nurse: Is your pain constant or intermittent?

Bob: My pain is _____.

2. Millie is a 36 year old woman. She has a two year history of moderate back pain. She has had severe back pain for the last two days. She rates her pain 9 out of 10. The pain is constant. Millie goes to Emergency at the hospital for medical assistance. A nurse sees Millie and asks her some questions. How would Millie answer the nurse's questions?

Nurse: Where do you have pain?

Millie: I have pain in my _____.

Nurse: How much pain do you have?

Millie: I have _____ pain.

Nurse: What would you rate your pain out of 10?

Millie: I would rate my pain _____ out of 10.

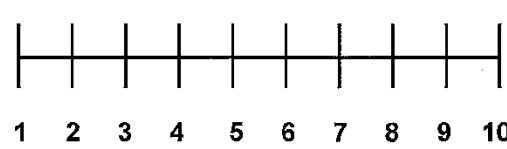







Nurse: When did your pain start?

Millie: My pain started _____ ago.

Nurse: Is your pain constant or intermittent?

Millie: My pain is _____.

Pain Scale (wallet size)

<p style="text-align: center;">Pain Scale</p>  <p style="text-align: center;">1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Mild Moderate Severe</p>   	<p style="text-align: center;">Pain Scale</p>  <p style="text-align: center;">1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Mild Moderate Severe</p>   
<p>Pain Questions</p> <p>Where do you have pain? I have pain in my _____.</p> <p>How much pain do you have? I have _____ pain.</p> <p>What would you rate your pain out of 10? I would rate my pain _____ out of 10.</p> <p>When did your pain start? My pain started _____.</p> <p>Is your pain constant or intermittent? My pain _____.</p>	<p>Pain Questions</p> <p>Where do you have pain? I have pain in my _____.</p> <p>How much pain do you have? I have _____ pain.</p> <p>What would you rate your pain out of 10? I would rate my pain _____ out of 10.</p> <p>When did your pain start? My pain started _____.</p> <p>Is your pain constant or intermittent? My pain _____.</p>