

卫生职业学校技能型紧缺人才培养培训教学用书

# 护理英语

(供护理专业用)

主编 曹 红



高等教育出版社

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## 内容提要

本书是卫生职业学校技能型紧缺人才培养培训系列教学用书之一。本书共15个单元,内容涉及基础护理、内外科护理、儿科护理、老年护理、精神护理、药理学护理和社区护理。每个单元由课文、生词和短语法、课文注释、课后练习、补充阅读、实用写作和听说练习构成。为方便学生使用,书后附词汇表及医学词汇、词素附录。文章选材长短适中,难度适宜,深入浅出。课后针对课文设计有阅读理解、词汇巩固等传统练习。本书特点:①内容新颖、实用;②知识与能力并重;③基础英语与专业英语相结合。

本教材适用于卫生职业教育护理专业学生在完成基础英语的学习后使用,也可做护士参加考试或出国工作的参考资料。

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# 出版说明

根据教育部、劳动和社会保障部、国防科工委、信息产业部、交通部、卫生部 2003 年 12 月下发的《关于实施“职业院校制造业和现代服务业技能型紧缺人才培养培训工程”的通知》精神,教育部办公厅、卫生部办公厅组织制定了《中等职业学校和五年制高职护理专业领域技能型紧缺人才培养培训指导方案》、《三年制高等职业教育护理专业领域技能型紧缺人才培养培训指导方案》。为此,我社推出“高教版”卫生职业学校技能型紧缺人才培养培训系列教学用书。

本系列教学用书依照教育部办公厅、卫生部办公厅制定的“指导方案”编写而成。作者是从全国范围内认真遴选的长期从事护理临床和护理教学工作的同志。他们通过认真学习、领会“指导方案”,根据“订单”式职业教育与培训新模式,把培养学生的职业道德、职业能力以及护理技能作为教材编写的主要目标,编写内容力争与用人单位实际需要接轨、与国家执业护士资格认证接轨,顺应国际护理行业发展趋势。

全系列教学用书以核心课程为中心,基础学科以理论知识够用为度,临床学科重点介绍常见病、多发病的护理知识和方法,并且吸收学术界公认的新理念、新技术。全系列教学用书增加了大量人文课程,帮助学生正确理解护理与人、护理与健康、护理与社会经济发展的关系,全面提高护理人才素质。

为了方便学校教学,本系列教学用书还配有教师用多媒体光盘,免费赠送给广大卫生职业学校。

本系列教学用书是全体作者与编辑人员共同合作的成果,希望它的出版,能为造就我国护理专业领域一线迫切需要的高素质技能型人才作出贡献。

高等教育出版社

2004 年 11 月

# 前 言

现代科技与人类社会的不断进步,使得护理学越来越成为全球性重要的医学专业之一。因此,对英语这门世界性语言的掌握和运用,将是每个护理专业人员必备的职业素养。护理专业的学生在完成基础英语的学习后,要进行80学时左右的专业英语的学习。为把护理专业英语的教学与基础英语结合在一起,在有限的课时内,既帮助学生巩固已掌握的语言能力,又使学生了解护理英语方面的必要知识,完成大纲对专业英语教学的要求,为将来学以致用打下基础,特编写本教材。

本教材在编写时充分体现了护理专业与职业教育两个特点,遵循了“必需”、“适用”和“实用”的原则,按照临床实践工作的需要和目前我国护理英语教学的现状,精心设计,巧妙构思。在编排中,紧紧围绕临床护理实践,改变专业英语即是专业阅读这种单一的教学模式,从听、说、读、写、译诸方面加强了对学生的能力培养。同时,本书还特别注重专业英语与基础英语的衔接,便于学生从基础英语到专业英语的平稳过渡和提高。

本教材包括15个单元,每单元由阅读、实用写作及听与说三部分构成,阅读部分的医学英语词缀、术语练习是为进一步拓展学生的能力而设计,可在教学中酌情删减。每单元建议5学时,可根据学生实际情况进行调整。

本教材有7位教师参加编写。曹红(山西医科大学汾阳学院)除负责全书编排外,还编写第四、第五单元,全书的常用医学英语词缀、双栖词汇、部分短文听力及附录。杨艺明(济南卫生学校)编写第一单元以及听说部分的对话和部分短文听力。黄砚(平凉医学高等专科学校)编写第二、第六单元。李书翔(长治医学院)编写第三、第十四单元和全书的写作部分。革琳(云南医学高等专科学校)编写第七、第九、第十单元。赵春铭(南京军医学院)编写第八、第十二、第十五单元。雷慧(大连大学医学院)负责全书译文的校稿工作,并编写第十一、第十三单元。另外,李超(山西医科大学汾阳学院)为双栖词汇、常用词缀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半年,虽然参加本教材编写的教师都有多年从事本课程教学的经验,且编写时力求做到中规中矩,但完成后编者感觉还不尽如人意,所以我们诚挚地希望使用本教材的教师和学生提出宝贵意见,予以批评和指正。

在本教材编写过程中,得到了山西医科大学汾阳学院有关领导的大力支持,参考了国内许多学者的著作,山西医科大学汾阳学院教师宁峰、任艳芳、刘腊梅为本书做了大量技术性工作,在此一并致以诚挚的谢意。

曹 红

2004年9月18日

学时分配表

| 单元名称                                   | 学时分配  |
|--|-------|
| Unit One To Be a Nurse                 | 5 学时  |
| Unit Two Doctors and Nurses            | 5 学时  |
| Unit Three Nursing Process             | 5 学时  |
| Unit Four Communication in Nursing     | 5 学时  |
| Unit Five Holistic Nursing             | 5 学时  |
| Unit Six First Aid                     | 5 学时  |
| Unit Seven Low Back Pain               | 5 学时  |
| Unit Eight Gynecological Nursing       | 5 学时  |
| Unit Nine Breastfeeding                | 5 学时  |
| Unit Ten Persistent Diarrhoea          | 5 学时  |
| Unit Eleven The Elderly Nursing        | 5 学时  |
| Unit Twelve The Elderly Health Nursing | 5 学时  |
| Unit Thirteen Psychiatric Nursing      | 5 学时  |
| Unit Fourteen Pharmacological Nursing  | 6 学时  |
| Unit Fifteen Nursing in Community      | 5 学时  |
| 合计                                     | 76 学时 |

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### Study Guide

1. You are expected to remember about 50 new words and expressions in the text and the supplementary reading, among which the following words should be given special attention to :

|               |            |               |                  |              |
|---------------|------------|---------------|------------------|--------------|
| compassion    | perceive   | intelligence  | socialization    | considerable |
| physiological | impact     | psychological | commit           | identify     |
| individual    | ambulatory | clinic        | immunodeficiency | syndrome     |
| physiology    | biology    | expert        | consequence      |              |

2. You are expected to grasp the following bifunctional words and word-building elements:

|              |              |                 |              |          |           |       |
|--------------|--------------|-----------------|--------------|----------|-----------|-------|
| acceptor     | activity     | actor           | adjective    | advanced | affection | agent |
| cephalo- (头) | cerebro- (脑) | cerebello- (小脑) | immuno- (免疫) |          |           |       |

3. You should learn some new conceptions about nursing to enlarge your nursing knowledge.
4. You will learn how to write greeting cards.
5. You will learn how to get the first-hand information about the patients through the dialogue.



## Part One Reading

### Pre-reading:

1. What do you think a nurse's duties are?
2. What does the word nursing bring to your mind?

## What Does Nursing Mean?

The word nursing brings to mind a multitude of ideas and images <sup>[1]</sup>. For some these images include white uniforms, nursing caps, needles, and bedpans; for others they include kindness, skill, compassion, and intelligence. Many factors influence the way nursing is perceived by the public, by nursing professionals and their colleagues, and by those beginning their nursing careers <sup>[2]</sup>. Socialization of women, the portrayal of nursing in the media, and our history have had a considerable impact on the image of nursing today.



Nursing is caring, commitment, and dedication to meeting functional health needs (physiological, psychological, and sociologic) of all people. Nurses are individuals committed to identifying and meeting the healthcare needs of other individuals, families, communities, and groups. As technology increases and society's healthcare changes, the need for well-educated nurses who are committed to maintaining expertise in the theory and practice of professional nursing will continue to grow.

Providing <sup>[3]</sup> nursing care in settings outside the hospital, such as in a client's home or in ambulatory clinics, is becoming more common, the assumption that the majority of clients will be cared for in the hospital environment is no longer valid <sup>[4]</sup>. Changes in reimbursement for healthcare services and cost-containment measures have moved nursing practice to areas beyond the hospital setting. Nursing means caring for communities and groups of people, such as the homeless, and addressing issues, such as human rights and acquired immunodeficiency syndrome <sup>[5]</sup>. Nursing means being socially responsible, involved, and committed to the health of all people.

As society's healthcare needs continue to change, nursing will continue to grow and change in response to those needs. Nursing offers a multitude of challenging, exciting career opportunities. As a profession, nursing continues to promote excellence in healthcare by attracting the brightest and most dedicated people. Students embarking on a professional nursing career accept responsibility for society's healthcare needs and for the advancement of nursing as a profession.



## New Words

multitude / 'mʌltitju:d/

n. a great number: 多数

bedpan / 'bedpæn/

n. (尤指病人在床上用的) 便盆

compassion / kəm'pænjən/

n. pity; feeling for the sufferings of others: 怜悯, 同情

intelligence / in'telidʒəns/

n. the ability to learn, understand, and think about things: 智力

perceive / pə'si:v/

v. understand or think of sth. in a particular way; to notice sth. that is difficult to notice: 理解; 发觉

socialization / ,səʊʃəlaɪ'zeɪʃən/

n. the process by which people, especially children, are made to behave in a way that is acceptable in their society: 社会化

portrayal / pɔ:'treɪəl/

n. the action of portraying sb. or sth.; making a picture of: 描写; 画像

considerable / kən'sɪdərəbl/

adj. fairly large, especially large enough to have an effect or to be important: 相当大(多)的

impact / 'ɪmpækt/

n. striking on (against) sth. with force: 冲击, 影响

commitment / kə'mɪtmənt/

n. promise to do sth. or to behave in a particular way; the hard work and loyalty that someone gives to an organization, activity etc.: 许诺; 忠诚, 奉献

physiological / ,fɪziə'lɒdʒɪkəl/

adj. of the normal functions of living things: 生理学的, 生理性的

✓ psychological / ,saɪkə'lɒdʒɪkəl/

adj. of psychology; of the mind: 心理学的, 心灵的

commit / kə'mɪt/

v. say that someone will definitely do sth. or must do sth.: 承诺

identify / aɪ'dentɪfaɪ/

v. recognize or say who or what (sb. / sth. ) is: 识别, 鉴定

individual / ,ɪndɪ'vɪdʒuəl/

n. one person, considered separately from the rest of the group or society: 个人, 个体

expertise / ,ekspə'ti:z/

n. expert knowledge and skill: 专门的知识

client / 'klaɪənt/

n. person who gets help or advice from a lawyer or any professional man: (医生的) 患者, (律师等的) 客户

✓ ambulatory / 'æmbjulətəri/

adj. able to walk about and not bedridden: 可移动的

clinic / 'klnɪk/

n. building, often part of a hospital, where people come for special medical treatment or advice; occasion where medical students are taught through observation of cases: 诊所; 临床课

valid / 'vælid/

adj. effective; having force in law: 有效的, 合法的





reimbursement /,ri:im'bə: smənt/

issue /'isju:/

immunodeficiency /i'mjunəudi'fiʃənsi/

syndrome /'sindrəum/

involve /in'vɒlv/

embark /im'ba:k/

n. repayment (for expenses): 偿还

n. question that arises for discussion: 引起讨论的问题

n. inability to mount a normal immune response: 免疫缺陷

n. a group of signs and symptoms that occur together and characterize a particular abnormality: 综合征

v. to cause sb. or sth. to be caught or mixed up in trouble, etc.: 牵涉, 包含, 卷入

v. start, take part in; to go, put, or take on board a ship or a plane: 开始, 从事; 上(船、飞机)

### Phrases and Expressions

a multitude of (a very large number of people or things): 大量的, 众多的

e.g. The captain sat before a multitude of dials and levers. (船长坐在一大堆仪表盘和操纵杆前面。)

commit oneself to (to say that you will definitely do sth.): 承诺, 答应负责

e.g. We can't commit ourselves to any concrete proposals.

acquired immunodeficiency syndrome 获得性免疫缺陷综合征

in response to (as a response to): 作为对……的回应

e.g. He came down to the cottage in response to an urgent telegram.

embark on (to start sth., especially sth. new and difficult that will take a long time): 着手, 从事

e.g. I should think twice before I embark on such a hazardous project as that.

### Notes

1. The word nursing brings to mind... 这是一个倒装结构, 宾语后置, 避免头重脚轻。  
“bring... to mind” 的意思是“使……回想起”。

e.g. The story you have just told brings to mind a strange thing that once happened to me.

2. Many factors influence the way nursing is perceived by the public,....

此句中“nursing is perceived by the public...”是后置定语, “the way”后省略了“in which”。

e.g. Can you show me the way (in which) you solved the problem?

3. providing: provided, if 假如, 假设

e.g. 1) Providing he is right, what will you say?

2) Providing the weather is good, we can go out for a picnic.

4. The assumption that the majority of clients will be cared for in the hospital environment is no longer valid.

“assumption”后接同位语, 在英语中表示内容的词可接同位语, 表示其具体内容:

e.g. The news that the children had come back safely put the concerned mother at ease. 但应该注意与定语从句的区别:

e.g. The news that he told us is not true. 在此句中“that”引导一个定语从句。

5. ...acquired immunodeficiency syndrome.

“immuno-”是一个词缀, 表示“免疫的”。



e.g. immunogen(免疫原), immunology(免疫学), immunoprotein(免疫蛋白质), immunoreaction(免疫反应)

## Study and Practice

### I. Answer the following questions based on the text.

1. What does the word nursing bring to mind?
2. What has exerted great influence on the image of today's nursing?
3. What kind of nurses are badly needed as technology increases and society's healthcare changes?
4. Why is the assumption that the majority of clients will be cared for in the hospital environment no longer valid?
5. How can nursing continue to promote excellence in healthcare?

### II. Decide if the following statements are true(T) or false(F) according to the text.

- ( ) 1. People have similar ideas about the image of nursing.
- ( ) 2. The opinion that most clients should be cared for in the hospital is out-of-date as a result of the development of economy.
- ( ) 3. Socialization of women has played a major role in the image of nursing today.
- ( ) 4. Those students who choose nursing as their career should be responsible for society's healthcare needs and for the advancement of nursing as a profession.
- ( ) 5. Students should devote themselves to obtaining theoretical knowledge and practice of nursing to meet the society's needs.



### III. Fill in the blanks with the appropriate form of the following words.

1. perceive 理解 2. valid 有效的 a 3. identify 确定 v 4. involve 卷入 v 5. client 客户 n  
 6. clinic 诊所 n 7. impact 影响 n 8. compassion 同情 n 9. considerable 相当大的 a 10. intelligence 智力 n  
 11. providing 提供 v 12. a multitude of 大量的 13. dedicate to 献身 14. in response to 作为对...的答复 15. embark on 开始

1. I identified the watch as mine by the scratch on its back.
2. Only valid marriage is protected by the law.
3. The students usually come to the school clinic when they have a cold.
4. Teachers often have great impact on their students' behavior.
5. It is natural that problems appear between the hospital and clients.
6. The teachers' kindness sometimes can't be perceived by their naive students.
7. Mr. Smith left the committee to avoid being involved in the case.
8. It is said that drinking milk every day is good for children's intelligence.
9. A multitude of changes have taken place in China since the reform and opening policy took effect.
10. We shouldn't have the compassion for the lazy ones.
11. Considerable birds are returning to our area as the environment has been greatly improved.
12. Mr. Green has been embarked on teaching since he graduated from college.
13. Liu Hulan dedicated herself to the cause of liberating China.



14. Stock prices went down <sup>in response to</sup> the news of a possible oil crisis.

15. ~~Providing~~ we get good weather, it will be a successful holiday.

IV. A good mastery of affixes helps students to memorize words more easily and to enlarge their vocabulary greatly. As far as medical terms are concerned, it is of considerable value for students to have some knowledge of word-building elements. There are 100 basic ones about human organs and tissues such as "cardia-" (心) and 30 other ones such as "-itis" (发炎). From this unit on, some of them will be presented in each unit.

"cephalo-" means head (头); "cerebro-" means brain(脑); "cerebello-" means cerebellum(小脑). Guess the meaning of the following words based on the above word-building elements and learn them by heart.



| English              | Chinese | English                  | Chinese |
|----------------------|---------|--------------------------|---------|
| <u>cephalogram</u>   | 测颅X线片   | <u>cerebrospinal</u>     | 脑脊髓的    |
| <u>cephalosporin</u> | 头孢菌素    | <u>cerebrovascular</u>   | 脑血管的    |
| <u>cephalology</u>   | 测颅学     | <u>cerebrophysiology</u> | 脑生理学    |
| <u>cephalometry</u>  | 头测量法    | <u>cerebellitis</u>      | 小脑炎     |
| <u>cerebrotomy</u>   | 脑切开术    | <u>cerebellospinal</u>   | 小脑脊髓的   |
| <u>cerebrology</u>   | 脑学      | <u>cerebellorubral</u>   | 小脑红核的   |

V. Bifunctional Words with different meanings in different fields

In English there are many words that have different meaning in different fields. For example, the general meaning of culture is "文化", but in medical term, it means "培养". In this part, some of these words will be introduced to enlarge your vocabulary.

| Word      | General Meaning | Medical Term | Example                                     |
|-----------|-----------------|--------------|---|
| acceptor  | 接受者             | 受体           | oxygen acceptor 氧受体                         |
| activity  | 活动              | 活性           | optical activity 旋光性<br>enzyme activity 酶活性 |
| actor     | 演员              | 反应物, 作用物     |   |
| adjective | 形容词             | 辅助的          |   |
| advanced  | 发达的             | 年老的, 晚期的     | <u>advanced in years</u> 年迈                 |



| Word      | General Meaning | Medical Term | Example              |
|-----------|-----------------|--------------|----------------------|
| affection | 感情              | 疾患, 病变       | celiac affection 粥状泻 |
| agent     | 代理人, 代理商        | 因子, 剂        | blocking agent 阻滞剂   |

## VI. Terminology

It is helpful for a nurse to grasp some medical terms in common use. Choose the right translation for the medical terms in Column A from Column B.

| Column A                  | Column B |
|---------------------------|----------|
| g 1. stethoscope          | a. 隔离衣   |
| a 2. white gown           | b. 外科医生  |
| l 3. clinical thermometer | c. 门诊病人  |
| O 4. oxygen-cylinder      | d. 住院病人  |
| b 5. surgeon              | e. 静脉点滴  |
| n 6. physician            | f. 症状    |
| h 7. case                 | g. 听诊器   |
| c 8. out-patient          | h. 病例    |
| d 9. in-patient           | i. 剂量    |
| e 10. intravenous drip    | j. 注册护士  |
| f 11. symptom             | k. 疗法    |
| i 12. dose                | l. 体温计   |
| m 13. effect              | m. 效力    |
| j 14. R. N.               | n. 内科医生  |
| k 15. therapy             | o. 氧气瓶   |



## VII. Put the following into English

1. 我校图书馆有大量的医学杂志。  
*There are a multitude of medical magazine in our school library.*
2. 空难中死亡的这位妇女是根据其牙的材料识别出来的。  
*The woman who died in the air crash was identified by the fillings in her teeth.*
3. 如果你想在国外当护士, 你首先要学好外语。  
*Should you want to be a nurse abroad, you must learn English well first.*
4. 要从事护理工作的人必须是有奉献精神的人。  
*Those who want to embark on nursing must be the ones who have a sense of commitment.*
5. 护士的工作对临床诊断有很大的帮助。  
*The nurse's work is a great help in clinical diagnosis.*

## VIII. Supplementary Reading

### A

If a girl wants to be a nurse in China, she must go to a nursing school or university.

At present, most of the nurses come from the nursing schools. They can study there after they finish middle school at the age of about sixteen. During the three or four years of study, they learn human anatomy, physiology<sup>(1)</sup>,





biology<sup>[2]</sup>, pathology<sup>[3]</sup>, pharmacology<sup>[4]</sup>, nursing and so on. The clinical practice in hospitals is an important part of nursing education program<sup>[5]</sup>. After their graduation, some of them go to work in the hospitals and some go to colleges.

Many of the high school students go to colleges to study nursing for three or four years after graduation. Some of them may become experts<sup>[6]</sup> in certain fields.

The hospitals choose the new nurses through examinations which include the knowledge and the skills of nursing. Those who work in the hospital for a year take part in an examination for the qualification of nurses. The nurses usually go on studying while working. In China nurses are respected and people usually call them "the angels<sup>[7]</sup> with white gowns".

### Notes

[1] physiology: 生理学

[2] biology: 生物学

[3] pathology: 病理学

[4] pharmacology: 药理学

[5] program: 大纲, 计划

[6] expert: 专家能手, 有经验者

[7] angel: 天使

### B

In the United States, the girls who have finished high school have the chance to become nurses, but they should have special training first. There are three choices for them.

First, they may enter the four- or -five-year program where they are given a well-grounded<sup>[1]</sup> science background<sup>[2]</sup> as well as a good liberal<sup>[3]</sup> education. Nursing courses are a major<sup>[4]</sup> part of the studies, and in time the student nurses become more and more skillful<sup>[5]</sup> in the care of patients and well-grounded in the understanding of the causes and consequences<sup>[6]</sup> of illness. When the student nurses finish a college program, they are not only qualified<sup>[7]</sup> nurses professionally<sup>[8]</sup>, but also have the college degree.

Secondly, in the three-year hospital associate program, the student nurses learn a lot about the techniques<sup>[9]</sup>, principles, and skills they need to care for the patients. Their studies give them a good background in the necessary science.

Thirdly, the two-year associate degree program is usually connected with a community<sup>[10]</sup> college. Here young high school graduates can obtain<sup>[11]</sup> basic preparation in nursing. When they finish this program, the graduates can continue their studies through various courses offered on the job or at a regular college.

A state examination is a must for the nursing students to become registered nurses, whatever programs they enter.

### Notes

[1] well-grounded: 基础牢固的

[2] background: 背景

[3] liberal: 丰富的, 自由随便的 liberal education: 文科教育

[4] major: 较大的, 主要的

[5] skillful: 灵巧的, 熟练的

[6] consequence: 结果

[7] qualified: 有资格的, 合格的

[8] professionally: 职业上, 专业上

[9] technique: 技术, 技巧

[10] community: 社区

[11] obtain: 获取