



12/ Postsurgical Care

Vocabulary

To prepare yourself for the class, look in a dictionary for the words or phrases you do not already know.

.....
aftereffect

bladder

chest tube

drainage

ice chip

nose/nasal prongs

resection

side effect

urinary catheter

.....
cumbersome

nasal

peripheral

postoperative

postsurgical

surgical

.....
drain (blood and fluid) away from

extubate

hook around

monitor

move around

order (a diet)

self-manage (a pain medication)

wake up (from anesthesia)

wet your lips

.....
as well as

ready to receive (you)



Find them!

Find and mark the vocabulary in the dialogue.

Postsurgical Care

▶ Track 12

Brenda is just waking up from anesthesia after lung resection surgery. Nurse Cary is helping to move her back to her room.

C → Nurse Cary B → Brenda

C I'm taking you out of the recovery room and over to the surgical floor now, Ms Simpson. The nurses there are ready to receive you. Do you feel warm enough?

B Yes, but I feel so sleepy.

C That's a side effect of your pain medication as well as the aftereffects of the anesthesia during your surgery. It's pretty normal for you to feel this way.

B Can I sit up yet?

C Let's wait until we settle you into your room and see how your vital signs are.

B My throat feels sore.

C You were just extubated three hours ago. The throat is usually slightly sore after intubation.

B May I have some water, please?

C I'll let your nurse know as soon as we arrive. She will have to see if the doctors have ordered you a postoperative diet. But for now, I can give you an ice chip just to wet your lips a bit. Do you feel better now?

B Yes. Thank you. What are all these tubes?

C *(Smiles)* Oh, you're waking up now, aren't you? This peripheral intravenous line in your arm is your pain medication. The chest tube here drains blood and fluid away from the surgical site. A urinary catheter drains urine from your bladder right now, but as soon as you are able to move around, the nurse can take that out for you. These oxygen nasal tubes hooked around your ears provide you oxygen through these nose prongs. That's it.

B How long will I have the chest tube for? It's cumbersome.

C We must monitor the drainage for a few days before we can remove it. Don't worry; the nurses can help you sit at your bedside, even with all the tubes.

B My back and side are getting a little sore, too.

C Your incision may bother you as you become more alert. You also have two dressings that will need to be changed tomorrow: one where they opened your chest for the surgery and the other around the chest tube site. If they hurt, you can self-manage a small dose of pain medication with this button. *(He shows her how.)* But if you feel that the areas are warm and sticky, or if you see blood, call the nurse to come and check immediately.

B Thanks for your help.

C No worries! That's what I'm here for. Let's go and I can give your new nurse a full report while you get settled.

Comprehension Practice



True or False

Answer the questions by writing True (T) or False (F).

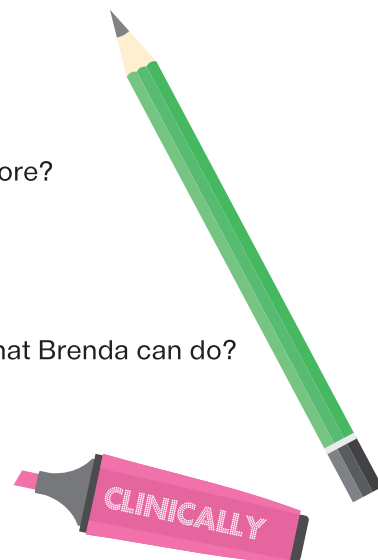
- 1 Brenda has been in the recovery room.
- 2 The nurse gives Brenda a drink of water.
- 3 The pain medication enters through the catheter.
- 4 The chest tube will have to stay in for a few days.
- 5 Brenda is able to give herself medication.
- 6 Brenda will be able to sit up if her vital signs are OK.



Multiple Choice

Answer the questions by circling the correct choice.

- 1 When can Brenda drink?
 - a. Right after she arrives in her room.
 - b. After they check the doctor's orders.
- 2 What is the side effect of the pain medication?
 - a. Brenda feels sleepy.
 - b. Brenda's throat hurts.
- 3 What is the purpose of the chest tube?
 - a. It administers medication.
 - b. It drains the blood and fluid away.
- 4 How does the nurse realize Brenda is waking up more?
 - a. She is noticing the tubes.
 - b. Her side and back hurt.
- 5 Until the chest tube is removed, what is the most that Brenda can do?
 - a. Lie flat.
 - b. Sit at her bedside.
- 6 When should Brenda call a nurse?
 - a. If her side hurts.
 - b. If she feels stickiness on her bandages.



Vocabulary Exercise

A – Fill in the blanks with the following words. Make necessary grammar changes as you see fit. Double check your answers with one classmate.

resection extubate aftereffect postsurgical peripheral nasal
catheter bladder prong monitor cumbersome drainage

- 1 Is your throat sore? You were only a few hours ago.
- 2 Don't pull off the nose They are there to give you oxygen.
- 3 Before you eat anything besides ice chips, we need to see what your orders are.
- 4 That bag is attached to the tube that drains urine from your so you don't have to get up to go to the bathroom.
- 5 The weakness you feel is an of the anesthesia.
- 6 I can give myself pain medication through this intravenous tube.
- 7 I know all those tubes are , but they are necessary for a few more days.
- 8 My lung surgery went very well. I feel so much better now.
- 9 The recovery room is where we our postoperative patients very closely.
- 10 If you are feeling able to get to the bathroom on your own today, the nurse will remove your
- 11 I need to hook these tubes around your ears.
- 12 Please check the patient's chest tube for proper , then change the dressing.

B – Based on the dialogue, choose the best replacement for the underlined words or phrases.

- | | |
|--|--|
| <p>1 Brenda is just waking up from anesthesia after lung <u>resection</u> surgery.</p> <p>a. removal
b. partial replacement
c. partial removal</p> | <p>3 This <u>peripheral</u> intravenous line in your arm is your pain medication.</p> <p>a. side
b. small
c. central</p> |
| <p>2 You were just <u>extubated</u> three hours ago.</p> <p>a. tube inserted
b. tube removed
c. intubated</p> | <p>4 Your incision may bother you as you become more <u>alert</u>.</p> <p>a. nervous
b. nausea
c. awake</p> |

Patterns and Drill

Follow the same sentence pattern; make a new sentence with the words provided.



1 The throat is usually slightly sore after intubation. (patient, confused, anesthesia)

→

2 I'm taking you out of the recovery room and over to the surgical floor now. (your medicine, pharmacy, nursing station)

→

3 Let's wait until we settle you into your room and see how your vital signs are. (check into, hospital, infections)

→

4 We must monitor the drainage for a few days before we can remove it. (you, keep, postoperative diet, eat, normal food)

→

5 These oxygen nasal tubes hooked around your ears provide oxygen through these nose prongs. (intravenous line, wrap, arm, anesthesia, a tiny tube)

→

6 If you feel that the areas are warm and sticky, or if you see blood, call the nurse to come and check immediately. (the contractions, intense, rapid, the water has broken)

→

Conversation Practice

Fill the blanks with the appropriate phrases. Then practice these dialogues with a classmate until you are familiar with them.

- | | |
|---|--|
| Ⓐ Has she woken up from the anesthesia yet? | Ⓓ It's hard to move around with all these tubes. |
| Ⓑ That's why I'm still on this postsurgical diet. | Ⓔ Can you tell me what all these tubes are? |
| Ⓒ Yes, and you can self-manage the pain medication with this button here. | Ⓕ I haven't read the doctors postoperative orders. |

- 1 A ▷ When did you have your resection surgery?
B ▷ Yesterday.
A ▷ You have quite a few tubes! That must be cumbersome.
B ▷ Yes they are, especially the chest tube. It's necessary for drainage.
- 2 A ▷ All right, let's get you settled into bed.
B ▷
A ▷ Let me unhook the nasal tubes from your ears until you lie down.
B ▷ That's easier. I can't wait until I get the catheter removed too.
- 3 A ▷ Your mom is still in the recovery room.
B ▷
A ▷ Yes, but an aftereffect of that is that she's still very sleepy.
B ▷ Will you let us know when she's ready to receive us, please?
- 4 A ▷ I'm so thirsty. Can I have a drink please?
B ▷ Not yet.
A ▷ Is there anything I can have to wet my lips?
B ▷ Of course, here's an ice chip. We'll find out about the diet as soon as possible.
- 5 A ▷ My throat hurts.
B ▷ You were only extubated a little while ago. That's a normal side effect.
A ▷ My chest hurts too. Is that normal?
B ▷
- 6 A ▷
B ▷ The peripheral intravenous line in your arm is for pain medication.
A ▷ I see. And what's this tube in my chest for?
B ▷ That drains blood and fluid away from the surgical site.



Retell the Story

Often you need to describe a situation accurately. This exercise will help you get familiar with changing the tense when you report a situation.

After lung resection surgery, Nurse Cary came to help Brenda back to her room. Brenda was still very sleepy at first. Nurse Cary made sure that she was warm enough before (move) her from the recovery room to the surgical floor, where another nurse (wait) to receive Brenda.

Brenda's throat was sore after intubation. Unfortunately Nurse Cary (will) have to check if the doctor (prescribe) a postoperative diet for Brenda before she could drink some water. But Nurse Cary (use) an ice chip to wet her lips until then.

After Brenda woke up a bit more, she noticed all the tubes attached to her. Nurse Cary showed her the IV line that would allow Brenda to self-manage her pain medication by pushing a button. The chest tube would drain liquid and blood away from the surgical site. Nurse Cary (warn) Brenda to tell the nurses if that area (become) sticky or bloody. Brenda also had a catheter that would drain urine from her bladder until she could get up on her own. The nasal tubes around her ears (connect) to nose prongs that provided her with oxygen.



Listening and Speaking Practice

Three students make a team. Divide the dialogue into three sections. For each section, two students role-play the dialogue while the third student practices taking dictation. Take turns so each student has a chance to do each role once. When finished, swap your notes for spelling check.

Role-play by (the nurse) and (the patient):

.....

.....

.....

.....

.....

.....

.....

Writing Exercise

Based on the dialogue, summarize the nursing care after lung resection surgery.

.....

.....

.....

.....

.....

.....