

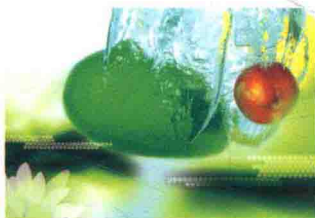


医药卫生类高职高专规划教材


供临床医学、护理、助产、药学、医学检验技术、影像技术、口腔医学技术等专业使用

医学英语

YIXUE YINGYU



主编 ● 刘 军 杨明星 章学文

 郑州大学出版社

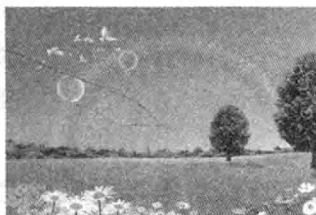
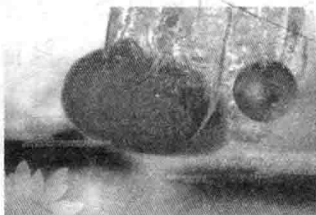
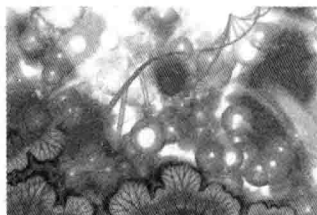


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前 言

医学英语是以临床医学、护理和相关医学技术专业的实际应用为中心的必修课程。以全国医学高职高专课程标准为编写大纲,以全国医护英语水平考试为导向,结合美国同类课程原版教材,将国内外临床医学和护理专业的工作模式与英语语言教学有机结合,我们编写了本版教材,供临床医学、护理、助产、药学、医学检验技术、影像技术、口腔医学技术等专业使用。

本教材根据医院各科室的岗位与工作程序划分单元,以生动有趣的情境案例为引导,从实践角度出发,使医生与护士、护士与护士以及医生、护士与患者和家属之间进行有效沟通。突出情境案例教学,把患者就诊过程呈现给学生,使学生体会中外医护工作及相关文化的差异;重视护理程序的引导,使学生领会与体验以科学思维引导专业行为的国外医护工作过程,以适应涉外医护工作的实践需要,突出专业实用性。各单元内容涉及内科、外科、妇科、儿科、精神科、急救科、老年科、社区卫生服务以及医学病历的写作和翻译等,突出各科的常见病、多发病的对话,贴近临床工作实际,具有趣味性、专业性、操作性强等特点,可以结合课堂内外的多种学习活动进行实际演练。**Practice** 部分,把“听说读写”设计成练习形式,使课堂更接近工作实际,更便于课堂操作,也可以更好地培养学生在实际工作中运用英语语言进行交流和沟通的能力,充分体现了“工学结合”的教育教学改革模式。

本书编写分工如下:刘军、段红、李志丹、俞芳编写第一、二、三、四、五、六单元。张靖婧、梁超慧、江歌编写第七、八单元和附录部分。付丹枫、张泽锋、库丽媛、罗亚辉编写第九、十、十一和十二单元。杨明星、陶冉冉、谢福良、章学文编写第十三、十四、十五、十六单元。

本书由信阳职业技术学院副院长杨明星博士和美国注册护士 Debby Holm 女士对全书进行了审稿,并提出许多宝贵意见,在此,特表示感谢。

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编 者

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Unit 1

The Role of Nurses and Critical Thinking

warming-up

As an important part of medical personnel, nurses play an important role in hospitals. The role of nurses is to provide health care to individuals, families, and communities. They provide services designed to promote health, prevent illness, and achieve optimal recovery from adaptation to health problems.





Useful Expressions

1. International Nurses Day, IND

国际护士节

2. The important roles of nurses are...

护士的主要角色……

3. The traditional and most essential role of nurses is...

护士传统和最本质的角色是……

4. The qualities of a great nurse...

一个优秀护士需要的素质有……

Part 1 Dialogue

Nurse: Doctor's office. I'm the nurse Ella speaking. How can I help you?

Patient: I need to make an appointment with Dr. White.

Nurse: Do you know your chart number?

Patient: No, sorry. It's at home while I'm at work right now.

Nurse: No problem. What's your name, please?

Patient: Bill Smith.

Nurse: Okay, Mr. Smith. Hold one moment while I grab your chart, please.

Patient: Sure.

Nurse: Thanks for waiting. Now, what do you need to see the doctor about?

Patient: Well, I've been fighting a cold for more than a week, and I think I might have a chest infection or something. My cough is getting worse each day.

Nurse: Hmm. Doctor White is off tomorrow. Do you think it can wait until Wednesday?

Patient: Oh, I was really hoping to get in today or tomorrow in case I need some antibiotics. Maybe I'll have to go to the walk-in-clinic instead.

Nurse: Actually, we had a cancellation for 2:00 p. m. today if you can get away from the office.

Patient: Oh, it's almost 1:00 p. m. already. I think I can make it if I leave right now.

Nurse: We're running a bit behind schedule, so you can probably count on seeing the doctor around 2:30.

Patient: That's great. Thanks for fitting me in.

Nurse: No problem, Mr. Smith. We'll see you in an hour or so.

New Words and Expressions

1. appointment [ə'pɔɪntmənt]

n. 约会; 预约门诊

2. infection [ɪn'fekʃən]

n. 感染; 传染病

3. antibiotics [ˌæntɪbaɪ'ɒtiks]

n. 抗生素

Part 2 Passages

Passage A Role of Registered Nurses

Pre-reading Questions

1. What's a registered nurse?
2. What basic duties do registered nurses (RN) perform?
3. What does the plan include when RNs establish a plan when caring for patients?

A registered nurse (RN) is a nurse who has graduated from a nursing program at a college or university and has passed a national licensing exam. Registered nurses help individuals, families, and groups to achieve health and prevent disease.

Regardless of specialty or work setting, RNs perform basic duties that include treating patients, educating patients and the public about various medical conditions, and providing advice and emotional support to patients' family members. RNs record patients' medical histories and symptoms to help to perform diagnostic tests and analyze results, operate medical machinery, administer treatment and medications, and help with patient follow-up and rehabilitation.

RNs teach patients and their families how to manage their illness or injury, including post-treatment home care needs, diet and exercise programs, and self-administration of medication and physical therapy. Some RNs are also trained to provide grief counseling to family members of critically ill patients. RNs work to promote general health by educating the public on various warning signs and symptoms of diseases and where to go for help. Registered nurses also might run general health screening or immunization clinics, blood drives, and public

seminars on various conditions.

When caring for patients, RNs establish a plan of care or contribute to an existing plan. Plans may include numerous activities, such as administering medication, including careful checking of dosages and avoiding interactions; starting, maintaining, and discontinuing intravenous(IV) lines for fluid, medication, blood, and blood products; administering therapies and treatments; observing the patient and recording those observations; and consulting with physicians and other health care clinicians.

Some RNs provide direction to licensed practical nurses(LPN) and nursing aides regarding patient care. RNs with advanced educational preparation and training may perform diagnostic and therapeutic procedures and may have prescriptive authority.

Most RNs work as staff nurses, providing critical health care services along with physicians, surgeons and other health care practitioners. However, some RNs choose to become advanced practice nurses, who are often considered primary health care practitioners and work independently or in collaboration with physicians. For example clinical nurse specialists provide direct patient care and expert consultations in one of many of the nursing specialties listed above. Nurse midwives provide primary care to women, including gynecological exams, family planning advice, prenatal care, assistance in labor and delivery, and neonatal care. Nurse practitioners provide basic preventive health care to patients, and increasingly serve as primary and specialty care providers in mainly medically underserved areas. The most common areas of specialty for nurse practitioners are family practice, adult practice, women's health, pediatrics, acute care, and gerontology; however, there are many other specialties. In most states, advanced practice nurses can prescribe medications.

Some nurses have jobs that require little or no direct patient contact, but still require an active RN license. For example, infection control nurses identify, track, and control infectious outbreaks in health care facilities; develop methods of outbreak prevention and biological terrorism responses; and staff immunization clinics. Legal nurse consultants assist lawyers in medical cases by interviewing patients and witnesses, organizing medical records, determining damages and costs, locating evidence, and educating lawyers about medical issues. Nurse administrators supervise nursing staff, establish work schedules and budgets, and maintain medical supply inventories. RNs also may work as health care consultants, public policy advisers, pharmaceutical and medical supply researchers and salespersons, and medical writers and editors.

New Words and Expressions

1. administer [əd'ministə]

2. rehabilitation [ˌriːhə'bili'teɪʃən]

3. medication [ˌmedi'keɪʃən]

vt. 管理; 给予(病人药物)

n. 康复

n. 药物; 药物处理

- | | |
|--|----------------|
| 4. counseling ['kaunsəliŋ] | n. 顾问服务 |
| 5. immunization [,imjʊnai'zeɪʃn] | n. 免疫 |
| 6. clinician [kli'nɪʃən] | n. 临床医生; 门诊医师 |
| 7. prescriptive [pri'skriptɪv] | adj. 规定的; 惯例的 |
| 8. practitioner [præk'tɪʃənə] | n. 从业者; 执业者 |
| 9. gynecological [,ɡaɪnikə'lɒdʒɪkəl] | adj. 妇产科医学的 |
| 10. pediatrics [,pi:di:'ætriks] | n. 小儿科 |
| 11. infection [in'fekʃ(ə)n] | n. 感染; 影响; 传染病 |
| 12. inventory ['ɪnvəntri] | n. 存货清单 |
| 13. pharmaceutical [,fɑ:mə'su:tɪk(ə)l] | adj. 制药(学)的 |

Exercise

I. Match the medical orders in column A with the expressions in column B.

A

- diagnostic tests
- grief counseling
- health screening
- blood drives
- licensed practical nurses (LPN)
- nursing aides
- advanced practice nurses
- gynecological examination
- prenatal diagnosis
- neonatal period

B

- 新生儿期
- 执业护士
- 诊断检测
- 产前检查
- 哀伤辅导
- 护工
- 健康普查
- 妇科检查
- 献血
- 临床专科护理师

II. Choose the appropriate word to finish the blanks, and change the form where necessary.

prescribe counseling prenatal neonatal medication
immunization infection administer symptom practitioner

- Intravenous infusions are also used to _____ medications.
- The quick recovery was truly in response to _____.
- She will need medical help and _____ to overcome the tragedy.
- This kind of disease is companied with the _____ of high fever.
- _____ is one of the most successful and effective health interventions.
- Although most _____ tests simply confirm that a baby is healthy, it's important to prepare for other possibilities.
- Five populous countries — India, Nigeria, Pakistan, China and the Congo — now

account for more than half of all _____ deaths.

8. They encourage doctors to _____ cheaper generic drugs instead of more expensive brand names.

9. Training qualified medical _____ is a key for development of community health service.

10. She was afraid of carrying the _____ to her children.

III. Put the following sentences into English.

1. 不论病因如何,癌症在后期都发生明显的异常。(regardless of)

2. 我们应该采取有效的措施去预防传染病的爆发。(take a measure)

3. 中国各级政府已在全国建立起社区康复站 6558 个。(set up)

4. 怀特博士曾经在医疗条件差的地区当医生,工作了很多年。(work as)

5. 在与其他医院的合作下,我们现已建立一个早期预警系统以应对疫情的爆发。
(in collaboration with)

Tips

American Nurses Association

The American Nurses Association (ANA) is a professional organization to advance and protect the profession of nursing. It started in 1896 as the Nurses Associated Alumnae and was renamed the American Nurses Association in 1911. It is based in Silver Spring, Maryland. The ANA states 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 response, and advocacy in the care of individuals, families, communities, and populations. The Association is a professional organization representing registered nurses (RNs) in the United States through its 54 constituent member associations. The ANA is involved in establishing standards of nursing practice, promoting the rights of nurses in the workplace, advancing the economic and general welfare of nurses.

Passage B Critical Thinking in Nursing

Critical thinking is reasonable, reflective thinking that is focused on deciding what to believe or do. It is the rational examination of ideas, inferences, assumptions, principles, arguments, conclusions, issues, statements, beliefs and actions. The National League of Nursing anticipated the need to move from the nursing process to critical thinking in 1983 when it emphasized that nursing graduates should be able to think critically. It also included critical thinking as a criterion for baccalaureate program accreditation. Due to current nursing

shortages, cost containment and high expectations for quality nursing care, there is an urgent need for nurses to recognize and act upon organizational and system problems.

Critical thinking is essential for nurses working in preoperative care. It is a vital part of nursing care. The nurse's scope of practice has expanded the demand for critical thinking, the ability to solve problems, and increased ability to make sound judgments. Some things included in critical thinking for workplaces include: identifying and solving patient care problems; putting into operation surgery departments' missions; directing and contributing to strategic planning; creating an atmosphere that allows staff to make sound decisions by following their gut feelings.

Ambulatory surgery care occurs in a decreased time frame, which means nurses must be able to perform tasks quickly and efficiently to ensure a positive patient outcome. Some skills required include ability to gather information from patients and family, make accurate judgments, and use critical thinking skills. Nurses should consider patients to be a whole and find the best way to meet the goal of the care being provided, which can ensure the most positive outcomes for patients.

There are many opportunities to demonstrate critical thinking in a SDS/PACU unit. For example, when a patient is pre-admitted there are certain procedures and tests that must be performed on the patient. All females of childbearing age require a pregnancy test 72 hours before the scheduled surgery date. By performing this simple test a woman who may be pregnant and not know may have the surgery cancelled by the surgeon so that the fetus does not receive medication that could potentially harm the fetus.

In the PACU, nurses monitor patients using a 3 lead heart rhythm, monitor blood pressure, pulse, heart rate and oxygen level every 5 minutes. If a person's pulse suddenly becomes elevated and their blood pressure drops, nurses should know that this may be a sign of bleeding which can lead to shock. Therefore the patient may need to return to the operating room to stop the bleeding or it could mean that the patient needs an increase of fluids. Nurses should notify the physician in a timely manner so that this life-threatening doesn't become fatal. These examples illustrate critical thinking a nurse may use to identify potential problems and decide appropriate actions.

Critical thinking can be best described as that higher order of reasoning used in reaching professional informed judgments in high stakes, time restrained and novel-problem situation. Since nurses are accountable on a daily basis for the quality of care provided to the patients, nurses must interpret data, explore possible avenues for the solution, propose alternative solutions to a problem, and then make a clear concise decision that is best for the patient. Poor thinking can be fatal to our patients therefore, it is important for nurses to become skilled in a higher level of thinking and reasoning abilities in order to practice sound clinical judgment.

New Words and Expressions

- | | |
|-----------------------------------|---------------|
| 1. reflective [rɪ'flektɪv] | adj. 反省的; 沉思的 |
| 2. rational [ˈræʃənəl] | adj. 理性的 |
| 3. baccalaureate [ˌbækəˈlɔːriət] | n. 学会授予仪式 |
| 4. accreditation [əˈkrediteɪʃən] | n. 鉴定; 确认 |
| 5. preoperative [priː'ɒp(ə)rətɪv] | adj. 外科手术前的 |
| 6. fetus [ˈfi:təs] | n. 胎儿, |
| 7. notify [ˈnəʊtɪfaɪ] | vt. 通知; 布告 |
| 8. novel [ˈnɒvəl] | adj. 新奇的; 异常的 |

Notes

- | | |
|-------------------------------------|---------------|
| 1. ambulatory surgery care | 门诊手术护理 |
| 2. the National League of Nursing | 美国护理联盟 |
| 3. SDS/ unit same-day surgery | 门诊手术室; 日间手术室 |
| 4. PACU (Post anesthesia care unit) | 麻醉后恢复室, 又称苏醒室 |
| 5. 3 lead heart rhythm | 3 导联心率 |

Word Study

后缀	含义	举例
-ar	……特征的, ……形状的	regular 规则的 muscular 肌肉的 circular 环形的 anular 环的
-al	有……的属性	vertebral 脊柱 cervical 颈的 mural 壁的 terminal 末端的
-scope	镜, 检查	stethoscope 听诊器 otoscope 耳镜
-fast	耐	acid-fast 抗酸的 uviofast 耐紫外线

Part 3 Practice on METS

Task 1 Listening

Listen to the passage and then finish the missing words according to what you hear.

According to the Bureau of Labor Statistics, Registered Nursing is among the Top Ten Oc-



cupations with the Largest Job Growth. Registered _____ (RN) requires a large base of _____ used to assess, plan, and intervene to _____ health, prevent disease, and help _____ cope with illness. They are health educators and _____ for patients, families, and communities. When providing direct patient care, nurses observe, assess, and record _____, reactions, and progress, which _____ the basis for care planning and intervention. They have a unique scope of _____ and can practice independently, although they also _____ with all members of the _____ team to provide the care needed by each patient as an individual.

Task 2 Reading

I. Choose a heading from the list A—F that best fits the meaning of each numbered part of the text (1—4).

- A. Job Description
- B. Employment Facts
- C. Advancement Opportunities
- D. Educational Requirements
- E. Job Outlook
- F. A Day in a Registered Nurse's Life

1. _____

There were about 2,737,000 nurses employed in the US in 2010. About half of them worked in hospitals. Some had jobs in doctor's offices and nursing care facilities or were employed by home health care services, schools and correctional facilities. Registered nurses in hospitals and nursing care facilities work around the clock, usually on rotating shifts. Their schedules include weekends, evenings and holidays.

Nursing involves some risks including exposure to communicable diseases and dangerous drugs, and injuries related to lifting and moving patients. However, there are procedures that help mitigate these risks.

2. _____

To work as a registered nurse one must earn a bachelor of science degree in nursing (BSN), an associate degree in nursing (ADN) or a diploma in nursing. BSN programs are offered by colleges and universities and generally take four years to complete. ADN programs, offered by community and junior colleges, take two to three years to complete. Diploma programs, usually three years long, are administered by hospitals. They are relatively rare compared to BSN and ADN programs.

3. _____

A nurse often begins his or her career as a hospital staff nurse. With experience he or she may be promoted to assistant unit manager or head nurse. Some nurses eventually move into more advanced managerial positions, but a graduate degree may be needed.

The US Bureau of Labor Statistics predicts job growth for registered nurses will be faster

than the average for all occupations through 2020. There will be more job openings in this career field than there will be in almost any other.

4. _____

On a typical day a registered nurse will:

record patients' histories and symptoms on medical charts

discuss patients with other professionals

observe patients

help set up treatment plans or implement existing plans

administer medication

change dressings

discuss patients' care with families and other caregivers

II. For each paragraph put the italicized sentence into one of the three positions marked (A) (B) and (C).

1. _____ *And a nursing diploma program usually takes about 3 years.*

Nurses must graduate from a nursing program. (A) It takes about 2 years to finish an associate college study in nursing. (B) It takes about 4 years to finish a bachelor's degree in nursing. (C) Besides nursing program, nursing education also includes taking classes and hands-on learning with experienced nurses in hospitals and other places. This is called clinical training.

2. _____ *Then they are qualified as nurse practitioners.*

Nurses study chemistry, nutrition, psychology, anatomy and nursing theory. After graduating, nurses need to pass a test to get a nursing license. (A) Nurses work in a variety of roles in hospitals, GP surgeries, care homes and many community settings. (B) By providing care and advice, nurses help individuals and their families to lead healthier lives and to combat illness. (C) Nurses ask patients about their symptoms and keep detailed records. They watch for signs that people are sick. Then, nurses help doctors examine and treat patients.

3. _____ *Some focus on helping doctors during surgery, for example.*

Nurses can focus on treating one type of patient, such as babies or children. (A) They can also focus on one type of problem. (B) Others work in emergency rooms or intensive care units. (C) They help with medical tests, give medicines, and dress wounds.

Task 3 Writing

根据下面的信息写出英文病历:

同济医院住院部

患者姓名:李浩然

病历号:1008

出生日期:2006年5月9号

出生地点:湖北武汉