

BÀI 13 – IELTS 8.0 MEDICAL ENGLISH

WHEN PAIN TRAVELS

Lắng nghe đường đi của cơn đau – từ khai thác triệu chứng đến tư duy học thuật IELTS 8.0

I. Tinh thần bài học

Ở mức IELTS 8.0, học viên không chỉ “nói đúng” một câu tiếng Anh y khoa, mà cần nói **tự nhiên, chính xác, linh hoạt và có chiều sâu lập luận.**

Từ câu hội thoại đơn giản:

It goes down my left leg.

Nó lan xuống chân trái của tôi.

Học viên cần nâng cấp thành:

The pain radiates from my lower back down my left leg and is accompanied by a tingling sensation in my foot, which may suggest nerve irritation or compression.

Nghĩa là:

Cơn đau lan từ vùng thắt lưng xuống chân trái, kèm cảm giác tê châm chích ở bàn chân, điều này có thể gợi ý kích thích hoặc chèn ép thần kinh.

Đây chính là sự khác biệt giữa **học tiếng Anh để giao tiếp cơ bản** và **học tiếng Anh để tư duy, trình bày, phân tích và hội nhập học thuật.**

II. Đoạn hội thoại gốc

DOCTOR: And does it go anywhere else?

PATIENT: Yes, it goes down my left leg. And I feel pins and needles in my foot.

DOCTOR: I see, and is it there all the time?

PATIENT: Yes, yes it is. It's keeping me awake, awake at night and I can't get out into the garden. I've been taking aspirins but the pain, it just comes back again.

DOCTOR: And was there anything that started it off?

PATIENT: Well, yes, yes. I've been trying to sort out the garden at my new house and I don't know, I may have been overdoing things a bit.

III. Mục tiêu IELTS 8.0 của bài học

Sau bài này, học viên cần đạt 8 năng lực:

1. Diễn đạt triệu chứng bằng ngôn ngữ chính xác hơn

Từ:

It goes down my left leg.

Nâng cấp:

The pain radiates down my left lower limb.

Hoặc:

The discomfort extends from the lower back into the left leg, suggesting a possible radicular pattern.

2. Biết phân biệt ngôn ngữ bệnh nhân và ngôn ngữ bác sĩ

Ngôn ngữ bệnh nhân:

I feel pins and needles in my foot.

Ngôn ngữ học thuật/y khoa:

The patient reports a tingling or prickling sensation in the foot, which may indicate sensory nerve involvement.

3. Dùng được cấu trúc mô tả triệu chứng phức hợp

Ví dụ:

The patient presents with persistent lower back pain radiating to the left leg, associated with paraesthesia and sleep disturbance.

Câu này có 4 lớp thông tin:

- Vấn đề chính: lower back pain
 - Hướng lan: radiating to the left leg
 - Triệu chứng kèm: paraesthesia
 - Ảnh hưởng chức năng: sleep disturbance
-

4. Phân tích được yếu tố khởi phát

Từ:

I may have been overdoing things a bit.

Nâng cấp:

The symptoms appear to have been precipitated by physical overexertion, particularly prolonged gardening and repetitive bending.

5. Trả lời Speaking Part 1, 2, 3 ở mức có chiều sâu

Không chỉ trả lời “Yes/No”, mà cần có:

- Ý chính rõ
 - Mở rộng hợp lý
 - Ví dụ cụ thể
 - Từ vựng chính xác
 - Lập luận cân bằng
 - Tính tự nhiên trong diễn đạt
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6. Viết được đoạn văn Writing Task 2 có lập luận band 8.0

Ví dụ:

While self-care may be appropriate for mild and transient symptoms, persistent or radiating pain should not be dismissed, as it may reflect an underlying neurological or musculoskeletal disorder.

7. Biết paraphrase linh hoạt

Từ:

It keeps me awake at night.

Có thể viết:

It disrupts my sleep.

It interferes with my ability to sleep properly.

It causes significant sleep disturbance.

It has a noticeable impact on my sleep quality.

8. Biết chuyển hội thoại thành case presentation ngắn

Ví dụ:

This is a patient with persistent lower back pain radiating to the left leg, associated with pins and needles in the foot, nocturnal discomfort and reduced daily functioning, possibly triggered by recent physical overexertion.

IV. Từ vựng nâng cấp IELTS 8.0

Cách nói cơ bản	Phiên âm	Nghĩa	Cách nói IELTS 8.0
go down	/gəʊ daʊn/	lan xuống	radiate / extend / travel
pins and needles	/pɪnz ənd 'ni:dlz/	tê châm chích	paraesthesia / tingling sensation
all the time	/ɔ:l ðə taɪm/	suốt thời gian	persistent / constant / ongoing
keep me awake	/ki:p mi ə'weɪk/	làm tôi thức giác	disrupt my sleep / cause sleep disturbance
come back	/kʌm bæk ə'gen/	quay trở lại	recur / relapse / return

again			
start it off	/stɑ:t it ɒf/	làm khởi phát	trigger / precipitate / initiate
overdo things	/,əʊvə'du: θɪŋz/	làm quá sức	overexert oneself
take aspirins	/teɪk 'æsprɪnz/	uống aspirin	take over-the-counter analgesics
get out into the garden	/get aʊt 'ɪntu: ðə 'gɑ:dn/	ra ngoài vườn	perform routine physical activities
pain just comes back	/peɪn dʒʌst kʌmz bæk/	đau cứ quay lại	symptoms recur despite medication

V. Từ vựng học thuật band 8.0 theo nhóm

1. Nhóm mô tả đau

radiating pain – đau lan

persistent lower back pain – đau thắt lưng dai dẳng

recurrent pain – đau tái diễn

neuropathic pain – đau kiểu thần kinh

radicular pain – đau kiểu rễ thần kinh

mechanical back pain – đau lưng cơ học

nocturnal pain – đau về đêm

functional impairment – suy giảm chức năng

pain severity – mức độ nặng của đau

pain distribution – phân bố đau

2. Nhóm mô tả thần kinh

paraesthesia – dị cảm, tê châm chích

tingling sensation – cảm giác tê châm chích

numbness – tê bì

sensory disturbance – rối loạn cảm giác

motor weakness – yếu vận động

nerve root irritation – kích thích rễ thần kinh

nerve compression – chèn ép thần kinh

sciatic nerve involvement – liên quan dây thần kinh tọa

neurological deficit – thiếu hụt thần kinh

red flag symptoms – triệu chứng cảnh báo

3. Nhóm mô tả ảnh hưởng đời sống

sleep disruption – gián đoạn giấc ngủ

reduced mobility – giảm khả năng vận động

limited daily functioning – hạn chế hoạt động thường ngày

impaired quality of life – suy giảm chất lượng sống

loss of independence – mất khả năng tự lập

reduced work productivity – giảm năng suất lao động

psychological distress – căng thẳng tâm lý

social withdrawal – thu mình xã hội

activity limitation – hạn chế hoạt động

physical inactivity – ít vận động thể chất

4. Nhóm mô tả nguyên nhân

precipitating factor – yếu tố thúc đẩy/khởi phát

triggering event – sự kiện khởi phát

physical overexertion – gắng sức quá mức

repetitive bending – cúi lặp lại nhiều lần

heavy lifting – bê vác nặng

poor body mechanics – cơ chế vận động/tư thế cơ thể không đúng

musculoskeletal strain – căng cơ xương khớp

occupational exposure – yếu tố phơi nhiễm nghề nghiệp

sedentary behaviour – hành vi ít vận động

postural stress – áp lực do tư thế

VI. Cấu trúc câu band 8.0

1. Câu mô tả triệu chứng nhiều tầng

The patient reports persistent lower back pain radiating down the left leg, accompanied by a tingling sensation in the foot and significant sleep disturbance.

Cấu trúc:

The patient reports + main symptom + V-ing phrase + accompanied by + associated symptom + impact.

Áp dụng:

The patient reports chest discomfort radiating to the left arm, accompanied by sweating and shortness of breath.

The patient reports abdominal pain spreading to the back, associated with nausea and reduced appetite.

2. Câu mô tả nguyên nhân phỏng đoán

The symptoms may have been precipitated by repetitive bending and physical overexertion while gardening.

Cấu trúc:

The symptoms may have been precipitated by + noun phrase / V-ing phrase.

Ví dụ:

The pain may have been triggered by heavy lifting.

The discomfort may have been worsened by prolonged sitting.

The symptoms may have been aggravated by poor posture.

3. Câu nêu ý nghĩa lâm sàng

Radiating pain associated with paraesthesia may suggest nerve root irritation and should be assessed carefully.

Cấu trúc:

Symptom + associated with + sign/symptom + may suggest + possible condition + and should be + recommendation.

Ví dụ:

Chest pain associated with sweating may suggest a cardiac cause and should be evaluated urgently.

Headache associated with neck stiffness may indicate a serious neurological condition and should not be ignored.

4. Câu so sánh bệnh nhẹ và dấu hiệu cần khám

Although mild mechanical back pain can often improve with rest and gentle movement, persistent pain radiating to the leg requires proper medical assessment.

Cấu trúc:

Although + mild condition + can often + simple management, + warning symptom + requires + professional action.

VII. Grammar range cho IELTS 8.0

1. Complex sentences

IELTS 8.0 cần dùng câu phức nhưng vẫn rõ ràng.

Ví dụ:

Although the patient initially assumed that the pain was caused by simple overexertion, the presence of tingling in the foot suggests that nerve involvement should be considered.

Câu này có:

- Mệnh đề nhượng bộ: Although...
 - Mệnh đề chính: the presence of tingling...
 - Mệnh đề danh từ: that nerve involvement should be considered
-

2. Reduced relative clauses

Câu cơ bản:

The pain that radiates down the leg may suggest nerve irritation.

Câu band 8.0:

Pain radiating down the leg may suggest nerve irritation.

Ví dụ thêm:

Symptoms associated with numbness should be assessed carefully.

Pain triggered by heavy lifting may reflect musculoskeletal strain.

3. Passive voice học thuật

Câu thường:

The doctor should assess the patient carefully.

Câu học thuật:

The patient should be assessed carefully, particularly if the pain is persistent or associated with neurological symptoms.

Ví dụ:

Further evaluation may be required.

Red flag symptoms should not be overlooked.

Self-medication should be used cautiously.

4. Hedging language – ngôn ngữ thận trọng

IELTS 8.0 không nên khẳng định quá tuyệt đối khi chưa đủ bằng chứng.

Nên dùng:

may suggest

could indicate

is likely to be associated with

appears to have been triggered by

should be considered

may require further assessment

Ví dụ:

Radiating pain could indicate nerve root irritation.

The symptoms appear to have been triggered by physical overexertion.

Further assessment may be required if symptoms persist.

VIII. Speaking Part 1 – Band 8.0

Question 1

Do you often experience back pain?

Sample Band 8.0

Not very often, but I do occasionally experience mild lower back discomfort, especially after sitting for long periods without taking breaks. I think it is mainly related to posture and a lack of movement rather than a serious medical problem. That said, I would definitely seek medical advice if the pain became persistent, radiated down my leg, or was associated with numbness or weakness.

Vì sao đạt band 8.0?

Có:

- Câu trả lời tự nhiên

- Từ vựng chính xác: lower back discomfort, posture, persistent, radiated, numbness
 - Lập luận có điều kiện
 - Không nói quá dài nhưng đủ sâu
-

Question 2

What do people usually do when they have pain?

Sample Band 8.0

Most people initially try to manage pain on their own, usually by resting, changing their posture, applying heat or taking over-the-counter medication. This is understandable if the pain is mild and short-lived. However, the problem is that some people continue to self-medicate even when the symptoms are persistent or recurrent, which may delay proper diagnosis and treatment.

Question 3

When should people see a doctor for pain?

Sample Band 8.0

People should seek medical attention when pain is severe, persistent, recurrent, or associated with warning signs such as numbness, weakness, fever or unexplained weight loss. In the case of back pain, radiation down the leg and a tingling sensation in the foot may suggest nerve involvement, so it would be unwise to simply ignore it or rely on painkillers alone.

IX. Speaking Part 2 – Cue Card Band 8.0

Cue Card

Describe a time when you or someone you know experienced a health problem.

You should say:

- what the problem was
- when it happened
- how it affected daily life
- what was done about it
- and explain what you learned from the experience

Sample Answer Band 8.0

I would like to describe an occasion when a relative of mine developed quite severe lower back pain after spending several days working in his garden. At first, he assumed it was just a minor muscle strain caused by overexertion, so he tried to rest and took some over-the-counter painkillers. However, the pain did not settle as expected.

What made the situation more concerning was that the pain radiated from his lower back down his left leg. He also described a tingling sensation in his foot, which he referred to as “pins and needles”. The discomfort was persistent and became particularly troublesome at night, to the point that it disrupted his sleep and limited his ability to carry out normal daily activities.

Eventually, he decided to consult a doctor. The doctor asked a series of targeted questions, including whether the pain travelled anywhere else, whether it was present all the time, and whether any specific activity might have triggered it.

These questions were simple, but clinically very meaningful because they helped distinguish ordinary back pain from pain that might involve nerve irritation.

What I learned from this experience is that pain should not be assessed only by how intense it feels. Its distribution, duration, associated symptoms and impact on daily life are equally important. I also realized that self-medication may provide

temporary relief, but it can never replace a proper medical assessment when symptoms persist or suggest neurological involvement.

Cụm band 8.0 trong bài nói

minor muscle strain caused by overexertion

the pain did not settle as expected

radiated from his lower back down his left leg

a tingling sensation in his foot

disrupted his sleep

limited his ability to carry out normal daily activities

a series of targeted questions

clinically very meaningful

neurological involvement

X. Speaking Part 3 – Band 8.0 Discussion

Question 1

Why do people often delay seeking medical help?

Sample Band 8.0

There are several reasons why people delay seeking medical help. One major reason is that they underestimate their symptoms, especially when the problem starts gradually or seems familiar, such as back pain or fatigue. Another factor is convenience; many people are busy with work or family responsibilities and may postpone medical appointments unless the symptoms become unbearable. In some societies, there is also a tendency to rely heavily on self-medication, which can be useful for minor conditions but risky when symptoms are persistent or progressive.

Question 2

What are the advantages and disadvantages of self-care?

Sample Band 8.0

Self-care has clear advantages. It encourages people to take responsibility for their own health and can reduce unnecessary pressure on healthcare services. For mild and short-lived symptoms, rest, hydration, exercise modification and appropriate over-the-counter medication may be perfectly reasonable. However, the disadvantage is that people may misjudge the seriousness of their condition. If warning signs are missed, self-care can lead to delayed diagnosis, inappropriate treatment and even complications.

Question 3

How can public health education improve people's response to pain?

Sample Band 8.0

Public health education can help people distinguish between symptoms that can be safely monitored and those that require medical attention. For example, people should understand that back pain accompanied by leg radiation, numbness, weakness or bladder problems should not be treated as ordinary muscle pain. Education can also promote healthier habits, such as maintaining good posture, staying physically active and avoiding excessive strain. More importantly, it can empower individuals to make timely and informed decisions about their health.

Question 4

Should doctors use simple language or technical language when speaking to patients?

Sample Band 8.0

Doctors should be able to use both, depending on the situation. When speaking directly to patients, simple and empathetic language is usually more effective

because it reduces anxiety and improves understanding. However, technical language is necessary when communicating with colleagues, writing medical records or discussing complex diagnoses. A good doctor should be able to translate medical terminology into language that patients can understand without oversimplifying the problem.

XI. Writing Task 2 – Band 8.0

Đề bài

Some people believe that individuals should manage minor health problems themselves, while others argue that they should consult doctors more frequently. Discuss both views and give your own opinion.

Phân tích đề

Dạng bài: **Discuss both views and give your opinion**

Cần làm 4 việc:

1. Nêu quan điểm tự chăm sóc
 2. Nêu quan điểm cần khám bác sĩ
 3. Đưa ý kiến cá nhân
 4. Kết luận cân bằng
-

Dàn ý band 8.0

Introduction

- Health problems vary widely in severity.
- Self-care may be appropriate for minor conditions.
- However, medical consultation is essential when symptoms are persistent, progressive or associated with warning signs.

Body 1 – Lợi ích của tự chăm sóc

Ý chính:

- Tăng tính chủ động
- Giảm tải y tế
- Phù hợp với triệu chứng nhẹ và ngắn hạn
- Tiết kiệm thời gian và chi phí

Câu band 8.0:

For mild and self-limiting conditions, self-care can be a practical and responsible approach, provided that individuals understand its limitations.

Body 2 – Nguy cơ nếu quá phụ thuộc tự điều trị

Ý chính:

- Có thể che giấu bệnh nghiêm trọng
- Trì hoãn chẩn đoán
- Lạm dụng thuốc
- Bỏ sót dấu hiệu cảnh báo

Câu band 8.0:

The main concern is not self-care itself, but the failure to recognize when a seemingly minor symptom may represent a more serious underlying condition.

Body 3 – Quan điểm cá nhân

Ý chính:

- Cần cách tiếp cận phân tầng
- Tự chăm sóc với triệu chứng nhẹ
- Khám bác sĩ khi triệu chứng kéo dài, nặng lên, tái phát hoặc có dấu hiệu thần kinh/toàn thân

Câu band 8.0:

A balanced approach is therefore needed: individuals should manage simple symptoms sensibly, but they should seek professional assessment when symptoms are persistent, recurrent or functionally limiting.

Bài mẫu Writing Task 2 – Band 8.0

Health problems range from minor, self-limiting conditions to symptoms that may indicate serious disease. Some people believe that individuals should take responsibility for managing minor health issues themselves, whereas others argue that they should consult doctors more frequently. In my view, self-care is appropriate for mild and short-lived symptoms, but medical advice is essential when symptoms persist, recur or interfere with daily functioning.

On the one hand, self-management can be both practical and beneficial. Many common complaints, such as a mild headache, temporary muscle pain or a common cold, can often be managed with rest, hydration, lifestyle adjustment and appropriate over-the-counter medication. This approach reduces unnecessary pressure on healthcare systems and encourages people to become more aware of their own health. For mild and self-limiting conditions, self-care can therefore be a responsible strategy, provided that individuals understand its limitations.

On the other hand, excessive reliance on self-medication can be dangerous. The main concern is not self-care itself, but the failure to recognize when a seemingly minor symptom may reflect a more serious underlying condition. For example, lower back pain that radiates down the leg and is associated with numbness, tingling or weakness may suggest nerve irritation or compression. If such symptoms are repeatedly treated only with painkillers, proper diagnosis may be delayed and the condition may worsen. In addition, inappropriate use of medication may cause side effects or interact with other drugs.

In my opinion, the most sensible approach is to combine basic self-care with clear awareness of warning signs. People should feel confident managing simple symptoms, but they should also know when to seek professional help. Persistent pain, recurrent symptoms, neurological signs, fever, unexplained weight loss or pain that disrupts sleep should prompt medical consultation. This balanced approach protects both individual health and the efficiency of healthcare systems. In conclusion, self-care has an important role in managing minor health problems, but it should not become a substitute for medical assessment. The key is not to visit a doctor for every minor discomfort, but to recognize when a symptom is no longer minor.

XII. Vì sao bài Writing này đạt band 8.0?

1. Task Response

Bài trả lời đầy đủ cả hai quan điểm và có ý kiến cá nhân rõ.

Quan điểm không cực đoan, có sự cân bằng.

2. Coherence and Cohesion

Bố cục rõ:

- Mở bài
- Lợi ích tự chăm sóc
- Nguy cơ tự điều trị
- Ý kiến cá nhân
- Kết luận

Liên kết tốt bằng:

On the one hand

On the other hand

For example

In addition

In my opinion

In conclusion

3. Lexical Resource

Có nhiều cụm tốt:

self-limiting conditions

daily functioning

over-the-counter medication

underlying condition

nerve irritation or compression

warning signs

medical consultation

healthcare systems

4. Grammatical Range and Accuracy

Có câu phức, câu điều kiện, mệnh đề quan hệ và danh từ hóa:

provided that individuals understand its limitations

when a seemingly minor symptom may reflect a more serious underlying condition

pain that disrupts sleep should prompt medical consultation

XIII. Writing Task 1 – Process Band 8.0

Đề bài giả định

The diagram illustrates the process of taking a medical history from a patient with lower back pain. Summarise the information by selecting and reporting the main features.

Bài mẫu Task 1 – Band 8.0

The diagram outlines the key stages involved in taking a medical history from a patient presenting with lower back pain. Overall, the process follows a logical sequence, beginning with the location of the pain and progressing to its radiation, associated symptoms, functional impact and possible triggering factors.

The first stage is to identify the exact site of the pain. The doctor then asks whether the pain travels to any other area, particularly the leg or foot, as this may suggest a radiating pattern. This is followed by questions about associated neurological symptoms, such as numbness, weakness or a tingling sensation.

In the next stage, the doctor assesses the duration and persistence of the pain, including whether it is constant or intermittent. The impact on daily life is then explored, especially whether the pain disrupts sleep or limits normal activities.

Finally, the consultation focuses on potential precipitating factors, such as heavy lifting, gardening or repetitive bending, as well as any medication the patient has already used. This structured approach enables the clinician to identify warning signs and determine whether further assessment is needed.

XIV. Paraphrasing nâng cao band 8.0

1. Câu gốc

Does it go anywhere else?

Band 8.0:

Does the pain radiate to any other part of your body?

Do you feel the pain spreading beyond your lower back?

Is the pain confined to one area, or does it travel elsewhere?

2. Câu gốc

It goes down my left leg.

Band 8.0:

The pain radiates down my left leg.

The discomfort extends into my left lower limb.

The pain travels from my lower back into my left leg.

3. Câu gốc

I feel pins and needles in my foot.

Band 8.0:

I experience a tingling sensation in my foot.

There is a prickling sensation in my foot.

My foot feels numb and tingly.

The symptom is associated with paraesthesia in the foot.

4. Câu gốc

It's keeping me awake at night.

Band 8.0:

It disrupts my sleep at night.

It prevents me from sleeping properly.

It causes significant sleep disturbance.

It has a noticeable impact on my sleep quality.

5. Câu gốc

I may have been overdoing things a bit.

Band 8.0:

I may have overexerted myself.

I might have put excessive strain on my back.

The symptoms may have been triggered by physical overexertion.

The pain may have been precipitated by repetitive bending and gardening.

XV. Mini Case Presentation – kỹ năng rất quan trọng

1. Bản cơ bản

The patient has back pain. It goes down the left leg. He feels pins and needles in the foot. The pain keeps him awake at night. He may have overdone things in the garden.

2. Bản IELTS 8.0 / Medical presentation

The patient presents with persistent lower back pain radiating down the left leg, associated with paraesthesia in the foot and significant sleep disturbance. The symptoms appear to have been precipitated by recent physical overexertion while gardening. He has taken aspirin, but the pain has recurred, suggesting that further clinical assessment may be required.

XVI. Bài luyện nói 15 phút theo chuẩn IELTS 8.0

Phút 1–3: Precision Pronunciation

Luyện phát âm chính xác:

radiate /'reɪdiət/

paraesthesia /,pærəs'θi:ziə/

persistent /pə'sɪstənt/

neurological /,njʊərə'lɒdʒɪkəl/

overexertion /,əʊvəriɪg'zɜ:ʃən/

precipitate /prɪ'sɪpɪteɪt/

disturbance /dɪ'stɜ:bəns/

assessment /ə'sesmənt/

Phút 4–6: Sentence Upgrade

Nâng cấp câu:

It goes down my leg.

→ **The pain radiates down my left leg.**

I feel pins and needles.

→ **I experience a tingling sensation in my foot.**

It keeps me awake.

→ **It causes significant sleep disturbance.**

I worked too much.

→ **The symptoms may have been triggered by physical overexertion.**

Phút 7–10: Speaking Part 1

Trả lời 3 câu, mỗi câu 30–40 giây:

When should people see a doctor for pain?

Do people in your country often self-medicate?

How can people prevent back pain?

Yêu cầu:

- Có 1 ý chính
 - Có 1 ví dụ
 - Có 1 cụm học thuật
 - Có 1 câu điều kiện hoặc câu phức
-

Phút 11–13: Mini Case Presentation

Nói trong 60 giây:

Present a patient with lower back pain radiating to the leg.

Bắt buộc dùng ít nhất 6 cụm:

persistent lower back pain

radiating down the leg

tingling sensation

sleep disturbance

physical overexertion

further assessment

Phút 14–15: IELTS Reflection

Trả lời câu:

What makes a medical English answer sound more academic?

Gợi ý trả lời:

A medical English answer sounds more academic when it uses precise terminology, explains cause and effect clearly, and avoids making unsupported conclusions.

XVII. Bài tập band 8.0

Bài tập 1: Sentence Transformation

Viết lại các câu sau theo mức IELTS 8.0.

1. The pain goes down my leg.

Gợi ý:

The pain radiates down my left lower limb.

2. I feel pins and needles.

Gợi ý:

I experience a tingling sensation, which may suggest sensory nerve involvement.

3. I can't sleep because of the pain.

Gợi ý:

The pain causes significant sleep disturbance and affects my quality of life.

4. I took aspirin, but the pain came back.

Gợi ý:

Although I took aspirin, the symptoms recurred, suggesting that the relief was only temporary.

5. I think I worked too hard in the garden.

Gợi ý:

The symptoms may have been precipitated by physical overexertion while gardening.

Bài tập 2: Điền từ học thuật

1. The pain _____ down the patient's left leg.
2. The patient reports a _____ sensation in the foot.
3. The symptoms may have been _____ by repetitive bending.
4. Persistent pain can _____ sleep and daily functioning.
5. Radiating pain with numbness may suggest nerve _____.

Đáp án:

1. radiates
 2. tingling
 3. precipitated / triggered
 4. disrupt / impair
 5. involvement / compression / irritation
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Bài tập 3: Viết đoạn văn 100–120 từ

Đề:

Explain why radiating back pain should be assessed carefully.

Bài mẫu band 8.0

Radiating back pain should be assessed carefully because it may indicate more than a simple muscle strain. When pain travels from the lower back down the leg and is associated with numbness, tingling or weakness, nerve irritation or

compression should be considered. Although some patients may obtain temporary relief from over-the-counter painkillers, self-medication can delay proper diagnosis if warning signs are ignored. In addition, persistent pain that disrupts sleep or limits daily activities can significantly affect quality of life. Therefore, a structured clinical assessment is important to identify the underlying cause and determine whether further investigation or treatment is required.

XVIII. Checklist đạt IELTS 8.0 cho bài này

Speaking checklist

Học viên đạt tốt nếu có thể:

- Nói tự nhiên, ít ngập ngừng.
 - Biết dùng từ đơn giản và học thuật đúng lúc.
 - Không lạm dụng thuật ngữ.
 - Có khả năng giải thích triệu chứng rõ ràng.
 - Biết dùng hedging: may suggest, could indicate, should be considered.
 - Có ví dụ cụ thể.
 - Biết mở rộng câu trả lời nhưng không lan man.
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Writing checklist

Bài viết đạt tốt nếu có:

- Quan điểm rõ và nhất quán.
- Lập luận cân bằng.
- Từ vựng chính xác, không phô trương.
- Câu phức tự nhiên.
- Liên kết mạch lạc.
- Ví dụ phù hợp.
- Kết luận rõ ràng.

- Không khẳng định quá mức khi thiếu bằng chứng.
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XIX. Những lỗi thường gặp khiến chưa đạt band 8.0

1. Dùng từ quá đơn giản lặp lại

Không nên lặp nhiều lần:

pain, pain, pain, bad, very bad, go down, come back

Nên thay bằng:

discomfort, symptom, radiating pain, persistent pain, recurrence, severity

2. Dùng thuật ngữ nhưng không kiểm soát

Không nên nói quá nặng nề:

The patient definitely has nerve compression.

Nên nói:

The symptoms may suggest nerve involvement and should be assessed further.

3. Trả lời Speaking Part 3 quá ngắn

Chưa tốt:

Yes, people should see doctors because doctors know more.

Tốt hơn:

People should consult doctors when symptoms are persistent or associated with warning signs, because early assessment can prevent delayed diagnosis and inappropriate self-medication.

4. Writing thiếu ví dụ cụ thể

Chưa tốt:

Some symptoms are serious and people should go to hospital.

Tốt hơn:

For instance, lower back pain that radiates down the leg and is accompanied by numbness or weakness may indicate nerve involvement rather than simple muscle strain.

XX. Thông điệp kết bài

Bài 13 ở mức IELTS 8.0 giúp học viên đi qua 3 tầng năng lực:

Tầng 1: Hiểu hội thoại

Người bệnh nói gì?

Tầng 2: Diễn đạt lại chính xác

Triệu chứng là gì, lan đi đâu, ảnh hưởng thế nào?

Tầng 3: Phân tích học thuật

Triệu chứng đó gợi ý điều gì, cần xử trí ra sao, và vì sao không nên bỏ qua?

Từ một câu rất đơn giản:

Does it go anywhere else?

Chúng ta học được một tư duy rất lớn:

Trong y khoa, đường đi của cơn đau có thể là đường đi của chẩn đoán.

Và trong IELTS 8.0, cách diễn đạt tốt không chỉ là “nhiều từ khó”, mà là:

đúng ngữ cảnh – chính xác ý nghĩa – rõ lập luận – tự nhiên trong giao tiếp – nhân văn trong chăm sóc.

Hỏi ngắn – nghe sâu – phân tích đúng – nói chuẩn – viết sắc – học bền.

Khỏe để học.

Vui để bền.

Hạnh phúc để lan tỏa.