



**Mi Universidad**

## **Conversación**

**NOMBRE DEL ALUMNO: Liliana Tomas Morales**

**PARCIAL: I**

**MATERIA: ingles**

**NOMBRE DEL PROFESOR: Mtro. Mike Anderson Hernández  
Ordoñez**

**LICENCIATURA: Enfermería**

**CUATRIMESTRE: 4**

Patient: Good morning, nurse Liliana.

nurse: good morning Andrea, how can I help you?

Patient: My head hurts a lot.

nurse: did you sleep well?

Patient: Not really, I have a lot of university assignments and I get very stressed.

Nurse: Do you do your homework with a computer?

patient: yes

Nurse: Look, your headache is due to lack of rest and stress, also spending a lot of time in front of the screen, it's called tension pain.

Patient: And what do you recommend?

nurse: try to relax a little and avoid spending a lot of time in front of your computer

Patient: I can take some medication, it's still very difficult for me to sleep.

nurse: you can take ibuprofen or paracetamol, one pill daily if the pain is recurrent, take one pill every six hours

Patient: What do you recommend so I can sleep?

nurse: take relaxing massages or you can take melantolin, only if necessary

Patient: It's okay, Nurse Liliana, thank you very much, have a nice afternoon.

Nurse: Go well Andrea, nice afternoon.