

# Primary School Activity Book

Being a GP



**TEACHER & FACILITATOR GUIDE**





### ABOUT THIS ACTIVITY BOOK

This activity book has been designed to help primary school pupils to learn about GPs and what they do. By undertaking these activities pupils will be able to develop Science, Maths, and English skills.

This document provides 'answers' to the tasks or activities along with helpful additional notes, including stretch tasks, for facilitators and/or teachers.

**Activity 1**  
**Hidden Picture**

Dr Adam needs you to help him find important pieces of equipment needed to treat his patients. Can you find the 4 hidden objects in this picture of his consultation room?

1	2	3	4
Stethoscope	Blood Pressure Monitor	Anti-Bacterial Soap	Pulse Oximeter

There is a glossary at the end of the document explaining what some of these things are.

In this picture you can see Dr Adam talking with one of his patients. What other sorts of things do people go to see the doctor about? Can you write these below?

## Healthy Foods

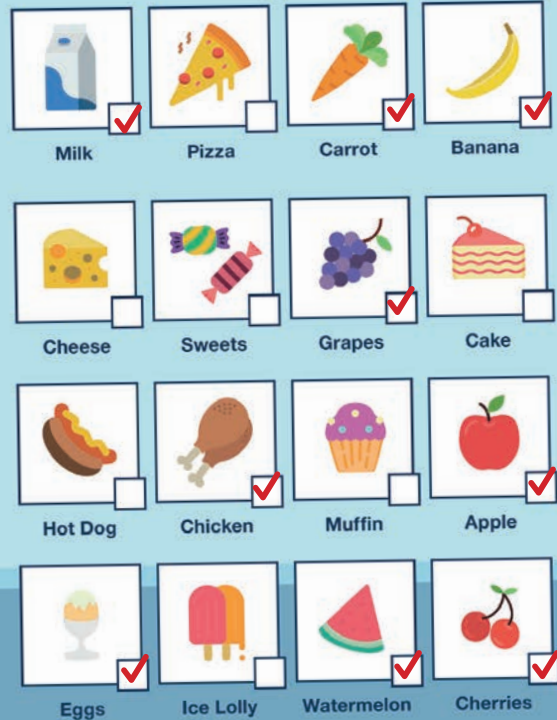
Dr Adam asked some of his patients what they have eaten, he wants them to group them as 'healthy' or 'not healthy'. Can you tick the healthy foods listed opposite?

Can you list 3 ways that you can reduce the amount of unhealthy foods that you eat?

1.

2.

3.



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## HEALTHY FOODS

Eatwell guides can be found on [foodfactoflife.org.uk](http://foodfactoflife.org.uk) where there are resources for each key stage.

**Fruit and vegetables:** you should aim to eat 5 portions of fruit and vegetable each day.  
**Starchy foods:** including potatoes, bread, rice, pasta, cereals, bread, biscuits, etc. You should choose wholegrain with low added fat, salt and sugar, etc.

**Protein:** meat, fish, beans, pulses, eggs. You should aim to eat 2 portions of fish per week, and reduce red meat. Beans and pulses are good for you so try to increase the amount you eat.

**Dairy:** including milk, cheese and yoghurt. These are important sources of calcium but try to choose lower fat and sugar options.

**Sweets:** are high in sugar and can be high in fat so eat as treats.



### Spot the Difference

Dr Adam sees many patients each day, sometimes up to 30 - how many differences can you spot in his consultation room?

How many difference could you find?

### SPOT THE DIFFERENCE - STRETCH ACTIVITY

What equipment can you see in the images? Do you know what they do.

TIP: The glossary at the end of the booklet provides some definitions for the equipment that a doctor might use.

#### Activity 4

### Keeping Healthy

Dr Bernie has been working with Dr Adam to help patients to stay fit and healthy. She wants you to help her.

In the spaces below can you write down why each of these things are healthy?



Plate of Food

This keeps me healthy because...



Teacher, Parents, Family

This keeps me healthy because...



Carton of Milk

This keeps me healthy because...



Glass of Water

This keeps me healthy because...



Washing your hands

This keeps me healthy because...



Exercise

This keeps me healthy because...



Healthcare Professionals

This keeps me healthy because...

Correct order (alphabetical) for filing the leaflets:

1. **Accident prevention**
2. **All about me - my healthy choices**
3. **Drinking water is good for me**
4. **Exercise is fun!**
5. **GPs - what they can do to help me**
6. **Hand washing**
7. **Healthy eating**
8. **My body- keeping the right weight**
9. **Staying safe in the sun**
10. **Why do we need to have injections?**

## Health Promotion

Dr Bernie is trying to file some information leaflets that she has. She gives these to patients to support them to lead a healthy lifestyle. Can you put them in alphabetical order?

*Remember to list them using the first letter of the first word. If there are 2 with the same letter then you go to the second letter of the first word.*

Leaflets Dr Bernie needs to file:

- All about me - my healthy choices
- Healthy eating
- Hand washing
- Accident prevention
- My body- keeping the right weight
- Exercise is fun!
- Staying safe in the sun
- Why do we need to have injections?
- Drinking water is good for me
- GPs - what they can do to help me

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### HEALTH PROMOTION - STRETCH ACTIVITY

Have a go at designing one of these information leaflets.

How would you make it stand out so that people would pick it up?

What words could you use to get your message across?

Remember to keep it simple so that everyone can understand it.

**Find the way**

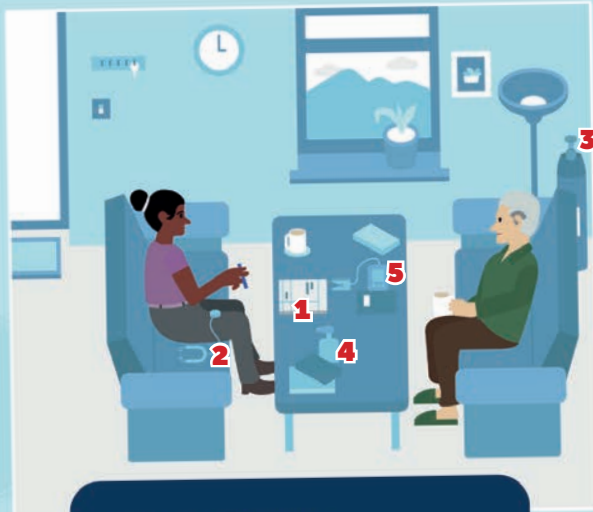
GPs work with lots of people to look after the health of patients. This week Dr Bernie is working with the pharmacy, hospital and physiotherapist. Can you help her find the way to each by labelling their lettered route?

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### FIND THE WAY - STRETCH ACTIVITY

Ask pupils to discuss in pairs how Dr Bernie and the pharmacist work with each other.

Answers should include that Dr Bernie will write prescriptions for medications, the patients will take the prescription to the pharmacist who will dispense them for the patient. Dr Bernie can ask pharmacists for advice using their specialist knowledge about medications. They both can advise patients on how to manage their self-limiting illnesses or simple injuries for instance on what to do if they have a cold, not everyone has to see a GP for this type of advice.



### Hidden Picture

GPs have the privilege of visiting patients in their own home, can you help Dr Bernie find 5 hidden objects when visiting Jim in his home.

1 2 3 4 5

Prescription Pad	Stethoscope	Oxygen	Anti-Bacterial Soap	Pulse Oximeter

There is a glossary at the end of the document explaining what some of these things are.

Dr Bernie is seeing one of her elderly patients. What changes happen as we get older? Write what you think in the box here.

### HIDDEN PICTURE - AGING

Aging is a natural part of life and it starts as soon as we reach adulthood. Some of these changes you can see such as changes to the skin, with lines and wrinkles on the face as an example or grey hair; and some you can't see such as wear and tear on the joints. People often find that their eyesight gets worse so they may need to wear glasses and some people find that they cannot hear as well as they used to resulting in the need for a hearing aid. Your arteries get stiffer as you get older, the amount of muscle that you have in your body gets less.

The impact of these changes on your body varies person to person but you can reduce the chances of these becoming a problem by keeping yourself healthy. The GP is one source of advice on how to do this.



Activity 8

## How many Words?

Can you work out how many words you can write with the letters in... **GENERAL PRACTITIONER**?

1 letter words

2 letter words

3 letter words

4 letter words

5 letter words

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### HOW MANY WORDS?

A number of websites provide services that can help explore the number of english words within 'General Practitioner'.

A free-to-use site is: <https://wordmaker.info/>.

### Code Breaker

Doctors need to solve lots of different problems each day, breaking codes are a form of problem solving. Can you use the code to work out the correct information to help Dr Adam?

Your heart pumps **blood** around your body.  
(9 - 12 - 15 - 15 - 5)

You can listen to a heart beating using a **stethoscope**.  
(19 - 20 - 5 - 20 - 8 - 15 - 19 - 3 - 15 - 16 - 9)

Blood travels to your **lungs** where it picks up **oxygen**.  
(12 - 21 - 14 - 7 - 19)  
(15 - 24 - 25 - 7 - 5 - 14)

How much it picks up can be measured by a **pulse** **oximeter**.  
(16 - 21 - 12 - 19 - 9)  
(15 - 24 - 9 - 13 - 5 - 20 - 5 - 16)

A	B	C	D	E	F	G	H	I	J	K
1	2	3	4	5	6	7	8	9	10	11
L	M	N	O	P	Q	R	S	T	U	V
12	13	14	15	16	17	18	19	20	21	22
W	X	Y	Z							
23	24	25	26							

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Activity 10

## Dr Adam and his Patients

Dr Adam has a lot of patients to see today! The pictures on this page show you how many he will see. Fill in the tally chart below and then answer the questions.

Patient	Tally	Total Number
Babies		6
Children		13
Adults		11

How many babies are waiting to see Dr Adam?

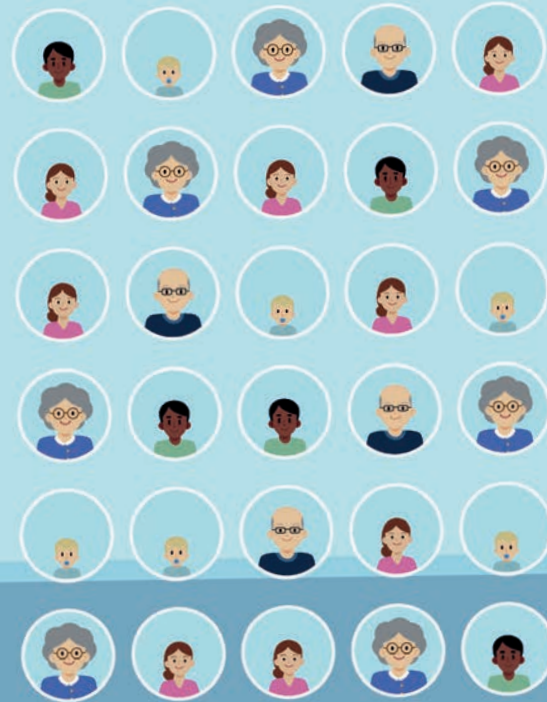
6

How many children are waiting to see Dr Adam?

13

How many adults are waiting to see Dr Adam?

11



### DR ADAM AND HIS PATIENTS - STRETCH ACTIVITY

If Dr Adam has 10 minute appointments to see each patient and he has 150 minutes to see patients during the morning how many patients will he see? (Answer=15).

If Dr Adam has 2 hours to see patients in the afternoon how many patients will he see? (Answer=12).

Dr Adam works 4 mornings and 3 afternoons during the week so how many patients will he see in total? (Answer=96).

## Fill in the Gaps

Healthcare professionals need special tools to help them in their jobs. Can you work out each of the tools from the clues we've provided? You will need to fill in the gaps. All the words you need are in the equipment list below.

If you want to know more about them please turn to the information at the end of the activity book. You may also want to see how many of them are in the pictures within the book.

### EQUIPMENT

BLOOD PRESSURE MONITOR

OTOSCOPE

SYRINGE

PEN TORCH

PULSE OXIMETER

STETHOSCOPE

PRESCRIPTION

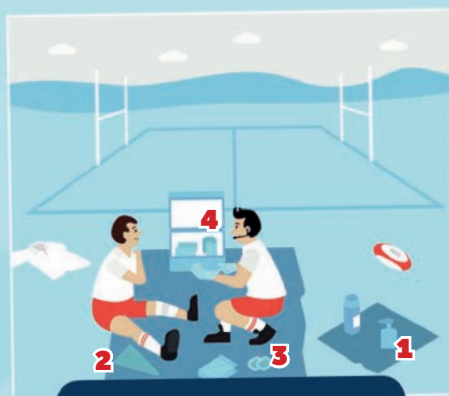
Special tool	S <u>STETHOSCOPE</u>
What it does	Used to listen to the heart and lungs
Special tool	<u>OTOSCOPE</u> E
What it does	Used to look into ears, noses and mouths
Special tool	<u>PEN TORCH</u>
What it does	It is shined into eyes to watch how the eye reacts to light
Special tool	<u>BLOOD PRESSURE MONITOR</u>
What it does	Used to find out what someone's blood pressure is
Special tool	<u>PULSE OXIMETER</u>
What it does	Used to find out how much oxygen is in someone's blood
Special tool	<u>SYRINGE</u>
What it does	Used to take blood samples
Special tool	<u>PRESCRIPTION</u>
What it does	A patient takes this to the pharmacist (chemist) who will give them their medication

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## FILL IN THE GAPS

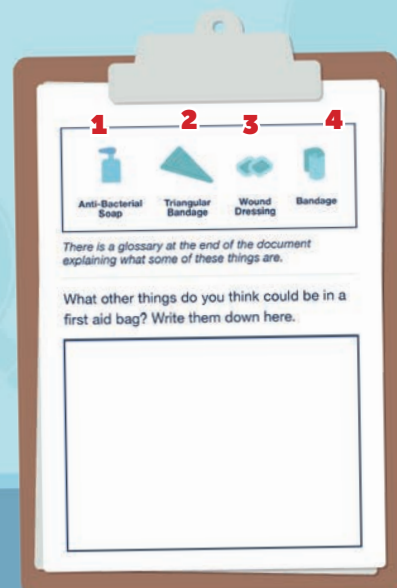
What other equipment do you think a doctor might use?

TIP: The glossary at the end of the booklet provides some examples of other equipment that a doctor might use.

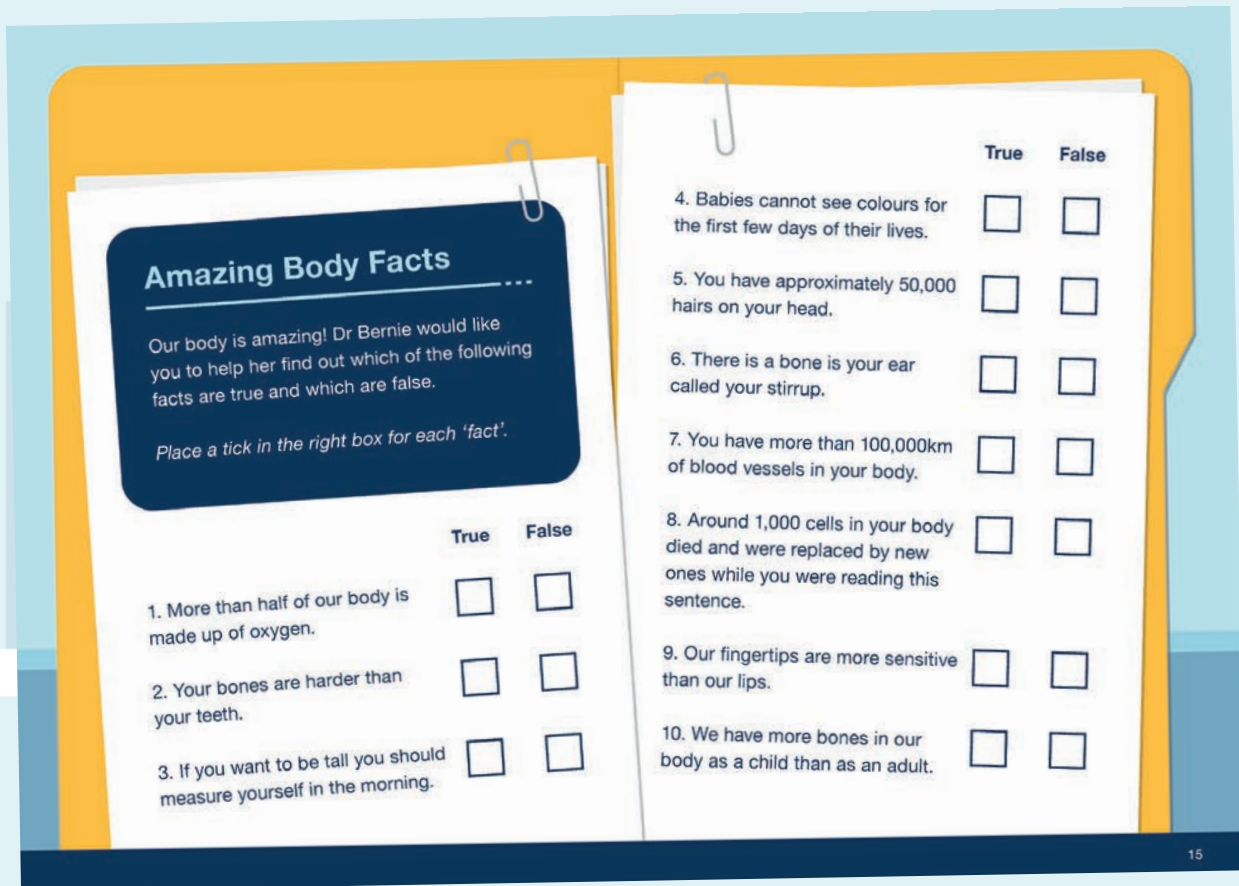


### Hidden Picture

Dr Adam works as the GP for his local rugby club. Can you find the hidden objects of him providing medical support at a sports game?



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## AMAZING BODY FACTS

- 1. True!** It contains more than 65% oxygen mostly combined with hydrogen to make up water inside your cells and in your blood.
- 2. False!** The enamel that covers your teeth is twice as hard as your bones.
- 3. True!** Between your bones in your spine are discs that contain a squishy substance so these become fatter at night when you are lying down. You are therefore taller in the morning. The tallest man on earth was an American called Robert Wadlow: he measured 2.72m or 8 foot 11 tall!
- 4. True!** We have to learn to do everything and so although they have the cells that can pick up colour in their eyes it can take them a few months to learn how to use these cells properly.
- 5. False!** You have at least 85,000 hairs on your head, more if you have blond hair than brown hair!
- 6. True!** There are 3 tiny bones in your ear: the hammer, anvil and stirrup. Sound travels from vibrations in the ear to your eardrum and the bones sit against this to help transfer the sound on its path into you brain.
- 7. True!** As we need blood to travel all around your body we need a lot of tubing or blood vessels to allow it to get to where it is needed. If you placed all of these vessels end to end they would reach at least twice around the world!
- 8. False!** More than 50,000 cells died and were replaced, this happens all the time and is a way of keeping us healthy when cells get old and worn out!
- 9. False!** Our lips are hundreds of times more sensitive than our fingertips. Receptors in your skin tell your brain where something is touching you and there are more in different parts of the body than others.
- 10. True!** Some of our bones join together during our life, this needs calcium which is why it is important to drink milk.

## Match the Word

Doctors and other medical professionals use the words below as part of their daily work, but what do they mean?

Can you match the word to the correct definition by writing the correct letter in the box? They are all about hearing and the ear.

Medical Term	Definition (Which letter?)
Ear drum	<b>C</b>
Hammer	<b>A</b>
Ear canal	<b>B</b>
Eustachian tube	<b>E</b>
Pinna	<b>D</b>

## Description

- A** This is one of the 3 small bones that sit in the middle ear.
- B** This part of the ear sometimes gets filled with too much ear wax, people can go to the GP surgery for ear drops to soften this or get it gently washed out in a procedure called ear syringing.
- C** This is the part of the ear what collects the vibrations and as it shakes it passes them onto the bones in the middle ear.
- D** This is the part of the ear that acts as a funnel and is the bit that you can see!
- E** This is the part of the ear that connects to the back of the throat. It makes the pressure of the middle ear equal to that outside the body. You notice this when your ears pop on a plane or in a train tunnel.

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## MATCH THE WORD - STRETCH ACTIVITY

Ask pupils to draw a picture of an ear. Ask them to label each part of the ear that they can easily see. Which parts of the ear (listed above) can't they easily see?



## Hidden Picture

Can you help Dr Bernie find the 4 hidden objects in this picture of her helping with an expedition?



There is a glossary at the end of the document explaining what some of these things are.

Write in the box below what else you think Dr Bernie will need to do to keep everyone healthy on the expedition.

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## Match the Word

Dr Adam needs to make sure that one of his patients takes the right medicines when he should. He has written a prescription showing when each medicine dosage should be taken.

Can you work out in the boxes how much medicine the patient needs to take so that I can let the pharmacist know how much of the medicine needs to be given to the patient each week. Can you then work out how much medicine the pharmacist would need to give to the patient to last for one month (this is 4 weeks or 28 days)?

Total doses of Medicine A for one week are...

$$3 \times 7 = 21 \text{ (1 week)}$$

Total doses of Medicine A for one month are...

$$21 \text{ (1 week)} \times 4 = 84$$

If Medicine A costs 25p for 7 capsules how much will it cost for one month's supply?

$$84 \text{ divided by } 7 = 12. \quad 12 \times 25\text{p} = \text{£}3$$



## Prescription

Medicine A



One capsule three times per day  
at mealtimes.

*Dr Adam*

Dr Adam



## MEDICAL CALCULATIONS - STRETCH ACTIVITY

Ask pupils to work out, using the same process, if the patient needed to take 2 tablets per day (at night).

Total doses for one week =  $2 \times 7 = 14$ .

Total doses for one month =  $14 \times 4 = 56$ .

Total cost for one month's supply =  $56 \text{ divided by } 7 = 8. \quad 8 \times 25\text{p} = \text{£}2$ .

## Who's Who?

Dr Adam works in a team of healthcare professionals, can you help identify who each of them are from the descriptions? Put the correct letter next to each person.

- **A:** This person welcomes you to the General Practice.
- **B:** This person checks your pulse and temperature and carries out other health checks.
- **C:** This person gives medicines to patients.
- **D:** This person makes sure that the General Practice runs well.
- **E:** This person helps to deliver babies.
- **F:** This person helps people at the scene of accidents.
- **G:** This person gives health advice in patients homes.
- **H:** This person helps other people to improve their movement.



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## WHO'S WHO - STRETCH ACTIVITY

Ask pupils to make a selection from the different team members in the list. Ask pupils to identify how their selection would work with others in the team.

## The Digestive System

The digestive system helps us to convert food into energy. Can you identify the following in the picture? Write the word in the correct box.

Parts of the digestive system to identify: Mouth, oesophagus, stomach, small and large intestine.

Which of the parts listed is associated with one of our senses...

**Tongue**

and which sense is it linked to...

**Taste**

Which part of the digestive system carries the food from the mouth to the stomach?

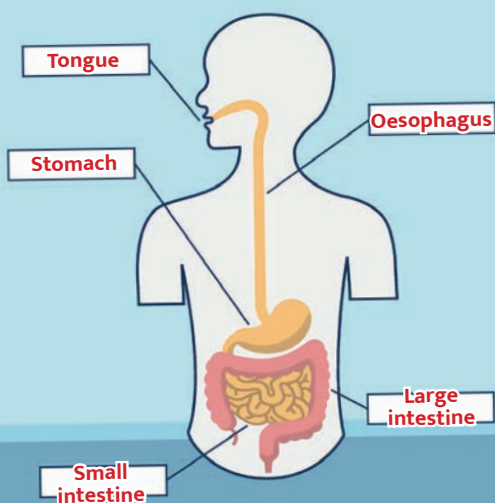
**Oesophagus**

Which organ produces strong acid to break down our food?

**Stomach**

Which part of the digestive system absorbs the digested food?

**Small intestine AND Large intestine**



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Activity 19

## Keeping Fit

Some of Dr Adam's patients exercise by racing each other. When we exercise our body needs more oxygen which is then pumped to our muscles, to do this we breathe more quickly and our hearts beat faster. Can you work out the heart rates of his patients?



Runner	Heart rate before race sum	Heart rate before race answer	Heart rate after race answer
Angela	$2 \times 38$	76	25 more than before the race = 101
Colin	$3 \times 20$	60	30 more than before the race = 90
Bethany	$20 + 40$	60	27 more than before the race = 87
Muhammad	$40 + 4 + 8$	52	Double the rate before the race = 104
Petra	50% of 140	70	One & a half times the rate before the race = 105
Jessica	75% of 100	75	The same as Bethany & Andrew's rates before the race = 112

### KEEPING FIT - STRETCH ACTIVITY

Ask the students to measure their heart rate - they can do this by feeling for the pulse in their wrist or listening to their heart with the stethoscope.

Count for 15 seconds and multiply by 4. Write this down.

Ask them to run on the spot for 1 minute.  
Get them to recheck their heart rate.

What has happened?

The heart rate has sped up to pump more oxygen around the body as the muscles need more oxygen as they are working more when we exercise.

Get them to sit quietly during this discussion and after that re-check their heart-rate.  
Has it returned to what it was before they exercised?

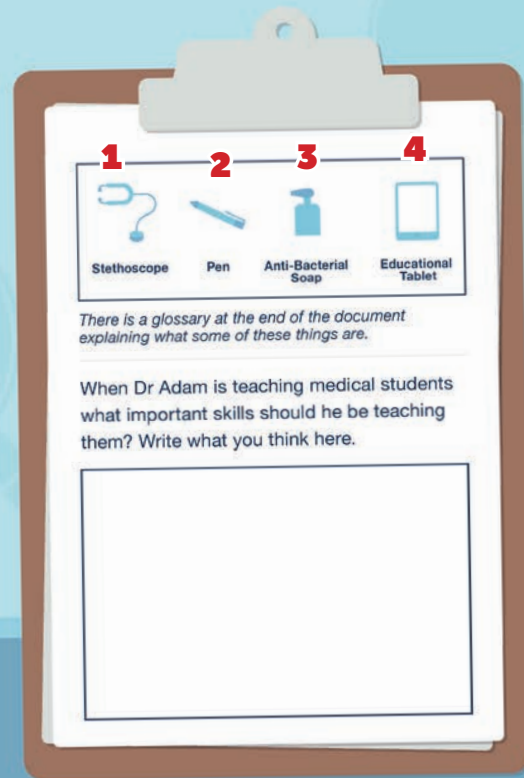
This show that the body quickly recovers once someone is resting.





### Hidden Picture

Can you help Dr Adam find the 4 hidden objects in his classroom?



### HIDDEN PICTURE - STRETCH ACTIVITY

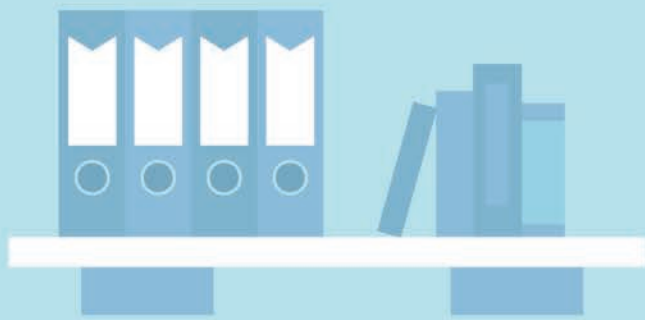
Ask pupils to draw their 'healthcare hero' based on what they've seen and read in the activity booklet.

Ask pupils to share their pictures with the class.

What have they drawn?

What qualities have they mentioned?

What equipment have they used?



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