

基础护理英语

主 编 美中教育交流协会
北京孚华德国际护士培训中心

执行主编 张铁钢 林小勤 王 伟



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主 审 [美] Dick Smith

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北 京

内 容 简 介

本套丛书集听力、口语、精读、语法、翻译为一体。重在强化护士的英语综合能力和实际应用能力,目标为帮助护士通过 CGFNS 考试或达到同等要求水平。全书共四册,每册的侧重点各有不同,但对护士各方面能力的培养贯穿始终,难度呈阶梯式递增。

本书是系列丛书之一。全书共 15 单元,每单元两课,课文 A 为精读,课文 B 为泛读,大部分为医护科普英语文章,其间穿插一些励志类的小品文。每篇课文后都配有相关练习,以方便护士强化所学知识。整个练习部分的设计由易到难、由单一到综合,内容全面,练习形式多样,对课文的整体掌握起到指导和加强作用。

本书适合于在职护士、护生和有意谋求海外护理工作的人士使用。

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前 言

近年来,随着我国技能型紧缺人才培养工程的开展,中外市场对护理人员素质要求的不断提高,CGFNS 考试引进中国,我国护士走出国门、谋求海外发展的需要和中外学术交流日趋频繁,发达国家医学技术的迅猛发展,一大批英语水平较高、基本达到了 CGFNS 考试标准的护生即将跨出校门。可以说,CGFNS 的春天已经到来了。

为了使这批基本合格的学生真正达到 CGFNS 考试的水平并能够顺利通过考试,我们认为有必要对他们进行较为系统的考前培训。为此,北京孚华德国际护士培训中心继完成孚华德系列教学教材之后,再次推出了独自研发的本套孚华德培训用书。

本套丛书共四册:《基础护理英语》、《护理英语听说教程》、《CGFNS 考试英语》和《CGFNS 考试技巧及词汇宝典》,分别从英语基础知识、英语听说能力、CGFNS 考试试题和考试技巧等方面有侧重地训练和提高护士的英语综合能力,尤其是通过大量的 CGFNS 考试真题强化护士的护理英语实用能力,帮助学员通过 CGFNS 考试或达到同等水平。每册内容难度循序渐进,呈阶梯式递增。

本套丛书根据中国护士、护生的英语水平,结合美国原版教材和 CGFNS 试题编写而成。既满足有出国愿望、谋求海外就业的人士参加 CGFNS 考试的需求,又适合想提高英语水平,以实现提高国内就业质量目标的人员使用。

虽然编者的初衷良好、工作严谨,但由于水平有限,医学科学的发展又日新月异,所以不当之处在所难免。恳请读者热心反馈意见和建议,以便我们再版时及时修正。

编 者

2006 年 11 月

Contents

Unit One

Text A	Yin and Yang Foods	1
Text B	Nutrition	4

Unit Two

Text A	Inflammation	7
Text B	Communicable and Noncommunicable Diseases	10

Unit Three

Text A	Blood System	14
Text B	The Circulatory System	17

Unit Four

Text A	The Nervous System	20
Text B	The Endocrine System	23

Unit Five

Text A	Musculoskeletal System	26
Text B	The Respiratory System	29

Unit Six

Text A	The Urinary System	32
Text B	The Digestive System	35

Unit Seven

Text A	The Three Levels of Health	38
Text B	Stress and Relief	41

Unit Eight

Text A	Healthy Lifestyle	44
Text B	Tobacco and Smoking	48

Unit Nine

Text A	Nursing Practice	50
Text B	Man and Healthy Environment	53

Unit Ten

Text A	The Patient's Needs	56
Text B	Confidence	60

Unit Eleven

Text A	The Nursing Process in Action	62
Text B	Forgiveness	66

Unit Twelve

Text A	The Changing Role of Nursing Services	69
Text B	Cancer and Early Detection	72

Unit Thirteen

Text A	Adolescent Problems	75
Text B	Drug Abuse	79

Unit Fourteen

Text A	Body Fluids and Electrolytes	82
Text B	Allergy Reactions and Treatments	85

Unit Fifteen

Text A	End of Life	89
Text B	Life Span and Death	93

Unit One

Text A

Yin and Yang Foods

We all know that there are a great variety of food groups. But have you ever heard about Yin and Yang food? Actually, all the food groups can be generally divided into these two parts.

Put simply, the Yin is the fluid of the body, which acts as our fuel reserve, and lubricant within the system. The Yang is the heat or fire within the system. While Yin is the fuel, the Yang is the spark that ignites it.

Most conditions of ill health are created by an excess or deficiency in one or the other. A commonsense assessment of the disease process can give clues as to the dietary requirements based on Yin and Yang. While all foods contain Yin or Yang, many have a balance, and are not considered either one or the other predominantly.

The following list of Yin and Yang foods may help you recognize them better.

Yin Foods

Yin foods tend to be sweet and cooling. They create dampness—for example, milk products that produce mucus—and are principally foods with a variety of nutrition within their substance.

Yin foods include:

- Most fruits, especially apple, pineapple, other citrus fruits, pears, and watermelon.
- Eggs, oysters, rabbit, duck, and pork.
- Tofu, yam, tomatoes, asparagus, kidney beans, and peas.
- Milk and cheese.
- Honey (an excellent method of supplying Yin).

Yang Foods

Principally these foods are warming. They are foods that benefit from cooking, and are pungent, strongly flavored foods. Herbs and spices are generally Yang. Yang foods include:

- Most herbs and spices, but particularly ginger and garlic.
- Lamb, lobster, and shrimp.
- Nuts, especially the chestnut and walnut.
- Offal, such as kidney.

- Clove and nutmeg (these have particularly powerful Yang effects).

Words and Expressions

Yin / jɪn /	adj. 阴性的
Yang / jɑːŋ, jæŋ /	adj. 阳性的
simply / 'sɪmplɪ /	adv. 简单地, 坦率地
reserve / riːzəːv /	n. 储备(物), 储藏量
lubricant / 'luːbrɪkənt /	n. 滑润剂
spark / spɑːk /	n. 火花, 火星, 闪光
ignite / ɪg'naɪt /	v. 点火, 点燃
ill health	n. 健康状况不佳, 生病状态
excess / ɪk'ses, 'ekses /	n. 过度, 无节制, 超过
deficiency / di'fɪʃənsɪ /	n. 缺乏, 不足
commonsense / ,kɒmən'sens /	adj. 具有常识的
dietary / 'daɪətəri /	adj. 饭食的, 规定食物的
predominantly / pri'dɒmɪnəntli /	adv. 支配地, 主要地, 突出地
dampness / dæmpnɪs /	n. 潮湿, 湿气
mucus / 'mjuːkəs /	n. 黏液
principally / 'prɪnsɪpli /	adv. 主要地
nutrition / njuː'trɪʃən /	n. 营养
substance / 'sʌbstəns /	n. 物质, 实质
pineapple / 'paɪnæpl /	n. 凤梨, 菠萝
citrus / 'sɪtrəs /	n. 柑橘类的植物
watermelon / 'wɔːtəmɛlən /	n. 西瓜
oyster / 'ɔɪstə /	n. 牡蛎, 蚝
tofu / 'təufuː /	n. 豆腐
yam / jæm /	n. 山药, 洋芋
asparagus / əs'pærəɡes /	n. 芦笋
supply / sə'plai /	vt. 补给, 补充
pungent / 'pʌndʒənt /	adj. (指气味、味道) 刺激性的, 辛辣的
flavor / 'fleɪvə /	n. 风味, 滋味, 香料 vt. 加味于
herb / həːb /	n. 药草, 香草
spice / speɪs /	n. 香料, 调味品
ginger / 'dʒɪndʒə /	n. 姜, 生姜
garlic / 'gɑːlɪk /	n. 大蒜, 蒜头
lobster / 'lɒbstə /	n. 龙虾

shrimp / ʃrɪmp /
 nuts / nʌt /
 chestnut / 'tʃestnʌt /
 walnut / 'wɔːlnʌt /
 offal / 'ɒfəl /
 clove / kləʊv /
 nutmeg / 'nʌtmeg /

n. 虾
 n. 坚果
 n. 栗子
 n. 胡桃
 n. (动物的) 内脏, 下水
 n. 丁香
 n. 肉豆蔻, 肉豆蔻种子中的核仁

a variety of
 act as
 give a clue to sth.
 kidney bean

多种的
 担任, 充当; 起……作用
 提供关于某事的线索
 菜豆, 四季豆

Exercises

I. Answer the following questions according to the text.

1. What do Yin foods mean?
2. What do Yang foods mean?
3. Do all foods contain both Yin and Yang elements? Why or why not?
4. Which kind of foods tend to be sweet and cooling, Yin or Yang?
5. Which kind of foods tend to be warming, Yin or Yang?
6. Which kind of foods are pungent and with strong flavor?
7. Give 10 examples of Yin foods.
8. Give 10 examples of Yang foods.

II. Spelling check: fill in the missing letters, one line one letter.

reser __ e l __ bricant de __ iciency comm __ nsense ass __ ssment
 dieta __ y re __ uirement pre __ ominant pun __ ent nut __ ition

III. Match the words or expressions in Column A with the ones in Column B.

A

1. excess
2. lubricate
3. deficiency
4. pungent
5. nutrition
6. dietary

B

- a. nourishment; food
- b. something saved for future use
- c. beyond what is normal or sufficient
- d. conspicuous or prevalent
- e. grease or oil
- f. lack; shortage

- | | |
|----------------|-------------------------------------|
| 7. reserve | g. a state of equilibrium or parity |
| 8. requirement | h. sharp, acrid taste or smell |
| 9. predominant | i. a regimen of dieting |
| 10. balance | j. necessity |

IV. Fill in the blanks with the information given in the text.

Put 1, the Yin is the fluid of the body, which acts 2 our fuel reserve, and lubricant 3 the system. The Yang is the heat or fire within the system. While Yin is the fuel, the Yang is the spark that 4 it.

Most conditions of ill health are created by an excess or 5 in one or the other. A commonsense 6 of the disease process can give clues as to the 7 requirements based on Yin and Yang. While all foods 8 Yin or Yang, many have a 9, and are not 10 either one or the other predominantly.

V. Translate the following Chinese sentences into English.

1. 她用各种方法使孩子们高兴。(a variety of)
2. 把这个班级分成几个小组做口语练习。(divide into)
3. 众所周知, 啤酒里含有酒精。(contain)
4. 一个目击证人给警察提供线索, 以帮助他们抓住强盗。(give a clue to)
5. 处于压力下的人容易发挥自己全部的潜力。(tend to)

Text B

Nutrition

Nowadays, nutrition, as a subject of wide concern, has become a real consumer issue.

Recommended Dietary Allowance (RDA), first established in 1941 and revised every four to six years since then, measures the nutritional feeds of people according to age, weight, and sex.

Recommended Daily Allowance, devised by the Food and Drug Administration, is the legal standard for labeling the nutrient content of food. Nutrient labels must list ten "leader" nutrients and any vitamin and mineral additives.

The basic or leader nutrients are representatives of six classes: carbohydrates, fats, proteins, vitamins, minerals, and water.

Nutritionists have also classified foods into groups according to the primary contributions they make to the diet. The basic four food groups are meats and meat substitutes, dairy products,

fruits and vegetables, and grains.

Rich and adequate diet have eradicated many of the deficiency diseases. The new frontier is diet therapy that applies to the chronic diseases of mankind, many of which are fostered by the individual's lifestyle.

Infants, children, and adolescents, as well as the elderly, have special nutritional needs. Athletes, for the most part, do not need a diet that differs from the carefully chosen normal diet.

Words and Expressions

nutrition /nju:'trifən/	<i>n.</i> 营养, 营养学
emerge /i'mə:dʒ/	<i>vi.</i> 显现, 形成, 事实显现出来
concern /kən'sə:n/	<i>n.</i> 利害关系, 关心, 关注
revise /ri'vaiz/	<i>vt.</i> 修订, 校订, 修正, 修改
nutritional /nju:'trifənəl/	<i>adj.</i> 营养的, 滋养的
feed /fi:d/	<i>n.</i> 饭食, 一餐 <i>v.</i> 喂, 饲养
label /'leibl/	<i>vt.</i> 贴标签于, 分类, 标注 <i>n.</i> 标签
vitamin /'vaitəmin, 'vi-/	<i>n.</i> 维他命, 维生素
mineral /'minərəl/	<i>adj.</i> 矿物性的, 含矿物的, 无机的 <i>n.</i> 矿物质
additive /'æditiv/	<i>n.</i> 添加剂
representative /,reprɪ'zentətɪv/	<i>n.</i> 代表, 典型事物
carbohydrate /'kɑ:bəu'haidreit/	<i>n.</i> 碳水化合物, 糖类
protein /'prəuti:n/	<i>n.</i> 蛋白质
nutritionist /nju:'trifənɪst/	<i>n.</i> 营养学家
diet /'daɪət/	<i>n.</i> 日常的饮食
classified /'klæsɪfaɪ/	<i>v.</i> 分类
contribution /,kɒntri'bju:ʃən/	<i>n.</i> 捐献, 贡献, (所起的) 作用, 影响
substitute /'sʌbstɪtju:t/	<i>n.</i> 代用品, 代替者, 替代品
grain /greɪn/	<i>n.</i> 谷物类, 粮食
eradicate /i'rædɪkeɪt/	<i>v.</i> 根除
deficiency /dɪ'fɪʃənsi/	<i>n.</i> 短缺, 缺乏, 不足
foster /'fɒstə/	<i>vt.</i> 养育, 抚育, 培养
adolescent /,ædəu'lesnt/	<i>n.</i> 青少年
athlete /'æθli:t/	<i>n.</i> 运动员, 运动选手
RDA (= recommended dietary allowance)	推荐的日摄入量
Food and Drug Administration	食品药品监督管理局
dairy products /'deəri/	乳制品

dental hygiene / 'dentl / / 'haɪdʒi:n /
deficiency diseases

口腔卫生
营养缺乏性疾病

Exercises

I. Are the following statements true (T) or false (F) according to the text?

1. RDA has been revised four to six times since its establishment in 1941.
2. RDA is the legal standard for labeling the constituents of food.
3. Vitamin and mineral additives are not nutrients.
4. Food, based on their contributions to diet, can be classified into four groups.
5. The basic four food groups are meats, dairy products, fruits and vegetables and proteins.
6. Adequate diet has eradicated many of the deficiency diseases.
7. Diet therapy can be used to treat chronic diseases.
8. The elderly and infants do not have special nutritional needs.

II. Fill in the blanks with the information given in the text, one word for one blank.

Nutrition, as a subject of wide 1, has become a real 2 issue.

Nutritionists have also 3 foods into groups according to the primary 4 they make to the diet. The basic four food groups are meats and meat 5, 6 products, fruits and vegetables, and grains.

Rich and adequate diet have 7 many of the 8 diseases. The new frontier is diet therapy that applies to the 9 diseases of mankind, many of which are 10 by the individual's lifestyle.

Unit Two

Text A

Inflammation

Inflammation is the body's response to damage of tissues. If an injury occurs, the body will attempt to repair the damage by sending more blood into the area. The blood carries scar-tissue-forming cells, oxygen and nutrients necessary for repair and is therefore a "good thing". Unfortunately, the increased blood flow puts pressure on the nerves, which are already injured, and therefore the inflammation is painful. In severe injuries, there will be a reflex reaction of a severed artery to close off, in which case inflammation does not take place, and eventually gangrene sets in.

Inflammation is controlled by the nervous system, which opens or closes blood vessels by a reflex action that may include pathways through the spinal column. The nerves are stimulated by special tissue factors that are released from damaged cells, and also by chemicals released from white blood cells that are pulled into the area by the initial nervous reflex. Orthodox drugs generally work by closing down the blood vessels or blocking the chemical reactions of these tissue factors or those within the nervous system.

The orthodox world considers only the symptoms, and therefore does its best to suppress potions that pronounce themselves anti-inflammatory, ranging from aspirin and other non-steroidal anti-inflammatory drugs to steroids. Topical creams made from these drugs are also freely available. These treatments have their place when pain is unbearable, but they are in principle slowing down the healing process.

Recommendations

Inflammation is a healing process and should not be suppressed unless out of control. The holistic principle of encouraging the process will lead to a speedier recovery in most cases. This advice must be ignored if the inflammation is of a major organ, such as the brain (i. e. meningitis), heart, or kidney. Persistent inflammation may be associated with infection.

Application of ice in a towel or wash cloth will relieve symptoms, but will not prevent the purpose of inflammation.

Persistent inflammation can be treated with high-dose vitamins and herbal remedies, but should be done under the guidance of a complementary medical practitioner.

Words and Expressions

inflammation / .ɪnflə'meɪʃən /	<i>n.</i> 炎症, 发炎
tissue / 'tɪʃuː /	<i>n.</i> 组织
severed / 'sevəd /	<i>adj.</i> 切断的
gangrene / 'gæŋɡriːn /	<i>n.</i> 坏疽, 腐烂
reflex / 'riːfleks /	<i>adj.</i> 反射的 <i>n.</i> 反射作用, 反应能力
pathway / 'pɑːθwei /	<i>n.</i> 路, 径
block / blɒk /	<i>vt.</i> 妨碍, 阻塞
suppress / sə'pres /	<i>vt.</i> 抑制, 使止住, 减低
potion / 'pəʊʃ(ə)n /	<i>n.</i> 一服 (药); 一剂 (药)
pronounce / prə'naʊns /	<i>v.</i> 宣称, 断言, 表示
steroid / 'stɪərɔɪd /	<i>n.</i> 类固醇
topical / 'tɒpɪkəl /	<i>adj.</i> 局部的
unbearable / ʌn'bɛərəbl /	<i>adj.</i> 无法忍受的, 承受不住的
healing / 'hiːlɪŋ /	<i>n.</i> 康复, 复原 <i>adj.</i> 有治疗功用的
holistic / həʊ'lɪstɪk /	<i>adj.</i> 整体的, 全盘的
meningitis / .menɪn'dʒaɪtɪs /	<i>n.</i> 脑膜炎
persistent / pə'sɪstənt /	<i>adj.</i> 持久的, 不断的
dose / dəʊs /	<i>n.</i> 剂量, (一) 剂, (一) 服
herbal / 'hɜːbəl /	<i>adj.</i> 草药的
complementary / kɒmplə'mentəri /	<i>adj.</i> 补充的, 补足的
close off	阻塞, 停止
set in	(疾病) 开始并且 (可能) 持续下去
spinal column	脊柱, 脊
close down	关闭, 封闭
slow down	(使) 慢下来
medical practitioner / præk'tɪʃənə /	执业医师

Exercises

I. Answer the following questions according to the text.

1. What does inflammation refer to?
2. What may the body react to when an injury occurs?

3. Does inflammation occur in case of severe injuries?
4. Which body system control the inflammation?
5. How does the whole process of inflammation develop?
6. What does the term "orthodox drug" mean in the context?
7. What is the opinion of the "orthodox world" towards inflammation?
8. What treatments can be applied to persistent inflammation?

II. Spelling check: fill in the missing letters, one line one letter.

inflam _ _ ation ava _ _ lable reco _ _ ery persis _ _ ent sym _ _ tom
prono _ _ nce appli _ _ ation orthodo _ _ path _ _ ay gangre _ _ e

III. Match the words or expressions in Column A with the ones in Column B.

A

1. inflammation
2. reflex
3. white blood cell
4. symptom
5. treatment
6. recovery
7. pathway
8. herbal
9. blood vessel
10. orthodox

B

- a. route, course
- b. a sign or an indication of disorder or disease
- c. protective reaction of tissue to injury, or infection
- d. an elastic tubular channel through which the blood circulates
- e. any of the colorless or white cells in the blood
- f. commonly accepted, traditional
- g. an involuntary response to a stimulus
- h. therapy
- i. relating to, or containing herbs
- j. return to a normal condition

IV. Fill in the blanks with the information given in the text.

The nerves are 1 by special tissue factors that are 2 from damaged cells, and also by chemicals 3 from white blood cells that are 4 into the area by the initial nervous reflex.

Inflammation is a 5 process and should not be suppressed 6 out of control. The holistic principle of 7 the process will lead to a speedier 8 in most cases. This advice must be 9 if the inflammation is of a major organ, 10 the brain, heart, or kidney.

V. Translate the following Chinese sentences into English.

1. 这种车票仅在发售当天有效。(available)
2. 汤姆的行为使我不信任他。(lead)
3. 这家超市商品的价格自五美元至十美元不等。(range from... to)
4. 他如果不努力学习, 就永远不能考及格。(unless)
5. 我刚刚想到今天下午有个英语考试。(occur to)

Text B

Communicable and Noncommunicable Diseases

Communicable diseases are diseases that can be transmitted from person to person, either directly or indirectly. They are caused by pathogens, or disease-causing organisms. There are six basic types of pathogens, including bacteria, viruses, rickettsias, protozoa, fungi, and parasitic worms.

An infection is the invasion of body tissue that produces damage caused directly by the pathogen or by the toxins (poisonous substances) it produces. Medical defenses against infection include public health measures, vaccination, and drug therapy. The human body has several lines of defense against pathogens, including the skin and mucous membranes, inflammation, the immune system, and interferon.

Unlike communicable diseases, which are spread by pathogens, noncommunicable diseases result when body systems, for a variety of reasons, malfunction or break down altogether.

Immune-system disorders include allergies, autoimmune disorders, and immune deficiencies. Some typical disorders are as follows:

- Diabetes. It is a chronic disease of the pancreas that interferes with the body's ability to utilize sugar and starches to produce energy.
- Arthritis. It refers to a group of diseases that attack the body's joints or connective tissue.
- Chronic respiratory disorders, such as asthma, chronic bronchitis, and emphysema, interfere with the body's ability to take in oxygen and expel carbon dioxide.
- Genetic-related disorders include phenylketonuria (PKU), sickle-cell anemia, muscular dystrophy, and cystic fibrosis.

Although great progress has been made in the prevention and control of communicable and noncommunicable diseases, further progress will require continued attention by health officials and individuals.

Words and Expressions

communicable / kə'mju:nikəbl /

transmit / trænz'mit /

directly / di'rektli, dai'rektli /

adj. 可传达的, 会传染的

vt. 传播, 传染

adv. 直接地