

Practice Test 14

READING SUB-TEST – PART B

In this part of the test, there are six short extracts relating to the work of health professionals. For questions 1–6, choose the answer (**A, B, or C**) which you think fits best according to the text.

Text 1 – Local Anaesthetic Agents

Local anaesthetic agents are routinely used by trained practitioners in a range of clinical procedures, including both peripheral and central nerve blocks. These agents function by penetrating nerve membranes and interfering with the transmission of nerve impulses, thereby preventing the perception of pain. The degree of effectiveness depends on factors such as lipid solubility, which influences the ability of the drug to cross neuronal barriers. In addition, patient-related factors and the specific clinical context may affect the choice and outcome of anaesthetic use.

Text 2 – Flumazenil Administration

Flumazenil is used in the management of benzodiazepine overdose as a competitive antagonist. It is administered initially in a controlled dose, followed by additional doses if the desired response is not achieved. Because its duration of action is shorter than that of many benzodiazepines, there is a risk that sedation may recur after initial treatment. Therefore, patients must be closely monitored, and healthcare professionals should be prepared to administer further doses if necessary.

Text 3 – Pleural Aspiration

Pleural aspiration is a diagnostic procedure used to remove fluid from the pleural space for analysis. The procedure requires careful insertion of a needle at an appropriate anatomical site to avoid injury to surrounding structures. Following fluid collection, the needle is withdrawn and the site is dressed to minimise the risk of complications. Attention to technique and patient safety is essential throughout the process.

Text 4 – Rehabilitation Aids

Rehabilitation often involves the use of various aids designed to support patient mobility and recovery. These may include walking frames, crutches, wheelchairs, and exercise equipment, all of which serve to enhance patient independence while also reducing the

physical demands on healthcare staff. The selection of appropriate aids depends on the patient's condition, level of mobility, and rehabilitation goals.

Text 5 – Breathing Exercises

Breathing exercises are commonly incorporated into patient care to improve ventilation and assist in clearing respiratory secretions. They may be performed independently or as part of a structured rehabilitation programme. The frequency and intensity of these exercises should be adapted according to the patient's current medical condition to ensure both safety and effectiveness.

Text 6 – Fitness Exercise in Rehabilitation

Physical activity is a key component of rehabilitation programmes for patients recovering from illness or injury. Exercises may be carried out individually or in groups, depending on patient needs and capabilities. These activities are typically guided by healthcare professionals such as physiotherapists or nurses, who tailor the programme to the patient's functional level and clinical condition.