

English Proficiency Test

For Overseas Clinical Observership Program Candidates

December 15th, 2018, Hangzhou

Division of International Cooperation, Health Commission of Zhejiang Province

Name _____

ID Number _____

Part I Listening Comprehension (40%)

Section A (10%)

Directions: *In this section you will hear a talk about emotional resilience. Then you are required to complete the outline of the talk given below. You'll hear the talk **Three Times**.*

Emotional resilience is one's ability to adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to 1 without lasting difficulties; less resilient people have a harder time with stress and life changes. Those who deal with minor stresses more easily can also manage major crises 2, so resilience has benefits for daily life and rare major 3.

Emotional and physical resilience is something you're born with. Some people, 4, are less upset by changes and surprises — this can be observed in infancy and throughout one's lifetime. Emotional resilience is also related to some factors that aren't 5, such as age, gender, and exposure to 6. However, resilience can be developed with a little effort. You can become more resilient even if you are 7 to life's difficulties.

Resilience is not a quality that you either do or do not possess; there are varying degrees of how well a person is able to handle stress. Still, there are certain characteristics that resilient people 8 share. Some of the main characteristics are: emotional awareness, perseverance, internal locus of control, 9, support, sense of humor, perspective, spirituality. Emotional resilience can be developed. There are always opportunities to practice resilience — the 10 are significant.

Section B (10%)

Directions: *In this section, you will hear 2 passages. Both the passage will be spoken **Twice**. Answer questions 11-15 by choosing the best answer from the four choices marked A), B), C) and D).*

*Answer questions 16-20 in your own words. Write your answers on the **ANSWER SHEET**.*

Passage One

Question 11-15 are based on the following passage.

11. According to the report, Americans who live with some degree of autism now reach _____.
- A) 15,000,000
 - B) 1,500,000
 - C) 500,000
 - D) 5,000,000
12. Lisa Wirth felt gloomy and desperate because her son Josh _____.
- A) has autism and his future is so uncertain
 - B) cannot go to college and get scholarship
 - D) has no future to become a football player
 - C) is desperate for the treatment of autism
13. Researchers believe that autism has something to do with _____.
- A) a product used for cleaning
 - B) a woman's pregnancy period
 - C) a child's critical development
 - D) a combination of factors
14. A new study suggests that _____.
- A) 90% of cases of autism are caused by genetics
 - B) autism researches show a wider margin of error
 - C) environmental factors play a much bigger part
 - D) genetics outweighs environmental factors
15. The ABC's news report is mainly about _____.
- A) a reason why Josh has autism
 - B) a new direction in autism research
 - C) an answer the Wirth family is hoping to find
 - D) a fact that certain class of drug causes autism

Passage Two

Questions 16 through 20 are based on the passage you have just heard.

16. What is mainly discussed in this passage?
17. Why do some people say drinking bottled water is not safe?
18. What did the FDA say about the plastic used for the bottle?
19. What is the problem of reusing the water bottles?
20. What does the nutrition guys say about the water bottles?

Section C (20%)

Directions: *In this section, you will hear a speech **Three Times**. Listen carefully and write a summary for the speech with **NO LESS THAN 100** words. Write your summary on the **ANSWER SHEET**.*

Part II Reading (20%)

Section A (10%)

Directions: *In the following passage, some sentences have been removed. For Questions 21—25, choose the most suitable one from the list A-G to fit into each of the numbered blanks. There are two extra choices, which do not fit in any of the blanks. Write your answers on **the ANSWER SHEET**.*

Researchers disagree whether the "use it or lose it" philosophy holds for cognitive aging, but there is some evidence that keeping mentally active can slow age-related declines.

At Pennsylvania State University, Sherry Willis and her husband, K. Warner Schaie, have studied 5,000 people, some since 1956. People lucky enough to avoid chronic diseases may also fare better in intellectual function, they found, perhaps because 21. Similarly, those lucky enough to be relatively wealthy also fare better, perhaps because money can buy intellectually stimulating things like travel.

Education helps, too, researchers say, perhaps because it instills the conviction that 22. The Schaie-Willis team also has some other observations. Being in a stable marriage with a stimulating spouse, they say, helps maintain intellectual vigor.

Flexibility counts too. People who stay mentally vibrant are often those who do not insist that "23," Schaie says. In neuropsychological terms, the ability to see problems in new ways often yields higher scores on tests of mental function. And people satisfied with life also stay more mentally fit, he says.

If you find your mental skills sagging, consider working on specific deficits. When Willis gave 5-hour tutorials(辅导课) on inductive reasoning or spatial skills to about 200 people whose skills had declined in the previous 14 years, 40 percent regained lost abilities. That advantage held up seven years later when they were re-tested.

Schaie says _____ 24 _____ to hone visual-spatial skills, working crossword puzzles for verbal skills, playing bridge for memory and simply matching wits at home with players on TV game shows.

Finally, remember this. Even though you may lose some mental skills with normal aging, _____ 25 _____. The growth of wisdom — loosely defined as the maturation of intellectual abilities that comes with life experience — continues throughout the 40s, 50s, and even 60s.

- A. you can always learn something new
- B. that leads us to the importance of exercise
- C. other ways to stay sharp are doing jigsaw puzzles
- D. chronic diseases can restrict lifestyle
- E. some conditions just can't be cured
- F. you also gain in one key area: wisdom
- G. they must do things today as they did before

Section B (10%)

Directions: *The following passage is followed by some questions. Please read the passage and answer the following questions. Write your answers on the **ANSWER SHEET**.*

Older men considering robotic surgery for prostate cancer shouldn't trust the rosy ads promoting the expensive technology over low-tech surgery. That's according to a new survey that found complaints about sexual problems and urinary leakage were equally common after the two procedures.

"I wasn't surprised at all," said Dr. Otis Brawley, chief medical officer of the American Cancer Society, who wasn't involved in the study. "Unfortunately, robotic prostatectomy—like many things in prostate cancer—has gotten a lot more hype than it should." Robotic prostatectomy has caught on rapidly in the U.S., despite the fact that there is no good evidence to show it's better than traditional prostate removal. It is, however, much more costly, adding some \$2,000 in hospital costs per procedure. The new study, published in the *Journal of Clinical Oncology*, is based on responses from more than 600 prostate cancer patients on Medicare, the government's health insurance for the elderly. About 400 of them had so-called robotic-assisted laparoscopic prostatectomy, in which the surgeon uses a robot to access the prostate through multiple small holes in the belly. The rest of the patients had traditional open surgery, in which the prostate is removed through one long cut in the belly.

Nearly nine out of ten men had a moderate or big problem with sexual functioning 14 months after their surgery, Dr. Michael Barry of Massachusetts General Hospital in Boston and colleagues found. And about a third of the men said they had incontinence trouble

after their surgery. Overall, there were no differences between the two patient groups, although urinary problems appeared to be slightly more common after the robot procedure.

An editorial in the journal called the findings “sobering,” but added that it’s hard to compare the two procedures directly based on the new data. It’s possible, for instance, that men with high hopes for the robot procedure would be extra bothered by side effects afterward.

“The problem that is revealed in this paper is this question of expectations,” said Dr. Matthew Cooperberg, a urologist who co-wrote the editorial. “There is a known issue of regret related to robotic surgery.” Part of the problem is heavy promotion, he told Reuters Health, which has catapulted robot surgery to its current status. Out of the tens of thousands prostate removals done annually in the US, some 85 percent are estimated to be robotic.

“To an extent it’s the manufacturer, to an extent it’s surgeons, to an extent it’s a culture that tends to put great faith in technology, even when the patient doesn’t understand it,” said Cooperberg, of the University of California, San Francisco. “The robot is impressive technology, allowing the surgeon to sit at a console and direct a camera and two or three laparoscopic arms with six degrees of wristed motion for cutting, retracting, cauterizing, or suturing—all with high magnification and three-dimensional visualization,” Cooperberg and his colleagues write.

The robots, which cost a couple of million dollars each, do have some advantages. For instance, they reduce blood loss, which helps surgeons see better when operating. But Cooperberg, who uses the technology himself, readily acknowledges that it probably doesn’t treat cancer any better than the old surgery and doesn’t have proven benefits in terms of side effects. He said patients considering surgery should look for experienced surgeons rather than focus on technology.

“These operations should only be done by surgeon who can demonstrate they have good outcomes,” Cooperberg told Reuters Health. “The patients should be asking the question, ‘Dr. Jones, What are your personal outcomes?’” he added. “If a surgeon can’t answer that question, I would suggest that patients look elsewhere.”

Brawley agreed. “I would not be afraid to go interview doctors,” he said. “Go with your gut feeling about who you trust. Realize that every doctor you interview is going to try to make themselves look good.” But he added that many people with early-stage prostate cancer might not need treatment at all.

One study found that more than 120,000 American men diagnosed with prostate cancer every year are ideal candidates for observation, or watchful waiting. Still, the majority of them end up having surgery, radiation or other treatment instead. “For a man who

chooses to be aggressively treated, I use that study to say, you have time to sit down and rationally choose what procedure to use,” Brawley told Reuters Health.

26. What is mainly discussed in this passage?

27. How is the robotic prostatectomy conducted according to this passage?

28. Compared with the traditional open surgery, what are the advantages of the robotic prostatectomy?

29. According to Cooperberg, what are those factors which may have helped promote robot surgery to its current status?

30. How do patients make a wise decision as to whether or not to use the robotic prostatectomy?

Part III Translation (20%)

Directions: Translate the following sentences into English and write your answers on the **ANSWER SHEET**.

经常喝水是个好习惯

水在我们身体很好发挥功能方面起着巨大的作用。水，又称为是身体的溶剂，调节所有的身体功能，包括循环和分解的活动。身体的每一种酶和化学反应在水的参与下进行。水还输送激素、营养物、氧和抗体经过血液和淋巴系统。

水不仅会提升我们生活的质量，还增加我们的寿命。水有助于缓解慢性疲劳综合征、头痛、肌肉痛、关节痛、抑郁症、高血压、便秘；调节体温；排除毒素和废物；润滑关节；降低肾结石风险等。

含糖多的饮料会刺激胰腺，推升胰岛素水平，使身体脱离其脂肪消耗的自然状态。但这并不意味着我们应完全把这些饮料从饮食中剔除出去。不过，我们在有可能时，最好用水来代替这些饮料，至少把喝饮料保持在低到适度的水平。

Part IV Writing(20%)

Directions: Write an essay based on the following outlines. You should write at least 120 words and write the essay on the **ANSWER SHEET**.

有些人认为，不管是医生还是护士，除做好临床工作外，应该还要写一些学术论文。但也有人认为，临床人员就应该专注于临床，专注于病人，把病看好，没必要写论文。

对此，你怎么看？请就“临床医护人员需要写论文吗？”这个话题发表你的看法。