



Mi Universidad

NOMBRE DEL ALUMNO: ANDREA MELGAR VAZQUEZ

MATERIA: INGLES IV

**NOMBRE DEL PROFESOR: MIKE ANDERSON HERNANDEZ
ORDOÑEZ**

CUATRIMESTRE: 4°

FRONTERA COMALAPA CHIAPAS A 16 DE OCTUBRE DEL 2023

- 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.