# 护理学专业英语

## 阅读教材

下册

# English Reading for Nursing Profession

### Volume 2

主编 郑修霞

北京大学医学出版社

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# ENGLISH READING FOR NURSING PROFESSION

## Volume 2

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## （XIA CE）

# 前　言

　　北京大学护理学院遵照中华人民共和国教育部教高〔2001〕4号文件有关"本科教育要创造条件使用外语进行公共课和专业课教学"的精神，结合教学改革方案实施，组织有条件的学科和教师积极开展双语教学，促进国际型人才的培养，为创建一流大学做贡献。两年来，教师们尝试选择英、美护理专业原版教材开展双语教学，取得初步成效。为提高我院双语教学水平，为师生提供双语教学实践可利用的教材；也为了与兄弟院校师生交流，分享双语教学体会，我院教师将历年双语教学使用的教案及备用教案认真整理，精心加工，并参考国外教材，编写成此书。

　　全书分上、下两册，内容全面，其中包括护理学基础、内科护理学、外科护理学、妇产科护理学、儿科护理学，以及护理教育、护理研究、护理管理、社区护理、伦理等护理专业、人文学科内容。全书内容节选于英、美原版教材，以中、英对照形式编写、出版。每节配有重点词汇提示，以便师生阅读理解；书后附有部分CGFNS考试试题及答案，供学习者参考。本书可供护理专业本科生学习及专业教师教学使用，也可作为研究生考生的专业英语复习资料。

　　本书经全院各专业教师共同努力完成；双语教学实践还得到了北京大学护理学院护98级、护99级本科生的支持和参与；教材出版过程得到了北京大学医学出版社的大力支持。很难想象，缺乏上述任何一方该书能够顺利出版。在此，我仅代表护理学院，并以个人名义对积极参与教学改革，努力进行双语教学实践和教材建设的全体师生员工致谢。

　　为了能在新学年为师生提供双语教学用书，本教材从组织撰稿到出版的时间显得有些仓促，加之作者水平有限，初版的双语教材难免有瑕疵。我们明白译文应信达雅，我们更明白我们对语言的掌握以及对其所载文化内涵的理解有距离，所以译文还达不到"标准"，只供"参考"，渴望读者指点，为再版提供灵感。

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北京大学护理学院

郑修霞

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# 目　录

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# Section Ⅵ　Nursing Concepts of Practice

# 第六部分　护理学相关概念

# 1. Roles of the Nurse

Contemporary nursing requires that the nurse possess knowledge and skills in a variety of areas. In the past the principal role of nurses was to provide care and comfort as they carried out specific nursing functions, but changes in nursing have expanded the role to include increased emphasis on health promotion and illness prevention, as well as concern for the client as a whole. The contemporary nurse functions in the interrelated roles of care giver, decision maker, client advocate, manager, rehabilitator, comforter, communicator, and teacher.

## Care Giver

As care giver, the nurse helps the client regain health through the healing process. Healing is more than just curing a specific disease, although treatment skills that promote physical healing are important to care givers. The nurse addresses the holistic health care needs of the client, including measures to restore the client's emotional and social well-being. The care giver helps clients and their families set goals and meet those goals with a minimal cost of time and energy.

## Decision Maker

To provide effective care, nurses use decision-making skills throughout the nursing process. Before undertaking any nursing action, whether it is assessing the client's condition, giving care, or evaluating the results of care, the nurse plans the action by deciding the best approach for each client. In some situations the nurse makes these decisions alone or with the client and family and in other cases works with other nurses or health care professionals.

# 1. 护士角色

现代护理需要护士具备多方面的知识和技能。过去，当护士履行特定的护理职责时，他们的主要角色是提供照顾和安慰，但是随着护理的变革，护士角色已经扩展到越来越强调健康促进、疾病预防和整体护理。现代护士在提供照顾者、决策者、病人的代言人、管理者、康复者、安慰者、沟通者和教育者这些相互关联的角色中行使其职责。

## 提供照顾者

作为提供照顾者，护士通过康复过程帮助病人恢复健康。尽管促进身体康复的治疗技能对提供照顾者很重要，但康复不只是治疗某个特定疾病。护士致力于病人整体的健康照顾需求，包括恢复病人心理和社会健康完好状态的措施。健康照顾者帮助病人及其家庭制定目标，并花费最少的时间和精力实现目标。

## 决策者

为提供有效的照顾，护士在护理过程中运用决策技能。在进行任何护理活动前，无论是评估病人的状况、提供照顾或是评价照顾的结果，护士通过确定最适宜每个病人的方法来计划护理活动。在某些情况下，护士独立做决定或是和病人及其家属共同做决定。某些情况下也同其他护士或是健康照顾专家共同做出决定。

## Protector and Client Advocate

As protector the nurse helps maintain a safe environment for the client and takes steps to prevent injury and to protect the client from possible adverse effects of diagnostic or treatment measures. Confirming that a client does not have an allergy to a medication to be administered in a hospital and providing immunization against disease in a community-based practice are examples of the nurse's protective role. In the role of client advocate, the nurse protects the client's human and legal rights and provides assistance in asserting those rights if the need arises. For example, the nurse may provide additional information for a client who is trying to decide whether to accept treatment. The nurse may also defend clients' rights in a general way by speaking out against policies or actions that might endanger clients' well-being or conflict with their rights.

## Manager

The nurse acts as manager and coordinator by delegating some responsibility to and supervising other health care workers. Nurses must also manage their own time and the resources of the practice setting when providing care to several clients concurrently.

## Rehabilitator

Rehabilitation is the process by which a person returns to maximal functioning after an illness, accident, or other disabling event. Many of these clients experience alterations that change their lives, and the nurse helps them adapt as fully as possible. Rehabilitative activities range from teaching a client how to walk with crutches to helping a client cope with severe exacerbations of chronic illness.

## Comforter

The role of comforter, caring for the client as a person,

## 保护者和病人的代言人

作为保护者，护士帮助病人维持一个安全的环境，采取措施避免伤害，保护病人避免因诊断或治疗措施引起的可能的不良反应。确定病人对在医院中给予的药物无过敏反应，并在社区诊所中为其提供免疫接种以预防疾病，这些都是护士作为保护者角色的例子。作为病人代言人的角色，护士保护病人的人权和法定权利，并在有需要时帮助病人维护这些权利。例如，护士可以为试图决定是否接受治疗的病人提供补充信息。护士还可以通过反对危害病人安康或与病人权利有冲突的政策或行为，来维护病人的权利。

## 管理者

护士通过委派其他健康照顾人员某些任务并监督他们来担当管理者和协调者的角色。当同时为几个病人提供服务的时候，护士还必须管理自己的时间和开业诊所的资源。

## 康复者

康复是一个人在疾病、意外事件或其他造成伤残的事件后，恢复到最大功能的过程。许多这样的病人经历了改变他们生活的变化，护士帮助他们尽可能充分地适应。康复活动的范畴包括从教给病人如何用拐杖走路到帮助病人应对慢性疾病的严重恶化。

## 安慰者

在护理中安慰者的角色，也就是

is a traditional and historical one in nursing and has continued to be important as nurses have assumed new roles. Because nursing care must be directed to the whole person rather than simply the body, comfort and emotional support often help give the client strength to recover. While carrying out nursing activities, the nurse can provide comfort by demonstrating care for the client as an individual human being with unique feelings and needs. As comforter, the nurse should help the client reach therapeutic goals rather than encouraging emotional or physical dependence.

将病人作为一个人来照顾，是一个传统的、历史悠久的角色，并且随着护士承担新的角色，它仍然是一个重要的角色。因为护理应当是以整体的人而不单纯是以身体为目标，安慰和情感的支持常常帮助病人获得康复的力量。当进行护理活动时，护士把病人作为有独特情感和需要的个体来照顾，可为病人提供安慰。作为安慰者，护士应该帮助病人达到治疗的目的，而不是鼓励病人的情感或躯体依赖。

## Communicator

The role of communicator is central to all other nursing roles. Without clear communication, it is impossible to give care effectively, make decisions with the client and family, protect the client from threats to well-being, coordinate and manage client care, assist the client in rehabilitation, offer comfort, or teach the client. Nursing involves almost constant communication with clients and families, other nurses and health care professionals, resource persons, and the community. The quality of communication is a critical factor in meeting the health needs of individuals, families, and communities.

## 沟通者

沟通者的角色是所有其他护士角色的核心。没有清晰的沟通，就不可能有效地提供照顾，就不能与病人及其家庭作出决策，不能保护病人免受威胁以达到健康状态，不能协调和管理对病人的照顾，不能协助病人康复，也不能为病人提供安慰或指导。护理持续性的沟通几乎涉及病人及其家属、其他护士和健康照顾专家、供应人员及社区等方面。在满足个体、家庭、社区的健康需求过程中，沟通的质量是一个关键因素。

## Teacher

As teacher, the nurse explains to clients concepts and facts about health, demonstrates procedures such as self-care activities, determines that the client fully understands, reinforces learning or client behavior, and evaluates the client's progress in learning. Some kinds of teaching are unplanned and informal, as when a nurse responds to a client's question about a health issue in casual conversation. Other teaching activities may be planned and more formal, as when the nurse teaches a diabetic client how to administer self-injections. The nurse uses teaching methods that match

## 教育者

作为教育者，护士应向病人解释有关健康的概念和健康的实情，示范程序，如自理活动，确定病人是否完全理解，巩固病人所学知识或行为，并且评价病人学习的进程。一些教育是计划外的、非正式的，例如护士回答病人在偶然谈话中提出的有关健康的问题；另外一些教育活动可能是计划内的、较正式的，例如护士教给糖尿病病人如何进行自我注射。护士根

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the client's capabilities and needs and incorporates other resources, such as the family, in teaching plans. An additional form of teaching is through staff development. In staff development the nurse educator provides new knowledge to nurses employed in a particular agency.

# Career Roles

The preceding roles and functions of the nurse are true of most nurses in most practice settings. Career roles, on the other hand, are specific employment positions. With increasing educational opportunities for nurses and the growth of nursing as a profession, along with a greater concern for job enrichment, nursing offers expanded roles and different kinds of career opportunities. These include the nurse as educator, clinical nurse specialist, nurse practitioner, certified nurse-midwife, anesthetist, administrator, and researcher. Additional nonclinical roles include risk managers, quality assurance nurses, and product consultants. Many physicians and other health care professionals, in addition to nurses themselves, support these expanded nursing roles.

## Nurse Educator

Nurse educators work primarily in three areas, including schools of nursing, staff development departments of health care agencies, and client education departments. Nursing educators generally have a background in clinical nursing, which provides them with practical skills as well as theoretical knowledge. A faculty member in a school of nursing prepares students to perform as nurses. Nursing faculty members are responsible for teaching current nursing practice, as well as necessary skills in laboratory or clinical settings. Nurse educators in staff development departments of health care institutions provide educational programs for nurses within their institution. These programs include orientation of new personnel, critical care nursing courses, and instruction about new equipment or procedures.

The primary focus of the nurse educator in an agency's

据病人的能力和需求使用与之相适应的教育方法，并且在教育计划中结合其他资源，如家庭。另外一种教育形式是通过人员培训，在人员培训中，护理教育者向被特殊机构雇佣的护士提供新的知识。

## 职业角色

前述的护士角色和功能是多数开业诊所中的大部分护士的实际情况。从另一方面来说，职业角色是特定的雇佣职位。随着护士受教育机会的增加和护理作为一个专业的发展，以及对工作收入关注的增加，护理出现了延伸的角色和不同的就业机会。这些包括护士作为护理教育家、临床护理专家、开业护士、合格的助产士、麻醉护士、管理者和研究者。其他的非临床角色包括风险管理人、质量控制护士和产品顾问。除了护士本身，还有许多医师和其他健康照顾专业人员，支持这些扩展的护士角色。

## 护理教育者

护理教育者主要在三个领域工作，包括护理学院、健康照顾机构的人事发展部门和病人教育部门。护理教育者通常具有临床护理的背景，这使他们不仅拥有理论知识还具备临床技能。护士学校中的教师培养学生，使之成为护士。护理教育者负责教授当前的护理实践，也教授在试验室或临床场所的必备技能。在健康照顾机构中的人事发展部门的护理教育者们为本机构中的护士提供教育项目。这些项目包括新职员的定位、重症护理课程和新设备或程序的使用指导。

病人教育机构中的护理教育者最

department of client education is to teach ill or disabled clients and families how to provide care in the home. In most health care agencies, however, the budget does not permit a separate client education department. Therefore staff nurses usually incorporate education into a client's plan of care.

Nurse educators in nursing schools are usually required to have graduate nursing education. In addition, they generally have a specific clinical specialty and advanced clinical experience.

## Nurse Practitioner

The nurse practitioner provides health care to clients, usually in an outpatient, ambulatory care, or community-based setting . A 1986 study by Diers and Molde noted that nurse practitioners care for clients with complex problems and attend more to symptoms of nonpathological conditions, comfort, and comprehensiveness of care.

A nurse practitioner may work with clients in a specific group or with clients of all ages. Five major practitioner categories are adult, family, pediatric, obstetrics-gynecology, and geriatric nurse practitioner. A nurse practitioner should have the knowledge and skills necessary to detect and manage acute self-limited and chronic stable conditions. The nurse practitioner's educational preparation includes either a practitioner program or a master's degree in nursing.

An adult nurse practitioner (ANP) provides primary, ambulatory care to adults with a nonemergency acute or chronic illness. ANPs are usually employed in ambulatory care centers or outpatient clinics and work in collaboration with a primary physician.

A family nurse practitioner (FNP) provides primary, ambulatory care for families, usually in collaboration with a family care physician. The FNP meets the family's general health care needs, manages some illnesses by providing direct care, and guides or counsels the family as needed.

A pediatric nurse practitioner (PNP) provides health

重要的任务是教给病人和有残疾的人及其家庭如何进行家庭护理。但在大部分健康照顾机构中，经费预算不能支持设立独立的病人教育部门，因此护理人员通常将对病人的教育融合到护理计划中。

护理学院中的护理教育者通常要求具有护理研究生毕业水平。另外，他们通常具有特定的临床专业和先进的临床经验。

## 开业护士

开业护士通常在门诊、出诊或是社区诊所中为病人提供照顾。Diers 和 Molde 在 1986 年的一项研究中指出，开业护士承担照顾具有复杂问题的服务对象的任务，他们更多的是关注非病理条件下的症状，为服务对象提供舒适和全面的照顾。

开业护士可能会面对特殊群体或是各年龄段的病人，他们主要分为五种：成人科、家庭、小儿科、妇产科和老年科开业护士。开业护士应该具备必要的知识和技能来发现和处理急性自限性和慢性稳定性疾病。接受过开业护士教育项目的培训或具有护理硕士学位，是开业护士的基本教育要求。

成人科的开业护士（ANP）为患有非突发的急性或慢性病的成人提供基本的、不固定的照顾。ANP 通常受雇于流动的护理中心或诊所，与初级医师共同工作。

家庭开业护士（FNP）为家庭提供基本的、不固定的护理，通常和家庭医生合作。FNP 满足家庭的一般健康需要，通过提供直接的照顾处理某些疾病，并在需要时为家庭提供指导或咨询。

儿科开业护士（PNP）为婴儿和

care to infants and children.

An obstetrics-gynecology nurse practitioner provides primary ambulatory care to women seeking obstetrical or gynecological health care. The nurse practitioner who is also a certified nurse-midwife may independently deliver infants.

A geriatric nurse practitioner (GNP) provides ambulatory or inpatient care to older adults. The GNP's activities include interventions for health maintenance, illness prevention, or health restoration.

### Clinical Nurse Specialist

The clinical nurse specialist has a master's degree in nursing and expertise in a specialized area of practice. Clinical nurse specialists work in critical care, acute care, long term care, and community health care agencies. In addition, a clinical nurse specialist may specialize in the management of a disease such as cancer, diabetes, or cardiovascular or pulmonary disease or in a specific field such as pediatrics or gerontology. The clinical nurse specialist functions as a clinician, educator, manager, consultant, and researcher within the area of practice to plan, or improve the quality of nursing care for the client and the family.

### Certified Nurse-MidWife

A certified nurse-midwife (CNM) is educated in nursing and midwifery and is certified by the American College of Nurse-Midwives. The practice of nurse-midwifery involves providing independent care for women during normal pregnancy, labor, and delivery and for the newborn. It may include some gynecological services such as routine Pap smears, family planning, and treatment for minor vaginal infections. Nurse-midwives practice in conjunction with a health care agency that provides medical consultation, collaborative management, and referral.

### Nurse Anesthetist

A nurse anesthetist is an RN who has received advanced training in an accredited program in anesthesiology. Nurse anesthetists provide surgical anesthesia under the guidance and supervision of an anesthesiologist, who is a

儿童提供健康照顾。

妇产科开业护士为需要产科或妇科健康照顾的妇女提供基本的、不固定的护理。同时具有合格的助产士资格的开业护士，可以独立接生。

老年科开业护士（GNP）为老年人提供不固定的或住院护理。GPN的工作包括保持健康、预防疾病或恢复健康。

### 临床护理专家

临床护理专家具有护理硕士学位和专科护理技术。临床护理专家在重症护理、急救护理、长期护理和社区护理等机构中工作。另外，临床护理专家也可以是专门针对某种疾病的处理，如癌症、糖尿病、心血管或肺部疾病；或是专门针对某个领域，如儿科或老年科。临床护理专家在实践领域行使临床工作者、教育者、管理者、顾问和研究者的职责，来计划或提高对病人及其家庭的护理质量。

### 合格的助产士

合格的助产士接受过护理和助产术的教育，并被美国助产士学院认证。助产士的工作包括独立为正常妊娠、分娩的妇女和新生儿提供照顾。他们的工作可能包括一些妇产科的服务，例如常规涂片、家庭计划生育和治疗阴道轻微感染。助产士与健康照顾机构合作，负责提供医学咨询、合作管理和治疗安排。

### 麻醉护士

麻醉护士是受过合格的麻醉课程训练的注册护士。麻醉护士在具备外科麻醉专门知识的医师，即麻醉师的指导和监督下实施外科麻醉。麻醉护

physician with advanced knowledge of surgical anesthesia. Nurse anesthetists frequently administer anesthetics to clients undergoing minor surgery.

## Nurse Administrator

A nurse administrator manages client care and the delivery of specific nursing services within a health care agency. This administrator may hold a middle management position, such as head nurse or supervisor, or an upper-level management position, such as assistant or associate director or director of nursing services. Middle management positions usually require at least a baccalaureate degree in nursing, and upper-level positions generally require a master's degree in nursing.

## Nurse Researcher

The nurse researcher investigates problems to improve nursing care and to further define and expand the scope of nursing practice. The nurse researcher may be employed in an academic setting or in an independent professional or community service agency. The minimum educational requirement is a graduate degree in nursing.

# Health Care Team

In most practice settings the nurse works with other health care professionals to provide total care for clients. The health care team is comprised of four general types of professionals, including nurses, physicians, allied health professionals such as therapists and technicians, and other specialists such as social workers and chaplains. The involvement of many different persons in the client's health care, however, holds the risk of fragmenting care. Because nurses have the greatest opportunity to interact with all the other professionals in the health care team, they often have the role of coordinating and integrating services within the plan of care.

士经常给接受小型外科手术的病人实施麻醉。

## 护理行政人员

护理行政人员在健康照顾机构中管理对病人的照顾和传送特殊的护理服务。这种行政人员可能承担中层的管理职位，如护士长或监督员；或是高层的管理职位，如护理工作的主管助理或主管。中层的管理者通常至少要有护理学士学位，高层的管理者通常需要有护理硕士学位。

## 护理研究者

护理研究者研究一些问题，以改进护理照顾和进一步定义和扩展护理实践的范围。护理研究者可能受雇于某个学术机构或是独立的专业或社区服务机构。其最低教育要求为护理研究生毕业。

## 健康照顾小组

在大部分实践场所，护士同其他健康照顾专业人员一起为病人提供完整的照顾。健康照顾小组由四种专业人员组成，包括护士、医师、相关的健康专业人员如治疗师和技术员、其他专家，如社会工作者和牧师。由于在健康照顾小组中包含了许多不同专业人员，容易产生对病人照顾不连贯的危险。因为护士与健康照顾小组中的所有其他专业人员接触的机会最多，所以他们往往在照顾计划中承担协调和整合的角色。

（张　岩　译　尚少梅　校）

## 重点词汇

1. healing [hiːliŋ] n. 康复，复原
2. allergy [ˈælədʒi] n. 变态反应
3. rehabilitation [ˈriː(h)əˌbiliteiʃən] n. 康复，复原
4. exacerbation [eksˌæsə(ː)ˈbeiʃən] n. 恶化，增剧，激怒
5. demonstrate [ˈdemənstreit] v. 示范，演示
6. therapeutic [θerəˈpjuːtik] adj. 治疗的
7. nurse practitioner [nəːs prækˈtiʃənə] 开业护士
8. nurse-midwife [nəːs midwaif] n. 助产士
9. anesthetist [æˈniːsθetist] n. 麻醉师
10. outpatient [autˈpeiʃənt] n. 门诊病人
11. geriatric [ˌdʒeriˈætrik] adj. 老年病学的
12. Pap (Papanicolaou) smears 涂片操作
13. RN (registered nurse) 注册护士

# 2. People Have Needs

All people have certain fundamental needs that they strive to satisfy. These needs are both physical ( e. g. the need for oxygen and food ) and psychologic ( e. g. the need to be loved or to feel respected ). The relative importance of each need depends on the individual. The relative value of each need is influenced by such things as personal expectations, societal and cultural influences, physical health, and the person's level of psychophysiology development.

Basic needs unite people by identifying just what makes us human. People are bonded to one another because we share the same needs. A wealthy person and an impoverished person, despite vast differences in life style, each understands what it means to be hungry. Both must eat to maintain life. An elderly woman dying of cancer in Israel and a young man dying of cancer in Canada both understand the need to be free from pain. Our ancestors who endured hunger and cold felt the need for food and shelter. They needed the warmth and security of a group to survive a hostile environment. Today we have the same basic needs as they did.

Psychologists, nurses, and philosophers have crystallized the concept of human needs into theories to explain human behavior. Specifically, nurse theorists have adapted human need theory to help define the domain, practice, and unique contribution of nursing.

The psychologist Abraham Maslow developed one of the earlier theories based on human needs. His hierarchy of human needs is well known to psychology and nursing students.

In his scheme, there are five levels of needs:

1. Physiologic needs: food, air, water, temperature, elimination, rest, pain avoidance.

# 2. 人类的需要

所有的人都有力求满足的基本需要，这些需要包括生理性的（如对氧气和食物的需要）和心理性的（如对爱和尊重的需要）两个方面。每种需要的相对重要性取决于每个人。每种需要的相对价值会受到诸如个人期望、社会以及文化的因素、身体健康状况和心理发展水平的影响。

基本需要通过确认什么使我们成为人类，把我们结合在一起。人们彼此团结因为我们有着相同的需要。富人和穷人尽管在生活方式上大不相同，但每个人都懂得饥饿的滋味，都需要通过食物来维持生命。一个在以色列死于癌症的老妇人同一个在加拿大死于癌症的年轻人都懂得摆脱疼痛的需要。我们忍饥挨冻感到了得到食物与栖身之处的需要。在恶劣的环境中，他们需要群体的温暖和安全才得以生存。如今，我们和他们有着同样的基本需要。

心理学家、护士以及哲学家已经把人类需要的概念总结成各种理论来解释人类的行为。尤其是护理理论家已经采用人类需要理论来帮助定义护理学的范畴、实践及其独特的贡献。

心理学家亚伯拉罕·马斯洛发展了以人类需要为基础的早期理论之一。他的人类需要层次论已被心理学和护理学学生所熟知。

在他的图式中，人类的需要可以分为五个层次：

1. 生理需要：食物、空气、水、温度、排泄、休息、避免疼痛。