



全国中医药行业高等教育“十三五”规划教材



全国高等中医药院校规划教材（第十版）

护理专业英语

（新世纪第三版）

（供护理学专业用）

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前言

为落实《国家中长期教育改革和发展规划纲要（2010—2020年）》《关于医教协同深化临床医学人才培养改革的意见》，适应新形势下我国中医药行业高等教育教学改革和中医药人才培养的需要，国家中医药管理局教材建设工作委员会办公室（以下简称“教材办”）、中国中医药出版社在国家中医药管理局领导下，在全国中医药行业高等教育规划教材专家指导委员会指导下，总结全国中医药行业历版教材特别是新世纪以来全国高等中医药院校规划教材建设的经验，制定了“‘十三五’中医药教材改革工作方案”和“‘十三五’中医药行业本科规划教材建设工作总体方案”，全面组织和规划了全国中医药行业高等教育“十三五”规划教材。鉴于由全国中医药行业主管部门主持编写的全国高等中医药院校规划教材目前已出版九版，为体现其系统性和传承性，本套教材在中国中医药教育史上称为第十版。

本套教材规划过程中，教材办认真听取了教育部中医学、中药学等专业教学指导委员会相关专家的意见，结合中医药教育教学一线教师的反馈意见，加强顶层设计和组织管理，在新世纪以来三版优秀教材的基础上，进一步明确了“正本清源，突出中医药特色，弘扬中医药优势，优化知识结构，做好基础课程和专业核心课程衔接”的建设目标，旨在适应新时期中医药教育事业发展和教学手段变革的需要，彰显现代中医药教育理念，在继承中创新，在发展中提高，打造符合中医药教育教学规律的经典教材。

本套教材建设过程中，教材办还聘请中医学、中药学、针灸推拿学三个专业德高望重的专家组成编审专家组，请他们参与主编确定，列席编写会议和定稿会议，对编写过程中遇到的问题提出指导性意见，参加教材间内容统筹、审读稿件等。

本套教材具有以下特点：

1. 加强顶层设计，强化中医经典地位

针对中医药人才成长的规律，正本清源，突出中医思维方式，体现中医药学科的人文特色和“读经典，做临床”的实践特点，突出中医理论在中医药教育教学和实践工作中的核心地位，与执业中医（药）师资格考试、中医住院医师规范化培训等工作对接，更具有针对性和实践性。

2. 精选编写队伍，汇集权威专家智慧

主编遴选严格按照程序进行，经过院校推荐、国家中医药管理局教材建设专家指导委员会专家评审、编审专家组认可后确定，确保公开、公平、公正。编委优先吸纳教学名师、学科带头人和一线优秀教师，集中了全国范围内各高等中医药院校的权威专家，确保了编写队伍的水平，体现了中医药行业规划教材的整体优势。

3. 突出精品意识，完善学科知识体系

结合教学实践环节的反馈意见，精心组织编写队伍进行编写大纲和样稿的讨论，要求每门

教材立足专业需求,在保持内容稳定性、先进性、适用性的基础上,根据其在整个中医知识体系中的地位、学生知识结构和课程开设时间,突出本学科的教学重点,努力处理好继承与创新、理论与实践、基础与临床的关系。

4. 尝试形式创新,注重实践技能培养

为提升对学生实践技能的培养,配合高等中医药院校数字化教学的发展,更好地服务于中医药教学改革,本套教材在传承历版教材基本知识、基本理论、基本技能主体框架的基础上,将数字化作为重点建设目标,在中医药行业教育云平台的总体构架下,借助网络信息技术,为广大师生提供了丰富的教学资源 and 广阔的互动空间。

本套教材的建设,得到国家中医药管理局领导的指导与大力支持,凝聚了全国中医药行业高等教育工作者的集体智慧,体现了全国中医药行业齐心协力、求真务实的工作作风,代表了全国中医药行业为“十三五”期间中医药事业发展和人才培养所做的共同努力,谨向有关单位和个人致以衷心的感谢!希望本套教材的出版,能够对全国中医药行业高等教育教学的发展和中医药人才的培养产生积极的推动作用。

需要说明的是,尽管所有组织者与编写者竭尽心智,精益求精,本套教材仍有一定的提升空间,敬请各高等中医药院校广大师生提出宝贵意见和建议,以便今后修订和提高。

国家中医药管理局教材建设工作委员会办公室

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2016年6月

编写说明

本教材的编写是根据国务院《中医药健康服务发展规划（2015—2020年）》《教育部等六部门关于医教协同深化临床医学人才培养改革的意见》（教研〔2014〕2号）的精神，在国家中医药管理局教材建设工作委员会宏观指导下，以全面提高中医药人才的培养质量、积极与医疗卫生实践接轨、为临床服务为目标，依据中医药行业人才培养规律和实际需求，由国家中医药管理局教材建设工作委员会办公室组织建设的一项重要工作。

作为护理学专业本科教材，《护理专业英语》的编写严格按照全国中医药行业高等教育护理学专业培养方案，对专业英语教学的要求进行选材、设计，注意突出趣味性、专业性、实用性和系统性，力求融传授知识、培养技能、提高素质为一体，重视培养学生的评判性思维及终生学习的能力。主要内容是根据护理工作中经常遇到的情况，设置情景对话、专业文章和阅读材料，使学生了解西方国家护理文化及护理理念，掌握护理实践中所需的护理英语词汇、医患沟通交流技巧等，旨在提高学生的专业英语水平和运用能力。另外，设置了一个中医护理英语的单元，突出中医护理特色，弘扬中医传统文化。

教材共设置15个单元，每单元为一个护理主题，包含听说训练、阅读、习题三个板块。以患者就诊、入院、住院、出院到家庭和社区为主线，内容涵盖了临床护理实践、护理理论、护理文化和伦理等与护理工作密切相关的知识和技能。在教学内容设置上，注重培养学生听、说、读、写、译的能力。教材还设有附录，包括习题答案、词汇表、视音频脚本、常用医学词根和词缀、常用药物、参考文献等内容。其中，视音频脚本文字忠实于原版素材。

本教材编写分工如下：第1单元由易平编写，第2单元由解东编写，第3单元由周芬编写，第4单元由秦莉花编写，第5单元由周云仙编写，第6单元由安雪梅编写，第7单元由施慧编写，第8单元由潘兰霞编写，第9单元由胡亚南编写，第10单元由李绵利编写，第11单元由王芸编写，第12单元由张姮编写，第13单元由张明凤编写，第14单元由陈战编写，第15单元由孙瑞丽编写。

本教材数字化工作是在国家中医药管理局教育教学改革项目的支持下，由中国中医药出版社资助展开的。该项目（编号：GJYJS16086）由胡鸿毅和刘红霞负责，编委会全体人员参与。

本教材所配套的教学视频由美国Indiana University Kokomo School of Nursing, St. Joseph Hospital and Howard Regional Health System共同参与录制，根据教材所提供的情景，录制了美国医院的真实护理场景，并给予实例讲解什么是好的和不好的护理实践。通过观看配套DVD光盘，学生能够学习标准的美式口语、了解美国的医院情况和护理情况。

《护理专业英语》编委会

2017年2月

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Unit One Nursing Today

After studying this unit, you are required to:

- summarize the definitions and the nature of nursing
- master the basic knowledge of nursing practice in China
- explain the three models for assigning nurses and their respective advantages and disadvantages

Part I Listening & Speaking

Task 1 Listening

Listen to the audio and discuss the following questions in pairs.

- 1) Why do not most people think nurses' work in "nursing home" is promising?
- 2) What is the challenge for a "nursing home" nurse?
- 3) What will the speaker still remember when she looks back on her career?

Task 2 Dialogue

In pairs, practice the following dialogue and remember the useful words and expressions.

ADVISING A NEW COLLEGE NURSING STUDENT

(F: Nursing Faculty S: Nursing Student)

S: Good morning, Professor Li. My name is Wang Fang, I am a freshman and your advisee. May I ask you some questions?

F: Great! Nice to meet you, Wang Fang. Come in please and take a seat.

S: I am a new nursing student and I want to know more about nursing. Would you please tell about its history?

F: Florence Nightingale is known as the founder of modern nursing. She made outstanding contributions to the wounded soldiers during the Crimean War. She also established a training program for nurses at St. Thomas Hospital in London, the first formal nursing program in the world. She had many publications—her book, *Notes on Nursing: What It Is and What It Is Not*, has been described as one of the seminal works of the modern world. The Nightingale Pledge, taken by new nurses, was named in her honor, and the annual International Nurses Day is celebrated on her birthday.

S: Great, then, what is the fundamental difference between nursing and medicine?

NOTE

F: That is a good question. As you probably know, both medicine and nursing are health professions, but they are two different branches of health science. Medicine focuses on providing effective treatments to cure the diseases, while nursing pays more attention to caring for a client's physio-psycho-social responses related to certain diseases.

S: What are the major roles and functions of a registered nurse?

F: Historically, the caregiver is the principal role of a nurse. As nursing has evolved, the roles and functions of a nurse have been expanded. In addition to performing as a caregiver, a nurse may work as a communicator, educator, client advocate, counselor, leader, manager, researcher, and so on.

S: That's very inspiring! Now, my last question, what are the core courses for students in the baccalaureate nursing program?

F: Well, courses vary from school to school. In general, the core courses include, but are not limited to, fundamentals of nursing, medical-surgical nursing, pediatric nursing, obstetrical and gynecological nursing, community nursing, geriatric nursing, nursing research, nursing education, and nursing management.

S: That's really very informative. I feel like I know more about nursing now!

F: I am very pleased that you found this information helpful. Please do not hesitate to contact me if you have further questions or other needs! See you then.

S: Thank you, Professor Li. See you.

Part II Reading

Reading Guidance

What is nursing? What are the unique functions of nursing? As a future nurse, you may have these questions in mind. In this unit, we are going to explore the nature of nursing and different perspectives about nursing. Especially, we will introduce the practice of nursing in China, which is related to clinical nursing, community-based health care, nursing education, nursing management and nursing research. Then you will know the advantages and disadvantages of the functional nursing, team nursing and primary nursing.

Before Class

Please think carefully about these questions and discuss with your classmates.

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- **What do you think is the definition of nursing?**

 - **What is the nature of nursing?**

 - **What do you think about the practice of nursing in China?**

TEXT A Modern Views on Nursing

The Definitions of Nursing

Nursing has been defined differently in the literature depending on the historical era. The most influential definitions about nursing were introduced by the following nursing scholars and nursing organizations.

Florence Nightingale, the founder of modern nursing, is probably the first one to formally define nursing. In the well-known publication *Notes on Nursing: What It Is and What It Is Not*, Nightingale wrote, “Nature alone cures... and what nursing has to do is to put the patient in the best condition for nature to act upon him. Nursing ought to signify the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection of administration of diet—all at the expense of vital power of the patient. Nursing creates the environment most conducive to body’s reparative processes”.

The best known definition of nursing is probably the one developed by Virginia Henderson who wrote, “the unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will or knowledge”. This definition was adopted by the International Council of Nurses (ICN) in 1960 and is still the most widely and internationally used definition of nursing.

Another well-known definition of nursing was developed by the American Nurses Association (ANA), which stated that “nursing is the protection, promotion, and optimization of health and abilities; prevention of illness and injury; alleviation of suffering through the diagnosis and treatment of human responses; and advocacy in health care for individuals, families, communities, and populations”.

In 2002, ICN offers a definition of nursing similar to that of ANA. According to the ICN, “nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles”.

The Nature of Nursing

Nursing has been recognized as both an art and a science. Nursing has also been considered a young profession, a practice discipline.

Nursing as an Art. When we talk about the art of nursing, we emphasize the intuitive, creative, and imaginative aspect of nursing. As Donahue wrote, “Nursing is not merely a technique but a process that incorporates the elements of soul, mind, and imagination. Its very essence lies in the creative imagination, the sensitive spirit, and the intelligent understanding that provide the very foundation for effective nursing care”.

Art is also the reflection of feelings and perceptions. Because the core and essence of nursing

is caring and personal interaction, the art of nursing finds expression in many ways: for example, in a nurse's sensitivity and perception of a client's thoughts and feelings and the nurse's expression of thoughts and feelings to the client.

Traditional nursing as art was predominate in the first half of the 20th century when nursing was largely the care of the ill in the hospital. Nursing was primarily the art of caring, based on intuition and skill training rather than on science. As nursing has continued to evolve as a profession, the scientific aspect of nursing has been gradually recognized without devaluing the art of nursing.

Nursing as a Science. Science is concerned with causality (cause and effect). Parse defines science as the "theoretical explanation of the subject of inquiry and the methodological process of sustaining knowledge in a discipline". Science is both a process and product. As a process, science is characterized by systematic inquiry that relies heavily on empirical observations of the natural world. As a product, it has been defined as empirical knowledge that is grounded and tested in experience. Science can be classified as pure or basic science, natural science, human or social science, and applied or practical science.

In general, nursing science refers to the system of relationships of human responses in health and illness addressing biologic, behavioral, social, and cultural domains. Florence Nightingale identified nursing as a scientific discipline separated from medicine, emphasizing the idea of creating freestanding nursing schools where nurses (rather than doctors) assumed responsibility for nursing education. The integration of science and art in nursing, consequently, has been facilitated.

The shift of nursing education from hospitals to universities has advanced the science of nursing. University-based nursing education provides nurses the educational foundation necessary to make scientific applications in nursing practice. Graduate nursing education prepares nurses with advanced research and critical thinking skills, and a working knowledge of theories from other scientific disciplines, which contribute to further advancements in nursing science.

Nursing as a Profession. In the past, there has been considerable discussion about whether nursing is a profession or an occupation. It is necessary to differentiate these two terms here. An occupation is a job or a career, whereas a profession is a learned vocation or occupation that has a status of superiority within a division of work. All professions are occupations, but not all occupations are professions.

To answer whether nursing is a profession, we need to know the characteristics of a profession. In general, all professions have the following features:

- 1) A body of knowledge on which skills and services are based
- 2) Ability to deliver a unique service to society
- 3) Education that is standardized and based in colleges and universities
- 4) Control of standards for practice through professional registration and licensing
- 5) Responsibility and accountability of members for their own actions
- 6) Career commitment by members
- 7) Autonomy

Traditionally, nursing was viewed as an occupation rather than a profession. Nursing has had difficulty being deemed a profession because the services provided by nurses have been perceived as an extension of those offered by wives and mothers. Additionally, historically nursing has been seen as subservient to medicine, and nurses have delayed identifying their unique body of knowledge. Furthermore, autonomy in practice is in question because nursing is still dependent on medicine to direct some of its practice.

However, many of the characteristics of a profession can be observed in modern nursing. Nurses provide services to meet health care needs for clients at different points in the health-illness continuum. There is a growing knowledge base, authority over education, a code of ethics, and registration requirements for practice. Hence, many nurses believe that nursing is an aspiring, evolving profession.

New Words

signify ['sɪgnɪfaɪ] <i>vt.</i>	表示; 意味; 预示
optimization [ˌɒptɪməɪ'zeɪʃən] <i>n.</i>	最佳化, 最优化
alleviation [əˌlɪvɪ'eɪʃən] <i>n.</i>	减轻, 缓解; 镇痛剂
advocacy ['ædvəkəsi] <i>n.</i>	主张; 拥护; 辩护
encompass [ɪn'kʌmpəs] <i>vt.</i>	包含; 包围, 环绕
collaborative [kə'læbərətɪv] <i>adj.</i>	合作的, 协作的
perception [pə'seɪʃən] <i>n.</i>	知觉; 看法; 洞察力
intuition [ɪntu'ɪʃən] <i>n.</i>	直觉
empirical [ɪm'pɪrɪkl] <i>adj.</i>	经验主义的, 完全根据经验的
accountability [əˌkauntə'bɪləti] <i>n.</i>	有义务; 有责任
autonomy [ɔ'tɒnəmi] <i>n.</i>	自治, 自治权
subservient [səb'sɜ:vɪənt] <i>adj.</i>	屈从的
authority [ə'θɔrəti] <i>n.</i>	权威; 权力; 当局
ethics ['eθɪks] <i>n.</i>	伦理学; 伦理观; 道德标准

TEXT B Contemporary Professional Nursing

Dimensions of Nursing Practice

Currently in China, the practice of nursing is related to the following aspects or dimensions:

Clinical nursing. In clinical nursing, nurses generally practice in hospitals. Clients are the recipients of clinical nursing. Clinical nursing practice is implemented based on nursing science and related disciplinary theories, knowledge and skills. Evidence-based nursing, holistic nursing ideas and perspectives affect the practice of clinical nursing. Clinical nursing practice includes basic nursing, specialty nursing and diagnostic and treatment nursing skills.

Community-based health care. Community-based health care, as the term indicates, is nursing

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