



Mi Universidad

synoptic table

Student Name: José Rodolfo Santiago López

Theme Name: Diseases and solutions of these diseases that could help recovery a patient

Subject Name: English

Teacher's Name: Evani Velasco Urbina

Bachelor's Degree Name: Nursing

Semester: Fourth semester

Health and illness

ear ache

- *Over the counter Pain relievers
- *Cold or warm compresses
- *Naturopathic drops

stomachache

- *metamizole and mesalazine.
- *Heating pad
- *avoid or limit alcohol consumption

broken arm

- *Medicines: To reduce pain and inflammation
- *Immobilization
- *rehabilitation

food poisoning

- *Replace lost fluids and electrolytes
- *over-the-counter medications such as loperamide
- *wash your hands with soap and water before and after handling food

surgery

- *treatment of intact skin prior to surgical incision
- *Be cost-effective.
- *Cover a wide spectrum of microorganisms

toothache

- *Salt water rinse
- *cold compresses
- *Mint tea bags

cough

- *Gargle with salt and warm water
- *Avoid tobacco smoke
- *Frenadol Decongestant

measles

- *There is no specific treatment for measles
- *home care
- *drink fluids and analgesics (pain medications)

sore throat

- *lozenges to suck
- *Put on a warm cloth
- *Sore throat lozenges (Ibuprofen)

blood tests

- *The fast should last 12 hours
- *Alcohol should be avoided for 24 hours before blood sampling.
- *Refrain from smoking cigarettes and drinks containing caffeine (tea, coffee, etc.)