



教育部职业教育与成人教育司推荐教材  
技能型紧缺人才培养培训教材

供护理、助产等相关医学专业使用

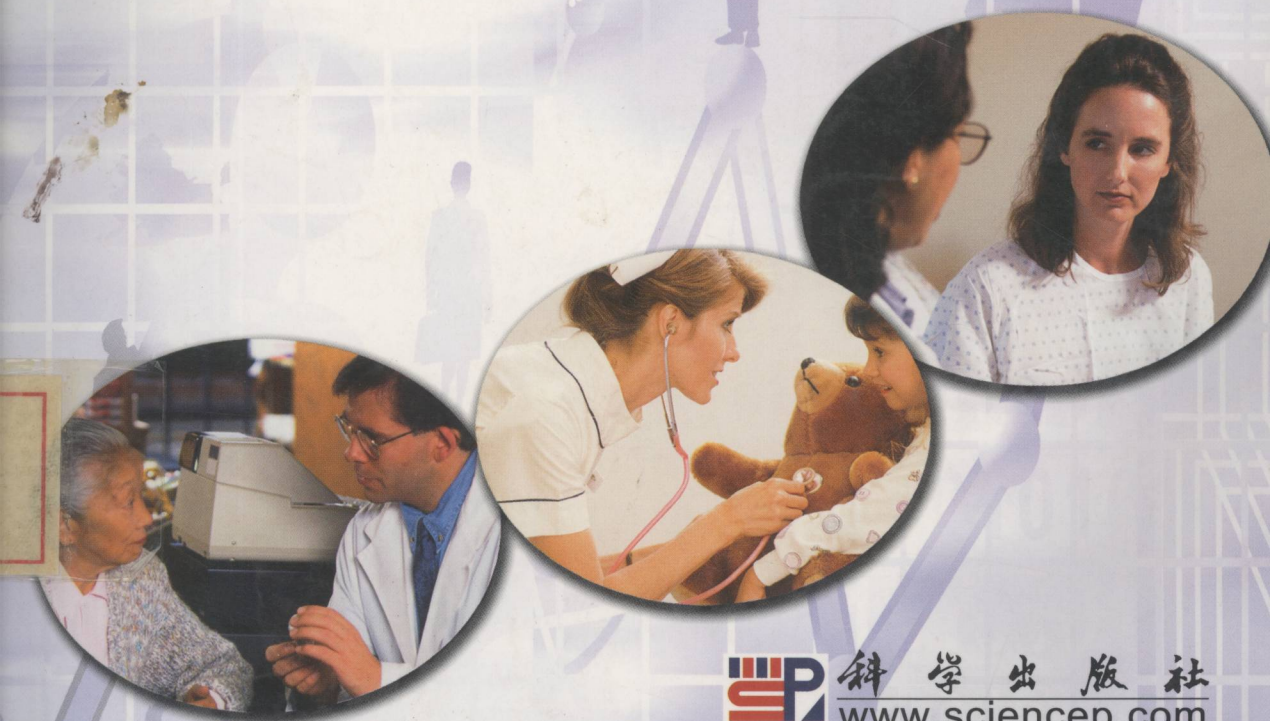
# 护理英语口语


Nursing English Conversations

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主 编 美中教育交流协会  
北京孚华德国际护士培训中心

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科学出版社

北京

## 内 容 简 介

随着英语学习的逐步深入,对英语口语和听力训练的需求,特别是对护理专业英语口语和听力训练的需求也逐步增加。针对护理专业队伍英语水平亟待提高,而护理英语口语教材缺乏这一现状,《护理英语口语》应运而生。

本教材的第一部分是根据美国 CGFNS 考试要求设计的 10 个单元,第二部分介绍了由 8 个部分组成的护士常用语 500 句。在编写中,我们以护士为主人公,以医院为背景,以治疗护理为中心,以情景和语言功能为主线,以国际护士考试要求为标准,通过护士与不同人物的对话,展开了不同场景、不同主题的讨论,自然而然地运用了许多护士日常工作中的常用语。同时,我们在对话中巧妙地融入了包括人文关怀、人性化护理等内容的现代护理理念。

本教材内容丰富新颖,语言简洁。配合多媒体教学课件,活泼互动,容易记忆。句型、句式多为美式口语,避免了洋文中化,非常适合作为护理院校学生的英语口语教材,同时也不失为在职护士及医务工作者作为提高医学及护理英语口语水平的最佳教材。

### 图书在版编目(CIP)数据

护理英语口语/林小勤,潘素勤,王伟主编. —北京:科学出版社,2005.8

技能型紧缺人才培养培训教材

ISBN 7-03-015713-3

I. 护… II. ①林…②潘…③王… III. 护理学-英语-口语-高等学校:技术学校-教材 IV. H319.9

中国版本图书馆 CIP 数据核字 (2005) 第 063987 号

责任编辑:裴中惠/责任校对:钟 洋

责任印制:刘士平/封面设计:陈 敬

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科 学 出 版 社 出 版

北京东黄城根北街16号

邮政编码:100717

<http://www.sciencep.com>

双 青 印 刷 厂 印 刷

科学出版社发行 各地新华书店经销

\*

2005 年 8 月第 一 版 开本:787×1092 1/16

2005 年 8 月第一次印刷 印张:14 1/2

印数:1—5 000 字数:342 000

定价:29.00 元

(如有印装质量问题,我社负责调换(环伟))



## 前 言

如何使用娴熟的英语进行护患之间的沟通与交流,是涉外护理岗位对从业护士的必备要求。但由于我国涉外护理专业开办时间不长,在校学生数量偏少,目前护理院校使用的英语教材又未能突出护理专业的特色,专门旨在提高护士口语能力的护理英语口语教材更是凤毛麟角。为了尽快弥补这一缺憾,我们广泛参考了国内外,尤其是国外的大量护理英语教材和资料,结合编者多年在美国医学院工作、生活并与美国医生、护士及各类健康从业人员密切接触的经历,根据各界、不同年龄段美国朋友们对医院、诊所、老年病院、康复医院、家庭病房等医疗机构的特点、设施和工作内容等方面的介绍,以美国 CGFNS 国际护士资格考试认证的内容和要求为参照目标,针对中国护士英语口语水平普遍偏低,对国际护士职业水准要求不甚了解的状况,精心编写了这本适合中国护士、护生提高英语口语水平与能力的教材。特别需要指出的是,本书强调了现代护理理念,书中处处体现了人文关怀和人性化的护理。

本教材从实际出发,以医院为背景,以护理内容为中心,以情景对话为主线,通过护士与病人、护士与病人家属、护士与医生以及护士之间的对话,展开了不同场景、不同主题的讨论。由浅入深,自然而然地引出了许多医用英语的口语惯用语,其句型、句式多为美式口语,避免了洋文中化。

本教材内容详实,全书有两大项内容:第一项内容为会话部分,共有 10 个单元。这 10 个单元是按照美国 CGFNS 考试要求划分的。每单元有一个主题,基本由一个故事场景贯穿。每个单元又划分为三个部分,其中每一个部分有一个中心内容,围绕该内容展开五小节长短不一的对话。而每一个部分前后又分别配有句型练习以及开放会话、场景设计的练习,旨在让学生通过反复练习牢记常用句型,在不同环境会话时可以脱口而出。第二项内容是护士英语 500 句,由 8 组用语组成。

本教材所选语句都是在医院环境中护士的常用语,不但内容丰富新颖,语言简洁,而且巧妙地融入了西方的护理理念。配合多媒体教学课件,更可达到活泼互动、容易记忆的课堂效果。

本书的第一部分第三单元由首都医科大学外语教研组顾维萍教授编写,在此特表示衷心感谢。

虽然编者的初衷良好,工作严谨,但由于水平有限,时间仓促,所以不当之处在所难免。恳请读者热心反馈意见、建议,以便我们再版时及时修正。

编 者

2005 年 2 月 6 日

## Contents

<b>Section I Conversation(会话部分)</b> .....	1
<b>Unit One Pharmacological and Parenteral Therapies (药理学和药物治疗)</b> .....	1
Part One .....	1
Part Two .....	7
Part Three .....	12
<b>Unit Two Management of Care (护理管理)</b> .....	18
Part One .....	18
Part Two .....	23
Part Three .....	29
<b>Unit Three Safety and Infection Control (安全与感染控制)</b> .....	34
Part One .....	34
Part Two .....	41
Part Three .....	47
<b>Unit Four Growth and Development (生长与发育)</b> .....	53
Part One .....	53
Part Two .....	59
Part Three .....	65
<b>Unit Five Prevention and Early Detection of Disease(疾病预防和早期诊断)</b> .....	71
Part One .....	71
Part Two .....	77
Part Three .....	83
<b>Unit Six Coping and Adaptation(应对和适应)</b> .....	89
Part One .....	89
Part Two .....	95
Part Three .....	101
<b>Unit Seven Psychosocial Adaptation(社会心理适应)</b> .....	107
Part One .....	107
Part Two .....	113
Part Three .....	120
<b>Unit Eight Basic Care and Comfort(基础护理和支持)</b> .....	126
Part One .....	126
Part Two .....	132
Part Three .....	138

<b>Unit Nine Reduction of Risk Potential(降低潜在风险)</b>	144
Part One	144
Part Two	150
Part Three	156
<b>Unit Ten Physiological Adaptation(生理适应)</b>	163
Part One	163
Part Two	169
Part Three	175
<b>Section II 500 Nursing Sentences(护士常用语 500 句)</b>	181
<b>Unit One Greetings(问候致意用语)</b>	181
<b>Unit Two Introducing and Comforting(介绍情况和安慰用语)</b>	182
<b>Unit Three Inquiring Symptoms(询问病情用语)</b>	183
<b>Unit Four Explaining(说明解释用语)</b>	190
<b>Unit Five Comforting(劝告安慰用语)</b>	192
<b>Unit Six Guiding(指导病人用语)</b>	194
<b>Unit Seven Reporting(汇报医生用语)</b>	195
<b>Unit Eight Etiquette Language(礼貌客套用语)</b>	197
<b>Reference for Teachers(教师参考)</b>	198
<b>One Key to Exercises(课后练习答案)</b>	198
<b>Two Listening Script for Warm-ups(热身练习听力短文)</b>	215

# Section I Conversation

( 会话部分 )

## Unit One Pharmacological and Parenteral Therapies

(药理学和药物治疗)



### Part One



#### Warm-up

I. Please listen to the tape twice and tell whether the following statements are true or false according to the passage.

1. Mr. Evarts is 55 years old.
2. He has a bad headache.
3. He didn't take any medicine before he came to the clinic.
4. The aspirin works well after Mr. Evarts took it.
5. Mr. Evarts comes to the community clinic.
6. The nurse thinks that the man has had a cold.
7. The nurse takes his blood pressure.
8. The nurse gives him an injection later.
9. Mr. Evarts likes to take the medicine.
10. The nurse is a good persuader.

II. Spot dictation: please listen to the tape three times and put the missing words and expressions in the blanks.

Mr. Dave Evarts, a \_\_\_\_\_ man has had a bad headache this week. At \_\_\_\_\_, he thought he might have caught \_\_\_\_\_ so that he took some aspirin, but it \_\_\_\_\_ well. This morning he \_\_\_\_\_ the community clinic. The nurse first \_\_\_\_\_ something about the illness and thinks that he \_\_\_\_\_ to have had a cold. She thinks that maybe he \_\_\_\_\_ blood pressure. She knows \_\_\_\_\_ is right after she takes his \_\_\_\_\_. The doctor prescribes some \_\_\_\_\_ for Mr. Dave Evarts and tells the nurse to give him \_\_\_\_\_ to relieve his pain. The man \_\_\_\_\_ take the injection but he doesn't want to take \_\_\_\_\_. Finally the nurse persuades him \_\_\_\_\_ the doctor's instructions.



### III. Please write down your neighbor's 5 simple questions and 5 special questions according to the passage and answer them orally.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



#### Conversation

( R = Receptionist; P = Patient; N = Nurse )

R: Hello, community clinic. May I help you?

P: Yes, ma'am. I want to make an appointment.

R: For yourself or for someone else?

P: For myself.

R: What's troubling you?

P: I have a bad headache.

R: Do you have a special physician in your mind?

P: Yes, I want to see Dr. John Smith.

R: Would you please tell me when you could come, Sir?

P: Tomorrow morning, at ten o'clock.

R: I'm sorry, Sir. Dr. Smith has a full schedule tomorrow.

P: Well, could you recommend me a good doctor?

R: What about Dr. Jane White? She is one of the best in our clinic.

P: That's wonderful. Thank you, ma'am.

R: Then please tell me your name and age, Sir.

P: Dave Evarts, 50 years old.

R: Mr. Dave Evarts, 50 years old.

P: That's correct.

R: Well, see you tomorrow morning, at 10 o'clock.

P: See you.

(The next morning, at 10 o'clock)

P: Good morning, Nurse.

N: Good morning, Sir. What's wrong with you?

P: I have a bad headache.

☞ receptionist: 接待员

☞ community clinic: 社区医院, 社区卫生所

☞ ma'am 是 madam 的缩略形式

☞ make an appointment: 预约

☞ physician: 内科医生, 医师

☞ in your mind: 在你心里

☞ 本句中的 would 和 could 均为礼貌用法

☞ full schedule: 时间表满了

☞ recommend sb. sth. / sth. to sb.: 向某人推荐什么

☞ What's wrong with you? “你怎么啦?” 也可以问 What's the trouble with you?” 或者: “What's troubling you?”



N: When did it begin?  
P: About a week ago.  
N: Where is the pain... I mean in which part of your head?  
P: All over the head.  
N: Do you always have the pain this week?  
P: Not always. Sometimes it's gone, but after about two or three hours, it comes back again.  
N: Have you taken any medicine?  
P: Yes, I took some aspirin.  
N: Does it help to relieve the pain?  
P: No, it seems helpless.  
N: Do you have high blood pressure?  
P: I don't know, but my mother has it.  
N: OK, let me take your blood pressure. Uh, ... your BP is 180 over 110. That's why you have a headache.  
P: What should I do then?  
N: Don't worry. The doctor will come over in a few minutes and he can deal with it.  
P: Thank you very much.

(Half an hour later)

P: Nurse, what's the medicine you've injected in my vein?  
N: It's magnesium sulfate.  
P: To decrease my high blood pressure?  
N: That's right.  
P: Why do you knock my knee?  
N: I'm checking your deep tendon reflex.  
P: Is that to ...  
N: To avoid the medicine's toxicity. Has the doctor prescribed medications for you to go home with?  
P: Yeah, but I don't think I really need them.  
N: Why do you feel that?  
P: Because I don't think high blood pressure is a big problem. I guess a good rest can work better.  
N: Well, but it's important to take your medications in order to prevent future problems.  
P: But I don't want to depend upon the medicine.  
N: Of course you could have a good rest and do some exercises, but if I were you I would take the medicine prescribed by my doctor.  
P: Well, I believe you are right. Then would you please

☞ all over: 全部, 所有的

如 all over the world 全世界

☞ relieve the pain: 减轻疼痛

☞ take blood pressure: 量血压

☞ come over: 过来

☞ inject: 打针; 名词是 injection, 常说 give an injection, 给人打针; take an injection, 让人给自己打针

☞ magnesium sulfate: 硫酸镁

☞ decrease: 降低, 减少, 减退 (动词、名词同形)

☞ tendon reflex: 腱反射 (能力)

☞ toxicity: 毒性

☞ prescribe: 开处方, 开药方

☞ work: 本句中的意思是“有效, 有作用”

☞ in order to do...: 为了干什么 (是一种固定用法)

☞ depend upon / on: 依赖, 依靠

tell me how to take these tablets?

N: 1 tablet each time, 3 times a day.

P: Is it very bitter?

N: Not really. It's orange flavor.

P: Can I take it with milk?

N: I don't think so. You'd better take it with water.

P: Should I take it before meal or after it?

N: After it, please.

P: Thank you, Nurse. Good-bye!

N: Good-bye!

☞ tablet: 药片, pill: 药丸, capsule: 胶囊, syrup: 糖浆, liquid: 药水

☞ flavo(u)r: 滋味, 香味

☞ meal: 一顿饭, 餐



### Exercises

#### I. Please answer the following questions according to the conversation orally.

1. What's wrong with the man?
2. Which doctor does the man want to see?
3. Which doctor can the man see?
4. When can the man see the doctor?
5. How old is the man?
6. How long has the man had a headache?
7. What medicine did the man take?
8. What is the man's blood pressure?
9. Why does the nurse give the man an injection?
10. How many times should the man take the medicine each day?

#### II. Put the following actions in the right order according to the conversation.

Patient's

Nurse's

- |                                   |   |   |                                   |                                 |                                       |
|-----------------------------------|---|---|-----------------------------------|---------------------------------|---------------------------------------|
| A. takes aspirin                  | B. has a headache                         | C. sees the doctor                            | D. gets an injection              | E. goes home with some medicine | F. goes to see the nurse              |
| A. takes the man's blood pressure | B. persuades the patient to take medicine | C. asks something about the patient's history | D. gives the patient an injection | E. knocks the patient's knee    | F. tells him how to take the medicine |

#### III. Choose the most appropriate word or expression for each sentence from the word box.

Use each only once.

wrong	sore throat	bad toothache	eye drops	pain
take	blood pressure	injection	avoid	relieve

1. Bob has a high fever. The doctor decides to give him an injection.
2. If we catch a cold, we usually have a headache.
3. I have something wrong with my knees these days. I must see a doctor.
4. I'll take your temperature to see whether you have a fever.
5. Mr. Smith has a high blood pressure. He has to take medicine every day.

6. If you have a bad headache, you'd better go to see a dentist.
7. The doctor says that I don't need to take any medicine for my eyes. Some \_\_\_\_\_ will do.
8. Usually injection relieve pain or temperature more quickly than tablets.
9. I have a severe pain in my chest. Perhaps there is something wrong with my lungs or my heart.
10. Don't try to avoid seeing a doctor when you have to.

**IV. Choose the best words or expressions from the box to replace the underlined ones. Use each only once.**

- |   |                        |
|---|------------------------|
| 1. What's <u>wrong</u> with you, Madam?   | A. severe              |
| 2. Take this medicine. It can get your blood pressure <u>decreased</u> to the normal level. | B. given / written out |
| 3. but if I were you I would take the medicine <u>prescribed</u> by my doctor.              | C. useless             |
| 4. I have a <u>bad</u> pain in my left eye and I can't see anything clearly.                | D. reduced             |
| 5. I don't want to take this medicine. It's <u>helpless</u> .                               | E. reaction            |
| 6. Don't worry. Your deep tendon <u>reflex</u> is very good.                                | F. troubling           |
| 7. The <u>toxicity</u> of this insecticide chemical is very low.                            | G. think               |
| 8. I guess what you said is right.  | H. poisonous element   |

**V. Discuss with your teacher and classmates and write down as many as possible the symptoms of colds and the most often used medicines.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**VI. Open dialogues: put in the correct parts according to the context.**

- 1.
- Good morning, Sir. What's wrong with you?
- \_\_\_\_\_.
- Do you have a fever?
- \_\_\_\_\_.
- Let me take your temperature. En... it's 39. 2 degrees centigrade.
- Yesterday I \_\_\_\_\_ in a heavy rain, and this morning I \_\_\_\_\_ in front of the air-conditioner for about three hours.
- \_\_\_\_\_. The doctor will come in a minute.
- 2.
- Good morning, Madam. I cut my finger half an hour ago.
- I see it's bleeding and swollen. \_\_\_\_\_?
- While I was holding a tree with this hand and cutting it with the other.



— \_\_\_\_\_?

— Yes, it's rusted and not very sharp.

— En... hold it, please. I'll ask the doctor \_\_\_\_\_.

— Thanks a lot, Madam.

3.

— Good morning, my boy. Why are you limping?

— I hurt my ankle while \_\_\_\_\_.

— What time did you get it hurt?

— \_\_\_\_\_.

— Did you take any medicine or use any cream?

— \_\_\_\_\_. There is no medicine in my home.

— Please sit on this chair. The doctor will be with you in a moment.

— \_\_\_\_\_, Nurse.

**VII. Use your imagination to make a dialogue with your classmate according to the given information.**

1. A teenager is riding on a bike home.
2. A car runs very fast and hits a girl.
3. The car runs away without stopping.
4. The teenager rides up quickly and tries to help the girl up. Then a young couple come up.
5. The girl can't stand up. One of her legs is bleeding.
6. The young man carries the girl on the teenager's bike to the nearby hospital with his wife and the teenager helping him.
7. The nurse helps the doctor examine the girl and hospitalize her.



## Part Two



### Warm-up

#### I. Please listen to the tape twice and tell whether the following statements are true or false according to the passage.

1. Mrs. Susan Johnson became thinner before she went to hospital.
2. The nurse knew that she got Type I diabetes.
3. The doctor said that Mrs. Johnson got Type I diabetes.
4. Type I diabetes can be cured as long as the patient follows the doctor's instructions.
5. Type I diabetes can't be cured even if the patient follows the doctor's instructions.
6. Mrs. Johnson has three sons.
7. Mrs. Johnson's son has also got Type I diabetes.
8. Mrs. Johnson's son is a good soccer player.
9. The nurse told Mrs. Johnson that her son could not play soccer.
10. Whole wheat bread is better in nutrition than non-whole wheat bread.

#### II. Spot dictation: please listen to the tape three times and put the missing words and expressions in the blanks.

Mrs. Susan Johnson felt \_\_\_\_\_ two months ago and lost \_\_\_\_\_. She went to hospital one day. The nurse \_\_\_\_\_ that she may have gotten diabetes. Then \_\_\_\_\_ examinations proved that \_\_\_\_\_ was quite right. Mrs. Johnson got \_\_\_\_\_ diabetes. The nurse told her that Type I diabetes \_\_\_\_\_ but it could be controlled \_\_\_\_\_ she followed the doctor's \_\_\_\_\_ and had enough rest and ate properly. \_\_\_\_\_ Mrs. Johnson went to the hospital with \_\_\_\_\_. She told the nurse that her son \_\_\_\_\_ Type I diabetes, too. She wanted \_\_\_\_\_ whether her son could play soccer. The nurse \_\_\_\_\_ a positive answer, but she told her that he \_\_\_\_\_ an extra bread exchange of whole wheat bread during the game.

#### III. Please write down your neighbor's 10 questions according to the passage and answer them orally.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Conversation

( N = Nurse; S = Susan )

N: Mrs. Susan Johnson.

S: Yes?

N: Come in, please.

(Mrs. Susan Johnson comes in and sits down on the chair.)

N: What's troubling you, Mrs. Johnson?

S: Recently I eat a lot and urinate a lot. Is there something wrong with me?

N: Have you lost weight?

S: Yes, I've lost about 15 pounds.

N: How are you feeling now?

S: Tired.

N: Let me examine your urine. You probably have diabetes.

S: What's that? Can it be cured?

N: No, I'm afraid not, but it can be controlled.

(Three days later)

N: Hello, Mrs. Johnson, what can I do for you today?

S: I am diagnosed diabetic.

N: Yes, your doctor has told me about it. Have you taken oral medicine or insulin?

S: Insulin. Please tell me what should I do if I develop a fever?

N: Well, in that case, you should see your physician to have your insulin dosage adjusted.

S: Should I increase or decrease the dosage?

N: Insulin is increased with any coexisting illness, especially an infection.

S: OK, I'll follow your advice and see the doctor.

N: Have you taken your insulin today?

S: Yes, I have.

N: What was your last blood glucose reading?

S: It's still high. I did it this morning before breakfast.

N: When did you last eat?

S: One hour ago.

☞ recently: 最近

☞ urinate: 撒尿; 排尿

☞ lose weight: 体重减轻

☞ pound: 磅(重量单位, 合 0.454kg)

☞ diabetes: 糖尿病

☞ cure: 治愈

☞ diagnose: 诊断

☞ diabetic: 患有糖尿病的; 糖尿病患者

☞ oral: 口头的, 口服的

☞ insulin: 胰岛素

☞ fever: 发热

☞ physician: 医师, 内科医师

☞ dosage: 剂量, 配药, 用量

☞ adjust: 调整, 调节

☞ coexisting: 同时存在的, 共存的

☞ infection: 传染(病), 感染

☞ blood glucose: 血糖

☞ reading: 读数, 指示数



N: Have you vomited?

S: No, I haven't.

N: How are you feeling today?

S: I still feel tired. Should I take a pill for my diabetes?

N: No, you can't.

S: Why not?

N: Because the pills stimulate beta cells in pancreas to release endogenous insulin, but Type I diabetic patients, like you, are short of it. So the pills don't work on you.

☞ vomit: 呕吐

☞ stimulate: 刺激

☞ beta cell:  $\beta$  细胞

☞ pancreas: 胰腺

☞ release: 分泌

☞ endogenous insulin: 内源性胰岛素

☞ be short of: 缺少

(A month later)

N: Hi dear! How are you today?

S: Not too bad.

N: What brought you to the hospital?

S: I brought my son here to have a blood sugar checked.

Also I want to get some opinions.

N: I am told that your son also has type I diabetes.

S: Yes, that is right

N: He is eight years old, isn't he?

S: Correct.

N: Have you come with his urine sample?

S: Yes.

N: OK, I'll examine it later. What opinion do you want to get?

S: My son wants to play soccer. Is that OK?

N: Yes, he can do it.

S: Do you have any suggestion for that?

N: Well, he should eat an extra bread exchange during the game.

S: What does that mean?

N: That means he should eat one slice of whole wheat bread during the game.

S: Because ...

N: Because hypoglycemia can develop with acute exercise.

S: OK, I know. Thank you.

N: My pleasure. Please wait here. I'll examine his urine right away.

☞ opinion: 意见, 看法

☞ urine sample: 尿样

☞ soccer: 英式足球

☞ bread exchange: 面包兑换

☞ whole wheat bread: 全麦面包

☞ hypoglycemia: 低血糖症

**Note:** According to the guidelines established by the American Diabetic Association, one slice of whole wheat bread equals one bread exchange. 根据美国糖尿病协会确立的标准, 1片全麦面包等于一个面包兑换。



## Exercises

### I. Please answer the following questions according to the conversation orally.

1. What trouble does Mrs. Johnson have?
2. How many pounds has Mrs. Johnson lost?
3. How has Mrs. Johnson been feeling recently?
4. Can diabetes be cured?
5. What kind of medicine does Mrs. Johnson take?
6. When should insulin dosage be increased?
7. What was Mrs. Johnson's last blood glucose reading, normal or high?
8. How old is Mrs. Johnson's son?
9. What type of , diabetes do Mrs. Johnson and her son have?
10. What does Mrs. Johnson's son want to play?

### II. Choose the most appropriate word or expression for each sentence from the word box.

Use each only once.

diabetes	cured	diagnose	fever	dosage
adjust	vomit	infection	readings	sample

1. Some diseases can be cured, but some not.
2. The amount of medicine a patient takes each time is called a sample.
3. If you cut some part of your body and it's swollen, we say you have an infection.
4. If you don't feel well, you can go to see a doctor and he can diagnose what disease you get.
5. In the first three months, quite a lot of pregnant women vomit.
6. If the dosage is too big and after you take the medicine you don't feel well, you can ask your doctor to adjust it.
7. The meter reader asks for the \_\_\_\_\_ of the electricity, water and gas.
8. If you have a high blood glucose reading, perhaps you've got diabetes.
9. If you catch a cold and feel chilly, perhaps you are running a fever.
10. What we send to the nurse and have her examine is called a \_\_\_\_\_.

### III. Match the verbs with the nouns and use each only once.

Verbs:

Nouns:

- |             |              |
|-------------|--------------|
| 1. lose     | A. urine     |
| 2. have     | B. soccer    |
| 3. cure     | C. insulin   |
| 4. take     | D. a dosage  |
| 5. increase | E. opinions  |
| 6. follow   | F. a disease |
| 7. examine  | G. advice    |
| 8. get      | H. weight    |
| 9. play     | I. bread     |
| 10. eat     | J. a fever   |

**IV. Discuss with your teacher and your classmates and write down as many as possible the symptoms of diabetes and the most often used medicines.**

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**V. Substitution exercise: use the given parts to replace the italicized ones orally.**

1.

— What's *wrong* with you, Sir?

— I've a *bad stomachache*

— When did it start?

— *This morning.*

— Sit down, please. Let me make an examination.

wrong / toothache / Yesterday afternoon

the matter / bad pain in my chest / An hour ago

the matter / pain all over my body / This afternoon

wrong / pain in my left eye / Two hours ago

2.

— Good *morning*, John. How are you feeling *today*?

— *Good.*

— I'm *glad* to hear that. Let me *take your temperature* now.

morning / now / Just so-so / sorry / take your blood pressure

morning / today / Perfect / happy / take your temperature

afternoon / now / Not well / sorry / give you an injection

afternoon / now / Bad / sorry / give you an examination

3.

— How do I take the *medicine*, Nurse?

— *Two* each time, *three times* each day.

— After meal or before meal?

— *Half an hour before meal.*

tablets / Three / three times / Half an hour after meal

pills / Four / twice / Half an hour after meal

capsule / Five / once / Half an hour after dinner

medicine / One / once / One hour before going to bed

**VI. Use your imagination to talk with your classmate about what has happened according to the given information.**

1. Your friend has been feeling weak and has lost much weight recently.

2. This week his hands begin to quiver.

3. When you know this, you ask him to see a doctor.

4. After he comes back from hospital, he tells you that the doctor says he has gotten hyperthyroidism.