

## REVISION

### BEAUTY TOOLS

- Hairdryer | Σεσουάρ
- Curling iron | Σίδερο για μπούκλες
- Straightener | Ισιωτικό μαλλιών
- Scissors | Ψαλίδι
- Comb | Χτένα
- Brush | Βούρτσα μαλλιών
- Razors | Ξυραφάκια
- Tweezers | Τσιμπιδάκι για τα φρύδια
- Nail clippers | Νυχοκόπτης
- Nail file | Λίμα νυχιών
- Makeup brushes | Πινέλα μακιγιάζ
- Sponges | Σφουγγάρια

### SKINCARE PRODUCTS

- Cleanser | Καθαριστικό προσώπου
- Toner | Τονωτικό
- Moisturizer | Ενυδατική κρέμα
- Serum | Ορός
- Sunscreen | Αντηλιακό
- Exfoliator | Απολεπιστικό
- Face mask | Μάσκα προσώπου

### ESSENTIAL TERMINOLOGY FOR NURSES

- ✓ Injection (Ένεση)
- ✓ Stethoscope (Στηθοσκόπιο)
- ✓ Blood pressure monitor (Πιεσόμετρο)
- ✓ Pulse rate (Ρυθμός παλμών)
- ✓ Intravenous (IV) line (Ενδοφλέβια γραμμή)
- ✓ Vital signs (Ζωτικά σημεία)
- ✓ Sterilization (Αποστείρωση)
- ✓ Antiseptic (Αντισηπτικό)
- ✓ Hospital gown (Νοσοκομειακή ρόμπα)
- ✓ Wound dressing (Επίδεσμος τραύματος)

- ✓ Syringe (Σύριγγα)

## ESSENTIAL TERMINOLOGY FOR BABY NURSES

- ✓ Breastfeeding (Θηλασμός)
- ✓ Bottle feeding (Ταΐσμα με μπιμπερό)
- ✓ Diaper change (Αλλαγή πάντας)
- ✓ Pacifier (Πιπίλα)
- ✓ Swaddling (Φάσκωμα)
- ✓ Teething (Οδοντοφυΐα)
- ✓ Lullaby (Νανούρισμα)
- ✓ Colic (Κολικοί)

## ESSENTIAL TERMINOLOGY FOR CAREGIVERS

- ✓ Personal hygiene (Προσωπική υγιεινή)
- ✓ Mobility aid (Βοήθημα κινητικότητας)
- ✓ Elderly care (Φροντίδα ηλικιωμένων)
- ✓ Fall prevention (Πρόληψη πτώσεων)
- ✓ First aid (Πρώτες βοήθειες)
- ✓ Dementia care (Φροντίδα για άνοια)
- ✓ Bedsores (Κατακλίσεις)
- ✓ Physical therapy (Φυσικοθεραπεία)
- ✓ Wheelchair (Αναπηρικό καροτσάκι)

## RESPIRATORY ILLNESSES MAIN TERMS

- ✓ Respiratory system = Αναπνευστικό σύστημα
- ✓ Asthma = Άσθμα
- ✓ Chronic obstructive pulmonary disease (COPD) = Χρόνια αποφρακτική πνευμονοπάθεια (ΧΑΠ)
- ✓ Emphysema = Εμφύσημα
- ✓ Chronic bronchitis = Χρόνια βρογχίτιδα
- ✓ Pneumonia = Πνευμονία
- ✓ Common cold = Κρυολόγημα
- ✓ Influenza (flu) = Γρίπη
- ✓ Wheezing = Συριγμός
- ✓ Shortness of breath = Δύσπνοια
- ✓ Bronchodilators = Βρογχοδιασταλτικά
- ✓ Inhaler = Εισπνευστήρας
- ✓ Oxygen therapy = Οξυγονοθεραπεία
- ✓ Mucus production = Παραγωγή βλέννας
- ✓ Fever = Πυρετός
- ✓ Antibiotics = Αντιβιοτικά
- ✓ Decongestants = Αποσυμφορητικά
- ✓ Fluids = Υγρά
- ✓ Vaccination = Εμβολιασμός
- ✓ Contagious = Μεταδοτικός

- ✓ Cough = Βήχας
- ✓ Sore throat = Πονόλαιμος
- ✓ Night sweats = Νυχτερινές εφιδρώσεις
- ✓ Fatigue = Κόπωση
- ✓ Persistent cough = Επίμονος βήχας
- ✓ Chest pain = Πόνος στο στήθος

## ACTIVITIES

➤ **Vocabulary activity 1: Match the terms with the correct definitions.**

**1. Hair removal      2.Skin type      3.Facials      4. Manicure      5. Pedicure**

- a.** Treatments for the face that cleanse, exfoliate, and nourish the skin.
- b.** The process of removing unwanted hair from the body.
- c.** A cosmetic treatment for the hands and nails.
- d.** A cosmetic treatment for the feet and toenails.
- e.** The natural condition of your skin, which can be dry, oily, or combination.

➤ **Vocabulary activity 2: Match the terms with their definitions.**

*Straightening,      Colouring,      Cutting,      Hair type,      Perming,*

- a) The act of using chemicals to change the natural color of the hair.
- b) The process of boosting the natural wave or curl pattern of the hair.
- c) The act of trimming or shaping the hair.
- d) The unique characteristics of a person's hair, such as thickness, texture, and porosity.
- e) The act of making curly hair straight.

➤ **Vocabulary Activity 3: Complete the sentences using the words below:**

*catheter,      stethoscope,      blood pressure monitor,      vital signs,      wound dressing*

- 1. The nurse used a \_\_\_\_\_ to listen to the patient's heartbeat and breathing.
- 2. Before the surgery, the doctor inserted a \_\_\_\_\_ to help the patient urinate.
- 3. The nurse carefully checked the patient's \_\_\_\_\_, including temperature and pulse.
- 4. After cleaning the injury, the nurse applied a clean \_\_\_\_\_ to prevent infection.
- 5. A \_\_\_\_\_ was used to check if the patient's blood pressure was too high or low.

➤ **Vocabulary activity 4: Match the terms with their correct definitions:**

***Terms***

1. Bronchodilators      2. Pneumonia      3. Antibiotics      4. Vaccination      5. COPD

***Definitions***

- A. Medications used to treat bacterial infections
- B. A treatment that helps prevent certain diseases
- C. A progressive lung disease often caused by smoking
- D. An infection that inflames the lungs
- E. Inhalers that relax airway muscles