

آزمون کارشناسی ارشد وزارت بهداشت سال ۱۴۰۰

فایل سوالات

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Part one: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions. Complete the questions with the most suitable words or phrases (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

Although cholesterol has **received a lot of bad press** in recent years, it is a necessary substance in the body. It is found **in bile salts needed for** digestion of fats, in hormones, and in the cell's plasma membrane. However, high levels of cholesterol in the blood have been associated with atherosclerosis and heart disease. It now appears that the total amount of blood cholesterol is not as important as the form in which it occurs. Cholesterol is transported in the blood in combination with other lipids and with protein, forming compounds called lipoproteins. These compounds are distinguished by their relative density. High-density lipoprotein (HDL) is composed of a high proportion of protein and relatively little cholesterol. HDLs remove cholesterol from the tissues, including the arterial walls, and carry it back to the liver for reuse or disposal. In contrast, low-density lipoprotein (LDL) contains less protein and a higher proportion of cholesterol. LDLs carry cholesterol from the liver to the tissues, making it available for membrane or hormone synthesis. However, excess LDLs can **deposit** cholesterol along the lining of the arterial walls. Thus, high levels of HDLs indicate efficient removal of arterial plaques, whereas high levels of LDLs suggest that arteries will become clogged.

1. According to the passage

- a) different forms of cholesterol in the body have similar features
- b) cholesterol density fails to indicate how healthy an individual is
- c) cholesterol is not so significant in maintaining personal health
- d) the form of cholesterol is more important than its amount

2. The phrase received a lot of bad press in the first line means to

- a) be criticized in mass media
- b) present unwelcome consequences
- c) include pressure over time
- d) indicate undesirable effects

3. Which of the following statements is TRUE based on the passage?

- a) Atherosclerosis is associated with HDLs as opposed to LDLs.
- b) Cholesterol is carried in the blood in two forms, namely HDL and LDL.
- c) Thickening of the arterial wall results mainly from high levels of HDLs.
- d) The proportion of cholesterol is higher in HDLs compared with LDLs.

4. The word deposit in line 11 is closest in meaning to

- a) stimulate
- b) assimilate
- c) accumulate
- d) postulate

5. According to the passage, is NOT associated with high HDL levels.

- a) reducing arterial plaques
- b) clogging arteries with cholesterol
- c) carrying cholesterol to the liver
- d) removing cholesterol from the tissues

Passage 2

The Internet greatly influences people's attitudes about their health and health care. They can search almost any topic of interest and become researchers for their own problems. In the present busy world, doctors do not always take the time to explain illnesses and possible remedies to their patients; they may not give scientific details in simple words, either. Accordingly, many people use Internet resources to find what they need to know for better medical decisions. But are the recommendations of "experts" on the Net always accurate and reliable? Are they helpful to everyone that needs advice on a specific medical condition? The online health products or information that seem most wonderful are often the most **fraudulent**.

Many specialists have their own theories about illness and health. For example, a California physiologist stated two causes for diseases: (1) pollution of the environment, and (2) parasites inside the human body. She offers two kinds of health products on the Internet: electronic machines and herbal medicine which clean out the body (free it of parasites) and rebuild new healthy living cells. Moreover, there are medical experts who recommend kinds of natural, non-western remedies for modern health disorders. Their advice might include special diet plans with added vitamins and minerals, folk medicine, environmental changes, or unusual therapies that patients do not get from typical doctors.

6. The California physiologist believes that one of the main reasons of diseases is

- a) living things in the environment
- b) parasites in the environment
- c) environmental pollution
- d) animals and plants

7. The word fraudulent in paragraph 1 is closest in meaning to

- a) available
- b) dishonest
- c) significant
- d) attractive

8. It is stated in the passage that a reason for the patients' use of the Internet to know more about their diseases is that

- a) they can find information on the Internet which is more culturally appropriate
- b) they can use Internet resources to make the best decision at a reasonable price
- c) doctors use a technical language to explain their problems
- d) doctors fail to take enough time to examine their patients completely

9. The word they in paragraph 1 refers to

- a) some medical decisions made by the doctors who use the Internet
- b) medical suggestions of the experts on the Internet
- c) some experts on the Internet
- d) the online health products

10. The medical experts favoring natural remedies suggest all of the following interventions, EXCEPT

- a) unconventional therapies
- b) rebuilding new living cells
- c) added vitamins and minerals
- d) changing the patient's place of living

Passage 3

Ultraviolet (UV) radiation covers the wavelength range of 100-400 nm, which is a higher frequency and lower wavelength than visible light. UV radiation comes naturally from the Sun, but it can also be created by artificial sources used in industry, commerce, and recreation. The UV region covers the wavelength range 100-400 nm and is divided into three bands: UVA (315-400 nm), UVB (280-315 nm), and UVC (100-280 nm).

As sunlight passes through the atmosphere, all UVC and approximately 90% of UVB radiation is absorbed by ozone, water vapor, oxygen and carbon dioxide. UVA radiation is less affected by the atmosphere. Therefore, the UV radiation reaching the Earth's surface is largely composed of UVA with a small UVB component.

The amount of UV radiation from the Sun that hits the Earth's surface depends on several factors, including the Sun's height in the sky, latitude, cloud cover, altitude, the thickness of the ozone layer and ground reflection. Reductions in the ozone layer due to human-created pollution increase the amount of UVA and UVB that reaches the surface. This can impact human health, animals, marine organisms and plant life. In humans, increased UV exposure can cause skin cancers, cataracts, and immune system damage.

11. According to the passage, excessive exposure to UV is unlikely to cause

- a) cataract
- b) skin tumors
- c) immune disorders
- d) digestive disorders

12. It is stated in the passage that the visible light the Ultraviolet (UV) radiation.

- a) falls below the wavelength range of
- b) falls within the same wavelength as
- c) has a higher frequency than
- d) contains all wavelength ranges of

13. Which of the following factors does Q affect the amount of UV radiation that hits the Earth's surface?

- a) height above the sea level
- b) cloud cover of the area
- c) marine organisms and plant life
- d) ground reflection of the rays

14. It is stated in the passage that the UV radiation which reaches the Earth's surface is mostly composed of

- a) UVA with a small UVB component
- b) UVB and large amounts of UVC
- c) equal amounts of UVC and UVA
- d) UVA, UVB and UVC altogether

15. The underlined word this refers to

- a) the amount of UV radiation
- b) Ozone layer
- c) an increase in the amount of UVA and UVB
- d) an increase in the amount of human-related pollution

Passage 4

In the summer of 1976, a mysterious epidemic suddenly attacked two central African towns and killed the majority of its victims. Medical researchers suspected the deadly Marburg virus to be the cause, but what they saw in microscope images was entirely a new pathogen which would be named after the nearby Ebola River. Like Yellow fever and Dengue, the disease caused by Ebola virus is a severe type of hemorrhagic fever. It begins by attacking the immune system cells and neutralizing its responses, allowing the virus to multiply. Starting anywhere from 2 to 20 days after contraction, initial symptoms like high temperature, aching, and sore throat resemble those of a typical flu, but quickly increase to vomiting, rashes, and diarrhea, and as the virus spreads, it invades the lymph nodes and vital organs such as the kidney and liver, causing them to lose function. But the virus itself is not what kills Ebola victims. Instead, the mounting cell deaths trigger the immune system overload, known as cytokine storm, an explosion of immune responses that damage blood vessels causing both internal and external bleeding. The excessive fluid loss and resulting complications can be fatal within 6 to 16 days of the first symptoms; however, proper care and rehydration therapy can significantly reduce mortality rates in patients.

16. The cytokine storm is

- a) a type of external bleeding
- b) an explosion in the blood vessels
- c) the consequence of increased cell deaths
- d) the damage recovered by the immune system

17. According to this paragraph, Ebola

- a) is easily distinguished from the flu in its initial stages
- b) presents with symptoms like typical flu in the early stages
- c) has symptoms like the typical flu as the disease progresses
- d) is another name for Dengue, as used in medical context by clinicians

18. Bleeding in Ebola could be attributed to

- a) the fever resembling Dengue and Yellow fever
- b) deadly Marburg virus as a new pathogen
- c) increased immune system response
- d) vomiting due to the disease

19. The Ebola virus increases through

- a) the kidney and liver
- b) the internal and external bleeding
- c) counteracting the immune system responses
- d) invading the lymph nodes and other organs

20. The death rate following Ebola disease

- a) is definitely predictable depending on the affected area
- b) is highly increased in the first few days of contraction
- c) fails to be controlled under the current circumstances
- d) could be controlled through proper care and therapy

Part two: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

21. Health problems of the poor people can only be through proper strategies and measures taken by the government.

- a) exaggerated b) enhanced c) complicated d) alleviated

22. Regular sleep, eating patterns, and exercise help people the bad effects of stress.

- a) intensify b) counteract c) prolong d) imitate

23. In order not to involve your personal attitudes in the results, you need to be when doing research.

- a) disoriented b) ignorant c) impartial d) biased

24. University lecturers have the main role in knowledge in all fields to the students.

- a) imparting b) announcing c) degrading d) consuming

25. Although scientists have detected many secrets of the central nervous system, there are still some points which need to be clarified.

- a) transparent b) obvious c) evident d) obscure

26. While taking your exam, you need to block thoughts by concentrating on what you are doing.

- a) constructive b) intrusive c) supportive d) inspiring

27. He was not able to cope with the stress and of his job; therefore, he decided to retire.

- a) comfort b) recreation c) strain d) tranquility

28. The health authorities have emphasized that priority should be given to the which help the improvement of health in the country.

- a) initiatives b) compartments c) obstacles d) redundancies

29. Some people think that the most essential for good managers is their organizational abilities.

- a) associate b) complication c) repression d) attribute

30. Some bacteria are not responsive to antibiotic therapy because they have gradually developed to antibiotics.

- a) existence b) assistance c) resistance d) prevalence

- 31. The lecture was asked to steer the discussion back to the topic of main importance by avoiding unrelated issues.**
 a) superficial b) original c) trivial d) redundant
- 32. The health providers are forced to answer any the patients have about their treatment.**
 a) queries b) intimacies c) contributions d) modifications
- 33. The student received a lot of comments from his supervisor helping him improve the quality of his work.**
 a) disruptive b) constructive c) disappointing d) debilitating
- 34. The instructor advised students to avoid by strictly following note-taking standards.**
 a) frankness b) truthfulness c) plagiarism d) precision
- 35. The corona virus is a dangerous, highly viral infection that can easily spread to other people.**
 a) transmissible b) dismissible c) ignorable d) valuable
- 36. Numerous theories have been on the exact cause of Corona virus which is yet to be identified.**
 a) abandoned b) avoided c) proposed d) oppressed
- 37. Prevention rather than treatment must be the first of all those involved in health.**
 a) census b) concern c) burden d) invention
- 38. With simple measures, the side effects of the lesions under the skin can be reduced.**
 a) threatening b) destructive c) preventive d) obsessive
- 39. A damaging decline in blood products can cause huge when caring for pregnant women with pre-existing medical conditions.**
 a) contributions b) profits c) opportunities d) challenges
- 40. We can keep away from infectious diseases by enhancing our disease-causing microorganisms.**
 a) resistance to b) assistance to c) combination of d) contraction of

1	d	11	d	21	d	31	b
2	a	12	-	22	b	32	a
3	b	13	c	23	c	33	b
4	c	14	a	24	a	34	c
5	b	15	c	25	d	35	a
6	c	16	c	26	b	36	c
7	b	17	b	27	c	37	b
8	c	18	c	28	a	38	c
9	b	19	c	29	d	39	d
10	b	20	d	30	c	40	a

Part one: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions. Complete the questions with the most suitable words or phrases (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

As evidence of our priorities, there can be no greater indictment of our generation than to compare the resources we advocate to arms with those we spend on helping the poor. Global defense expenditures have now grown so large that it is difficult to grasp their full dimensions. The world's military expenditure of only half a day could finance WHO's COVID-19 vaccination program. A modern tank costing about \$5 million could provide 2000 classrooms for 50,000 children. A jet fighter for \$40 million is the equivalent of 50,000 pharmacies in poor countries. Public expenditure on weapons research approaches billions of dollars a year and occupies more than a million scientists and engineers throughout the world. This is a greater research effort than on anything else on Earth, and is more than **that** on the problems of energy, health, education, and food combined. Only a small amount of each country's budget is spent annually on development aid, and even this amount is declining each year. In addition, the rich countries' relief aids to the developing nations have reduced dramatically in recent years.

1. The author seems to his/her generation for the type of expenditure mentioned.

- a) disapprove
- b) admire
- c) support
- d) appreciate

2. The expenditures on global defense have resulted in

- a) fewer arms sales throughout the world
- b) more annual development aids
- c) more employment all over the world
- d) fewer public welfare programs

3. The underlined word flat refers to

- a) anything else
- b) research effort
- c) public expenditure
- d) main priority

4. It is implied that the author of this article

- a) disagrees with any expenditure on military forces
- b) favors spending more money on development aid
- c) faces generation gap in his/her country
- d) supports more arms race between the countries

5. The author of this article is the priorities in the world.

- a) unaware of
- b) indifferent to
- c) critical of
- d) in favor of

Passage 2

The human body can tolerate only a small range of temperature. Heat reactions usually occur when large amounts of water and/or salt are lost through excessive sweating following energetic exercise. When the body becomes overheated and cannot remove this excess heat, heat exhaustion and heat stroke are possible. Heat exhaustion is generally characterized by clammy skin, fatigue, nausea, dizziness, plentiful sweating, and sometimes fainting, resulting from an inadequate intake of water and the loss of fluids. First aid treatment for this condition includes having the victim lie down, raising the feet 8 to 12 inches, applying cool, wet cloths to the skin, and giving the victim sips of salt water. Heat stroke is much more serious; it is an immediate life-threatening situation. The characteristics of heat stroke are a high body temperature (which may reach 106° F or more); a rapid pulse; hot, dry skin; and a blocked sweating mechanism. Victims of this condition may be unconscious, and first-aid measures should be directed at quickly cooling the body. The victim should be placed in a tub of cold water or repeatedly sponged with cool water until his or her temperature is sufficiently lowered. Care should be taken, however, not to over-chill the victim once the temperature is below 102° F.

6. The most immediate concern of a person tending to a victim of heat stroke should be to

- a) get salt into his/her body
- b) raise his/her feet
- c) lower his/her pulse
- d) lower his/her temperature

7. Which of the following is a sign of heat exhaustion?

- a) long-term unconsciousness
- b) a lot of sweating
- c) hot and dry skin
- d) a weak pulse

8. According to the passage, heat stroke is than heat exhaustion.

- a) more hazardous
- b) less significant
- c) less threatening
- d) more prevalent

9. Symptoms such as nausea and dizziness in a heat exhaustion victim indicate that the person most likely needs to

- a) be immediately taken to a hospital.
- b) be given more salt water.
- c) be immersed in a tub of water.
- d) sweat more and more.

10. It is concluded in the passage that we should chilling the victim when the temperature is below 102° F.

- a) stop
- b) continue
- c) repeat
- d) start

Passage 3

To address remaining and emerging challenges, World Health Organization (WHO) developed the *Global technical strategy* for malaria 2016-2030, which was adopted by World Health Assembly (WHA) in May 2015. The strategy sets the most ambitious targets for reductions in malaria cases and deaths since the malaria eradication era began. It was developed to defeat malaria 2016-2030 for a malaria-free world, to ensure shared goals. The strategy has three main building blocks. Pillar 1 is to ensure universal access to malaria prevention, diagnosis and treatment. Pillar 2 is to accelerate efforts towards the elimination of malaria and attainment of malaria free-status. Pillar 3 is to transform malaria surveillance into a core intervention. It is estimated that annual investment in malaria control and elimination will need to increase to 6.4 billion US dollars per year by 2020 to meet the first milestone of 40% reduction in malaria incidence and mortality rates. Annual investment should then further increase to 7.7 billion US dollars by 2025 to meet the second milestone of a 75% reduction. To achieve 90% reduction goal, annual malaria spending will need to reach an estimated 8.7 billion US dollars by 2030.

11. WHO and WHA defeating malaria.

- a) follow a common goal in
- b) have adopted different strategies for
- c) move behind 2016-2030 plan in
- d) provide the funds necessary for

12. The text considers a steady increase in for malaria control and elimination.

- a) the number of pillars
- b) annual investments
- c) malaria cases
- d) ambitious targets

13. The time interval of 2016-2030 for malaria reduction or eradication seems to be set to defeat malaria.

- a) a fixed evidence-based rate of time
- b) determined on the basis of the existing fund
- c) determined on the basis of the field work
- d) an approximate estimate of the time

14. The classification of the *global technical strategy* (for malaria defeat) into three main building blocks is to

- a) speed up efforts to raise the necessary funds
- b) spread malaria prevention knowledge universally
- c) target the malaria eradication tasks more specifically
- d) start the intervention phase right from the beginning

15. The last sentence in achieving the intended goals.

- a) rules out 2030 as the intended time
- b) highlights the importance of investment
- c) refers to the writer's lack of hope
- d) shows the funds already available

Passage 4

In a purely rational world, vaccination rates would fluctuate constantly depending on how much people fear getting sick. That's what scientists have discovered while trying to find a model for vaccination rates mathematically. But scientists have recently found the missing puzzle piece that explains why vaccination rates stay high in the real world or, in some cases, low. The reason, it turns out, is peer pressure.

Public health officials frequently worry about low levels of childhood vaccination, often driven by unfounded concerns that vaccines are linked with autism. But in many nations without mandatory vaccination rules, rates of childhood vaccination remain surprisingly high, said Tamer Oraby, a mathematician at the University of Guelph in Ontario, Canada. The question we wanted to answer is, "why are we seeing such high vaccination levels in non-mandatory vaccination programs?"

16. According to the passage, the rate of vaccination

- a) has significantly reduced recently
- b) is following a steady pattern
- c) remains steady no matter what people think
- d) is affected by public views on its safety

17. The underlined flat (paragraph 1) refers to

- a) change in the rate of vaccination
- b) vaccination importance in a purely rational world
- c) mathematical modeling of vaccination rates
- d) people's fear of becoming sick

18. The term missing puzzle piece in the first paragraph indicates

- a) vaccination models
- b) real world
- c) peer pressure
- d) low vaccination cases

19. The author implicitly people's worries on the link between autism and childhood vaccination.

- a) confirms
- b) opposes
- c) justifies
- d) initiates

20. Lack of mandatory vaccination rules vaccination levels.

- a) does not necessarily reduce
- b) are recommended to increase
- c) serves as an incentive to enhance
- d) is believed to have an impact on

Part two: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

21. The manager's suggestion was openly by the team members since it was not likely to have a good outcome.

- a) verified b) appreciated c) consolidated d) rejected

22. As soon as the patient using the drugs he was prescribed, unusual symptoms started, making him seek help from a specialist.

- a) recovered from b) benefited from c) ceased d) distinguished

23. One of the side effects of this drug is the of blood vessels so that more blood can reach the organs.

- a) dilatation b) constriction c) restriction d) inhibition

24. He is unable to his emotions when confronting a disagreeable situation; so anybody can easily see his feelings.

- a) release b) suppress c) express d) display

25. The physiologist managed to everyone's interest until the end of his speech; all the people in the conference were attentive.

- a) reduce b) confine c) decline d) sustain

26. The patient was the surgical treatment because she was afraid of any surgical procedure.

- a) reluctant towards b) enthusiastic about c) keen on d) inclined to

27. Fever is generally considered as the of infection still present in the body.

- a) termination b) elimination c) manifestation d) cessation

28. Most painkillers sedatives used to remove or reduce the patient's pain.

- a) endanger b) suppress c) endure d) encompass

29. Adolescents are able to think in terms of future rather than just events.

- a) current b) upcoming c) forthcoming d) distant

30. One important nursing procedure is the vital signs assessment which is normally after physical examination.

- a) informed b) performed c) reformed d) notified

31. Scientists create a weakened vaccine by the power of an organism that causes the disease.

- a) approving b) intensifying c) attenuating d) enhancing

32. Timely by a skilled clinician is one of the most important factors in early diagnosis and treatment of the disease.

- a) contamination b) contraction c) intervention d) impairment

33. The physician used a simple clear language to The problem to the patient.

- a) complicate b) elucidate c) attribute d) distribute

34. The persistence of pain in the patient's knee means the painkiller was not enough to relieve his discomfort.
 a) sluggish b) soiled c) distorted d) potent
35. Patients with respiratory problems often experience irregular breathing patterns which their sleep.
 a) improve b) rupture c) disrupt d) promote
36. High fever, severe coughs, and sore throat showed that the young boy was influenza.
 a) infected with b) avoided from c) relieved from d) empowered by
37. His doctor warned him that he really needed to go on a diet because he had so much weight during the holidays.
 a) come up with b) put forth c) come across with d) put on
38. Getting a lot of sleep and drinking plenty of fluids are recommended to the effects of the flu.
 a) alleviate b) anticipate c) document d) elongate
39. The recycling company is incinerating hazardous waste illegally causing considerable pollution.
 a) awarded for b) promoted for c) accused of d) indicative of
40. The newly discovered virus proved to be highly since many were infected easily following their first exposure.
 a) preventable b) transmissible c) suppressible d) dismissible

1	a	11	a	21	d	31	c
2	d	12	b	22	c	32	c
3	b	13	d	23	a	33	b
4	b	14	c	24	b	34	d
5	c	15	b	25	d	35	c
6	d	16	d	26	a	36	a
7	b	17	a	27	c	37	d
8	a	18	c	28	d	38	a
9	b	19	b	29	a	39	c
10	a	20	a	30	b	40	b

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Directions: Read the following passages carefully. Each passage is followed by some questions. Complete the questions with the most suitable words or phrases (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

It seems unlikely to achieve the dream that some clinicians had in the middle of the 20th century about the future eradication of most common infectious diseases from humanity. Recent experience with the emergence of totally new infectious diseases (AIDS, SARS, etc.), and the epidemiological trends of antibiotics resistance, indicate that we will continue to move in the opposite direction towards an environment with an ever growing number of new infectious diseases and of more common bacteria which develop resistance to antibiotic, and of bacteria which continue to migrate from the hospital setting to the community. The result could be even higher morbidity, higher mortality, higher costs, and the potential for the rapid spread of these bacteria, and overall a decreasing number of useful antimicrobial agents to combat the infections they cause.

It is important to gain a good understanding of the molecular basis for the development of resistance because it allows us to develop new approaches to manage the infections caused by these bacteria and to create new strategies for the development of new treatments against these bacteria.

1. The first paragraph is mainly about theinfectious diseases.

- a) insufficiency of efforts to defeat
- b) efficacy of steps followed against
- c) ease of removing
- d) existing epidemiology of

2. The text to defeat the infectious diseases.

- a) opposes recent methods
- b) provides a definite solution
- c) is doubtful about future attempts
- d) considers ongoing new efforts

3. The appearance of new infectious diseases indicates potential risks caused by

- a) microorganism resistance against antibiotics
- b) human coexistence with antibiotics
- c) infections initiated by antimicrobial agents
- d) inactive bacteria and microorganisms in hospitals

4. The writer is the eradication of the common infectious diseases.

- a) optimistic about
- b) indifferent to
- c) biased toward
- d) uncertain about

5. The underlined phrase opposite direction refers to all of the following, EXCEPT the

- a) enhancement in the emergence of new infections
- b) development of antibiotic resistance
- c) understanding infectious agents entirely
- d) failure in fully eradicating infectious diseases

Passage 2

One of the biggest challenges for hospitals today is the availability of a strong, capable, and motivated workforce. Hospitals are 'people-driven' and their primary expenses are labor costs. As in many developed and developing countries, many hospitals in Middle Eastern countries have come to realize that the most important asset to their organization, besides physical capital and consumables, is their health human resources, without which they cannot properly function. At the system level, evidence indicates a strong link between the availability of healthcare providers and population health outcomes. Poor work environments and the absence of sound recruitment and retention practices are some of the key health human resources challenges that are facing many Middle Eastern hospitals. These obstacles have resulted in growing staff shortages, attrition and early retirement, poor staff satisfaction, high turnover, and emigration. These are the consequences of poor managerial and planning capacity in the area of health human resources, and lack of recruitment and retention strategies.

6. The employment of skilled and enthusiastic personnel

- a) is a challenge in developed and developing countries
- b) has already been resolved in developed countries
- c) is limited to the Middle Eastern countries
- d) has limited financial costs

7. According to the passage,

- a) lots of people are encouraged to work in hospitals
- b) people are regarded as the great challenges for hospitals
- c) the hospital costs are mainly devoted to the personnel
- d) there is an abundance of motivated workforce in hospitals

8. Hospitals in many countries, like the Middle Eastern countries

- a) are not significant assets to their countries
- b) fail to work properly without their physical asset
- c) have linked health care providers to people
- d) consider human resources as a major asset

9. Inefficient work places and the lack of strong employment practices are in the Middle Eastern hospitals.

- a) considered as barriers
- b) set as missions in the
- c) no longer observed
- d) intentionally underestimated

10. Some medical staff may leave their hospitals and go abroad due to the

- a) great benefits of early retirement
- b) poor retention strategies
- c) growing number of personnel
- d) presence of poor personnel

Passage 3

english for medical students

Pain can be categorized according to several variables, including its duration (acute, convalescent, chronic), its pathophysiologic mechanisms (physiologic, nociceptive, neuropathic), and its clinical context (e.g., postsurgical, malignancy related, neuropathic, degenerative). Acute pain follows traumatic tissue injuries and is generally limited in duration, and is associated with temporal reductions in intensity. Acute pain might be mild and last just a moment, or it might be severe and last for weeks or months. Unlike chronic pain, acute path does not last longer than six months, and it disappears when the underlying cause of pain has been treated or has healed. Chronic pain may be defined as discomfort persisting 3-6 months beyond the expected period of healing. In some chronic pain conditions, symptomatology, underlying disease status, and other factors may be of greater clinical importance than definitions based on the duration of discomfort.

11. Categorization of pain is based on all of the following factors, EXCEPT the

- a) pathophysiology that pain follows
- b) traumatic tissue injury that pain causes
- c) length of time that pain takes
- d) clinical circumstances under which pain appears

12. Acute pain

- a) continues even after the cause of pain is removed
- b) gets more and more intense over time
- c) continues in most cases of discomfort
- d) is hardly a long lasting symptom

13. Chronic pain is

- a) severe or mild based on the duration of its symptoms
- b) a subcategory of pain based on its clinical context
- c) a discomfort that rarely heals in the expected period
- d) limited in duration and comes after serious injuries

14. What is the best topic for this paragraph?

- a) Classification of chronic pain
- b) Etiology of acute pain
- c) Common features of acute pain
- d) Acute pain versus chronic pain

15. It is stated that sometimes definitions rooted in the length of pain for chronic discomforts are the underlying disease status.

- a) more important than
- b) of less significance compared to
- c) reportedly comparable to
- d) originally rooted in

Passage 4

It is recognized that for people to be motivated to use health knowledge, it must be presented to them in a comprehensible and acceptable manner. Their basic emotional needs and wants; their cultural attitudes; beliefs and prejudices; their fears, ambitions, jealousies, determinations, pride and malice; or any combination of these must all be taken into consideration. Rosenstock and colleagues summarized the problem well: "It is known that human behavior is determined more by one's belief about reality than by reality itself. People vary markedly in their interpretations of reality." As a consequence, it has been pointed out that effective health education can be achieved only by linking what is taught to the endogenous motivation of the individual or group addressed.

16. The writer considers as a requirement for the people to implement their knowledge about health.

- a) susceptibility
- b) comprehensibility
- c) comparability
- d) sustainability

17. Attention to is viewed as the requirement for the proper application of health knowledge by people.

- a) cultures, feelings and attitudes
- b) unique experience
- c) educational background
- d) all lifestyle differences

18. Some scholars believe that the major determinant of peoples' behavior is

- a) their interpretation of reality
- b) the implementation of reality
- c) the true sense of reality
- d) their health education

19. The underlined word endogenous, in the last sentence is closest in meaning to

- a) external
- b) inhibited
- c) internal
- d) determined

20. The passage concludes that

- a) health education has failed to be used by people in the society
- b) health education is useful if it is associated with people's motivation
- c) peoples' combinations or groups must be taken into consideration
- d) human behavior has nothing to do with the existing reality

Part two: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

21. Recent medical advances have caused a.... drop in mortality rates among children, with a limited number of deaths.

- a) limited
- b) radical
- c) trivial
- d) slight

22. Once an infection, older adults experience more disease and death than younger individuals.

- a) occurs
- b) repairs
- c) subsides
- d) expires

23. If you want to stay mentally sharp and physically healthy, it is good to a diet that is balanced in terms of its fat.

- a) prevent
- b) avoid
- c) object to
- d) commit to

24. The researchers cut the calories the subjects used to take in by half to examine the effect of food on their metabolism.

- a) deprivation
- b) confrontation
- c) contamination
- d) supplementation

25. Cognitive behavior therapy offers certain techniques which parents can use to their children's unwanted behaviors.

- a) aggregate
- b) constrain
- c) advocate
- d) instigate

26. Unreliable health information on social media will distract public.from first-hand scientific health reports.

- a) bias b) decline c) attention d) discomfort

27. All the information clients provide to counsellors is normally kept hidden from other people and treated as strictly..... .

- a) confidential b) reciprocal c) provisional d) longitudinal

28. By following an effective smoking.....plan, smokers can stop smoking sooner.

- a) circulation b) adaptation c) compulsion d) cessation

29. An effective treatment to the Covid-19 infection can be achieved only through a strict the dosage of drugs prescribed by the doctor.

- a) adherence to b) alteration of c) fluctuation of d) conversion to

30. A top health authority said that a factor contributing to the patient pile-up during the pandemic peak was the staff

- a) participation b) short fall c) abundance d) assistance

31. Researchers attributed the of the disease to the appearance of some new fatal genes.

- a) incompetence b) ineffectiveness c) severity d) harmlessness

32. Seizures are accompanied by lack of consciousness with occasional movements that are out of patient control.

- a) involuntary b) invaluable c) organized d) systematic

33. A recent study shows that in some societies people mistakenly consider left handers and clumsy.

- a) bilateral b) awkward c) superb d) flawless

34. He his own position after giving a successful lecture well appreciated by the personnel.

- a) condensed b) condemned c) concealed d) consolidated

35. A scientific theory will not continue for a long time if its assumptions are not by facts.

- a) spoiled b) opposed c) approved d) contradicted

36. Health information technology is by the use of new and advanced technology in health care domain.

- a) abandoned b) characterized c) impaired d) exacerbated

37. The doctor believed that the patient should be hospitalized if the respiratory symptoms

- a) declined b) terminated c) persisted d) subsided

38. Under the Corona virus condition, people with fever are more likely to refer to a hospital to the reason.

- a) inspect b) ingest c) sustain d) prolong

39. Injection and inhalation are two different ways of drug..... .

- a) contamination b) dispersion c) interaction d) administration

40. One important nursing procedure is the vital signs which is normally performed after physical examination.

- a) assessment b) avoidance c) underestimation d) cessation

1	a	11	b	21	b	31	c
2	d	12	d	22	a	32	a
3	a	13	c	23	d	33	b
4	d	14	d	24	a	34	d
5	c	15	b	25	b	35	c
6	a	16	b	26	c	36	b
7	c	17	a	27	a	37	c
8	d	18	a	28	d	38	a
9	a	19	c	29	a	39	d
10	b	20	b	30	b	40	a

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Part one: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions. Complete the questions with the most suitable words or phrases (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

If you have ever struggled to fall or stay asleep, you probably have heard all the standard sleep-hygiene advice: Stick to the same sleep and wake times, establish a bedtime routine, create a relaxing sleep environment, and avoid caffeine in the afternoon. It turns out that the last bit might not be as much of a problem as other evening habits. In a study of 785 African American adults with no history of sleep issues, 45 percent reported drinking coffee, tea, or soda within four hours of bedtime at least once in the course of a week. (African Americans have been underrepresented in sleep studies but are more likely to experience sleep problems and associated health issues.) Data from wristwatch sensors showed that the caffeine had no significant effect on how well or how long they slept. However, drinking alcohol or using nicotine before bed reduced the participants' sleep efficiency, meaning that the percentage of time they spent in bed actually sleeping was lower. With nicotine use, people also woke up more often in the middle of the night, perhaps because they were experiencing withdrawal symptoms. The participants who reported symptoms of insomnia during the study were more likely to have used nicotine before bed, which made their insomnia worse, robbing them of more than 40 minutes of sleep. Nicotine use before bed was also associated with symptoms of depression and anxiety, while alcohol and caffeine use were linked to chronic stress.

1. The writer of this passage emphasizes that

- a) nicotine and alcohol are worse than caffeine for sleep
- b) nicotine is commonly used before bed to prevent depression
- c) African Americans are less likely to experience sleep problems
- d) African Americans with sleep problems consume more caffeine

2. Using nicotine before bed causes all of the following, **EXCEPT**

- a) shorter sleep time
- b) stress
- c) anxiety
- d) insomnia

3. Which of the following statements is **TRUE** according to the passage?

- a) A sample of adult African Americans are studied in sleep research.
- b) Subjects more likely to use caffeine had sleep problems.
- c) Sleep efficiency has nothing to do with consumption of nicotine or alcohol.
- d) African Americans are more likely to consume nicotine before bed.

4. According to the passage, caffeine has no major effect on

- a) insomnia
- b) sleep problems
- c) the duration of sleep
- d) the quality and quantity of sleep

5. For falling or staying asleep..... is NOT necessarily a hygiene advice.

- a) having fixed sleep and wake times
- b) creating a bedtime routine
- c) providing a relaxing sleep environment
- d) avoiding caffeine in the afternoon

Passage 2

There is considerable evidence to suggest that nurses may experience dissatisfaction with the working environment in hospitals, with poor work environments impacting negatively on the delivery of clinical care and patient outcomes. In seeking to understand this dissatisfaction, work engagement among nurses and other health professionals has been explored from the perspective of burnout and emotional exhaustion with work engagement conceptualized as a positive emotional state in which employees are emotionally connected to the work roles. While such studies have examined engagement with work from an emotional perspective, engagement can also be understood as a broader concept that includes an employee's relationship with their professional role and the broader organization. This broader view on employee engagement ties in with the concept of organizational citizenship behavior, which captures flexible behaviors that are not formally rewarded within the organization that help others, or are displays of organizational loyalty or civic virtue.

6. Nurses' dissatisfaction may influence the in clinical environments.

- a) nurses' role compared to other citizens
- b) quality of healthcare delivery
- c) research studies performed
- d) employers' exhaustion and approach

7. In response to dissatisfaction among nurses,

- a) their roles have become flexible in hospitals
- b) they have not been awarded as citizens
- c) they have not been trusted by other employees
- d) their engagement has been investigated

8. The studies indicated in this text mainly dealt with..... .

- a) emotional aspect of the issue
- b) organizational aspect of the issue
- c) citizenship behavior in hospitals
- d) professional behavior in hospitals

9. The employees' relationship with their professional role and organization can be referred to as

- a) citizenship behavior
- b) clinical care
- c) work engagement
- d) organizational loyalty

10. The organizational citizenship behavior

- a) can indicate if the employee is faithful to the organization
- b) displays the employee's connection to the organization
- c) is an obstacle to the employee's satisfaction
- d) is a concept opposed in its broader view

Passage 3

Micronutrients are vitamins and minerals needed by the body in very small amounts. However, their impact on the body's health is critical, and deficiency in any of them can cause severe and even life-threatening conditions. They perform a range of functions, including enabling the body to produce enzymes, hormones, and other substances needed for normal growth and development. Deficiencies in iron, vitamin A, and iodine are the most common around the world, particularly in children and pregnant women. Low-income and middle-income countries bear the disproportionate burden of micronutrient deficiencies.

Micronutrient deficiencies can cause visible and dangerous health conditions, but they can also lead to less clinically notable reductions in energy level, overall capacity, and mental clarity. **The latter** can lead to reduced educational outcomes and reduced work productivity.

Many of these deficiencies are preventable through nutrition education and consumption of a healthy diet containing diverse foods, as well as food fortification and supplementation, where needed. These programs have made great strides in reducing micronutrient deficiencies in recent decades, but more efforts are needed.

11. Micronutrients are of special significance for the proper functioning of the body regardless of their amount.

- a) slight
- b) significant
- c) considerable
- d) enormous

12. The writer of this passage a link between the micronutrient deficiencies and mental clarity.

- a) rejects
- b) considers
- c) doubts
- d) opposes

13. The expression the latter in the second paragraph refers to one's lowered

- a) mental clarity
- b) total energy level of the body
- c) overall body capacity
- d) work productivity

14. It is inferred from the passage that the programs discussed in the last paragraph

- a) have solely revolved around education in recent decades
- b) have failed to reduce micronutrient deficiencies
- c) still require further modifications to succeed
- d) exclusively rely on food fortification

15. The author concludes the passage by to control complications caused by micronutrient deficiencies.

- a) listing the risk factors
- b) calling for further attempts
- c) suggesting food supplementation
- d) highlighting the preventable conditions

Passage 4

The relative importance of the etiological factors in obesity is controversial. Contrary to the popular belief, most overweight people eat no more than average (though of course they have taken in more calories than they need). This emphasizes the importance of the individual susceptibility. Overnutrition often begins in infancy with the use of overconcentrated milk formulae laced with sugar and with too early introduction of solid foods, especially cereals. A taste for sweet, refined foods is encouraged through childhood, and may be set for life. Poorer people eat more refined foods and less fresh ones than those who are better off. Physical exercise contributes relatively little to overall energy output. Despite its popular acceptance, the theory that lack of exercise causes obesity lacks evidence. Psychosocial factors can be important — in different cultures and in different levels of society, obesity is admired, tolerated, shunned or feared. Mass circulation magazines are also very influential in this regard.

16. According to the text, the primary cause of obesity is..... .

- a) overnutrition
- b) individual liability
- c) psychological factors
- d) lack of physical activity

17. It can be implied from the passage that..... .

- a) the more one eats, the more he/she is liable to obesity
- b) parents must avoid giving sugary foods to their children
- c) solid foods, especially cereals, are the main cause of obesity
- d) obesity can begin from the childhood period

18. It is implied from the information in the paragraph that the foods taken by the rich people

- a) are less likely to cause obesity
- b) are full of junk particles
- c) fail to support intense physical activity
- d) provide better psychosocial support

19. The text implies that..... .

- a) etiological factors affect all individuals quite similarly
- b) any individual is susceptible to obesity if he/she eats more
- c) the main cause of obesity varies for different people
- d) obese people are unable to prevent the condition they are in

20. The author the theory that overnutrition and lack of physical activity are the main causes of obesity.

- a) puts doubt on
- b) partly agrees with
- c) provides evidence for
- d) clearly opposes

Part two: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

21. Painkillers are effective in reducing pain, but they should be used since they can have serious side effects if taken in a large amount.

- a) profusely b) hypothetically c) abundantly d) sparingly

22. Even today, some traditional remedies continue todespite their inefficiency.

- a) cease b) decline c) collapse d) persist

23. People have witnessed a/an the approval of COVID-19 vaccine, due to the possible unexpected harmful consequences.

- a) enthusiasm about b) dispute about c) appreciation of d) compliance with

24. The spread of the infection was so great that a large number of children in that region were rapidly.

- a) afflicted b) strengthened c) safeguarded d) protected

25. It is believed that not all cancer cells are equally most can be neutralized with radiation or chemotherapy.

- a) benign b) aggressive c) innocent d) inoffensive

26. Our lives have changed a lot with theof new technologies such as the Internet.

- a) departure b) hindrance c) erosion d) advent

27. The nurse was blamed for herattention to the patients under her care.

- a) scant b) sufficient c) comprehensive d) abundant

28. The scientist carried out a/an study requiring huge work to explore the origin of the infection.

- a) superficial b) extensive c) insignificant d) trivial

29. A nurse should safety rules when managing patients in emergency rooms.

- a) abort b) abandon c) adhere to d) addict to

30. Health providers agree that hand hygiene is one of the most important control procedures to the spread of infection.

- a) initiate b) elevate c) boost d) decline

31. The patient's conditions severely despite the intake of medications he received.

- a) improved b) deteriorated c) perceived d) promoted

32. Center for Disease Control is intensively working to see whether the vaccine is enough in order to begin the mass vaccination.

- a) efficacious b) hazardous c) susceptible d) adverse

33. Our world today suffers from a wide range of between the rich and the poor in nearly all nations.

- a) distillation b) equality c) disparity d) fairness

34. One of the features of e-learning is to enhance the of learners by providing them with more control over their own learning.

- a) imitation b) autono c) limitation d) suppression

35. A midwife is expected to A complete pregnancy history of the mother, including the number of miscarriages and infant deaths.

- a) elicit b) eliminate c) avoid d) hinder

36. The company its low-quality products regardless of their probable side effects.

- a) integrated b) eliminated c) estimated d) propagated

37. The idea of our lives may not be so appealing if we feel miserable and isolated.

- a) prolonging b) transcribing c) conferring d) integrating

38. The expansion of hazardous industries which are dependent on natural resources, like mining, has considerably increased

- a) stability b) morbidity c) longevity d) conformity

39. The speed of the of the news in social networks is astonishing; it is accessible for everybody in a few seconds.

- a) differentiation b) transcription c) dissemination d) recommendation

40. The exam condition was quite as there was a lot of noise from the heavy traffic outside.

- a) forthcoming b) illuminating c) promising d) distracting

1	a	11	a	21	d	31	b
2	b	12	b	22	d	32	a
3	a	13	a	23	b	33	c
4	d	14	c	24	a	34	b
5	d	15	b	25	b	35	a
6	b	16	b	26	d	36	d
7	d	17	d	27	a	37	a
8	a	18	a	28	b	38	b
9	c	19	c	29	c	39	c
10	a	20	a	30	d	40	d



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