

全国高等医药院校精品教材

Bilingual Fundamental Nursing Skill Training Guide

基础护理学 **双语** 实验指导

杜 玲  主编



全国高等医药

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主 审 李曾艳

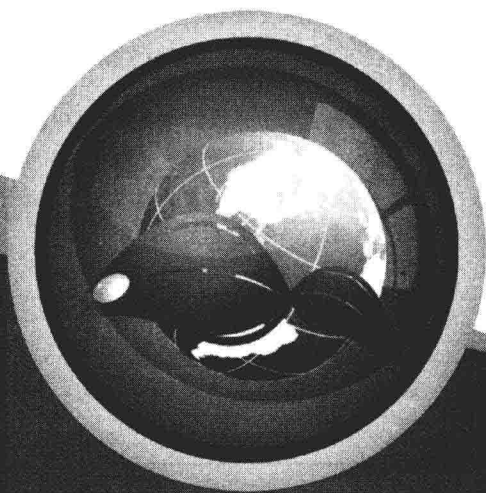
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内 容 简 介

本教材采用双语编写,主要内容为护理学专业基本操作技术,采用中英文对照的形式阐述护理学操作目的、评估、物品准备、操作过程、护理事项、沟通模板、评分细则等内容。将护理专业英语与操作技能有机结合。各项操作内容均按照临床一线最新操作标准编著,新增英文的沟通模板可以为涉外护理人员提供良好的沟通素材,附录中补充的护理交接班模板可以为学生提供参考。

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前言

Qianyan

基础护理技术是每名护生必须掌握的基本技能,是护生基础学习阶段和临床实习前需要加强训练的主要内容。随着医学模式的转变和人们健康意识的增强,“以人为中心”的整体护理理念逐渐在工作中得到体现,最大限度地满足服务对象的全方位需求已经成为临床护理的重要课题之一。在护理教学中如何运用护理程序、如何理论联系实际、如何在护理操作中与患者有效沟通、提高学生分析问题和解决问题的能力是教学中的重点。另外,随着我国对外学术交流的不断深入,社会对专业技术人员的外语水平要求也越来越高。为适应当今社会对护理专业人才培养的要求,本教材采用双语编写,主要内容为基础护理学操作目的、评估、物品准备、操作过程、护理事项、沟通模板、评分细则等内容。按照临床一线最新操作要求编写的相关操作可以让学生尽快掌握与临床工作接轨的操作技术,更好地适应临床工作。为方便学生学习,特别在重要词汇下画波浪线进行强调。这是一本能够为师生提供应用性操作标准的双语参考书,旨在为学生提高专业英语的应用能力,更好地适应临床实习打好基础。

本教材虽经编者精心推敲与仔细核对,但纰漏和错误之处仍在所难免,恳请相关专家、学者和热心读者不吝赐教。

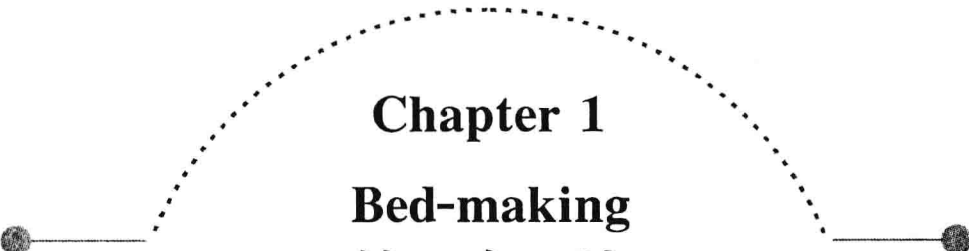
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Chapter 1

Bed-making

铺 床 法

1.1 Making a Closed Bed

铺 备 用 床

Purpose 操作目的

1. To keep the ward neat.
保持病室整洁。
2. To prepare for a newly admitted patient.
准备接收新患者。

Assessment 评估

1. Check whether other patients in the ward are receiving therapy or dining.
检查病室内其他患者是否正在进行治疗或进餐。
2. Assess whether the hospital bed and linens are in good condition, whether the quilt is suitable for the season.
评估患者及床上用物是否完好,被子是否适合季节需要。

Gather equipment 物品准备

Equipments: 护理车上(由上至下)依次为 pillow 枕芯, pillowcase 枕套, quilt or



blanket 棉胎或毛毯, quilt cover 被套, large sheet 大单, mattress pad 床褥, hand sanitizer 洗手液, bed brush 床刷, bed brush cover(if necessary)床刷套(按需准备)。

Procedure 操作过程

1. Report and tidy your dress.

报告并整理仪表。

2. Check the validity of hand sanitizer and wash hands in 7 steps and put on the mask.

检查洗手液的有效期, 7 步洗手法洗手并戴口罩。

3. Prepare the equipments. Place linens on the nursing trolley in order of use.

准备用物, 按使用顺序将用物置于护理车上。

4. Wash hands and remove the mask.

洗手、摘口罩。

5. Take all the equipment to the patient's bedside.

携用物至患者床旁。

6. Assess the environment. Wash hands and put on the mask.

评估环境, 洗手、戴口罩。

7. Move the bedside table about 20 cm away from the bed.

移开床旁桌, 使其距离床约 20 cm。

8. Move the bedside chair next to the foot of the bed.

将床旁椅移至床尾。

9. Place linens on the chair in order of use. Move the nursing trolley to the middle of the ward.

按使用顺序将床上用物放在椅子上。将护理车置于病室中间。

10. Check the mattress and turn it over as needed. Move it up to the head of the bed and center it.

检查床垫并根据需要翻转床垫。将床垫往上推, 居中齐床头。

11. Align the mattress pad flat out on the mattress.

将床褥对齐床头, 平铺于床垫上。

12. Place a large sheet on the mattress with its horizontal and vertical center folds at the center lines of the mattress.

将大单放在床垫上, 使其横中线和纵中线对齐床垫的相应中线。

13. Unfold the large sheet in sequence from the head to the foot of the bed, from

the near side to the opposite side.

从床头到床尾、从近侧到对侧依次打开大单。

14. Tuck the excess large sheet under the head of the mattress.

将床头余下部分的大单折入床垫下。

15. Make a mitered corner at the head of the bed on the near side.

铺近侧床头角(包角)。

16. Making a mitered corner: Lifts the corner of the mattress with your right hand, and folds the rest part of the large sheet under the mattress with your left hand. Lift the edge of the large sheet 30 cm away from the head of a bed, make the lifting part looks like an equilateral triangle, and then fold two angles under the mattress respectively.

包角:右手托起床垫一角,另一手伸过床头中线将大单折入床垫下,在距离床头约 30 cm 处,向上提起大单边缘,使大单头端呈等边三角形,再分别将两角塞于床垫下。

17. Move to the foot of the bed, tuck the excess large sheet under the foot of the mattress, make a mitered corner in the same way for the head of the bed on the same side.

移至床尾,将床尾余下部分的大单折入床垫下,同法包好同侧床尾角。

18. Move to the center of the bed, tuck the remainder of the large sheet's center part under the mattress.

移至床中部,将大单中部边缘塞于床垫下。

19. Move to the opposite side of the bed, repeat steps 12-18 to make the large sheet on the opposite side. At last pull the large sheet toward you and straighten out the sheet to make sure that there are no wrinkles in it.

转至床对侧,重复步骤 12~18 同法铺好对侧大单。最后将大单向一侧牵拉确保床单没有褶皱。

20. Place the quilt cover on the bed with its vertical center fold at the vertical center line of the bed and with the top of the quilt cover placed so that the hem is 15 cm away from the head of the bed.

将被套放在床上,使其纵中线对齐床的纵中线,被套上缘距离床头 15 cm。

21. Unfold the quilt cover in sequence, draw its end of upper-layer upwards from its placket.

依次打开被套,将被套尾部开口端上层向上打开 1/3 处。

22. Place the quilt folded in "S" form into the placket of the quilt cover so that its end is even with the end of the quilt cover.



将“S”形折叠的棉胎放入被套尾端开口处,棉胎底边与被套开口边缘平齐。

23. Pull the top of the quilt into the top of the quilt cover with your left hand.
用左手将棉胎上端拉至被套顶端。

24. Unfold the quilt and make it even with the quilt cover.
展开棉胎,使其平铺于被套内。

25. Unfold the end of the quilt and make it even with the quilt cover in the same way, tie the open end of the quilt cover.

用同样的方法展开棉胎尾部于被套内后拉平被套,系带打结。

26. Tuck in the two side edges of the quilt along the edges of the bed and tuck in its end along the end of the bed.

将盖被两侧平齐床缘内折,尾端平齐床尾内折。

27. Open the pillowcase and slip it over the pillow. Tie the open end of the pillowcase.

打开枕套并套于枕芯外,系带打结。

28. Place the pillow in an upright position at the head of the bed with the open end of the pillowcase facing away from the door of the room.

将枕头横放于床头,枕套开口端背门。

29. Return the bedside table and chair.

移回床旁桌和床旁椅。

30. Wash hands and remove the mask.

洗手、摘口罩。

Nurse Alert 护理事项

1. While making the bed, there should be no patients in the ward receiving therapy or dining.

铺床时,病室内应没有患者进行治疗或进餐。

2. Always use good body mechanics to conserve time and energy. For example, when you place an adjustable bed in the high position and drop the bed side rails, using correct posture can reduce strain on you as you work.

运用人体力学原理以省时和节力。例如,将升降床升起、将床栏放下等动作若采取正确姿势可以减轻操作者的肌肉疲劳。

3. Smooth the bed so that it is free of wrinkles to avoid irritating patient's skin and causing discomfort.

床铺平整无褶皱,以免刺激患者皮肤及引起不适。

New Words and Expressions

单 词 表

quilt [kwilt] *n.* 被子;棉胎

mattress ['mætris] *n.* 床垫;褥子;空气垫

horizontal [həri'zɒntəl] *adj.* 水平的;地平线的;同一阶层的

vertical ['vɜːtikəl] *adj.* 垂直的,直立的;头顶的,顶点的

tuck [tʌk] *vt.* 卷起;挤进;用某物舒适地裹住

wrinkle ['rɪŋkl] *n.* 皱纹;皱褶

hem [hem] *n.* 边,边缘;摺边

placket ['plækɪt] *n.* 开口

Communication Model

沟 通 模 板

Self-introduction Model 常规介绍模板

Good morning/afternoon teachers, my name is ××, I come from class ××, my student's number is ××. Today, I am going to show you the process of making a closed bed, the equipments I have prepared are... ,everything is ready, may I start?

老师上午/下午好,我是××,来自××班,我的学号为××。今天我要展示的操作是铺床法,所准备的用物有……,准备完毕,请求开始。

Assessment 评估

There is no patient receiving therapy or dining in the ward. The bed and linens are in good condition and suitable for the season.

病室内无人进餐或治疗。床上用品完好,被服符合季节要求。



Scoring Criteria 1

评分细则 1

项 目	总分	技术操作要求	标准分	扣 分 说 明	得分
评 估 10	仪表	2	仪表端庄、服装整洁、修剪指甲、洗手戴口罩	2	一项不符扣 2 分
	物品	6	用物齐备	4	一项不符扣 1 分
			治疗车上下放置合理	2	一项不符扣 1 分
	环境	2	用物按顺序摆放,并能按顺序说出物品	2	一项不符扣 1 分
实 施 70	铺床褥	12	移开床旁桌和床旁椅位置得当、动作轻稳	4	一项不符扣 1 分
			根据需要翻转床垫	2	一项不符扣 2 分
			床褥放置位置方法正确	2	一项不符扣 2 分
			床褥展开方法正确、展开平整	4	一项不符扣 1 分
	铺大单	20	大单放置正确、一次展开	2	一项不符扣 1 分
			铺单手法、顺序正确	4	一项不符扣 1 分
			折角手法、顺序正确	4	一项不符扣 2 分
			中线正	2	一项不符扣 2 分
			床角及边缘整齐、紧扎、美观	6	一项不符扣 2 分
			床面平整、美观	2	一项不符扣 1 分
	套被套	24	被套放置合理、一次展开	2	一项不符扣 1 分
			棉胎放置合理、展开方法正确	4	一项不符扣 2 分
			套棉胎方法正确	4	一项不符扣 2 分
			被套两侧对称、齐床沿	4	一项不符扣 2 分
			被套中线与床中线齐	2	一项不符扣 1 分
			被尾折叠平整、齐床尾,系带无外露	4	一项不符扣 2 分
			被头充实,与床头距离适宜(15 cm)	2	一项不符扣 1 分
			被套内外平整、美观	2	一项不符扣 1 分
	套枕套	8	在床尾或椅子上套枕套,方法正确	2	一项不符扣 2 分
			枕头四角平整、充实	2	一项不符扣 1 分
			枕头摆放方式正确	2	一项不符扣 2 分
			枕头放置正确,开口背门	2	一项不符扣 1 分
	整理	6	移回床旁桌和床旁椅、动作轻稳	2	一项不符扣 1 分
			用物处理正确,洗手	4	一项不符扣 2 分
评 价 20	能力	6	语言流畅,有效沟通	3	一项不符扣 2 分
			按规定时间完成(5 min)	3	每超过 30 s 扣 1 分
	英语	10	发音准确,语言流畅,关爱患者,符合逻辑	10	一项不符扣 2 分
	效果	4	床单元整体符合要求,护士操作符合力学原理	4	一项不符扣 2 分
主考教师签字:		日期:	总分:100	得分:	

评分标准:91~100 分为优,81~90 分为良,71~80 分为中,60~70 分为差,低于 60 分为不及格。

1.2 Making an Unoccupied Bed

铺 暂 空 床

Purpose 操作目的

1. To keep the ward neat.

保持病室整洁。

2. To prepare for the patient who is newly admitted or when the hospitalized patient needs to be off for examination or therapy.

供新入院患者或住院患者暂时离床(如外出检查或治疗)时使用。

Assessment 评估

1. Obtain health information from the patient admitted.

了解新入院患者的病情。

2. Assess the hospitalized patient's health condition, whether he/she is allowed to be up and about or be off for examination or therapy.

评估住院患者的病情,他/她是否被允许暂时离床活动或外出检查治疗。

Gather equipment 物品准备

Equipments: 根据需要备 pillowcase 枕套, quilt cover 被套, large sheet 大单, hand sanitizer 洗手液, bed brush 床刷, bed brush cover 床刷套。

Procedure 操作过程

1. Report and tidy your dress.

报告并整理仪表。

2. Check the validity of hand sanitizer and wash hands in 7 steps and put on the mask.

检查洗手液的有效期, 7 步洗手法洗手并戴口罩。

3. Prepare the equipments. Place linens on the nursing trolley in order of use.



准备用物,按使用顺序将用物置于护理车上。

4. Wash hands and remove the mask.

洗手、摘口罩。

5. Take all the equipment to the patient's bedside.

携用物至患者床旁。

6. Assess the environment. Wash hands and put on the mask.

评估环境,洗手、戴口罩。

7. Check for the bed number and patient's name. Ask the reason for going out and return time. Assist the patient to get off the bed.

核对患者床号、姓名,询问其外出原因及返回时间,协助患者下床。

8. Move the bedside chair next to the foot of the bed.

将床旁椅移至床尾。

9. Check for personal items the patient may have dropped in the bed, such as a watch.

检查患者有无手表等个人物品落在床上。

10. Check for soiled linens and replace them as needed.

检查有无已被弄脏的床上用物,根据需要进行更换。

11. Sweep the large sheet on the bed using a bed-brush with a damp cover if necessary.

必要时用带湿套的床刷清扫床大单。

12. If the corners of the bed are loosened, miter them using the same method as for "making a closed bed".

如果床角松散,则铺床角,方法同“铺备用床”。

13. Place the quilt on the bed with its vertical center fold at the vertical center line of the bed and with its top placed so that the hem is 15 cm away from the head of the bed.

将盖被放在床上,使其纵中线对齐床的纵中线,上缘距离床头 15 cm。

14. Tuck in the two side edges of the quilt along the edges of the bed and tuck in its end along the end of the bed.

将盖被两侧平齐床缘内折,尾端平齐床尾内折。

15. Infolding one quarter of the quilt and then fold the quilt down to the foot of the bed into three parts.

将盖被的四分之一向内折,再将盖被扇形三折叠于床尾。

16. Soften the pillow.

拍松枕头。

17. Place the pillow at the head of the bed with the open end of the pillowcase facing away from the door of the room.

将枕头横放于床头,枕套开口端背门。

18. Return the bedside table and chair.

移回床旁桌和床旁椅。

19. Discard all used equipment appropriately.

合理清理用物。

20. Wash hands and remove the mask.

洗手、摘口罩。

Nurse Alert 护理事项

Same as for“Making a closed bed”.

同“铺备用床”。

1.3 Making a Postoperative Bed 铺麻醉床

Purpose 操作目的

1. To facilitate a postoperative patient's transfer into a bed from the operating room and receipt of treatments and nursing care.

方便术后患者转运并接受治疗和护理。

2. To provide a safe and comfortable environment for a postoperative patient in order to prevent postoperative complications.

为手术后患者提供安全、舒适的环境及预防术后并发症的发生。

3. To prevent the patient's linens from being soiled with excretions or other body discharges and facilitate their replacement.

避免床上用物被分泌物或其他体液污染,便于更换。



Assessment 评估

1. Assess the patient's diagnosis, health condition, anesthetic type, operation site and equipment for postoperative emergency as needed.

评估患者的诊断、病情、麻醉方式、手术部位及术后需要的抢救物品等。

2. Check whether other patients in the ward are receiving therapy or dining.

检查病室其他患者是否正在进行治疗或进餐。

Gather equipment 物品准备

Equipments: 护理车上(由上至下)依次为 pillowcase 枕套, quilt cover 被套, rubber drawsheet 橡胶单, cloth drawsheet 中单, large sheet 大单, hand sanitizer 洗手液, bed brush 床刷, bed brush cover(if necessary) 床刷套(按需准备)。

Equipment for postoperative care 术后麻醉用物: tray 治疗盘, mouth gag and tongue forceps 开口器及舌钳, tongue blade 压舌板, oropharyngeal tube 口咽通气导管, sphygmomanometer and stethoscope 血压计和听诊器, sterile bowl 无菌治疗碗, nasal catheter or cannula 鼻导管或吸氧管, sterile suction catheters 无菌吸痰管, sterile swabs 无菌棉签, sterile forceps 无菌镊子, sterile gauzes 无菌纱布, flashlight 手电筒, drape 治疗巾, kidney basin 弯盘, adhesive tape 胶布, record chart and pen 护理记录单及笔, oxygen equipment and suction equipment 吸氧与吸痰装置。

Procedure 操作过程

1. Report and tidy your dress.

报告并整理仪表。

2. Check the validity of hand sanitizer and wash hands in 7 steps and put on the mask.

检查洗手液的有效期, 7步洗手法洗手并戴口罩。

3. Assess the patient before operation(surgery site, the number of drainage tube). Prepare the equipments according to the need and place linens on the nursing trolley in order of use.

操作前评估患者(手术部位及引流管数量)。根据术后患者的需要准备用物, 按使用顺序将物品置于护理车上。

4. Wash hands and remove the mask.

洗手、摘口罩。

5. Take all the equipment to the patient's bedside.

携用物至患者床旁。

6. Assess for the environment of the ward, ensure that no patients in the ward are receiving therapy or dining.

评估病室环境,确保病室内没有患者正在进行治疗或进餐。

7. Wash hands and put on a mask.

洗手、戴口罩。

8. Move the bedside table about 20 cm away from the bed.

移开床旁桌,使其距离床约 20 cm。

9. Move the bedside chair next to the foot of the bed.

将床旁椅移至床尾。

10. Place linens on the chair in order of use.

按使用顺序将床上用物放在椅子上。

11. Strip the used sheet, quilt cover and pillowcase. Folding the pillow, mattress and quilt.

撤去用过的大单、被套及枕套。折好枕芯、床褥及棉胎。

12. Check the mattress and turn it over as needed. Move it up to the head of the bed and center it. Align the mattress pad flat out on the mattress. Sweep it using a bed-brush with a damp cover.

检查床垫并根据需要翻转床垫。将床垫往上推,居中齐床头。将床褥对齐床头平铺于床垫上,用带湿套的床刷清扫床褥。

13. Place a large sheet on the mattress with its horizontal and vertical center lines of the mattress.

将大单放在床垫上,使其横中线和纵中线对齐床垫的相应中线。

14. Unfold the large sheet in sequence from the head to the foot of the bed, from the near side to the opposite side.

从床头到床尾、从近侧到对侧依次打开大单。

15. Tuck the excess large sheet under the head of the mattress.

将床头余下部分的大单折入床垫下。

16. Make a mitered corner at the head of the bed on the near side.

铺近侧床头角。

17. Making a mitered corner: Lifts the corner of the mattress with your right