

新世纪高等职业院校专业系列教材

主编 王 洵

实用护理英语

Practical Nursing English



南京大学出版社

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内容提要

本书是卫生类高职高专院校护理专业实用型人才培养教学用书。针对护理专业队伍英语实际应用能力亟待提高,而护理英语教材相对缺乏这一现状,《实用护理英语》应运而生。本书共 10 个单元,内容涉及口腔护理、外科护理、妇产科护理、儿科护理、内科护理、老年护理、ICU 护理、手术室护理、康复护理、精神护理等。每个单元有对话、课文、生词和短语表、课文注释、实用写作、课后练习、补充阅读、医学趣味英语构成。为方便学生使用,书后附有护士日常用语 300 句、医用英语常用缩略语、医院各科室名称、医务人员称谓、其他医院常用语和常用医学词汇表。

本书主要特点:“构思新颖,口语突出”、“立足岗位,实用为主”、“能力为本,难易适度”。十个单元主要由对话、课文两条纵线贯穿而成;各单元对话和课文之间又横向关联,自成体系。对话主要以护士工作流程为护患交流背景,课文选材则以护士工作的主要科室为依据,针对不同场景、不同主题进行编写。

本教材内容丰富新颖,难易适中,实用性强。不仅非常适合作为高职高等院校护理专业学生的专业英语教材,而且可作为在职护士及医务工作者提高临床英语水平的工具书。

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前 言

目前全球护士严重短缺,既为护理专业学生的就业带来了大好机遇,同时也使他们面临着赴境外就业英语要求较高的挑战。这无疑对高职高等院校的英语教学改革提出了新的要求。根据《高职高专教育英语课程教学基本要求(试行)》提出在注重语言共核教学的同时,注重一般语言交际和涉外业务交际应用能力的培养,改变以往重基础轻应用的模式,创立以英语应用能力培养为核心的实用英语课程教学模式。在此背景下,《护理实用英语》应运而生。

为把基础英语与专业英语的教学结合在一起,护理专业的学生在完成基础英语的学习后,应进行一定学时的专业英语学习,从而具备专业性的语言交际能力,了解护理英语方面的必要知识,为将来学以致用打下基础。

本教材在编写时坚持以“实用、够用”为原则,把基础英语与专业英语的教学结合在一起,以应用能力为主线,从职业岗位群的实际需要为出发点来设置课程结构和精选内容,使专业的特色更为鲜明。以对话部分为例,它涵盖了门诊护理、急诊护理、入院护理、出院护理、生命体征、ICU、给药、健康教育及人际沟通等护士实际工作环节。在选材上突出科学性、可读性和趣味性,内容力求新颖、完整、实用。

《护理实用英语》包括 10 个单元,每单元由对话、课文、生词和短语表、课文注释、实用写作、课后练习、补充阅读、医学趣味英语构成。为方便学生使用,书后附有护士日常用语 300 句、医用英语常用缩略语、医院各科室名称、医务人员称谓、其他医院常用语和常用医学词汇表。

本教材有 10 位教师参加编写。从第一单元到第十单元分别为:张秋月、封竹兵(第一单元),邵荣(第二单元),王洵(第三单元),曹艳艳(第四单元),殷卫红(第五单元),刘春妹(第六、七单元),李正亚(第八单元),柳丰平(第九单元),吴纓(第十单元)。王洵负责全书编排,张秋月、刘春妹为附录部分进行了大量的统稿工作。

本教材从编写大纲到最后定稿历时一年,虽然编者的初衷良好、工作严谨,但由于水平有限、经验不足,不当之处在所难免。我们恳请使用本教材的教师和学生提出宝贵意见,以便我们及时修正和完善。

在本教材编写过程中,得到了学院常唐喜院长的指导以及我院外教 Jocelyn Edge Besgrove & Raymond John Besgrove 夫妇的帮助,同时也得到了南京大学出版社的大力支持,在此一并致以诚挚的谢意。

王 洵

2008 年 5 月 20 日

CONTENT

Unit One Stomatology Department	1
Part A Dialogue	
In the Outpatient Department	1
Part B Text	
Prevention of Oral Ulcer	2
Part C Practical Writing	
An Application Letter	5
Part D Exercises	6
Part E Read More	
The Examination of Ear and Eye	8
Part F Amuse Yourself	
Following Doctor's Orders	9
Unit Two Surgical Department	10
Part A Dialogue	
In the Emergency Room	10
Part B Text	
Fractures	11
Part C Practical Writing	
Certificate for Transferring a Patient	14
Part D Exercises	15
Part E Read More	
Take Care of Minor Cuts!	17
Part F Amuse Yourself	
I Drop my Weight From Skipping	18
Unit Three Obstetrics and Gynecology Department	19
Part A Dialogue	
Admission to Obstetrics	19
Part B Text	
Health Care during Postpartum	20
Part C Practical Writing	
Admission Certificate	24

Part D Exercises	24
Part E Read More	
Losing Weight	26
Part F Amuse Yourself	
Hero in a Mental Hospital	27
Unit Four Pediatrics Department	29
Part A Dialogue	
Discharge of a Child	29
Part B Text	
Aplastic Anemia	30
Part C Practical Writing	
Discharge Certificate	33
Part D Exercises	34
Part E Read More	
Skipping Breakfast May Mean Your Baby Is a Girl	36
Part F Amuse Yourself	
My Operation	37
Unit Five Medical Department	39
Part A Dialogue	
Nursing of Pneumonia	39
Part B Text	
The Nursing Process	40
Part C Practical Writing	
Nursing Plan	43
Part D Exercises	44
Part E Read More	
What Is a Heart Attack?	46
Part F Amuse Yourself	
Ideal Surgery Patient	47
Unit Six ICU	49
Part A Dialogue	
Vital Signs	49
Part B Text	
Nursing Intervention of Infection Control in ICU	50
Part C Practical Writing	
Progressive Note	53

Part D	Exercises	54
Part E	Read More	
	Vital Signs	56
Part F	Amuse Yourself	
	I Hurt Everywhere	57
Unit Seven	Geriatrics Department	58
Part A	Dialogue	
	Morning Care	58
Part B	Text	
	The Care for Alzheimer's Disease	59
Part C	Practical Writing	
	Discharge Summary	62
Part D	Exercises	63
Part E	Read More	
	Hygiene of Patient	65
Part F	Amuse Yourself	
	Everyday English Proverbs	67
Unit Eight	Operating Room	68
Part A	Dialogue	
	Medication	68
Part B	Text	
	Postoperative Nursing Care	69
Part C	Practical Writing	
	Invitation Letter	72
Part D	Exercises	73
Part E	Read More	
	War Nursing	75
Part F	Amuse Yourself	
	How Much Will This Cost Me?	76
Unit Nine	Rehabilitation Department	77
Part A	Dialogue	
	Health Education	77
Part B	Text	
	Hip Fracture	78
Part C	Practical Writing	
	Client's Condition Report	81

Part D Exercises	82
Part E Read More	
Unhappiness	84
Part F Amuse Yourself	
Proverbs	85
Unit Ten Psychiatry Department	86
Part A Dialogue	
Psychic Nursing	86
Part B Text	
What is Depression?	87
Part C Practical Writing	
A Case Report	89
Part D Exercises	90
Part E Read More	
Food Allergy	92
Part F Amuse Yourself	
Proverbs	94
Appendix One	95
300 Nursing Sentences	
Appendix Two	105
Abbreviations	
Appendix Three	108
Medical Staff Posts	
Appendix Four	110
Appellation of Each Department in a Hospital	
Appendix Five	113
Other Useful Medical Terms	
Appendix Six	
Medical Words	115
References	132

Unit One Stomatology Department

Study Objective	1. Master how to prevent oral ulcer 2. Learn an article about the prevention of the oral cavity ulcer 3. Master how to write an application letter.	
Key Points	Key Words	gingivitis saliva inflammation hygiene therapy gum gargle exacerbate dystrophy
	Expressions	no more in short strokes be partial to

Part A Dialogue

In the Outpatient Department

(N: nurse; P: patient)

N: Good morning.

P: Good morning.

N: What seems to be the problem?

P: I have a pain in my gum, and it's swollen.

N: How long have you had the problem?

P: About one week.

N: Open your mouth, say "ah" please.

P: Please don't use the spatula, which makes me sick.

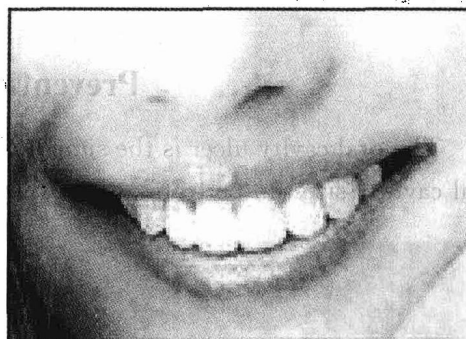
N: Take it easy. We don't need to use that, just open your mouth.

(The patient opens his mouth.)

N: Ah, I see. You have suffered the oral cavity ulcer.

P: Do I? Oh, I'm really feeling terribly bad when I chew things.

N: Don't worry. It's not serious. The size of the ulcer is just like wheat. If you pay more attention to oral hygiene and form a habit of brushing teeth in the morning and at night, you'll be OK very soon. By the way, you should avoid the pungent



food.

P: I prefer the spicy food, maybe that's one of the reasons I suffer this.

N: Maybe, but beside this, overwork and pressure also can cause the oral ulcer.

P: Really?

N: Yes! So you need to sleep well and avoid overwork. Well, have you been here before?

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

N: Ok, please fill in this registration card. Your age, gender, address and things like that. And you'd better register with the stomatology department.

.....

(A moment later)

P: Here is my registration card.

N: Ok, it's your turn now.

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

N: 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.

P: Thanks a lot.

N: You're welcome.

Part B Text

Prevention of Oral Ulcer

The oral cavity ulcer is the simple ulcer of form happening on the mucous membrane of oral cavity, size can be from wheat to soya bean, round shape or ovum round.



early-stage gingivitis.

Many people think it is enough to protect teeth for oral health. But it is not completely right. It is also important to have healthy gums. But how can we know whether our gums are healthy? In each oral inspection, your dentist will check your gums. If your gums are swollen, tender and bleed easily when you brush your teeth, it is time for you to take action to keep your gums healthy, for they are some symptoms of

How to keep your gums healthy? When you find dental plaque deposits on your upper

gum line, it manifests that your gums are no more healthy. Dental plaque is a coating of bacteria and saliva that forms on the surface of your teeth. It contains a lot of bacteria. The bacteria on the dental plaque can release toxin and stimulate gums. Your gums may need special care when symptoms of gingivitis appear. Firstly you should make sure whether the symptoms of inflammation have appeared. Besides, you should visit dentist regularly. Dentists and oral hygiene specialists can give you some professional suggestions about how to get rid of dental plaque and keep your oral health effectively.

Another way to keep your gums healthy is toothbrush and floss. It can be used to keep oral healthy effectively after oral care and treatment of dentists by dental oral hygiene specialists. Unfortunately, nowadays many people brush their teeth wrongly. Having a correct method of brushing teeth is very important. First, angle the bristles at approximately 45 degrees against the gum line. Gently brush from the gum line to the chewing surface in short strokes. Be sure to clean all inside and outside of tooth surfaces. Second, use short, sweeping strokes to clean the chewing surfaces. Third, clean the inside surfaces of the front teeth and hold the brush almost vertical, brush from your gum line to the chewing surface of your teeth with up-and-down motions. And remember to brush your tongue and the roof of your mouth with a sweeping motion.

Although there are so many therapies for oral ulcer, they can not completely avoid it from recurring. Therefore the prevention of oral ulcer is crucial.

1. Pay attention to oral hygiene and form a habit of brushing teeth in the morning and at night, and gargling after meals immediately. Warm salt water, physiological saline and medicament mouthwash can be used to reduce oral bacteria and prevent the secondary infection because of food debris.

2. Avoid irritating and fractionizing the oral mucous membrane and eating pungent spice such as capsicum, vinegar, ginger, Chinese onion and curry, etc. Fried chicken's legs, steak and other tough and crude food are better not eaten.

3. Pay attention to nutrients. You'd better eat digestible food that is vitamin B-rich. Don't be partial to a particular kind of food. Eat as many fresh vegetables and fruits as possible. Bamboo shoot (winter bamboo shoots, dried bamboo shoots), curing food (salted fish, meat and vegetables), persimmon and crab that can easily exacerbate oral ulcer.

4. Form the regular living habit, sleep well and avoid overwork. Develop the ability to adjust your own psychology. The factor of emotion can not only have an influence on neural system but also lead to digestive system disorders, dystrophy and mental strain. Therefore keeping a merry mood is a good method to prevent oral ulcer recurring.

New Words and Expressions

gum [gʌm]	n. 牙龈
gingivitis [ˌdʒɪndʒɪˈvaɪtɪs]	n. 牙龈炎
saliva [səˈlaɪvə]	n. 唾液
toxin [ˈtɒksɪn]	n. 毒素
inflammation [ˌɪnfləˈmeɪʃən]	n. 炎症
hygiene [ˈhaɪdʒiːn]	n. 卫生
floss [flɒs]	n. 牙线
bristle [ˈbrɪsl]	n. 刺毛
vertical [ˈvɜːtɪkəl]	adj. 垂直的
gargle [ˈgɑːɡl]	v. 漱口
fractionize [ˈfrækjənəɪz]	v. 把……分成几部分
capsicum [ˈkæpsɪkəm]	n. 辣椒的果实
curry [ˈkʌrɪ]	n. 咖喱
persimmon [pə(ː)ˈsɪmən]	n. 柿子
exacerbate [ɪgˈzæsəbeɪt]	v. 恶化
disorder [dɪsˈɔːdə]	n. 紊乱
dystrophy [ˈdɪstrəfi]	n. 营养失调
pungent spice	辛辣香料
oral cavity ulcer	口腔溃疡
mucous membrane	黏液膜
dental plaque	牙菌斑
physiological saline	生理盐
medicament mouthwash	药剂漱口
take action to	采取行动
up-and-down	上上下下的
be partial to	对……偏爱
lead to	导致

Notes

1. When you find dental plaque deposits on your upper gum line, it manifests that your gums are no more healthy.
当你发现你上部牙龈线上有牙菌斑时,表明你的牙龈已经不健康了。
“no more”也不;和……一样不;不再
2. Gently brush from the gum line to the chewing surface in short strokes.

从牙龈线柔和地刷到咀嚼面,幅度不要太大。

“in short strokes”小幅度振动,摆动, stroke 在医学上也可作“中风”。

3. Avoid irritating and fractionizing the oral mucous membrane and eating pungent spice.

减少对口腔黏膜的刺激和摩擦,少吃刺激性的调味品。

4. Don't be partial to a particular kind of food. 不要偏食。

“be partial to”偏爱……,例如:She is always partial to deserts. 她总是喜欢吃甜食。

Part C Practical Writing

An Application Letter

I. Introduction

在毕业前夕,写好一篇应聘信对于毕业生来讲十分重要。在求职信中,要简单介绍一下自己的教育背景和工作经历。特别针对要应聘的岗位,提供自己在相关方面的学习与工作经历等重要信息。要提出给予机会的愿望。常用句型有:I have learned that...; I am writing to you because...; Could you please let me know...? I would like to have some information about...; I could be very thankful if you could...; I am very interested in...; I should be grateful for an early reply.

II. Sample

June 21, 2007

Dear Sir or Madam,

I have just seen your advertisement in New Times of the 22nd Mar. I'm writing to apply for the position as an emergency nurse.

I will graduate from the Nursing School of Binghai Medical University in a year. I'm familiar with different kinds of nursing procedures. I have practiced as a student nurse in the local hospital for half a year. This year, I have got my license and worked in the emergency room of Binghai Hospital. So I think I'm qualified for the job and I can meet your requirements.

I hope I can be granted an interview. If you need more information, I would be pleased to supply. I'm looking forward to hearing from you.

Truly yours,
Fang Fei

Part D Exercises

I. Situation dialogue:

Suppose a patient who suffered the oral cavity ulcer is coming to see the doctor, you are the nurse on duty. Make a conversation with the patient to give her/him some tips about how to prevent the oral cavity ulcer.

II. Answer the following questions according to the text.

1. What's oral cavity ulcer? What's its character?
2. If you protect your teeth well, does it mean that your oral is healthy?
3. What are the symptoms of early-stage gingivitis?
4. How to keep your gums healthy?
5. How to brush your teeth?
6. How to prevent oral cavity ulcer?
7. What kind of food can induce oral cavity ulcer?
8. What kind of food can easily exacerbate oral ulcer?
9. How does emotion factor influence our body?
10. In your opinion, what should we do to have good oral hygiene?

III. Match the words in column A with the words in column B.

- | A | B |
|---------------|------------|
| 1. dentist | a. 细菌 |
| 2. swollen | b. 复发 |
| 3. symptom | c. 牙医 |
| 4. bacteria | d. 牙刷 |
| 5. toothbrush | e. 营养品 |
| 6. chew | f. 肿胀 |
| 7. infection | g. 传染; 传染病 |
| 8. nutrient | h. 咀嚼(食物等) |
| 9. digestible | i. 症状 |
| 10. recur | j. 易消化 |

IV. Fill in the blanks with the words or phrases given below. Change the form if necessary.

saliva	inflammation	toxin	gum	dystrophy	disinfection
gingivitis	dental plaque	gargle	therapy	exacerbate	

1. Chewing sugar-free _____ can neutralize organic acid produced by bacteria in _____ and rapidly rise plaque pH.
2. The powered toothbrush can reduce the _____.
3. The professor wants to observe the change of _____ flow rate and pH after chewing gum.
4. This medicine can clear away lung-heat and reduce _____.
5. Cardiopulmonary bypass is often associated with a systemic _____ response (SIRS).
6. Doctor Brown observed the effect of different _____ in the management of peptic ulcer (PU).
7. On the first day after the operations, the mouth was cleaned with _____ in nursing care.
8. The cold current _____ his cough.
9. This workshop was held to discuss how to do the operating room _____ isolation work.
10. My task is to analyze 16 clinical cases of children progressive muscular _____.

V. Translate the passage given below into Chinese.

To understand the self-protection awareness of both medical staff and trainee in stomatology department of our hospital, 110 medical workers were investigated by filling out the questionnaire. Results showed that among doctors, nurses and technicians, only a few of them wore gloves, mask, and cap, and none of them wear protection glasses. 14.55% of them attained the grade A protection. It denoted that medical and nursing staff in stomatology department had poor awareness of self-protection.

VI. Write an application letter.

请写一封应聘信。你是盐城卫生职业技术学院护理专业毕业班的学生徐丽，在5月18日的China Daily上看到了一则某医院招聘口腔科护士的广告。你曾经在盐城市第一人民医院口腔科实习过，认为自己符合条件，希望能够得到这份工作。

Part E Read More

The Examination of Ear and Eye



Eye and ear are the vital precise organs in our body. People can't see and hear without them. When performing examinations about them, medical staff must be very serious to avoid hurting them.

Before the examination of eye and ear, a nurse will be expected to check otoscopes (耳镜) and ophthalmoscopes (检眼镜) to be sure the light bulbs have strong enough light and to sterile the speculum (窥耳器).

Some patients will need reassurance (安慰) during the examination because they maybe worry about he pain and feel uncomfortable. Doctors and nurses should give patients special concern and help them feel relaxed.

Patients with discharge of the ear or the eye will require irrigation to remove the thing. At first, a doctor will examine the eye or ear to ensure no damage done by the discharge. A nurse then has the responsibility of insulating (滴注) drops into a patient's eye or ear to medicate the tissue or to soothe an irritation.

The purpose of instillation of the eye is to soften earwax (聆聆). The doctor must tell the patients not to remove it by themselves. It will make the patient very uncomfortable and eventually impair hearing. Some patients only need to instill while some patients with a severely impacted (嵌塞的) ear will need both irrigation and instillation to remove earwax. After irrigation many patients feel uncomfortable, some get a little dizziness. The nurse must observe the patients to make sure the patients are completely stable before permitting them to leave.



A simple method of medicating the eye is to apply some ointment tube (药膏) just

inside the lower eyelid. As a trained nurse you mustn't touch the eyelid with the tip of the ointment tube, because the secretions(分泌物) of the eye will contaminate its contents. The nurse must take care when she instills eye drops for patients so that the tip of the dropper doesn't contact the eye.

After examination the patients must be told to instill drops or apply ointment regularly to avoid infection.

Part F Amuse Yourself

Following Doctor's Orders

Patient: It's been one month since my last visit and I still feel miserable.

Doctor: Did you follow the instructions on the medicine I gave you?

Patient: I sure did. The bottle said keep tightly closed.

