



河南省“十二五”普通高等教育规划教材

涉外 护理英语



主编 刘 军 杨明星

SHEWAI
HULI YINGYU

郑州大学出版社



河南省“十二五”普通高等教育规划教材

经河南省普通高等教育教材建设指导委员会审定
审定人 方家选


涉外

护理英语



主编 刘 军 杨明星

SHEWAI
HULI YINGYU

 郑州大学出版社
郑州

图书在版编目(CIP)数据

涉外护理英语/刘军,杨明星主编. —郑州:郑州大学出版社,
2015.6
ISBN 978-7-5645-2253-7

I. ①涉… II. ①刘…②杨… III. ①护理学-英语-教材
IV. ①H31

中国版本图书馆 CIP 数据核字 (2015) 第 074060 号

郑州大学出版社出版发行

郑州市大学路 40 号

出版人:张功员

全国新华书店经销

河南龙华印务有限公司印制

开本:787 mm×1 092 mm 1/16

印张:12.5

字数:388 千字

版次:2015 年 6 月第 1 版

邮政编码:450052


发行电话:0371-66966070

印次:2015 年 6 月第 1 次印刷

书号:ISBN 978-7-5645-2253-7

定价:29.00 元

本书如有印装质量问题,由本社负责调换



作者名单



主 编 刘 军 杨明星

副 主 编 李志丹 章学文 师翠荣

李 静

编 委 (按姓名汉语拼音为序)

付丹枫 罗 静 梅士宏

蒋 曾 张 煜 谢晶晶

前 言

涉外护理英语是以护理、助产等专业的实际应用为中心的专业课程,以全国医学高职高专课程标准为编写大纲,以参加全国医护英语水平考试为导向,结合美国同类课程原版教材,将国内外临床护理专业的工作模式和英语语言教学有机结合,供护理、助产等专业使用。

本书根据医院各科室临床常见病人的护理划分单元,以生动有趣的情境案例为引导,从实践的角度出发,使医生与护士、护士与护士以及医生、护士与患者和家属之间进行有效沟通;突出情境案例教学,重视护理程序的引导,使学生领会与体验以科学思维引导专业行为的国内外医护工作过程,以适应涉外护理工作的实践需要,突出专业实用性;把患者就诊过程呈现给学生,使学生体会中外医护工作及相关文化的差异。各单元内容涉及内科、外科、妇科、儿科、精神科、急救科、社区卫生服务以及医学病历的写作和翻译等,突出各科的常见病、多发病的对话,贴近临床工作实际,具有趣味性、专业性、操作性强等特点,可以结合课堂内外的多种学习活动进行实际演练。把部分“听说读写”设计成练习形式,使课堂更接近工作实际,更便于课堂操作,也可以更好地培养学生在实际工作中运用英语语言进行交流和沟通的能力。本书最后附词汇索引,可在内文各单元中查阅(例如,第2单元B部分注明为U2B)。

本书内容量较大,各校可根据学生水平调整教学内容。部分内容可作为学生自学。因编者水平有限,肯定会有许多不当之处,敬请各位专家同仁批评指正。

编者

2015年1月

Catalogue

Unit 1	Role of Nurses	1
Part A	Dialogue	2
Part B	Passage	3
Part C	Career-oriented Expand Training	8
	Additional Reading	9
Unit 2	Nursing Process	12
Part A	Dialogue	13
Part B	Passage	14
Part C	Career-oriented Expand Training	20
	Additional Reading	21
Unit 3	Asthma	24
Part A	Dialogue	25
Part B	Passage	25
Part C	Career-oriented Expand Training	30
	Additional Reading	31
Unit 4	Diabetes	33
Part A	Dialogue	34
Part B	Passage	35
Part C	Career-oriented Expand Training	40
	Additional Reading	42
Unit 5	Lung Cancer	44
Part A	Dialogue	45
Part B	Passage	46
Part C	Career-oriented Expand Training	51
	Additional Reading	52
Unit 6	Heart Failure	57
Part A	Dialogue	58
Part B	Passage	59
Part C	Career-oriented Expand Training	64

Additional Reading	65
Unit 7 Shock	67
Part A Dialogue	68
Part B Passage	69
Part C Career-oriented Expand Training	74
Additional Reading	75
Unit 8 Pregnancy Complications	79
Part A Dialogue	80
Part B Passage	81
Part C Career-oriented Expand Training	85
Additional Reading	87
Unit 9 Bone Fracture	89
Part A Dialogue	90
Part B Passage	91
Part C Career-oriented Expand Training	96
Additional Reading	97
Unit 10 Cardiopulmonary Resuscitation	100
Part A Dialogue	101
Part B Passage	102
Part C Career-oriented Expand Training	107
Additional Reading	108
Unit 11 Breast Cancer	110
Part A Dialogue	110
Part B Passage	111
Part C Career-oriented Expand Training	116
Additional Reading	118
Unit 12 Childhood Obesity	121
Part A Dialogue	122
Part B Passage	123
Part C Career-oriented Expand Training	128
Additional Reading	130
Unit 13 AIDS	132
Part A Dialogue	133
Part B Passage	134
Part C Career-oriented Expand Training	139

Additional Reading	140
Unit 14 Community Care	143
Part A Dialogue	144
Part B Passage	145
Part C Career-oriented Expand Training	150
Additional Reading	151
Unit 15 Alzheimer's Disease	153
Part A Dialogue	154
Part B Passage	155
Part C Career-oriented Expand Training	160
Additional Reading	162
Unit 16 Depression	164
Part A Dialogue	165
Part B Passage	166
Part C Career-oriented Expand Training	170
Additional Reading	173
Glossarial Index	175



Unit 1

Role of Nurses

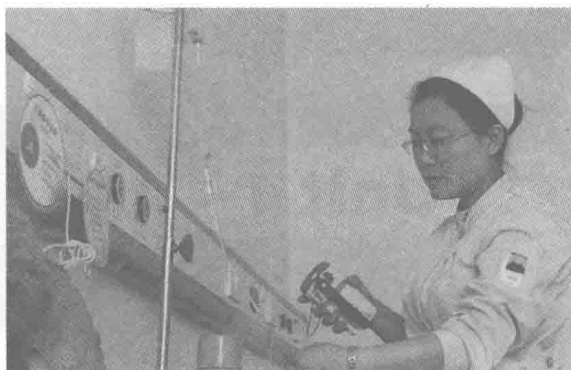
Learning Objectives

- ◆ To be familiar with the role of nurses.
- ◆ To know about the basic services that nurses provide.
- ◆ To know a variety of health care settings where nurses work.
- ◆ To know that nurses can be occupied in many jobs.

warming-up

As an important part of medical personnel, nurses play an important role in hospitals. The role of registered nurses is to provide health care to individuals, families, and communities. They provide services designed to promote health, prevent illness, and achieve optimal recovery from health problems.



**Focus :**

registered nurses
services provided
health care settings
a variety of jobs for nurses
how to become a nurse

Part A Dialogue

Nurse: Good morning.

Patient: Good morning.

Nurse: What seems to be the problem?

Patient: I'm running a high fever and feeling terribly bad.

Nurse: How long have you had the problem?

Patient: Since last night.

Nurse: Well, have you ever been here before?

Patient: As a matter of fact, I have just moved to this city.

Nurse: OK. In that case, you have to fill in this registration card. Your age, gender, address and things like that.

Patient: No problem. Which department should I register with, madam?

Nurse: You'd better go to the medical department.

Patient: Here is my registration card.

Nurse: Thank you. The registration fee is one dollar.

Patient: Fine. But can you tell me how to get to the medical department, please?

Nurse: Take the lift to the third floor and then make a left turn. Go along the corridor until you see the sign on your right.



Patient: Thanks a lot.

Nurse: You're welcome.

Words and Expressions

1. register ['redʒɪstə]

v. 登记;注册;记录;挂号

2. gender ['dʒendə]

n. 性;性别

3. department [di'pɑ:tmənt]

n. 部;部门;系;科;局

4. corridor ['kɒrɪdɔ:]

n. 走廊

Part B Passage

The Role of Registered Nurses

Pre-reading Questions

1. What's a registered nurse?
2. What basic duties do registered nurses(RN) perform?
3. What does the plan include when RNs establish a plan to care for patients?

The Role of Registered Nurses

A registered nurse (RN) is a nurse who has graduated from a nursing program at a college or university and has passed a national licensing exam. Registered nurses help individuals, families, and groups to achieve health and prevent disease.

RNs provide services designed to promote health, prevent illness, and achieve optimal recovery from health problems. These services include assessment of the patient and family's health status and needs.

The RN assesses each patient's health status, response to treatment, ability to provide self-care, to cope with chronic illness, and function in relation to activities of daily living. Collaborating with the patient, family, physicians, and other health care professionals, the RN develops an individualized plan of care.

The RN records patients' medical histories and symptoms, helps to perform diagnostic tests, analyzes results, evaluates treatment outcomes and revises the patient's plan of care accordingly. Nurses operate medical machinery, administer treatment and medications, and help with patient follow-up and rehabilitation. Nurses also teach patients and their families how to manage their illness or injury, including post-treatment home care needs, diet and exercise programs, and self-administration of medication and physical therapy.

The RN provides care in a variety of health care settings including hospitals, clinics, private practice, rehabilitation centers, home health agencies, public health centers, and long-



term care facilities.

Most RNs work as staff nurses, providing critical health care services along with physicians, surgeons, and other health care practitioners. However, some RNs choose to become advanced practice nurses, who often are considered primary health care practitioners and work independently or in collaboration with physicians. For example, clinical nurse specialists provide direct patient care and expert consultations. Nurse anesthetists administer anesthesia, monitor patient's vital signs during surgery, and provide post-anesthesia care. Nurse practitioners provide basic preventive health care to patients, and increasingly serve as primary and specialty care providers. The most common areas of specialty for nurse practitioners are family practice, adult practice, women's health, pediatrics, acute care, and gerontology; however, there are many other specialties. In most countries, advanced practice nurses can prescribe medications.

Some nurses have jobs that require little or no direct patient contact. Most of these positions still require an active RN license. Nurse administrators supervise nursing staff, establish work schedules and budgets, and maintain medical supply inventories. Nurse educators teach student nurses and also provide continuing education for RNs. Nurse assistants collect information, store, and analyze nursing data in order to improve efficiency, reduce risk, and improve patient care. RNs also may work as health care consultants, medical supply researchers and salespersons, and medical writers and editors.

New Words and Expressions

1. optimal ['ɒptiməl]

adj. 最佳的, 最优的

2. assess [ə 'ses]

vt. 评定; 估价

3. chronic ['krɒnik]

adj. 长期的, 慢性的

4. collaborate [kə 'læbəreɪt]

vi. 合作, 协作

5. physician [fi 'ziʃn]

n. 医生, 内科医生

6. professional [prə 'feʃənəl]

adj. 专业的; 职业的; n. 专业

7. symptom ['sɪmptəm]

n. 症状

8. diagnostic [,daɪəg 'nɒstɪk]

adj. 诊断的, 判断的

9. analyze ['ænləɪz]

v. 分析

10. evaluate [i 'væljueɪt]

v. 评价, 估价

11. revise [ri 'vaɪz]

v. 修订; 改变; 修正

12. administer [əd 'mɪnɪstə]

v. 管理; 执行; 给予

13. accordingly [ə 'kɔ:diŋli]

adv. 因此, 于是; 相应地

14. therapy ['θerəpi]

n. 治疗, 疗法

15. rehabilitation ['ri:hbə, bli 'teɪʃən]

n. 复原; 康复

16. facilities [fə 'sɪlɪtɪz]

n. 设备; 设施, 配套设施; 场所



- adj.* 批评的, 关键的
n. 开业者; 实践者; 实习者
vt. 监控
n. 麻醉师
n. 麻醉
n. 小儿科
adj. 严重的, 剧烈的; [医] 急性的
n. 老年医学; 老年病学; 老年学
vt. & *vi.* 监督; 管理; 指导
n. 存货, 存货清单
n. 顾问; 咨询者; 会诊医生
对……的反应
关于, 涉及; 与……相比
积极应对
与……合作

Notes

1. follow-up 随访
2. long-term care facilities 长期看护机构, 长期护理院
2. primary health care practitioners 初级卫生保健从业者
3. vital sign 生命体征
4. prescribe medications 开处方

Exercises

I. Read the passage and decide whether the following statements are "Right" or "Wrong". If you can not find enough information to make a choice, choose "Not mentioned".

- Nurses teach patients and their families how to manage their illness or injury.
A. Right B. Wrong C. Not mentioned
- Clinical nurse specialists provide direct patient care and expert consultations.
A. Right B. Wrong C. Not mentioned
- Nurses needn't monitor patient's vital signs during surgery.
A. Right B. Wrong C. Not mentioned
- Doctors can operate medical machinery, administer treatment and medications.
A. Right B. Wrong C. Not mentioned
- Nurse administrators maintain medical supply inventories.



6 Foreign-related nursing English

- A. Right B. Wrong C. Not mentioned
6. In America, nurses can prescribe medications.
A. Right B. Wrong C. Not mentioned
7. The RN provides care only in hospital units.
A. Right B. Wrong C. Not mentioned
8. Nurses must have jobs that require direct patient contact.
A. Right B. Wrong C. Not mentioned
9. Legal nurse consultants assist lawyers in marriage cases by interviewing patients.
A. Right B. Wrong C. Not mentioned
10. Nurse information assistants collect, store, and analyze nursing data in order to improve efficiency, reduce risk, and improve patient care.
A. Right B. Wrong C. Not mentioned

II. Match the medical terms using the word in column A with the expressions in column B:

- | A | B |
|------------------------------------|------------|
| 1. diagnostic tests | a. 卫生保健顾问 |
| 2. private practice | b. 执业护士 |
| 3. vital sign | c. 诊断检测 |
| 4. follow-up | d. 开处方 |
| 5. licensed practical nurses (LPN) | e. 私人诊所 |
| 6. nurse anesthetists | f. 麻醉护士 |
| 7. clinical nurse specialists | g. 生命体征 |
| 8. long-term care facilities | h. 长期看护机构 |
| 9. prescribe medications | i. 随访, 复查 |
| 10. health care consultants | j. 临床专科护理师 |

III. Choose the appropriate word to finish the blanks, and change the form where necessary.

assess chronic evaluate collaborate monitor prescribe facility symptom supervise administer
--

- As an administrator, how do you _____ the system?
- The problem lies in getting patients to a medical _____ as soon as possible.
- _____ fatigue is also one of the features of depression.
- This kind of disease is companied with the _____ of high fever.
- He _____ with his son Michael on the English translation of a text.
- The physician may prescribe but not _____ the drug.
- The college has few ways to _____ the quality of education overall.
- The physician examines the patient then diagnoses the disease and _____ medication.



9. Don't _____ people by their clothes.
 10. He _____ and trained more than 400 volunteers.

IV. Put the following sentences into English:

- 他毕业于北京大学。(graduate from)
- 政府尚未对他的言论做出回应。(response to)
- 她和她的一个学生合写了这本书。(in collaboration with)
- 关于那件事,我有很多话要讲。(in relation to)
- 人们会由于种种原因改变主意。(a variety of)

Tips

Critical Thinking in Nursing

Critical thinking is not criticizing. It is an analytical process. There is an urgent need for nurses with well practiced critical thinking skills. As new graduates you will be expected to make decisions and take actions of an increasingly sophisticated nature. You will encounter problems you never saw or heard about during your classroom and clinical experiences. You are going to have to make complex decisions with little or no guidance and limited resources. Critical thinking can help you think through a problem in an organized and efficient manner.

There are six steps involved in critical thinking: 1. Define the problem by asking the right questions; 2. Select the information or data necessary to solve the problem or answer the question; 3. Recognize stated and instated assumptions, that is, what do you think is or is not true; 4. Formulate and select relevant and/or promising hypotheses; 5. Draw valid conclusions; 6. Consider the soundness of your decisions.

Word Study

后缀	含义	举例
-ar	...特征的, ...形状的	regular 规则的 muscular 肌肉的 circular 环形的, 圆的 anular 环的
-al	有...的属性	vertebral 脊柱 cervical 颈的 mural 壁的 terminal 末端的
-scope	镜, 检查	stethoscope 听诊器 otoscope 耳镜 proctoscopy 直肠镜检查法
-logy	表示学科	morphology 形态学 histology 组织学 neurology 神经学 embryology 胚胎学



Part C Career-oriented Expand Training

Task 1 Listening

Listen to the passage and then finish the missing words according to what you hear:

Registered nurses are "full-spectrum" nurses who can do a wide variety of 1 procedures as directed by doctors. Besides all of the 2 that LPNs and LVNs can do, RNs can operate 3 and other medical equipment; give almost all medications and 4; administer IVs on an 5 basis; assist in surgery; administer care plans; supervise other nursing 6 and sign off on their work; and much more, depending on their work 7. RNs can get their 8 after a minimum of two years of diploma or associate 9 study, although many hospitals prefer RNs to have a four year 10 degree.

Task 2 Speaking

Read the dialogue on nursing procedures and then do a role-play.

Nurse: Monitoring body temperature accurately is an important nursing measure. Body temperature reflects the heat content of the body and may provide information of the patient.

Student: What is the normal temperature of the human body?

N: The normal temperature of the human body is about 37°C. The rectal temperature is about 36.5°C ~ 37.5°C. The mouth temperature is 0.3 ~ 0.5°C lower than the rectal temperature.

S: Then which is standard?

N: The rectal temperature is standard, because it is in the cavity of the body and nearly the temperature of the blood.

S: How many times a day do we take temperature for the patient?

N: Some patients are taken temperature twice a day and others every four hours or even every two hours.

S: When do we take the temperature for the patients?

N: Usually we take it at 8 a. m. and 4 p. m. The feverish patients should be taken their temperature every four hours or every two hours daily.

S: Should pulse and respiration be taken while the temperature is being taken?

N: Yes, the nurse not only takes the temperature but also counts the pulse and respiration. Do you know what the precautions are while taking one's temperature orally?

S: Yes. We should tell the patients to close their mouths and be careful not to break the thermometer and swallow the glass or mercury. It would be very dangerous. How do you



treat that if the patients swallow the mercury?

N: The patient would take some egg white or milk immediately.

Suppose you are a nurse in hospital, make dialogues to greet a patient.

Task 3 Writing

Write a paragraph on "Nursing Home" based on the following key words (130 words):

Long-term care facility, rehabilitation, the elderly, ADL (Activities of Daily Living), meet the needs of, nurse, dominant role, basic nursing care, malnutrition (营养不良), dehydration (脱水), chronic diseases, health maintenance, disease prevention, symptom management, self-care

Additional Reading

How to Become a Nurse

Registered nurses (RNs) and licensed practical nurses (LPNs), also called licensed vocational nurses (LVNs), provide physical and emotional support to people who are ill, disabled, injured or recovering from surgery.

Nurses must have good listening and speaking skills, be detail-oriented and have good organizational and critical thinking skills. They should also be patient and emotionally stable. There are significant differences in how one prepares for each of these occupations.

The educational requirements for registered and licensed practical nurses differ from each other greatly. To become an LPN one must complete a training program that lasts one year and combines classroom study with supervised clinical practice. Some technical and vocational schools, community colleges, high schools and hospitals offer these programs. Often credits earned in an LPN program can be transferred to a RN program.

RNs train for between two and four years, earning a Bachelor's of Science Degree in Nursing (four years), an Associate Degree in Nursing (two years) or a diploma in nursing (three years). Students receive classroom instruction and supervised practical training in hospital departments. Some schools offer RN to Bachelor's Degree or RN to Master's degree programs for students who have Associate Degrees or Diplomas in Nursing.

Admission requirements and procedures differ by school and by type of program. Please check with the institutions in which you are interested to learn about their policies. In general, most institutions require a high school diploma or GED, a criminal background check, medical history and physical exam and at least one professional reference.

Generally, when applying for admission to an associate or bachelor's degree RN program, you usually have to follow the regular admissions protocol for the institution. That means they