

2008版

The Course Book for Medical English Test System
For Nurses
Level 1

第一级

主编 陈迎

医护英语水平考试
(护理类)
考试教程

NHETS



高等教育出版社
Higher Education Press

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医护英语水平考试 (护理类) 考试教程

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FOREWORD

前言

医护英语水平考试(简称 METS)是由国家教育部考试中心、中华医学会、中华护理学会和中国国际人才交流协会联合推出的考试。自正式考试以来,受到全国各医学院和医护院校广大医护工作者、在校师生和有关领导的高度重视。本书是为 METS 一级考试而专门设计的考试教程。

《医护英语水平考试(护理类)考试教程(第一级)(2008 版)》由 10 个单元构成。每单元包括听力、阅读、语法、写作指导四大部分。听力理解部分参照医护英语水平考试(METS)(护理类)一级考试大纲听力部分的要求和样题,结合医护相关知识和技能,设置了句子理解和对话理解等题型,着重培养学生的基本听力技能。阅读部分由与主题相关联的 A、B 课文组成。内容以临床护理为主线,突出知识性、实用性和可操作性。Text A 部分难度以一级大纲为根据,长度在 200~300 词左右,供教师课堂上精讲,目的是结合课文内容的讲解和课后练习,使学生在掌握 METS 一级考试大纲词汇的基础上,学习并掌握基本的英语语言知识和阅读理解、翻译等基本的语言应用技能。Text B 部分作为泛读课文,以理解为主,篇幅略大于 Text A,在 250~350 词左右,可供教师讲解或学生自学。本教程各单元课文取材广泛,突出医护英语的科普性、社会性、人文性、实用性,其中包括医护科普知识、生活保健知识、人物传记等。

本教程的第三部分为语法,参照 METS 一级考试大纲的要求,将基础语法内容分 10 个部分讲解,并配合相应的练习,以帮助学生尽快掌握语法知识,打下坚实的语言基本功。该部分教师可视实际情况选择性讲解。此外,为培养和提高学生综合运用语言的能力,达到 METS 一级考试水平,本教程在第四部分提供了写作指导及配套练习。针对使用教材的学生的实际情况,写



作内容形式多样,题材丰富,可操作性强,使学生能学会用英语写句子、段落、短文、信件等,满足学生学习、工作、应考等的实际需要。

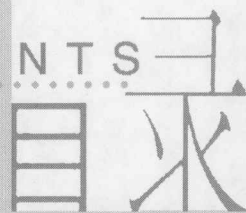
本教程可供广大医学院校护理专业学生,从事护理工作的医护人员和有意报考 METS 一级考试的相关人员学习使用。我们虽力求完美,但仍难免有疏漏不妥之处,期望同行和读者不吝指正。

编者

2008年5月

本教程共分10个单元,每个单元由《(2008版)医护英语水平考试(第一级)》(以下简称《考纲》)和《医护英语水平考试(第一级)》(以下简称《考卷》)两部分组成。《考纲》是《考卷》的编写依据,也是考生备考的依据。《考卷》是《考纲》的具体体现,也是考生备考的参考。本教程在编写过程中,参考了《考纲》和《考卷》的相关内容,力求做到与《考纲》和《考卷》相一致。本教程在编写过程中,参考了《考纲》和《考卷》的相关内容,力求做到与《考纲》和《考卷》相一致。本教程在编写过程中,参考了《考纲》和《考卷》的相关内容,力求做到与《考纲》和《考卷》相一致。

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Unit 1 Value of Health

Health is better than wealth.

健康胜过财富。

Health is happiness.

健康就是幸福。

Part I Listening 听力



Section A 句子理解

你将听到 10 个句子,根据你所听到的内容,从下面所给的 A, B, C 3 个选项中,选出正确的答案填入句子的空白处。每个句子读两遍。

1. My _____ is killing me.
[A] headache [B] backache [C] stomachache
2. Does the patient feel headache during _____?
[A] application [B] digestion [C] operation
3. Take the medicine twice a day; it will _____ your pain.
[A] improve [B] relieve [C] remove
4. What kind of _____ do you have?
[A] symptom [B] system [C] support
5. Mary got a sore _____, and she would see a doctor.

- [A] tissue [B] throat [C] tongue
6. Be on a diet. Just _____ everyday. []
- [A] drink some water
 [B] have six apples
 [C] drink some water and have six apples
7. We're sure your tumor is _____. []
- [A] bitter [B] abnormal [C] benign
8. It's not possible to _____ another person through kissing. []
- [A] affect [B] infect [C] evaluate
9. Please be quiet when you are at _____. []
- [A] Medical Ward [B] Surgical Ward [C] Infectious Ward
10. You are sick, and I will give you a _____. []
- [A] treatment [B] thermometer [C] transfusion

Section B 对话理解

你将听到 10 个对话,每个对话后有一个问题,请从 A,B,C 3 个选项中选出正确答案。每个对话后有 15 秒的停顿,以便选择答案,并看下一题选项。每段对话读两遍。

11. Where has the man most probably got a problem?
- [A] The mouth. [B] The eye. [C] The leg.
12. What did the surgeon suggest that the lady do?
- [A] Sterilize it. [B] Clean it. [C] Not scratch it.
13. What is the best time for the patient to have his dinner?
- [A] 4:30. [B] 5:00. [C] 5:30.
14. What is the probable relationship between the speakers?
- [A] Patient and doctor. [B] Patient and patient. [C] Nurse and patient.
15. What happened to the woman yesterday?
- [A] She got a treatment.
 [B] She went across the street.
 [C] A car struck her.
16. What can we learn from the conversation?
- [A] She was working hard.
 [B] She is testing herself.
 [C] There is something wrong in her eyes.
17. What does the woman mean?



[A] Going home.

[B] Taking some medicine.

[C] Going to pharmacy.

18. What happened to the woman?

[A] She got a vein hurt.

[B] She got an artery hurt.

[C] She got a deep cut.

19. Which of the following is NOT suggested by the doctor?

[A] Taking some medicine.

[B] Asking the nurse to give her an injection.

[C] Having a rest and no drinking.

20. What might be the man's problem?

[A] He didn't drink water.

[B] He might suffer from diabetes.

[C] He was absent-minded.



Part II Reading 阅读



Text A

Warm-up Questions:

1. What is the value of health?
2. What should we do to keep healthy?

Value of Health

As the proverb says, "No one knows the value of health until he loses it." It is clear that health is the foundation of one's future success. If you become sick, it is nearly impossible to pursue your career effectively, and much less to make your dreams come true. On the other hand, if you are strong, you go all out to overcome difficulties that lie ahead of you.

Now that we know that health is the source of our energy, what should we do to keep our health? First, we should exercise every day to strengthen our muscles. Secondly, we should get up early, and go to bed early, too. Thus, we have enough time to sleep and enjoy fresh air every



morning. Thirdly, there is a proverb that says, "Prevention is better than cure." If you pay attention to your health, you can avoid getting sick, or at least cure yourself of a disease in its early stage.

Wealth is important, but health is more important than wealth. Those who are rich but lose their health are no more fortunate than those who are poor. If you want your wish to come true, health is the most important factor of your success.

New Words

<i>proverb</i> * /'prɒvə(:)b/	<i>n.</i>	谚语, 格言
<i>value</i> /'vælju:/	<i>n.</i>	价值; 价格
<i>foundation</i> /faʊn'deɪʃən/	<i>n.</i>	基础, 根本; 建设, 创立
<i>pursue</i> /pə'sju:/	<i>vt.</i>	追求; 追赶, 追踪
<i>career</i> /kə'riə(r)/	<i>n.</i>	生涯; 职业
<i>effectively</i> /ɪ'fektɪvli/	<i>adv.</i>	有效地
<i>overcome</i> /,əʊvə'kʌm/	<i>vt.</i>	打败, 战胜, 征服; 克服(困难)
<i>energy</i> /'enədʒi/	<i>n.</i>	能量; 精力, 活力
<i>strengthen</i> /'streŋθən/	<i>v.</i>	加强, 巩固
<i>prevention</i> /prɪ'venʃən/	<i>n.</i>	预防, 防止, 阻止; 妨碍
<i>avoid</i> /ə'vɔɪd/	<i>v.</i>	避免, 回避, 逃避
<i>wealth</i> /welθ/	<i>n.</i>	财富, 财产; 大量, 丰富
<i>factor</i> /'fæktə(r)/	<i>n.</i>	因素, 要素; 因子
<i>source</i> /sɔ:s/	<i>n.</i>	根源; 来源, 源头, 源泉

Phrases and Expressions

on the other hand 另一方面
go all out 全力以赴

* 注: 斜体的单词为超纲词。全书同。

pay attention to 对……注意
 at least 至少,起码
 no more... than 不比……更……
 much less 更不用说

Notes

- (Para. 1) If you become sick, it is nearly impossible to pursue your career effectively, and much less to make your dreams come true. 如果你病了,有效地追求你的事业几乎是不可能的,更谈不上实现你的梦想了。
 解析:此句为一个复合句,If引导的是条件状语从句,主句形式主语it引导,代替由and连接的两个动词不定式。
- (Para. 2) If you pay attention to your health, you can avoid getting sick, or at least cure yourself of a disease in its early stage. 如果关注健康,你就能避免患病或至少能在早期治愈疾病。
 解析:此句也为一个复合句,if引导的是条件状语从句。avoid后要求动名词或名词做宾语。

Exercises

I. 阅读理解

根据课文内容,选出正确的答案。

Section A 判断

- According to the text, health is the foundation of one's future success.
 [A] Right. [B] Wrong. [C] Not mentioned.
- If you want your wish to come true, wealth is the most important factor of your success.
 [A] Right. [B] Wrong. [C] Not mentioned.
- To keep our health, we shouldn't exercise every day to strengthen our muscles.
 [A] Right. [B] Wrong. [C] Not mentioned.
- Prevention is better than cure.
 [A] Right. [B] Wrong. [C] Not mentioned.
- Drinking plenty of water can prevent colds.
 [A] Right. [B] Wrong. [C] Not mentioned.

Section B 选择

- What is the foundation of one's future success according to the passage?

- [A] Knowledge. [B] Wealth. [C] Being healthy.
2. Is it possible for you to work effectively or make your dreams come true if you are ill?
- [A] It is nearly impossible. [B] It is possible. [C] Of course, it is true.
3. Which of the following is the most important according to the text?
- [A] Study. [B] Money. [C] Health.
4. If you pay close attention to _____, you can avoid getting ill.
- [A] study [B] prevention [C] cure
5. What should we do to keep our health?
- [A] Exercise, keep good hours and have enough sleep.
 [B] Only have enough sleep.
 [C] Work hard and earn a lot of money.

II. 词汇

阅读下面句子,从 A,B,C 3 个选项中选出一个适合上下文的最佳答案。

1. No one knows the value of health _____ he loses it.
- [A] until [B] till [C] still
2. If you are strong, you go all out _____ overcome difficulties that lie ahead of you.
- [A] of [B] in [C] to
3. If you pay _____ to your health, you can avoid getting sick.
- [A] mention [B] attention [C] foundation
4. If you become sick, it is nearly _____ to pursue your career effectively.
- [A] possible [B] impossible [C] interesting
5. Health is more important than _____.
- [A] exercise [B] weather [C] wealth
6. Those who are rich but lose their health are _____ fortunate than those who are poor.
- [A] no more [B] much more [C] at least
7. Time is an important _____ to consider in treatment.
- [A] action [B] factor [C] event
8. They had to _____ all the difficulties in their studies.
- [A] avoid [B] solve [C] overcome
9. He doesn't know the _____ of fresh air and sunlight.
- [A] energy [B] value [C] source
10. Where is the _____ of the Yellow River?
- [A] source [B] place [C] foundation

III. 翻译

根据课文翻译下列句子。

1. No one knows the value of health until he loses it.
2. If you become sick, it is nearly impossible to pursue your career effectively.
3. If you are strong, you go all out to overcome difficulties that lie ahead of you.
4. Health is the most important factor of your success.
5. Those who are rich but lose their health are no more fortunate than those who are poor.
6. Health is more important than wealth.



Text B

Warm-up Questions:

1. Do you smoke?
2. Have you noticed that smoking is bad for people's health?

Smoking and People's Health

A new report shows that six people die from smoking every minute. That means 3 million deaths around the world every year. If the present rate of smoking continues, the number of deaths each year from smoking could rise to 10 million by the year 2020.

The study describes smoking as the biggest cause to deadly diseases among grown-ups in industrial countries. So far, most of the smoking deaths have happened on men, especially in developing countries.

A researcher at the World Health Organization says 70% of Chinese men smoke more than 15 cigarettes each day. In the United States, the Americans smoke six thousand million cigarettes every year, that is to say, every person of 18 years of age or more smokes about 4,195 cigarettes a year. 51% of American men smoke while 34% of American women do so. There is also a very large number of smokers in the West Europe.



Smoking is believed, to most research workers in the field, to be a very important cause in the development of cancer of the lungs and the cancer of the throat and is believed to have much to do with some other kinds of cancers. Cigarette smokers suffer from the illness of the heart more often than those who don't smoke. But strange, yet true, women are thought to be less affected, because when women smoke, they usually don't breathe in the smoke so deeply. Most



of doctors and researchers say, "Give up smoking. If you don't smoke — don't start!"

Experts say that people reduce their chance of dying from smoking if they stop smoking completely. They say smokers who give up smoking can improve their health.

New Words

rate /ret/	n.	率,比率
describe /dɪ'skraɪb/	vt.	描述,描写
cause /kɔ:z/	n.	原因,理由
disease /dɪ'zi:z/	n.	病,疾病
industrial /ɪn'dʌstriəl/	adj.	工业的
cigarette /,sɪɡə'ret/	n.	香烟,纸烟
research /rɪ'sɜ:tʃ/	n.	调查,研究
throat /θrəʊt/	n.	咽喉,嗓子
suffer /'sʌfə(r)/	vt.	遭受;患有
affect /ə'fekt/	vt.	影响;对……起作用
breathe /bri:ð/	vt.	呼吸
reduce /rɪ'dju:s/	vt.	减少;缩减
completely /kəm'plɪtli/	adv.	彻底地,完全地
improve /ɪm'pru:v/	vt.	改善,改进

Phrases and Expressions

describe ... as ...

so far

World Health Organization

that is to say

suffer from

breathe in

give up

把……描述成……

到目前为止

世界卫生组织

也就是说

遭受,患有

吸入

放弃

Notes

1. (Para. 1) A new report shows that six people die every minute from smoking. 一份新的

报告显示每分钟就有6个人死于吸烟。

解析: die from 表示“因……而死”; show 后面的 that 引导了一个宾语从句 six people die every minute from smoking.

2. (Para. 1) The number of deaths each year from smoking could rise to 10 million by the year 2020. 到2020年为止, 每年因吸烟而死亡的人数可能上升到一千万。

解析: the number 表示“……的数目”, 在句子中做主语时, 谓语动词用单数。本句的谓语包括情态动词 could, 所以动词 rise 保持原形。

例如: The number of doctors has increased. 医生的数目增长了。

3. (Para. 4) Smoking is believed, to most research workers in the field, to be a very important cause in the development of cancer of the lungs and the cancer of the throat and is believed to have much to do with some other kinds of cancers. 这个领域的大多数研究人员认为吸烟是导致肺癌和喉癌的一个重要原因, 并且和许多其他类型的癌症也有很大关系。

解析: to most research workers in the field 在本句中是插入语, 不作成分; in the field 意思是“在这个领域”; ... is believed 这个句型常用于表示“某事被认为”, 但是在不知道动作发出者的情况下, 经常翻译成“人们认为”。

例如: It is believed that their friendship is true. 人们相信他们的友情是真的。

have (much) to do with 表示“和……有(很大)关系”。相似的短语还有 have something to do with 表示“和……有关”, have nothing to do with 表示“和……无关”。

例如: It has something to do with you. 这件事和你有关。

Exercises

I. 阅读理解

根据短文内容选择一个最佳答案。

- The main idea of this passage is that _____.
 [A] we must give up smoking
 [B] smoking causes lung cancer
 [C] smoking is bad for health
- According to the passage, if there are one hundred typical Chinese men smokers, the number of cigarettes that they smoke is at least _____ each day.
 [A] about 1,500 [B] over 1,050 [C] under 750
- A new report shows _____.
 [A] in 2020, 10 million smokers will die from smoking



- [B] three hundred and sixty smokers die from smoking every hour
- [C] smoking will kill 50% of the men around the world
4. If people don't stop smoking, they will _____.
- [A] pollute the air [B] waste a lot of time [C] be in poor health
5. Which of the following statements is true?
- [A] Smoking is the biggest cause to deadly diseases among grown-ups.
- [B] The number of smokers in East Europe is much bigger than that in Asia.
- [C] Americans of 18 years of age or more smoke thousands of cigarettes a year.

II. 翻译

根据课文翻译下列句子。

- The study describes smoking as the biggest cause to deadly disease among grown-ups in industrial countries.
- But strange, yet true, women are thought to be less affected, because when women smoke, they usually don't breathe in the smoke so deeply.
- They say smokers who give up smoking can improve their health.

Part III Grammar 语法

词类(Parts of Speech)

英语语法包括词法(Morphology)和句法(Syntax)。词法主要研究词形变化;句法研究句子结构。英语中的词根据词义、句法作用和形式特征分为 10 大类:

词 类	作 用	例 词
名词(n.)	表示人或事物的名称	apple, watch
形容词(adj.)	表示人或事物的特征	big, hot
数词(num.)	表示数目或顺序	one, first
代词(pron.)	代替名词、数词等	he, we, many
动词(v.)	表示动作或状态	sing, read

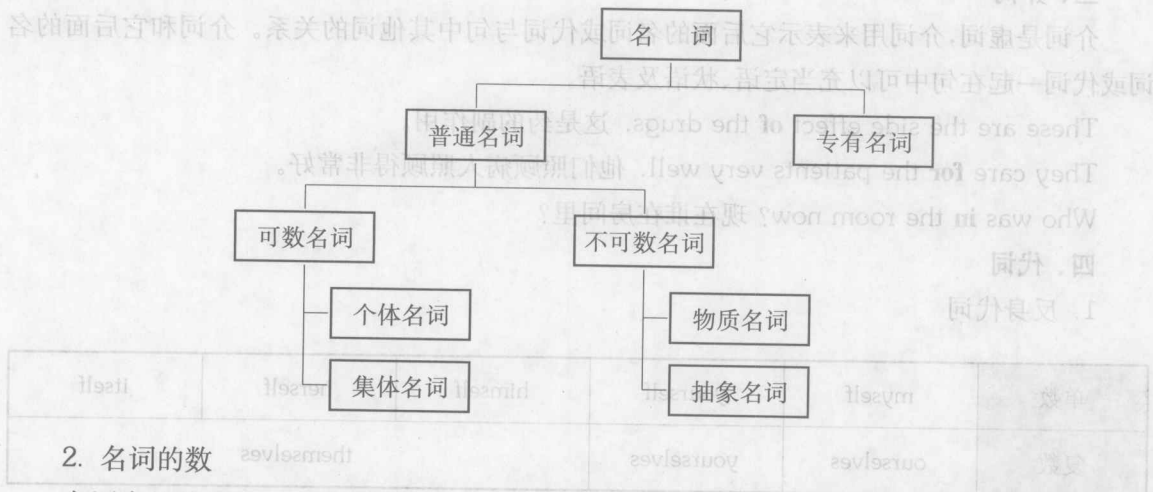
表 续 容 同 其 比 对 最

词 类	作 用	例 词
副词(adv.)	表示动作特征或性状特征	very, bravely
冠词(art.)	用在名词前,帮助说明其意义	a, an, the
介词(prep.)	用在名词、代词前面,说明它与别的词之间的关系	in, behind, on, at
连词(conj.)	用来连接词与词,句与句	and
感叹词(interj.)	表示说话时的感情或口气	oh, ah

在上面的表格中,名词、形容词、数词、代词、动词、副词为实义词;介词、连词和冠词不能在句中独立担任任何句子成分,为虚词。

一、名词

1. 名词的分类



2. 名词的数

名词中的普通名词包括可数名词和不可数名词。这就涉及了名词的数。一般地说,物质名词和抽象名词是不可数名词,因此就没有复数形式,例如,information, courage, milk, water等;可数名词大多数都有单数和复数两种形式。复数形式通常在单数形式后加词尾-s或-es构成,有少数名词的复数形式是不规则变化的,例如,man — men, woman — women, foot — feet等。

3. 名词的所有格

英语中,名词所有格一般是在名词词尾加's构成,例如,my sister's name, Xiao Li's bag等,如果名词词尾已经有复数词尾-s,所有格形式只要在末尾加上"'",例如,the workers' room等。