

Task 1

In pairs discuss the following questions. Your teacher will give you specific instructions.

1. Why do you want to become a paramedic, and what skills do you think are most important for the job?
2. What do you think is more challenging: treating patients in an ambulance or in a hospital? Why?
3. Have you ever witnessed a medical emergency? How do you think paramedics manage stress in these situations?
4. How would you communicate with a patient who is panicked or in pain while providing care?
5. Which part of paramedic training do you think is most difficult: theoretical knowledge, practical skills, or emotional resilience? Why?
6. If you could create one piece of technology to help paramedics save more lives, what would it be?
7. What do you think is the most rewarding part of being a paramedic?

Task 2

Read the following text

Becoming a Paramedic in Poland and the UK

Paramedics are essential members of the emergency medical services. Their main duty is to provide **pre-hospital care** to patients who are injured or seriously ill. They are trained to respond quickly, assess the patient's condition, and give life-saving treatment. In both Poland and the UK, becoming a paramedic requires several years of **formal education, clinical training**, and official recognition by a professional body. However, there are important similarities and differences in how this profession is organized in the two countries.

In **Poland**, a paramedic is called *ratownik medyczny*. To enter the profession, students must complete a **three-year bachelor's degree program** at a university or medical academy. The curriculum includes subjects such as **anatomy, physiology, pathology, pharmacology, and emergency medicine**. Students also develop practical skills like **basic and advanced life support, trauma care, airway management, and safe patient transport**. Part of the training takes place in **simulation laboratories** and during **clinical placements** in hospitals and ambulance stations. After finishing the degree, graduates must pass a **national state exam**. This exam confirms their theoretical knowledge and practical competence. In Poland, paramedics usually work in teams, often under the supervision of a doctor, especially during complicated medical interventions.

In the **United Kingdom**, the pathway is slightly different. Students also need to complete a **Bachelor of Science (BSc) in Paramedic Science**, usually lasting three years. The academic modules cover similar topics: **human biology, pathophysiology, pharmacology, communication skills, and patient assessment**. However, there is a stronger focus on **autonomous practice**. Students spend a significant part of their training in **ambulance placements**, where they learn how to make independent clinical decisions in real emergencies. After graduation, they must register with the **Health and Care Professions Council (HCPC)**, which regulates healthcare professionals. Without HCPC registration, it is not possible to work legally as a paramedic in the UK.

There is also an **alternative route** in the UK. Instead of studying at a university first, some candidates apply directly for **paramedic degree apprenticeships** or training programs run by the **National Health Service (NHS) trusts**. These programs combine **paid employment** with structured training. Trainees work within ambulance services while completing their academic studies part-time, often in partnership with a university. This route allows students to gain **hands-on clinical experience** from the beginning, while also earning a salary. However, entry is competitive, and apprentices must still achieve the same professional standards and HCPC registration as university graduates.

There are clear **similarities** between Poland and the UK. In both countries, paramedics are university-educated professionals who receive extensive training in emergency medicine. Both systems require **practical placements**, where students gain real-life experience in caring for patients. In addition, both demand an official process of recognition — a **state exam in Poland** and **HCPC registration in the UK** — to ensure patient safety and professional standards.

At the same time, there are some important **differences**. In Poland, paramedics are often more limited in their independence and usually work according to a doctor's instructions. In the UK, paramedics have a higher degree of **clinical responsibility** and can make many treatment decisions without direct supervision. Another difference is the role of **professional regulation**: in Poland, the emphasis is on passing the state exam, while in the UK, continuous regulation and re-registration with the HCPC ensure ongoing professional development.

To sum up, the road to becoming a paramedic in both Poland and the UK is demanding and requires strong medical knowledge, clinical competence, and emotional resilience. Both countries aim to prepare professionals who can act quickly and effectively in life-threatening situations. The differences reflect national traditions in healthcare and professional regulation, but the main goal is the same: to provide high-quality emergency care and to save patients' lives.

Task 3

Fill in the missing contrasting fact in each row.

Country	Poland	The UK
	Paramedics must complete a 3-year bachelor's degree at a university or medical academy.	Graduates must register with the Health and Care Professions Council (HCPC) .
	Paramedics usually work under the supervision of a doctor during complex procedures.	There is an alternative route : degree apprenticeships via NHS trusts.
	Main focus: teamwork with doctors and nurses in hospitals and EMS.	

Vocabulary list:

1. **Paramedic** – a healthcare professional trained to give emergency medical treatment outside of hospital.
2. **Pre-hospital care** – medical help given to a patient before they arrive at a hospital.
3. **Emergency medical services (EMS)** – the system of ambulances, paramedics, and doctors who respond to urgent medical situations.
4. **Bachelor's degree** – a university qualification usually taking three years to complete.
5. **Curriculum** – the full set of subjects and courses studied in a degree or training program.
6. **Anatomy** – the study of the structure of the human body.
7. **Physiology** – the study of how the human body functions.
8. **Pathology** – the study of diseases and their causes.
9. **Pharmacology** – the study of medicines and how they work in the body.
10. **Emergency medicine** – the branch of medicine that deals with sudden illness or injury requiring immediate care.
11. **Life support** – medical techniques (like CPR) used to keep someone alive when their body is failing.
12. **Airway management** – medical techniques to keep a patient's breathing passage (airway) open.
13. **Trauma care** – treatment for serious injuries caused by accidents or violence.
14. **Simulation laboratory** – a special classroom with medical equipment where students practice emergency procedures on manikins or models.
15. **Clinical placement** – a period of practical training in a hospital or ambulance service where students work with real patients.
16. **Competence** – the ability to do something successfully and correctly.
17. **Autonomous practice** – working independently and making one's own professional decisions.
18. **Regulation** – official control by a professional body to ensure safety and high standards.
19. **Health and Care Professions Council (HCPC)** – the official UK organization that registers and regulates paramedics and other health professionals.
20. **Degree apprenticeship** – a training program that combines paid work with part-time university study, leading to a degree.
21. **NHS trust** – an organization within the National Health Service that provides healthcare services in a local area.
22. **Professional development** – ongoing learning and training after graduation to improve knowledge and skills.
23. **Clinical responsibility** – the duty of a healthcare professional to care for patients and make safe medical decisions.
24. **Supervision** – being watched or directed by a more senior professional, such as a doctor.
25. **Recognition** – official approval that someone is qualified to work in a profession.
26. **Emotional resilience** – the ability to cope with stress, pressure, and difficult situations without breaking down.

Task 4

Use the vocabulary list above to complete the sentences.

1. A _____ is a healthcare professional trained to provide emergency treatment outside the hospital.
2. The care given to patients before they reach a hospital is called _____.
3. Ambulances, paramedics, and doctors responding to urgent situations are part of _____.
4. The complete set of subjects studied during a degree is called the _____.
5. The study of the structure of the human body is called _____.
6. Understanding how the human body works is called _____.
7. The study of diseases and their causes is known as _____.
8. Learning about medicines and how they affect the body is called _____.
9. Paramedics specialize in _____, the treatment of sudden illness or injury.
10. Techniques like CPR that keep a patient alive are part of _____.
11. A period of practical training in a hospital or ambulance is called a _____.
12. When paramedics make decisions independently, it is called _____.

Task 5

Work in pairs. Take turns asking and answering the questions below. Try to use the vocabulary words from the list in your answers.

Word Bank (26 items):

Paramedic – Pre-hospital care – EMS – Bachelor's degree – Curriculum – Anatomy – Physiology – Pathology – Pharmacology – Emergency medicine – Life support – Airway management – Trauma care – Simulation laboratory – Clinical placement – Competence – Autonomous practice – Regulation – HCPC – Degree apprenticeship – NHS trust – Professional development – Clinical responsibility – Supervision – Recognition – Emotional resilience

Questions

1. What is a _____, and what kind of work do paramedics do?
2. What is _____, and why is it important in emergencies?
3. What subjects related to the human body do paramedic students study (use at least two words from the list)?
4. What practical skills are taught to paramedic students (use at least two words from the list)?
5. What is the purpose of a _____ in paramedic education?
6. How do paramedics demonstrate _____ in their work?

7. What does _____ mean in the UK, and how does it differ from Poland?
8. How can someone become a paramedic through a _____ at an NHS trust?
9. Why is _____ important for paramedics during stressful emergencies?
10. How do paramedics gain official _____ to practice professionally?

Task 6

*Below is a list of abbreviations commonly used by paramedics. Work in pairs or groups and try to write the **full meaning** for each abbreviation.*

Abbreviations:

1. CPR
2. ETA
3. EMS
4. FR
5. AED
6. IV
7. BP
8. HR
9. SpO₂
10. GCS
11. LOC
12. O₂
13. NPO
14. BLS
15. ALS
16. PPE
17. ROSC
18. SOB
19. RR

Task 7

Read each sentence carefully and replace the underlined words or phrases with the correct abbreviation from the list. Some abbreviations are not obvious, so think like a paramedic writing a report.

1. The patient suddenly stopped breathing and lost a pulse; start **first aid like heart massage** immediately.
2. We should record the **rate at which the patient is breathing** every 15 minutes.
3. Monitor the **oxygen level in the blood** and make sure it stays above 94%.
4. The **professional who arrives first at the scene** should begin initial assessment and care.
5. The **patient should not eat or drink anything** until the doctor approves.
6. The **time when the ambulance is expected to arrive at the scene** is approximately five minutes.
7. During the trauma assessment, check the **patient's blood pressure and heart rate** carefully.
8. Administer **oxygen therapy** to improve the patient's breathing.
9. Record the **patient's responsiveness and eye, verbal, motor reactions** to determine severity.
10. Ensure all team members wear **gloves, masks, and protective clothing** before entering the area.

Task 8

Read the following text and correct the words and phrases in **bold** if necessary.

At 07:30, the **Bachelor's degree** arrived at the **EMS** to start the morning shift. The paramedic checked the **FR** and made sure all **ROSC** was ready. Personal protective equipment (**GCS**) was also prepared.

The first call of the day was to a patient experiencing **SOB**. The team measured **BP**, **HR**, and **RR**, and checked **SpO₂**. **AED** was connected even though the patient was breathing normally. **IV** fluids were started, but **O₂** therapy was not used.

Later, they responded to a traffic accident. The paramedics provided **ALS** for trauma care and monitored **LOC**. The patient was transported to the **simulation laboratory**, and handover was given to **nursing staff**.

During breaks, the paramedics discussed **anatomy**, **physiology**, and **pathology**. They also reflected on **autonomous practice**, **professional division**, and **emotional residence**.

At the end of the shift, the team returned to the **EMS**. They cleaned the ambulance, restocked equipment, and recorded their activities in the **HCPC** system.