



CGFNS

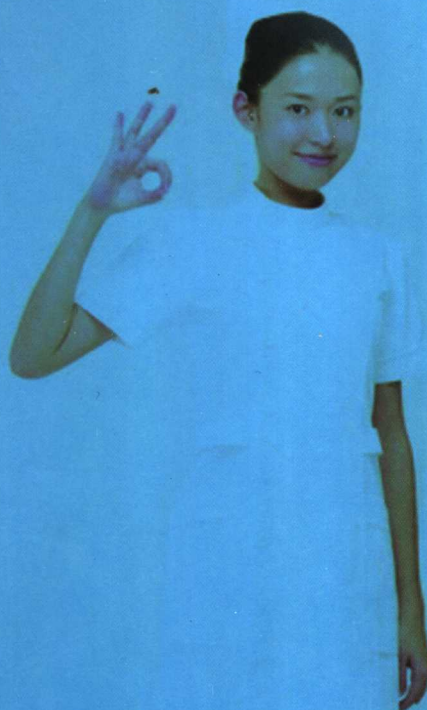
考试技巧及词汇宝典

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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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,全书分为 CGFNS 考试技巧、词汇宝典以及附录三部分。CGFNS 考试技巧部分旨在指导护士如何应试 CGFNS,如何全面检验自己所学的护理英语知识和 CGFNS 考试知识,为备战 CGFNS 做好考前准备。词汇宝典部分涵盖了本套丛书中出现的主要医学专业术语和词汇。附录部分收录了各科疾病词汇、常见医护词汇、常用药名及其词缀等内容。

本书适合于护士、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

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Section One

Test-Taking Tips (CGFNS 考试技巧)

Chapter 1

Warm Ups: Getting into the Right Frame of Mind

“Whatever the mind can conceive and believe, the mind can achieve.”
—Napoleon Hill, author of *Think and Grow Rich*

When you talk to athletes, the best ones tell you that winning is an attitude, and that a positive attitude is just as important to their success as talent or athletic ability. You have to believe in yourself. Positive thinking is not just for athletes. It is essential for anyone who is working toward a goal—it is the foundation you need to help you advance to the next level. There are many books and articles written that can make you a believer in the power of positive thinking, including books by Dale Carnegie. Read them and begin to develop that winning attitude.

保持一种积极的心态与个人的才能和能力是同等重要的。一定要相信自己，积极的思想对于任何一个想要实现目标的人来说都是至关重要的，也是帮助您更上一层楼的根基。阅读本书，培养您的必胜信心！

Your Personal Bests

To start to think like a winner, let us do a short warm-up drill. Take a moment to examine some of your proudest moments—a few of your life's accomplishments to date. On a piece of paper or an index card, write down five of your personal bests.

My five personal bests:

- (1) Graduated from nursing school.
- (2)
- (3)
- (4)
- (5)

为了能让您在思想上先赢，首先我们来做个热身练习。回想一下您有生以来最值得骄傲的时刻和至今为止所取得的各种成就，然后将您最有代表性的几次成功付诸笔端，写在一张纸上。

When you have written down your achievements, take a few minutes to reflect on each one. Close your eyes and relax. Take a few deep breaths. Try to recreate the situation. Can you remember how you felt at the time? Think about how hard you worked to achieve each goal. Can you remember how proud you were? Can you feel the tingles go up your spine? Do you have goose bumps? Maybe you held your head high, stood tall to demonstrate how powerful you felt or made a thumbs-up gesture to yourself.

Can you get in touch with that moment? If you can, enjoy it and say to yourself, “I did it. I am a success. Look out world, here I come!”

闭目养神，放松心情，深呼吸，花几分钟的时间好好回想一下当时的那种成功感，您曾经为了实现某个目标而如此拼搏、努力过，并最终取得了成功。您是多么的了不起啊，只要您尽力去做，又有什么做不到的呢？

I. Imagery and Positive Affirmations: Warming up the Mind

The warm-up exercise you just completed is a combination of two powerful techniques that will help to jump start, as well as maintain a positive frame of mind when you begin each training session. To skip these techniques or to devalue their importance would be like an athlete not doing warm-up exercises. Let us examine each of these techniques and give you some tips about how you can use them when you study.

Much research has been conducted about the importance of imagery in achieving a goal. It is used in athletic training or any time a person wants to learn a new skill. It has been used successfully in education—how to study and take tests effectively (your goal at the moment) —and it has even been used successfully in treating chronic pain, cancer, addictions and other diseases.

Researchers have found that the common denominator of peak performers is their ability to consciously practice a task in their minds by visualizing or imaging it. In other words, they “start with the end in mind”.

Imaging has been described as a “dress rehearsal” for an event. If you include imaging in your training routine on at least a daily basis, the brain incorporates it into a neural pathway which, when prompted, can be recalled quickly into the conscious mind.

在实现目标的过程时，想像的重要性绝对不容忽视。这就好比是运动前的热身一样，不可或缺。如果您能每天坚持这种“锻炼”，就会逐渐发展成下意识的自信头脑。

Let us review the steps of imaging:

Step 1 — Recall a successful moment. Close your eyes.

Step 2 — Intensify the moment—remember exactly what it was like. Try to use all your senses.

Step 3 — Think of one word that captures the memory for you. This is your “cue” to link the event to the feeling.

Step 4 — Sit up erect. Pull your shoulders back and breathe deeply.

Think powerful. You are in control of your mind, body and spirit.

Step 5 — Revel in your feeling of success and power.

Step 6 — Open your eyes and begin to affirm yourself.

Affirmations

“An affirmation is a strong, positive statement that something is already so.”

——Shakti Gawain, author of *Creative Visualization*

Affirmations are the simple, short, positive statements about yourself that you will repeat at least five to ten times when you awake, before each study session, at bedtime right before you go to sleep, and even when faced with a challenge. Like imaging, affirmations are great self-confidence builders if done on a regular basis. Research has shown that if imaging and affirmations are done consistently for one month, the thoughts will become a part of the subconscious and conscious portions of the mind, and you will begin to think, feel and act more positively.

肯定性言语就是一些短小精悍的语句。在您倦怠了，遇到困难了或每次学习前、睡觉前，可以至少说上五到十遍的口号。与想像一样，这种肯定性语句若每天坚持练习一定可以使您信心倍增。长此以往，这种思想将发展成为您大脑中根深蒂固的一部分，最终实现积极思考和行动。

Affirmations are always stated in the present tense and can be said out loud or to yourself. Try to keep the statements simple so that they can be easily recalled. Here are a few examples you might choose for yourself — “I am a good learner”, “I’m a good test taker”, “I am a successful, self-confident person.”

Let us review the steps of affirmations:

(1) Choose a brief statement about your success.

(2) State it in the present tense.

(3) Repeat it aloud or to yourself five to ten times when you awake, before each study session, before a challenge and before you retire for the night.

实现自我肯定的步骤：

(1) 选择一句能激励您通往成功的简短话语；

(2) 用一般现在时表述出来；

(3) 在您每日睡觉前、睡醒后、学习前、面临挑战时，重复地大声对自己说上五至十遍。

II. Cognitive Therapy: Thought Blocking

Sometimes as hard as you try, negative thoughts start to invade your conscious thoughts. Often this happens after a hard day at work, when you are tired or after a long study session. If these thoughts start to creep in, here is a cognitive therapy technique called “thought blocking” that you can use to put you back on the positive track.

In your psychiatric nursing course, you learned about cognitive therapy and its use in treating depressed and phobic clients. If you recall, the process is based on the client consciously changing his negative thought patterns. The therapy, based on the work of Aaron Beck and his associates at the University of Pennsylvania, demonstrates the interrelationship between negative thoughts and feelings, which can result in self-destructive behaviors. If a person continues to think negatively, his feelings and behaviors pull him down. This downward spiral picks up energy and the individual's self-esteem sinks lower. Eventually, the bad thoughts and feelings overwhelm the person and the depression or phobia intensifies.

在努力备考过程中，每当遇到困难时，消极的思想就会慢慢爬上心头。这时，您可以使用一种叫做“思想截流”的认识疗法，帮您重树积极心态。

Applying the Technique

Of course, this is a simplified explanation of cognitive therapy. When you review psychiatric nursing, you will probably want to review it more thoroughly than this brief explanation. However, the purpose here is to help you to rid yourself of negative thoughts as you stay focused on your learning goals. You have the crux of the theory to put it into practice.

Thought blocking is a cognitive therapy technique that can work if you use it consistently, just like imaging and affirmations. Here is how it works: Imagine that you begin your study session by yourself or, perhaps, with a group of your peers. As you begin to review or study material that is challenging for you. A negative thought tickles your consciousness. Soon it takes over and you concentrate on the negative thought more than your task at hand. The thought might be something like this: “I never understood fluid and electrolytes, and I never will.”

Your study session ends with your feeling frustrated, anxious and not achieving your learning goals. To turn your negative thoughts into positive ones, simply stop the thoughts—block them. Think of them not being able to enter your mind. Create an image for yourself.

Thought blocking is a deliberate planned action to startle your consciousness. In other words, you regain control of your thoughts. You choose your own cue. Many individuals find that simply acknowledging the thought, pausing for a second, then assertively saying “STOP”, followed by one of your positive affirmations will get you back on track.

“思想截流”只是认识疗法中的众多技巧之一，只要坚持到底就一定会受益匪浅。具体步骤是这样的——设想您在自学的过程中，一旦遇到困难就会受到消极思想的侵袭，您可能会想：“我根本不理解什么‘流体’、‘电解液’，而且永远也理解不了。”这种思想会直接影响您实现自我目标。最简单的方法就是阻止这种思想的侵入，并将其迅速转换成积极思维。

“思想截流”是一种震撼自我意识的行为，换句话说，您需要重新掌控自己的思维，但暗示语因人而异，可以自行选择。有些人一旦意识到消极思想之后就会停顿1秒钟，然后使劲地说一句：“STOP!”然后马上去想那些积极的口号。

Some people keep a whistle close at hand. When a negative thought begins to invade, the person blows the whistle, signaling the redirection of thought. Now, you are probably saying to yourself, “I could never do that. Everyone will think I am losing it.” However, just like with imagery and affirmations, if you practice this technique consistently, it can help you to relax and concentrate more effectively, thus improving your study skills. Can you try it? If you use the whistle when you are by yourself for a while, it will become automatic.

A word of caution here: If you are prone to worry and bad thoughts when you study, do not join a group that has one or more members who can only see the down side. These individuals can infect the group. They can reinforce your own negativity and “fuel the flames”. However, on the other hand, maybe you can blow the whistle and get the group refocused.

有些人会随身带一个口哨。每当消极思想入侵时，就会用吹哨子的办法重新集中注意力，阻断消极思想。正如发挥想像和肯定思维一样，坚持使用这种技巧，不但能让您思想放松，还能集中精力，提高学习效率。

忠告：如果您学习时易焦躁、易消极，那么最好不要参加那些有悲观情绪组员的学习小组，因为他们会影响整个小组的学习情绪。

Study Technique:

I will practice thought blocking whenever I feel a negative thought coming on. My cue to initiate thought blocking is _____.

Chapter 2

Improving Study Skills: Your Daily Workout

“Genius is one percent inspiration and ninety-nine percent perspiration.”

—Thomas A. Edison, American inventor

I. Knowledge of the Exam

Before you begin to set your study goals for the CGFNS Qualifying Exam, you need to assess your knowledge of the test. How much do you know? Answer these questions before you begin to set your goals.

Do you know...

- what the test measures?
- what the test does not measure?
- what the structure of the test plan is?
- how the nursing process is integrated into the exam?
- how the test is administered?
- how much time you have to take the test?
- how the test is scored?

You need a firm grasp of this knowledge before you can begin to set study goals. Not knowing this information would be like not knowing if you were training for a marathon or a high jump.

在设定 CGFNS 考试的学习目标之前，您需要充分了解有关该考试的详细信息。否则，就好像是在训练前不知道是要跑马拉松还是要练跳高一样过于盲目！

II. Individualizing Your Study Plan

One of the trainer's functions when working with an Olympian is to help him develop a training plan based on his needs. For example, if the athlete is a swimmer, the trainer would not simply instruct him to swim 50 laps one day and increase by 50 laps each day until the day of

the contest. This plan would probably boost the swimmer's endurance, but it would do little to improve his individual strokes, challenge specific muscle groups or monitor his strengths and limitations.

Before any training goals can be set, an assessment of the individual's skills needs to be done. A series of performance tests, as well as data collection, can be used to pinpoint one's skills and knowledge strengths and deficits. Once all the data is assessed, a systematic training program that includes short-term and long-range goals can be developed. In fact, each training session should have several well-defined, short-term goals that can be measured at the end of the session. Before the training program is ever implemented, an Olympian should have a clear understanding of the goals, know how they can best be achieved and commit himself to following the plan.

Just as we agree that the swimmer needs well-defined goals for each training session, you too need to design a study plan tailored to your needs. The plan is based on your self-assessment—what areas of study are you strongest in, in which are you less strong? (Remember: always think positively.)

您需要在做过合理自我评价之后，为自己制定一份学习计划，明确自身在学习领域中的强弱项。但一定要积极思考！

Available to you are data sources and assessment tools that will help you to complete this task. For example, you may want to take practice tests that are included in nursing review books. Perhaps, you have compiled files of test scores, care plans, class notes and other data that can be helpful in determining your learning needs.

Data Sources and Results

Take a moment to list your data sources and the results obtained.

Example:

- (1) After taking 50 practice questions related to pediatric nursing, my score was 85 percent.
- (2)
- (3)
- (4)
- (5)

From your assessment, you should now be able to identify your strong areas and those that require the most review. Take time now to consider your strong areas. Write them down and be specific.

Example:

- (1) Cardiology medications—types, indications, patient teaching, nursing implications.
- (2)

(3)

(4)

(5)

(Continue on with the list. This is critical for you to set study goals.)

Next write down the areas in which you are less strong.

Example:

(1) Growth and development milestones in children related to activities, safety factors and nutritional needs.

(2)

(3)

(4)

(5)

(Continue on...)

Identification of your strengths and areas for improvement will enable you to individualize your study goals.

在纸上写下自身的优势所在及有待进一步提高的弱势领域，让自身的学习计划更加个性化。

III. Setting Study Goals

If you visit your favorite bookstore and browse through the self-improvement section, undoubtedly, you will find many books on time management. Have you ever taken the time to read any of them? Each may have a few different techniques on how you can organize your closet, your work or your life more effectively. However, the key to success clearly stated by one and all is:

- Identify what you want to achieve—where you want to go. You need a clear vision of this event or change. Sound familiar?

- Set your goals and measure them at frequent intervals.

Establishing your study goals logically follows the assessment you just completed. You have had plenty of practice in setting nursing care goals for your patients and when doing care plans in nursing school. Hopefully, this is a skill you can easily transfer to your study plan.

需要阅读的书籍很多，怎样安排时间至关重要。成功的关键可以归纳为：

- 明确您想要达到的目标——目标的高度；
- 设定具体步骤，每隔一段时间要回顾、衡量一下所取得的进步。