



INTERMEDIATE

ENGLISH

For **MIDWIVES**

Miftahush Shalihah, M.A., M.Hum.

Biography

Miftahush Shalihah, M.A., M.Hum. is an English Lecturer at Faculty of Health Sciences of Universitas Aisyiyah Yogyakarta. She has been designing curriculum and teaching English for Specific Purposes for more than 10 years. Her research works mainly on linguistics field. She has published several books. They are "English for Midwives 1, English for Midwives 2, and English for Nursing" that has been used for the English teaching instruction in the university she works for.



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FOREWORD

Assalamu'alaikum Wr. Wb

Alhamdulillah. Finally, this book is finished. This book is written to support the English teaching and learning for midwifery students. It is a conversation-based Midwifery English to improve the students' English communication skills and English language knowledge in key areas of midwifery which is appropriate with the current healthcare situations. The content was designed for using English in midwife working context.

The book contains six units which lead the students to learn English comprehensively. The setting of the syllabus and the material building is based on the setting of health facility, hospital or clinic. The conversations in the book can be used as the examples of communication as new students in health care services in a hospital or a clinic. The discussions cover the basic knowledge of words, sentences, grammar, reading, writing and speaking. All pictures and sources in this book were taken from accessible sources on the internet. Therefore, we are not responsible for any claim to the pictures and contents used in this book. We have fulfilled the quotation regulation by putting sources along with theories and quotations. In the implementation, this book is integrated with some class activities such as speaking. The teacher would make the class alive by using it in the corridor of communicative approach.

The writer hopes you enjoy using this book.

Wassalamu'alaikum Wr.Wb

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UNIT 1

LET ME CHECK YOUR BLOOD PRESSURE



Learning Objectives:

- The students are able to identify part of the body
- The students are able to explain the procedure of the examination.
- The students are able to give instruction to the pregnant mother according to the procedure of the examination.

UNIT 2

THE REPORT ABOUT MRS. AMINAH'S PREGNANCY CONDITION



The objectives of this lesson:

- Students are able to report the patient's condition during antenatal care appointment
- Students are able to use past tense
- Students are able to write report of the patient's condition

UNIT 3

TALKING ABOUT LABOR SIGNS



<https://www.pinterest.com/leannebriony/my-pregnancy-journey-26th-october-2014-9th-july-20/>

Learning Objectives

- The students are able to identify human anatomy attentively.
- The students are able to pronounce the vocabularies about human anatomy fluently
- The students are able to describe mothers' labor signs

UNIT 4

EMBARRASSING MOMENT: CHECKING LABOR SIGNS



Learning Objectives:

- The students are able to deal with the embarrassing moment such as checking labor signs.
- The students are able to explain the labor signs.

UNIT 5

REFERRING A PREGNANT MOTHER TO HOSPITAL



<http://d.christiantoday.com/en/full/50008/doctor.jpg?w=380&h=253&l=50&t=40>

Learning Objectives:

- The students are able to deal with the embarrassing moment such as checking labor signs.
- The students are able to explain the labor signs.

UNIT 6

GUIDING A MOTHER IN GIVING BIRTH



<http://www.theage.com.au/content/dam/images/4/i/9/6/3/image.related.wideLandscape.620x349.4i962.png/1469149279139.jpg>

Learning Objectives:

- Students are able to guide mother in giving birth
- Students are able to give instructions in giving birth

DICTIONARY SOURCES

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GLOSSARY

Vocabularies	Meaning
Accommodate	To provide with a place to live or to be stored in
Ache	A continuous or prolonged dull pain in a part of one's body
Acidaemia	An increase in the H-ion concentration of the blood or a fall below normal in ph.
Anencephaly	The absence of a major portion of the brain, skull, and scalp that occurs during embryonic development.
Anesthetic	A substance that makes you unable to feel pain
Antenatal	Relating to the medical care given to pregnant women before their babies are born
Antenatal care	The medical care that women receive when they are pregnant
Antenatal care card	A record of your pregnancy and contains all the important details required by the hospital when you present for assessment in the labour ward, or go to your GP for a checkup.
Baby crowning	When your <i>baby's</i> head starts to emerge bit by bit during each contraction, occurs during the second stage of labor. (A contraction is when the uterine muscle tightens and relaxes to help your <i>baby</i> pass from the uterus into the <i>birth</i> canal.)
Back pain	Pain affecting the back, often restricting movement.
Bare skin	Unclothed body

Basin	An open round container shaped like a bowl with sloping sides, used for holding food or liquid
Belly	The stomach or the front part of the body between your chest and your legs
Benefit	An advantage or profit gained from something
Birth plan	A statement by a mother telling doctors and midwives how she would like her labour to proceed
Bladder	An organ like a bag inside the body of a person or animal, where urine is stored before it leaves the body
Blood pressure	The force with which blood moves through a person's body
Blood pressure	The pressure of blood against the artery walls when the heart contracts and relaxes
Bony cage	The thorax consists of a musculoskeletal outer cage, which acts like a protective barrier
Breastfeeding	Or nursing is the feeding of babies and young children with milk from a woman's breast. Health professionals recommend that <i>breastfeeding</i> begin within the first hour of a baby's life and continued as often and as much as the baby wants.
Breech presentation	A fetus in a longitudinal lie with the buttocks or feet closest to the cervix.
Brim	The upper edge of anything hollow; rim; brink:
Caesarean delivery	Also known as <i>C-section</i> , is the use of surgery to <i>deliver</i> one or more babies. A <i>Caesarean section</i> is often performed

	when a vaginal <i>delivery</i> would put the baby or mother at risk.
Camaraderie	A sense of trust, loyalty and goodwill that has developed between people who have known each other for a significant period of time.
Cardiovascular	A general term that describes a disease of the heart or blood vessels.
Cephalopelvic	Cephalopelvic disproportion (CPD) occurs when a baby's head or body is too large to fit through the mother's pelvis. It is believed that true CPD is rare, but many cases of “failure to progress” during labor are given a diagnosis of CPD.
Cervix	A cylinder-shaped neck of tissue that connects the vagina and uterus. Located at the lowermost portion of the uterus, the cervix is composed primarily of fibro muscular tissue.
Circular	Shaped like a circle
Complication	A secondary disease or condition aggravating an already existing one
Contraception	(the use of) any of various methods intended to prevent a woman becoming pregnant.
Deliver	To (help) give birth to a baby
Diastolic	Pressure of blood on the artery wall when the ventricles of the heart are relaxed or filling. Bottom number of BP
Due date	The <i>date</i> at which an infant is expected to be born, calculated from the <i>date</i> of the last menstrual period.

Dystocia	Difficult birth, typically caused by a large or awkwardly positioned fetus, by smallness of the maternal pelvis, or by failure of the uterus and cervix to contract and expand normally.
Emerge	Move out of or away from something and come into view
Endurance	The ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions; stamina
Entonox	(gas and air) is a colourless, odourless gas made up of half oxygen and half nitrous oxide. It's also known as laughing gas. It can take the edge off labour pain, rather than blocking it out.
Episiotomy	Also known as perineotomy, a surgical cut in the muscular area between the vagina and the anus (the area called the perineum) made just before delivery to enlarge your vaginal opening and prevent rupture of tissues.
Face up position	It is the position when a baby is head-down but facing your abdomen, she's said to be in the occiput posterior (OP) position – or posterior position, for short. The term refers to the fact that the back of your baby's skull (the occipital bone) is in the back (or posterior) of your pelvis.
Fascinated	Extremely interested
Fetus	An unborn offspring of a mammal, in particular an unborn human baby more than eight weeks after conception.

Fundal height	The height of the fundus of the uterus, measured in centimetres from the top of the symphysis pubis to the highest point in the midline at the top of the uterus.
Gestational diabetes	High blood sugar that develops during pregnancy and usually disappears after giving birth. It can occur at any stage of pregnancy, but is more common in the second half.
Heart rate	The rate at which the heart beats <Aerobic exercise increases your heart rate.
Hydration	Have a good supply of fluids in your body. Mothers who are at home in early labour are encouraged to eat small meals and drink plenty of fluids (water, broth, teas and juice).
Hypertension	Consistently high blood pressure above 140/90
Hypotension	Consistently low blood pressure below 90/60
Icky	Unpleasant, especially to look at
Immediately	Instantly, directly, presently were once close synonyms, all denoting complete absence of delay or any lapse of time.
Intact perineum	Birth junkie folks as a vagina/vulva that did not need any repairs or have any real "tears" after birth.
Karyotypic abnormality	Abnormality in the number form or structure of chromosomes. Particular abnormalities are associated with particular sub- types of leukaemia.
Labor (US spelling of labour)	The last stage of pregnancy from the time when the muscles of the womb start to

	push the baby out of the body until the baby appears
Labor's sign	Something that suggests the presence or existence of a fact, condition, or quality of the time when the muscles of the womb start to push the baby out of the body until the baby appears
Lactation	The secretion of milk from the mammary glands and the period of time that a mother lactates to feed her young. The process can occur with all post-pregnancy female mammals, although it predates mammals. In humans the process of feeding milk is also called breastfeeding or nursing.
Lavatory	A toilet
Leiomyomas	Benign tumors that arise from the overgrowth of smooth muscle and connective tissue in the uterus. Histologically, a monoclonal proliferation of smooth muscle cells occurs. A genetic predisposition to <i>leiomyoma</i> growth exists.
Lesions	A region in an organ or tissue that has suffered damage through injury or disease, such as a wound, ulcer, abscess, tumor, etc.
Ligaments	A short band of tough, flexible, fibrous connective tissue that connects two bones or cartilages or holds together a joint.
Limber	Able to bend and move easily and smoothly
Malignancies	The tendency of a medical condition to become progressively worse.

Measure	Ascertain the size, amount, or degree of (something) by using an instrument or device marked in standard units or by comparing it with an object of known size.
Moribund	"near death," but it can also mean something that is coming to an end, nearly obsolete, or stagnant.
Movement	An act of changing physical location or position or of having this changed.
Muscle	A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body.
Neonatal morbidity	A disorder in the neonate , child or family which occurs as a result of adverse influences or treatments acting either on the fetus during pregnancy and/or the infant during the first four weeks of life.
Neonatal mortality	A death during the first 28 days of life (0-27 days)
Newbie	Anyone who is new to any particular type of endeavor, such as a sport or a technology.
New-born baby	A <i>newborn infant</i> , or neonate, is a <i>child</i> under 28 days of age. During these first 28 days of life, the <i>child</i> is at highest risk of dying. It is thus crucial that appropriate feeding and care are provided during this period, both to improve the <i>child's</i> chances of survival and to lay the foundations for a healthy life.

Obstetrician	A doctor with special training in how to care for pregnant women and help in the birth of babies
Overdo	To do too much of (something) : to do (something) in an excessive or extreme way. : to use too much of (something).
Pain	Physical suffering or discomfort caused by illness or injury.
Pelvic floor exercises	To strengthen your pelvic floor muscles, sit comfortably and squeeze the muscles 10 to 15 times in a row. Do not hold your breath or tighten your stomach, buttock or thigh muscles at the same time. When you get used to doing pelvic floor exercises , you can try holding each squeeze for a few seconds.
Pelvis	The bones that form a bowl-shaped structure in the area below the waist at the top of the legs, and to which the leg bones and spine are joined
Perineal massage	A method performed to relax, and soften the <i>perineum</i> , the area between the vagina and the rectum.
Pins-and-needles	Or paraesthesia is a sensation of uncomfortable tingling or prickling, usually felt in the hands or feet. A common cause is leaning awkwardly on a limb, which presses against the nerves. Persistent <i>pins and needles</i> may be symptomatic of more serious conditions, such as nerve disease or nerve inflammation.
Placenta	An organ that develops in your uterus during pregnancy. This structure provides oxygen and nutrients to your growing baby and removes waste

	products from your baby's blood. The <i>placenta</i> attaches to the wall of your uterus, and your baby's umbilical cord arises from it.
Placenta accreta	Serious pregnancy condition that occurs when blood vessels and other parts of the placenta grow too deeply into the uterine wall. Typically, the placenta detaches from the uterine wall after childbirth. With placenta accreta , part or all of the placenta remains firmly attached.
Placenta previa	A condition where the <i>placenta</i> lies low in the uterus and partially or completely covers the cervix.
Poo (US poop)	(a piece of) solid waste from the body
Postpartum	Period beginning immediately after the birth of a child and extending for about six weeks. Less frequently used are the terms puerperium or puerperal period.
Precaution	An action taken in advance to protect against possible danger, failure, or injury
Preeclampsia	A condition that affects some pregnant women, usually during the second half of pregnancy (from around 20 weeks) or soon after their baby is delivered. Early signs of <i>pre-eclampsia</i> include having high blood pressure (hypertension) and protein in your urine (proteinuria).
Pregnancy	The state of being pregnant
Pressure	The force that a liquid or gas produces when it presses against an area:
Pulmonary disease	<i>Lung disease</i> that makes it difficult to breathe.

Recuperates	To return to normal health or strength after being sick, injured, etc.
Regain	Obtain possession or use of (something) again after losing it.
Relief	A feeling of reassurance and relaxation following release from anxiety or distress.
Relieved	Happy that something unpleasant has not happened or has ended
Remedy	A medicine or treatment for a disease or injury.
Secrete	To produce and release a liquid
Sphygmomanometer	Tool to measure BP , which has either a calibrated column of mercury or an aneroid gauge
Stethoscope	Too used to amplify sounds of the body. Used during blood pressure measurement.
Swelling	It is an increase in the size or a change in the shape of an area of the body. Swelling is a normal part of pregnancy that is caused by this additional blood and fluid. Normal swelling, which is also called edema, is experienced in the hands, face, legs, ankles, and feet.
Symptoms	A physical or mental feature that is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient.
Systolic	Pressure of blood on the artery wall when the ventricles of the heart are contracting or beating. Top number of BP
Tailbone	The small bone at the bottom of the spine

BIOGRAPHY

Miftahush Shalihah is an English Lecturer at Faculty of Health Sciences of Universitas Aisyiyah Yogyakarta. She has been designing curriculum and teaching English for Specific Purposes for more than 10 years. Her research works mainly on linguistics field. She has published several books. They are “English for Midwives 1, English for Midwives 2, and English for Nursing” that has been used for the English teaching instruction in the university she works for.