

总主编 郝长江 国林祥

21世纪高等医学英语系列教材

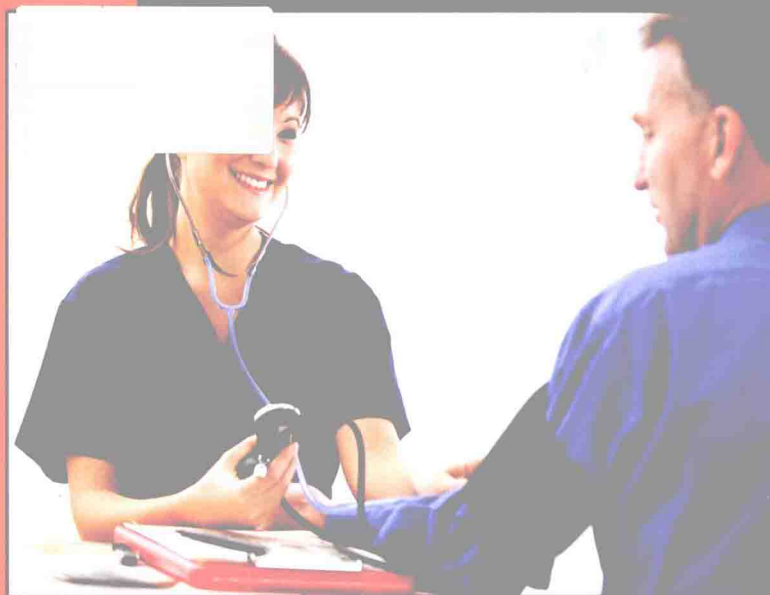


配光盘

Nursing English

护理英语综合教程

主 编 朱剑飞 薛 红



中国海洋大学出版社
China Ocean University Press

总主编 郝长江 国林祥

21世纪高等医学英语系列教材

Nursing English

护理英语综合教程

主 编 朱剑飞 薛 红

中国海洋大学出版社

• 青岛 •

图书在版编目 (CIP) 数据

护理英语综合教程 / 朱剑飞, 薛红主编. —青岛: 中国海洋大学出版社, 2013.8

21世纪高等医学英语系列教材 / 郝长江, 国林祥总主编
ISBN 978-7-5670-0266-1

I. ①护… II. ①朱… ②薛… III. ①护理学—英语—高等学校—教材 IV. ①H31

中国版本图书馆CIP数据核字(2013)第090218号

出版发行 中国海洋大学出版社

社 址 青岛市香港东路23号

邮政编码 266071

出版人 杨立敏

网 址 <http://www.ouc-press.com>

电子信箱 pankeju@126.com

订购电话 0532-82032573 (传真)

策划编辑 潘克菊

责任编辑 潘克菊

电 话 0532-85902533

装帧设计 青岛乐道视觉创意设计工作室

印 制 青岛海蓝印刷责任有限公司

版 次 2013年8月第1版

印 次 2013年8月第1次印刷

成品尺寸 185 mm × 260 mm 1/16

印 张 19.5

字 数 550千

定 价 39.80元 (含光盘)

21世纪高等医学英语系列教材

总主编：郝长江 国林祥



主 任：宋 军 陈 迎

副主任：武清宇 高 艳

委 员：（以姓氏笔画为序）

王 涛 朱剑飞 张 宏 张正厚 苏永刚
国林祥 赵贵旺 郝长江 郝向立 薛 红

护理英语综合教程

主 编：朱剑飞 薛 红

副主编：李 苹 李 蕾 盛淑芳 潘兰霞
张慧娟 李 远 孙亚楠 李延伟

编 者：（以姓氏笔画为序）

丹 阳 王明月 孙亚楠 朱剑飞 张慧娟
李 远 李 苹 李 蕾 李延伟 陈 敏
袁 福 盛淑芳 樊宽章 潘兰霞 薛 红

随着我国改革开放步伐的不断加快，在举国上下实现伟大的中国梦的进程中，大学英语教学的重点已经发展到更加重视专业英语教学的新阶段。这既是大势所趋，也是历史必然。为进一步适应高等医学英语教学的新需求，《护理英语综合教程》的问世便顺理成章了。

《护理英语综合教程》属“21世纪高等医学英语系列教材”之列。读者对象是医学护理本科或研究生。

《护理英语综合教程》的实用性体现在：

- ① 全书选文内容涵盖医学护理各领域，为将来读者从事不同护理岗位奠定基础。
 - ② 每单元均安排听力训练、口语对话，并配有MP3录音，以多媒体的形式增强学生的学习兴趣，更符合语言教学规律。
 - ③ 阅读练习题型更加丰富，拓展练习更能有效提高学生的英语应用能力。
 - ④ 医学英语构词法合理安排在全书各个单元，以便读者有效增加医学英语词汇。
 - ⑤ 附录内容实用性强，有助于读者适应新形势。
- 希望本书能让您受益。

编者

2013年春

Unit 1 The Development of Nursing

Part I Listening for Discussion / 2

Part II Dialogues / 2

Part III Theme Reading / 6

Nursing— an Evolving Profession / 6

Unit 2 Outpatient Service

Part I Listening for Discussion / 20

Part II Dialogues / 20

Part III Theme Reading / 24

Outpatient Department / 24

Unit 3 Admission

Part I Listening for Discussion / 35

Part II Dialogues / 35

Part III Theme Reading / 41

Hospital Admissions / 41

Unit 4 Emergency Nursing

Part I Listening for Discussion / 54

Part II Dialogues / 54



Part III Theme Reading / 62

Emergency Nursing / 62

Unit 5 Internal Medical Nursing

Part I Listening for Discussion / 75

Part II Dialogues / 75

Part III Theme Reading / 83

Stroke and Stroke Nursing: Safeguarding the Brain / 83

Unit 6 Surgical Nursing

Part I Listening for Discussion / 99

Part II Dialogues / 99

Part III Theme Reading / 104

Surgery: What to Expect / 104

Unit 7 Pediatric Nursing

Part I Listening for Discussion / 115

Part II Dialogues / 115

Part III Theme Reading / 120

Diarrhea in Children / 120

Unit 8 Obstetric and Gynecologic Care

Part I Listening for Discussion / 131

Part II Dialogues / 131

Part III Theme Reading / 136

Postpartum Care and Recovery / 136

Unit 9 Psychiatric Nursing

Part I Listening for Discussion / 150

Part II Dialogues / 150

Part III Theme Reading / 155

Depression / 155

Unit 10 Geriatric Nursing

Part I Listening for Discussion / 167

Part II Dialogues / 167

Part III Theme Reading / 174

Caring for a Person with Alzheimer's Disease / 174

Unit 11 Rehabilitation Nursing

Part I Listening for Discussion / 188

Part II Dialogues / 188

Part III Theme Reading / 192

Rehabilitation Nursing on a Stroke Unit / 192

Unit 12 Medical Imaging

Part I Listening for Discussion / 205

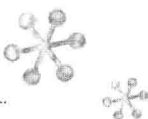
Part II Dialogues / 205

Part III Theme Reading / 211

Medical Imaging / 211

Unit 13 Discharge

Part I Listening for Discussion / 225



Part II Dialogues / 225
Part III Theme Reading / 231
Discharge / 231

Unit 14 Nursing Records

Part I Listening for Discussion / 246
Part II Dialogues / 246
Part III Theme Reading / 250
Nursing Records / 250

Unit 15 Community Health Nursing

Part I Listening for Discussion / 261
Part II Dialogues / 261
Part III Theme Reading / 265
Community Health Nursing:
Helping Patients Manage Hypertension / 265

Unit 16 Nursing Education and Training Abroad

Part I Listening for Discussion / 279
Part II Dialogues / 279
Part III Theme Reading / 283
Nursing in the United States / 283

Appendix / 295



Unit 1

• • The Development of Nursing • •

Nursing is a fundamental profession in our society. Nurses play an important role in the medical system. For future nurses, it is essential to get a general idea about nursing history and its development. We will give you a brief introduction about nursing, including its origin, history, theoretical foundation, current trends and future development.

In this unit, you will learn:

- Some useful words and expressions about nursing
- A general idea of nursing theory and practice
- A general idea of a Western hospital
- Nursing development: history, present condition process and trend



Part I Listening for Discussion

Listen to the news and answer the following questions according to what you've heard. The questions are open-ended and may have different answers, and you can discuss with your classmates before you answer.

1. In which region is nursing shortage the most severe?
2. What countries did nurses in the Caribbean region leave for?
3. Does nursing shortage also exist in the US?
4. What will intensify the nursing shortage?
5. Have you any suggestions in terms of nurse training?



Part II Dialogues

Talking About the Nursing History and Development

(A student plans to choose nursing career and wants to know about the profession. He inquired a teacher about nursing history and development.)

Student: What kind of career is nursing?

Teacher: Nursing is a profession within the health care sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life.

Student: What are differences between nurses and other health care providers?

Teacher: Nurses may be differentiated by their approach to patient care, training, and scope of practice. Nurses practice in a wide diversity of practice areas with a different scope of practice and level of prescriber authority in each.

Student: Could nurses work independently?

Teacher: Many nurses provide care within the ordering scope of physicians, and this





traditional role has come to shape the historic public image of nurses as care providers. However, nurses are permitted to practice independently in a variety of settings depending on training level.

Student: Can you give me a brief introduction to the traditional nursing?

Teacher: Sure. Before the foundation of modern nursing, nuns and the military often provided nursing-like services. The Christian churches have been long term patrons of nursing and influential in the development of the ethos of modern nursing.

Student: Now please give me an introduction to the modern nursing.

Teacher: Ok. In the 19th century, Florence Nightingale was an influential figure in the development of modern nursing. The Crimean War was a significant development in nursing history when English nurse Florence Nightingale laid the foundations of professional nursing. Her short book *Notes on Nursing* became popular.

Student: Oh, yes. She's quite a famous nurse. Then what about the nursing profession? Can you explain it?

Teacher: Yes. Nurses care for individuals of all ages and cultural backgrounds who are healthy and ill in a holistic manner based on the individual's physical, emotional, psychological, intellectual, social, and spiritual needs. The profession combines physical science, social science, nursing theory, and technology in caring for those individuals.

Student: As we know, female dominate the nursing profession, right?

Teacher: Right. Around the world, nurses have been traditionally female. For instance, the male-to-female ratio of nurses is approximately 1:19 in Canada and America.

Student: What about the nursing conditions presently?

Teacher: Presently we are facing a serious shortage of nurses throughout the world.

Student: Why? Can you explain it?

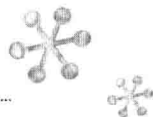
Teacher: Yes. One reason for this shortage is the work environment where nurses practice. The nursing work system often exceeds the limits and capabilities of human performance. To solve the problem, some countries and states have passed legislation regarding acceptable nurse-to-patient ratios.

Student: Ok, thank you. Now I'm quite clear about it. Besides, could you tell me the present condition of nurses in different countries?

Teacher: No problem. In most countries nurses appear to be considered lesser than a physician like in the US or Japan. While in Canada, nurses hold a lot of responsibilities in the medical field and are considered vital. Canadians look to RNs for health education and for strategies to improve their health. It is rather uncommon to see nurses with this much independence.

Student: How about nursing in Japan today?

Teacher: Like the US, Japan is in need of more nurses. Some of the reasons are poor



working conditions, an increase in the number of hospital beds, the low social status of nurses, and the cultural idea that married women quit their jobs for family responsibilities.

Student: Then how about their social status and income?

Teacher: On average, Japanese nurses will make around 280,000 yen a year. However, physicians make twice the amount that nurses do in a year. Similar to other cultures, the Japanese people view nurses as subservient to physicians.

Student: What about nurses in the United States?

Teacher: Well, in the US, wages of registered nurses were quite high. Many employers offer flexible work schedules, child care, educational benefits, and bonuses.

Student: Sounds attractive. Then I guess they are not short of nurses, right?

Teacher: No. Nursing shortage also exists in the United States.

Student: Why?

Teacher: Let me explain. In America, RNs are the largest group of health care workers, while the number of new graduates and foreign-trained nurses is insufficient to meet the demand for them. Also many nurses are leaving nursing career voluntarily.

Student: Why do they want to leave the career?

Teacher: They want to leave the profession because of unsatisfactory working conditions, including low pay, severe under staffing, high stress, physical demands, mandatory overtime, and irregular hours.

Student: Sounds reasonable. Any other reasons?

Teacher: Yes. The faster than average job growth in this field is also a result of improving medical technology that will allow for treatments of many more diseases and health conditions. Nurses will be strong in demand to work with the rapidly growing population of senior citizens in the United States.

Student: I see. It's quite understandable. This helps explain why we are lacking nurses.

(846 words)

(Adapted from <http://en.wikipedia.org/wiki/Nursing>)



New Words

optimal /'ɒptɪməl/ *adj.* (formal) the best or most suitable 最佳的, 最理想的

patron /'peɪtrən/ *n.* someone who supports the activities of an organization, for example by giving money 赞助人



ethos /'i:θɒs/ *n.* the set of ideas and moral attitudes that are typical of a particular group 道德观, 风气

holistic /həu'listɪk/ *adj.* considering a person or thing as a whole, rather than as separate parts 整体的, 全盘的

yen /jen/ *n.* the standard unit of money in Japan 日元

subservient /səb'sə:viənt/ *adj.* less important than something else 次要的; 从属于

mandatory /'mændətəri/ *adj.* required or commanded by authority or law 强制性的



Notes

RN (Registered Nurse): a graduate trained nurse who has passed a state registration examination and has been licensed to practice nursing 注册护士



Exercises

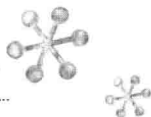
Comprehension Check

Answer the following questions according to the dialogue.

1. What's the definition of nursing according to the dialogue?
2. Are nurses subordinate to doctors?
3. What's the important role of Florence Nightingale in the nursing history?
4. Most nurses around the world are female. Is that true?
5. What are the different situations of nurses in different countries?

Role-play

- I. Make a brief introduction to the origin and historical development of nursing to your classmates.
- II. Work in group: Talk about the difference between the present nursing profession and nursing in the past.



Part III Theme Reading

Nursing— an Evolving Profession

Overview

Nursing in its most basic form has existed since the beginning of time. It has evolved from an informal act of caring for and nurturing others to a more complex scientific-based profession. Basic tenets of the profession have remained constant. From its infancy, the focus of nursing has been on assisting with meeting basic human needs. Over time, significant changes have occurred to meet the needs of an ever-changing society. Changes in the population make-up, consumer demands, technology, and economics are some of the key factors that have influenced how nursing has evolved. Nursing education, practice settings, and nursing roles have changed significantly. Although nursing has come a long way from the day of strictly providing bedside care, it is by no means anywhere near its full maturity. In fact, nursing will continue to change and evolve as will the world.

Historical review

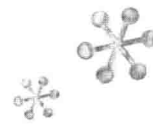
The founder of modern nursing is Florence Nightingale. She developed the first formal training program for nurses. She focused on the role of the nurse in preventing and curing disease through sanitary techniques. Nightingale was responsible for major reform in hygiene and sanitary practices. Even at this early time in nursing, she used evidence-based principles to guide nursing practices. Just as Florence Nightingale made a significant impact on the course nursing has taken, so have many other individuals.

The evolution of nursing in the United States occurred within the context of wartime just as was the case during Nightingale's era. Dorothea Dix, who was not a nurse, is credited with developing the Nurses Corps of the United States Army. Clara Barton founded the American Red Cross, which played a key role in meeting the healthcare needs of soldiers during the Civil War. Linda Richards is credited with being the first trained nurse in the United States, and Mary Mahoney was the first trained African American nurse.

Many other events have contributed in some way to the evolvement of the nursing profession. Two such events were the formation of the American Society of Superintendents of Training Schools for Nurses in the United States, the precursor to today's National



Florence Nightingale



League of Nursing, and the Nurses' Associated Alumnae, which eventually became the American Nurses Association (ANA). The National League for Nursing plays a critical role in promoting nursing quality through the accreditation of nursing education programs through the National League for Nursing Accrediting Commission (NLNAC). The ANA is designated as the body that advances the nursing profession through the promotion of nurses' rights and establishment of standards of practice that promotes high-quality nursing practice.

Theoretical foundation

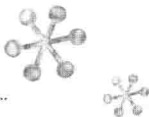
Nursing is an art and a science. The two form a synergistic relationship, the sum of which is much greater than each entity individually. The art that is manifested in the caring and compassionate provision of care cannot stand without the scientific knowledge base that validates nursing actions and vice versa.

To develop a scientific knowledge base, nursing had to define its boundaries. To do this, four concepts were identified as central to the nursing profession: person, health, environment, and nursing. Various theories have been used to describe the relationship of one or more of these four concepts.

Some theories have been borrowed from other disciplines (e.g., psychology, human development), but others have been developed by nurses. Nursing theories have multiple purposes. **Grand nursing theories** are broad in scope and are more difficult to apply to practical situations. In contrast, **midrange nursing theories** can be tested in practical situations but are not so narrow in scope that they can only be applied to a particular situation. An oversimplified example follows:

- **Grand theory:** Certain foods are harmful. (This statement is broad in scope and requires more specificity before it can be tested.)
- **Midrange theory:** Trans fat increases low-density cholesterol and decreases high-density cholesterol. (This statement can be tested yet is broad enough that it can be applied to multiple patients.)
- **Narrow-range theory:** Cindy is allergic to peanut oil. (This statement can be tested but is restricted to this particular patient.)

Another closely related activity that helps to define nursing's theoretical foundation is research. After theories are developed, they must be tested through research to confirm their validity and reliability. Ultimately, research results contribute to **evidence-based nursing practice** (i.e., nursing practice based on proven result vs. intuition or unplanned trial and error).



Nursing roles and education

Nurses who provide direct bedside care still make up a large portion of the profession's workforce. However, as mentioned previously, practice settings and nursing roles have expanded to keep up with societal demands. The acuity of patients hospitalized has led to a need for nurses with more specialized skills. As a result, nurses not only possess licensure but also certification in such areas as gerontological nursing, cardiac and vascular nursing, and prenatal nursing, to name a few. Clinical nurse specialists are also being used to meet this demand. With the growing shift toward preventive and patient-centered care, nurses are being employed more and more in community-based settings, including the home setting. Nurse practitioners are working collaboratively with physicians to meet healthcare needs of patients in both inpatient and outpatient settings.

Nursing has also established its place at the decision-making table in healthcare organizations, as reflected by nurses assuming roles in such areas as administration and utilization management. A professional Registered Nurse may delegate certain activities to assistive personnel; however, he or she is ultimately accountable for patient assessment and decision making related to nursing care.

Although not considered a component of professional nursing, licensed practical nurses (licensed vocational nurse) also continue to represent a large sector of the nursing workforce. Practical nurses provide technical nursing care usually under the guidance of professional nurses. The practical nursing workforce also serves as an important source for future professional nurses. This discussion of the various nursing roles in healthcare is by no means exhaustive.

Nursing education has also undergone a metamorphosis to equip nurses to assume the changing roles required in the healthcare arena. Over time, nursing education has shifted from a hospital-based apprenticeship model (diploma programs) to college-based models (associate's degree and baccalaureate degree programs). Beyond entry-level nursing programs are those that offer master's degrees in nursing as well and the doctoral degree (PhD and DNP).

Legal perspectives

The Nurse Practice Act provides guidance regarding the legal boundaries of professional nursing practice. Each individual state determines specific regulatory guidelines for the practice of nursing, including the scope of practice, method of governing, and nursing education criteria.

Licensure is required to practice nursing in all states. It is illegal to practice as a nurse without an active license! All nursing graduates are required to take the NCLEX-RN