

复旦卓越·高职高专护理英语系列教材



I

**English Course of  
Contemporary Nursing**

**当代护理英语教程**

——**护理学概览**

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# 前 言

《当代护理英语教程》(*English Course of Contemporary Nursing*)共有《护理学概览》(*Overview of Nursing Science*)、《常见疾病护理》(*Professional Nursing for Common Diseases*)及《专科护理》(*Elements of Nursing Science*)3册。

适逢今年为国际护士年以纪念弗洛伦斯·南丁格尔逝世100周年,今年至2020年为联合国健康世界10年以纪念弗洛伦斯·南丁格尔诞辰200周年,很荣幸能以此套教程为纪念伟大的南丁格尔尽一点微薄之力。

希冀学习者浸润在编者精心挑选的原汁原味材料里,汲取多方面精华,横向联系,融会贯通,活学活用。以南丁格尔为例,感悟南丁格尔,体味南丁格尔,读懂南丁格尔。南丁格尔不仅仅是众所周知的“提灯女神”和“克里米亚天使”,更是世界上第一所正规护士学校的创办者和现代护理专业的创始人。她一生撰写了大量报告和论著,《护理札记》尤为著名,是护士必读的经典之作。她的不懈努力使护理学成为一门科学。南丁格尔出身于英国名门望族,从小过着无忧无虑的生活,以其前瞻性的眼光与远大的抱负,不顾家人反对和世俗偏见,毅然从事在当时人们看来卑微的护理工作。她克服常人难以想象的种种困难并最终干出一番惊天动地的事业,是一位在今天看来还是只能让人难望其项背的维多利亚时代的杰出女性。

本套教程的编写酝酿已久,早在2008年夏天,复旦大学出版社就组织各省市十几位有丰富护理英语教学经验的老教师研讨护理学教材。大家迫切希望有一套能为高职高专学生编写并顺应时代要求的护理教材早日问世。护理工作是极为重要的,它贯穿了一个人的一生,而在人均寿命更长、人们更为注重生命质量的今天,其重要性更是不言而喻。本套教程在此情况下应运而生,它在原有的总体思路上综合了各行家的建议,使某些内容更细化。

受原上海医科大学国际交流处副处长、现复旦大学外文学院陈社胜副教授重托编写此套教程,承蒙他在诸多方面给予热情帮助;复旦大学出版社有限公司党

## 2 当代护理英语教程 I——护理学概览

总支书记、副总经理王凤霞,复旦大学出版社医学分社总编王龙妹等为组织本套教程的编写和出版做了多方面的工作;阿丽娜为词汇表标注了音标,编者在此表示最诚挚的谢意。对被选入本套教程文本材料的作者与机构,编者深表感谢。这些出自熟谙护理行业写作好手的文章将有助于学习者通过语言这一载体习得护理方面的专业知识,这恰恰与教育部对高职高专护理专业学生的要求相吻合。

本套教程主要供高职高专护理专业学生使用,也适用于任何对护理专业感兴趣的读者。教师可结合各校的实际教学情况自由挑选内容,灵活安排教学进度。

由于此为开拓新视野的初步尝试,本套教程难免有疏漏和不当之处,恳请使用者及时反馈信息并提出宝贵意见。

练习答案请详见书后所附的多媒体教学光盘。

编 者  
2010年2月

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## Choosing Nursing as a Career

### Section I Introduction



#### Warming-up Exercise

1. Why did you choose to be a nurse?
2. What is your impression of nursing as a profession?
3. Do you think the value of nurses has been recognized by the society?



#### Vocabulary Preview for Theme Reading

- |   |                   |
|---|-------------------|
| 1. unsocial /ˌʌnˈsəʊʃ(ə)l/ <i>a.</i>    | 非社会的              |
| 2. derogatory /dɪˈrɒɡət(ə)rɪ/ <i>a.</i> | 贬低的;毁损的           |
| 3. abuse /əˈbjuːz/ <i>vt.</i>           | 辱骂;毁谤             |
| 4. insult /ɪnˈsʌlt/ <i>vt.</i>          | 侮辱;辱骂             |
| 5. nursing /ˈnɜː(r)snɪŋ/ <i>n.</i>      | 护理专业              |
| 6. outweigh /ˌaʊtˈweɪ/ <i>vt.</i>       | 在价值(或重要性、影响等)方面超过 |
| 7. negative /ˈnegətɪv/ <i>a.</i>        | 相反的;负面的           |
| 8. previously /ˈpriːvɪəslɪ/ <i>ad.</i>  | 先前地               |
| 9. positive /ˈpɒzətɪv/ <i>a.</i>        | 实际的,真实的,实在的       |



about<sup>5</sup> your fellow man or woman and want to make a positive contribution. Inside you there will be a desire and drive to do something with your life that will improve the life of others. That will include a desire to help to take away<sup>6</sup> the pain and suffering of others, and where will you find a better workplace to fulfil this desire than in the nursing profession?

The second reason for becoming a nurse is because you have the skills that this profession is crying out for<sup>7</sup>. You will have the ability to communicate and build relationships with people. Furthermore, you can instill trust and confidence in other people. Patients will relate to<sup>8</sup> you as a result of seeing these qualities and the unselfish help that you extend to them. They will instinctively know that, even when times are hard for them, you will be there to help, comfort and give them the strength they need to pull through<sup>9</sup>.

Thirdly, and perhaps the most important, is dedication. Nursing is not a job of work that you take on<sup>10</sup> just to earn a living. It is certainly not a job you take on if you want a regular social life. If that were the case<sup>11</sup> there are far easier and less demanding jobs that you could do that will pay far more and require less hours. No! Nursing is a calling, a vocation. It is in your blood, this desire to dedicate your life to helping others. From the time you start to think about your future role in life and what contribution you can make to society, nursing will be among the roles that you see yourself dedicating your life to.

I started this article with some of the reasons that could deter people from<sup>12</sup> entering the nursing profession. Let me end it with some of the reasons why many chose the nursing path. The miracles of seeing someone rise from his or her sick bed after being returned to good health, cured by the loving care you have extended to them in your nursing role. The smiles and tears of thanks from the patients and their loved ones for the help you have given. Seeing sick children place their hands in yours and give you their trust as you have helped them through their illness. All these and many, many more are the reasons to become a nurse. It is the satisfaction of changing people's lives that drives the unsung heroes of our nursing teams.

### Reading Comprehension

Read the passage carefully and answer the following questions.

1. What are the usual labels attached to the nursing profession?
2. Is it still worthwhile to choose nursing as a profession on second thought?
3. What is the most important reason for becoming a nurse?
4. Why is this reason the most important one?
5. What is the second reason for becoming a nurse?
6. What is the very essence of the second reason?
7. Why is nursing a calling?
8. For what purpose does the author write this passage?

#### Notes

1. pay scale 工资级差表, 工资标准表
2. in comparison with 与.....比较起来
3. attach to 使成为一部分, 使附属
4. in many respects 在许多方面, 就许多点而言
5. care about 对.....担心
6. take away 消除(痛苦、烦恼、忧虑等)
7. cry out for 迫切需要
8. relate to 认同
9. pull through (使)渡过危机(或难关等)
10. take on 开始做
11. if that were the case... 虚拟语气, 如果真是那样。case 在此指事实, 实情; 情况
12. deter sb. from doing sth. 吓住某人不敢做某事

## Section III Extension Reading



### Vocabulary Preview for Extension Reading 1

1. lesser /'lesə(r) / *a.* 次要的
2. bedpan /'bed,pæn / *n.* 病人用的床上便盆
3. specialization /,speʃəlaɪ'zeɪʃ(ə)n / *n.* 专业化
4. scope /skəʊp / *n.* 范围
5. clinical /'klɪnɪk(ə)l / *a.* 临床的
6. anaesthesia /,ænəs'ti:ziə / *n.* 麻醉
7. neonatal /,ni:əʊ'neɪt(ə)l / *a.* 新生儿的
8. geriatric /,dʒeri'ætrɪk / *a.* 老年学的
9. physiology /,fɪzɪ'ɒlədʒɪ / *n.* 生理学
10. immunology /,ɪmjʊ'nɒlədʒɪ / *n.* 免疫学
11. psychiatric /,saɪkɪ'ætrɪk / *a.* 精神病学的
12. expertise /,ekspə(r)'ti:z / *n.* 专门知识(或技能等)
13. overwhelming /,əʊvə(r)'welmɪŋ / *a.* 势不可挡的,压倒的
14. shadow /'ʃædəʊ / *vt.* [英]充当.....的影子
15. advanced /əd'vɑ:nst / *a.* 超前的;先进的
16. timely /'taɪmlɪ / *ad.* 及时地
17. ongoing /'ɒn,ɡəʊɪŋ / *a.* 进行中的,不间断的
18. assess /ə'ses / *vt.* 评价;评论
19. passionate /'pæʃ(ə)nət / *a.* 有激情的
20. empathetic /,empə'tetɪk / *a.* 感情移入的;同情的
21. noble /'nəʊb(ə)l / *a.* 高尚的,崇高的
22. humble /'hʌmb(ə)l / *a.* 卑贱的
23. tender /'tendə(r) / *a.* 温柔的;慈爱的
24. fulfilling /fʊl'fɪlɪŋ / *a.* 使人有成就感的
25. uplift /ʌp'lɪft / *vt.* 振作,振奋

26. morale /mə'ra:l/ n. 士气,精神面貌  
27. gratefulness /'grɛɪtfl(ə)lnɪs/ n. 感激  
28. itinerary /aɪ'tɪnərərɪ/ n. 旅行计划

### Nursing in the 21st Century

Rahim Abdul

Read the following passage and fill in each blank with a suitable sentence fragment or sentence from the grid listed below.

- A. In return
- B. overwhelming
- C. Assess yourself fairly
- D. Your role in their recovery
- E. The scope of duties is wider now
- F. something you can look forward to
- G. how their suffering is reduced or gone
- H. The satisfaction is beyond imagination
- I. They are now a part of the health care team
- J. as there is unlimited demand throughout the world
- K. the use of new high-tech equipment, IT knowledge
- L. Nursing in the 21st century offers more opportunities

Gone is the idea that nursing is a “lesser profession”<sup>1</sup>. If you believe nursing is all about patients and bedpans, you need to change your mind. ( 1 )\_\_\_\_\_. There are various specializations for you to choose from. You can choose where, when and what type of work you do.

( 2 )\_\_\_\_\_. Nurses will be equipped with the latest knowledge not only on the clinical aspect, but also in education and management, e. g. anesthesia, neonatal, geriatric, physiology, immunology, ( 3 )\_\_\_\_\_ and psychiatric nursing.

The demand for<sup>2</sup> their expertise is ( 4 )\_\_\_\_\_. Nursing is a profession which is not being neglected<sup>3</sup> now. The important role they play is recognized, and

they are no longer shadowed by doctors or surgeons. ( 5 ) \_\_\_\_\_. With their advanced knowledge and skill, they can timely save lives in an emergency situation or serve as an ongoing basis.

( 6 ) \_\_\_\_\_. Make sure that you are very passionate and empathetic types of person. Nursing is a noble and humble profession. Make some research and decide with an open mind. ( 7 ) \_\_\_\_\_. It could definitely be much more than you expected. The benefits can last a life time.

The satisfaction you get from seeing a patient has recovered and ( 8 ) \_\_\_\_\_ because of your tender care and expert guidance is very much fulfilling. ( 9 ) \_\_\_\_\_ has given them enough encouragement to live a quality life and improve their new lease of living. You uplift their morale. ( 10 ) \_\_\_\_\_ they will look up to<sup>4</sup> you with gratefulness and a million thanks from the deepest of their heart.

With the new trend of Health Traveling, you will also be equipped with new knowledge on how to provide the travel itinerary. Don't worry! You will travel across the entire globe ( 11 ) \_\_\_\_\_. Who knows, Travel Nursing will be the next trend. The possibility of traveling across the whole world within your profession is ( 12 ) \_\_\_\_\_.

### Notes

1. Gone is the idea that nursing is a "lesser profession". 倒装句, gone 在此指过去的, 以往的
2. demand for sth. 对.....的要求
3. is not being neglected neglect 现在进行时被动语态否定式的表达法
4. look up to 尊敬; 钦佩



## Vocabulary Preview for Extension Reading 2

1. caring /'keərɪŋ/ *a.* 有爱心的
2. compassionate /kəm'pæʃ(ə)nət/ *a.* 同情的

3. rarity /'reərɪti/ n.	稀有, 罕见
4. sharp /ʃɑ:(r)p/ a.	敏锐的
5. detail /'di:teɪl/ n.	细节
6. complication /,kɒmplɪ'keɪʃ(ə)n/ n.	并发症
7. multi-task /'mʌltɪ,tɑ:sk/ vt.	多重任务
8. prioritize /praɪ'ɔ:raɪz/ vt.	按优先顺序列出
9. infection /ɪn'fekʃ(ə)n/ n.	感染
10. resourceful /rɪ'sɔ:(r)sf(ə)l/ a.	善于随机应变的
11. sample /'sɑ:mpl(ə)l/ n.	实例; 范例
12. honorable /'ɒn(ə)rəb(ə)l/ a.	应受尊敬的
13. shed /ʃed/ vt.	使流; 流(血)
14. grieving /gri:vɪŋ/ a.	使伤心; 为……而伤心
15. bore /bɔ:(r)/ vt.	使厌烦, 使厌倦

### The Right Job for the Right Person

Karina

Read the following passage and fill in each blank with a suitable sentence fragment.

I have heard this phrase time and time again during my almost 20 years' career—"It takes a special kind of person to be a nurse". I never thought too much about it in the early years, but I believe it is more true now than (1)\_\_\_\_\_. In today's fast paced<sup>1</sup> world, finding a truly caring and compassionate person is a rarity. Many of the new nurses I have worked with seem to see it as a career choice (2)\_\_\_\_\_ they will always be able to find employment and make a good wage. While these things may be true, there is a lot more to consider than that.

Being a nurse (3)\_\_\_\_\_ not only doing your routine duties<sup>2</sup>, but being a good listener when patients need to talk. You must have a sharp eye for<sup>3</sup> (4)\_\_\_\_\_ that may help patients avoid complications. Nurses need to be intelligent individuals who can multi-task and prioritize their (5)\_\_\_\_\_. You need to constantly double check your work because there is (6)\_\_\_\_\_ room for error when human lives are at stake<sup>4</sup>. Be prepared to wash your hands hundreds of times a day to (7)\_\_\_\_\_ your patients and yourself from infection. You

cannot be too proud to ask questions when you need help, and you may sometimes need to be resourceful when supplies are limited. This is just a small sample of what you can expect to do if you choose to become a nurse.

Nursing is a very honorable profession if entered for the right reasons. Expect to have aching backs and feet at the ( 8 ) \_\_\_\_\_ of some days. Sometimes you will help people rejoice over<sup>5</sup> new lives ( 9 ) \_\_\_\_\_ into the world, and some days you will shed tears with grieving families that lose a loved one. You will never be ( 10 ) \_\_\_\_\_ in this field. So if you are a kind and compassionate person that can learn to care for patients like you would like to be cared for yourself, we will welcome you to the ranks<sup>6</sup>!

### Notes

1. fast paced 快节奏的
2. do one's routine duties 例行职责
3. have an eye for sth. 具有识别.....价值的能力
4. at stake 在危急关头
5. rejoice over 感到高兴, 充满喜悦
6. Welcome you to the ranks! 欢迎你成为我们中的一员。rank 行列, 横列(与 file 相对); ranks 指普通士兵, 普通群众, (政党组织等的)普通成员

## Section IV Further Topics for Discussion and Oral Presentation

1. Nursing as a career choice or a calling.
2. Your understanding of nursing as a science.
3. Your images of nurses.
4. It takes a special kind of person to be a nurse.
5. The role models in the nursing profession.