

主 编 ● 易巍陆

# 护士英语阅读

*English Reading For Nurses*



人民军医出版社

PEOPLE'S MILITARY MEDICAL PRESS

# 护士英语阅读

English Reading for Nurses

主 编 易巍陆

副主编 付红焱 刘 艳 胡 波  
贾小莹

编 者 (以姓氏笔画为序)

马彦菲 王子宁 李 琳  
李 惠 张欣硕 侯炎红  
谭耀华



人民军医出版社

PEOPLE'S MILITARY MEDICAL PRESS

北 京

---

**图书在版编目(CIP)数据**

护士英语阅读/易巍陆主编. —北京:人民军医出版社, 2011. 5  
ISBN 978-7-5091-4815-0

I. ①护… II. ①易… III. ①护士—英语—阅读教学—自学参考资料 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2011)第 071996 号

---

策划编辑:张忠丽      文字编辑:李 欢      责任审读:张之生

出 版 人:石 虹

出版发行:人民军医出版社      经销:新华书店

通信地址:北京市 100036 信箱 188 分箱      邮编:100036

质量反馈电话:(010)51927290;(010)51927283

邮购电话:(010)51927252

策划编辑电话:(010)51927300—8230

网址:[www. pmmp. com. cn](http://www.pmmp.com.cn)

---

印、装:北京国马印刷厂

开本:850mm×1168mm 1/32

印张:8.5 字数:211 千字

版、印次:2011 年 5 月第 1 版第 1 次印刷

印数:0001~3000

定价:26.00 元

---

**版权所有 侵权必究**

购买本社图书,凡有缺、倒、脱页者,本社负责调换

## 内 容 提 要

本书精心编选了 40 篇与护理专业相关的文章,共设 10 个单元,每个单元包括 4 篇文章。内容涉及护理理念、常见疾病、基础护理知识技能和健康知识。文章篇幅适中,通俗易懂,贴近护理实际工作,便于记忆。每篇文章结构包括正文、生词注释、常用短语和句型。为方便读者检验阅读理解效果、增强记忆、学习时检索,文中配有练习题、中文译文和附录。本书可作为护理专业大、中专学生阅读教材,也可为广大临床护士提高护理英语水平、参加护理英语演讲比赛提供资料,同时是护士参加考试或出国工作的极好参考读物。

# 前 言

随着我国对外开放的不断深入与发展、国家综合实力的提高、国际间交往的日益增加,每年都会有大量的外籍人士来中国参加各种国际性活动,外国人在中国就医也逐渐增多。语言作为护患沟通的重要工具,其熟练程度直接影响护理工作质量与效果。护士需要具备一定的外语水平,才能与外籍人士进行有效的交流,完成对他们的护理。由于我国护理改革发展逐步与国际接轨,护理国际交往日益增加,护理人员在研究国外先进的护理理念、管理和技术时要查阅有关的外文文献资料,外语水平的高低对获取信息就起着至关重要的作用。近几年来,美国、英国、加拿大、新加坡等国家和中东地区护士紧缺,每年都引进大量护理人员,以补充本国护士的缺员,护士已成为国际性的紧缺人才。中国护士熟练的操作技能和勤奋的工作态度为各国所公认,中国“护士职业资格证书”已被很多国家认可。然而中国护士要真正迈出国门参与国际竞争,语言是关键。

长期以来,中等卫生护理学校、专科护理院校所选用的护理专业英语教材内容中涉及大量难懂的医学文章,学生感到远远超过了他们的接受能力。真正符合时代要求,融知识性、趣味性、实用性为一体的护理英语教材,有待更多的专业人才关注和投身到护理专业英语的编写之中。为此我们组织北京市3所卫生、护理学校的具有丰富护理英语教学经验的教师及曾在外国从事过护理工作的护理教师,编写了《护士英语阅读》一书,以飨读者,希望在丰富护理英语教学的工作中尽我们的微薄之力。

该书在编写中注意收集国内外先进的护理理念,力求结构创

新、版式设计新颖。编写中,力求在从目前学(院)校护理大、中专学生的实际水平出发的同时,兼顾到广大在职护理人员的英语水平。全书共设 10 个单元,每个单元包括 4 篇与护理专业相关的文章。文章内容涉及护理理念部分,包括护理程序、整体护理模式、护理的法律地位、护士的职责、患者的权利、护患交流、社区护理、精神卫生护理、临终关怀、安乐死与护理;常见疾病部分涉及内科、外科、妇产科、儿科、精神科疾病,包括高血压、糖尿病、骨折、骨质疏松、儿童肥胖、乙型肝炎、抑郁症、自杀、乳腺癌、前列腺炎;基础护理知识技能部分,包括为患者准备床单位、入院护理、晨晚间护理、测量生命体征、压疮的预防和护理、洗手方法、无菌技术、给药、冷热疗法、医疗文书书写。为了提高读者的学习兴趣,健康知识部分文章的编写风格有别于刻板的医学文章,在给读者带来一种轻松感觉的同时,还提供了与生活密切相关而平时又不太重视的保健知识,内容包括戒掉不良饮食习惯,维生素是如何起作用的,食物的五个误区,追根究底谈晒伤,休息一下放轻松,小心病菌,当过敏来袭,整形手术——轻轻松松让你变得更美丽,何谓你的生理年龄。

书中文章篇幅适中,内容通俗易懂,贴近护理工作实际,避免使用晦涩的医学词汇。每篇文章结构包括正文、生词注释、常用短语和句型,为检验阅读理解效果配有一定的练习题,为方便读者理解配有中文译文。最后的附录将文章中出现的生词进行了汇总,便于读者学习时查找。

本书在编写过程中得到了首都铁路卫生学校陈乃和校长、北京护士学校黄维清校长、北京卫生学校张燕京主任的大力支持,同时感谢各位编委辛勤的劳动!

书中难免有疏漏之处,恳请读者提出宝贵意见。

编 者

2011 年 3 月 30 日

# Contents

<b>Unit One</b>	(1)
Part 1   Nursing Process	(1)
Part 2   Hypertension	(6)
Part 3   Making Bed for the Patient	(12)
Part 4   Common Cold	(19)
<b>Unit Two</b>	(25)
Part 1   The Holistic Nursing Models	(25)
Part 2   Diabetes	(30)
Part 3   Admitting the Patient	(35)
Part 4   Five False Food“Facts”	(42)
<b>Unit Three</b>	(48)
Part 1   The Legal Status of Nursing	(48)
Part 2   Fractures	(54)
Part 3   Care of Morning and Evening	(59)
Part 4   How Vitamins Work	(66)
<b>Unit Four</b>	(71)
Part 1   The Nurse’s Responsibility	(71)
Part 2   Prostatitis	(77)
Part 3   Taking Vital Signs	(83)

Part 4	You Can Rest and Relax .....	(89)
<b>Unit Five</b>	.....	(97)
Part 1	The Patient's Rights .....	(97)
Part 2	Breast Cancer .....	(103)
Part 3	Prevention and Care of Pressure Sore .....	(107)
Part 4	Germ Alert .....	(114)
<b>Unit Six</b>	.....	(120)
Part 1	Communication Skills .....	(120)
Part 2	Osteoporosis .....	(126)
Part 3	Medical Asepsis .....	(132)
Part 4	When Allergies Attack .....	(140)
<b>Unit Seven</b>	.....	(146)
Part 1	Community Nursing .....	(146)
Part 2	Childhood Obesity .....	(151)
Part 3	Hand Washing .....	(156)
Part 4	Breaking Bad Eating Habits .....	(163)
<b>Unit Eight</b>	.....	(168)
Part 1	About Mental Health Problem .....	(168)
Part 2	Depression .....	(174)
Part 3	Medication Administration .....	(180)
Part 4	Is Plastic Surgery the Easy Way to a Beautiful Body .....	(186)



---

<b>Unit Nine</b>	(192)
Part 1 Hospice Care	(192)
Part 2 Hepatitis B	(199)
Part 3 Heat and Cold Therapy	(204)
Part 4 What's Your Real Age	(211)
<b>Unit Ten</b>	(217)
Part 1 Euthanasia and Nursing	(217)
Part 2 Suicide	(223)
Part 3 Medical Document Writing	(229)
Part 4 How Sunburns Work	(235)
<b>Glossary</b>	(240)
<b>参考文献</b>	(261)

# Unit One

## Part 1 Nursing Process

The nursing process is a logical systematic series of actions. Its purpose is to enable nurses to provide qualified and individualized patient care. It is based on logic, scientific methods of approaching nursing. The nursing process is used by nurses every day to help patients improve their health and assist doctors in treating patients. Nursing requires the use of this process day in and day out. The process is based on theories and practices taught in nursing school. It is a form of problem solving. The nursing process is made up of a series of stages that are used to achieve the objective; the health improvement of the patient. The nursing process can stop at any stage as necessary or can repeat as needed. This process is inclusive of physical health as well as the emotional aspects of patient health.

Nursing knowledge is used throughout the process. During the process, nurses use this knowledge to identify problems and changes that are occurring to the patient. Caring for a patient requires the nurse to communicate with the patient to determine how they are feeling and gain the results of implemented care

from the patient.

The nursing process is a way of doing nursing care. In each procedure, nurses must apply the nursing process to assess the patient's conditions, environment and equipment, and then make a plan, take interventions and evaluate the outcomes so that they are able to apply individual holistic nursing care to the patient and make the patient comfortable and safe.

Phases of the nursing process include:

- Assessment of the patient's needs
- Diagnosis of human response needs that nurses can deal with
- Planning of patient's care
- Implementation of care
- Evaluation of the success of the implemented care

Nursing care is ever-changing, and must be evaluated dynamically to provide each patient with the specific care needs at any given time. By using the nursing process, the nurse focuses her nursing care on meeting the needs of each patient, rather than on performing specific nursing skills or tasks. Thus nursing becomes patient-oriented, rather than task-oriented.

Think of the nursing process as circular; it has no end point. Problem-solving goes on throughout the total span of nursing the patient. There is continual reevaluation, reassessment, and replan, based on evaluation.

## I . Words and Expressions

process [prəuses] *n.* 过程, 程序

- stage [steɪdʒ] *n.* 发展的进程,阶段或时期
- inclusive [ɪn'klʊ:sɪv] *adj.* 包含的,包括的
- physical ['fɪzɪkəl] *adj.* 身体的,物质的
- emotional [ɪ'məʊʃənl] *adj.* 情绪的,情感的
- aspect ['æspekt] *n.* 外表,面貌,方面
- identify [aɪ'dentɪfaɪ] *v.* 识别,鉴别,确定
- determine [dɪ'tə:mɪn] *v.* 决定,确定,测定,
- implement ['ɪmplɪmənt] *v.* 贯彻,实现,执行
- procedure [prə'sɪ:dʒə] *n.* 程序,手续
- assess [ə'ses] *v.* 估定,评定
- intervention [ɪntə'veɪʃən] *n.* 干涉
- valuate ['vælju:et] *v.* 对……作估价,对……作评价
- outcome ['aʊtkʌm] *n.* 结果,成果
- holistic [həʊ'listɪk] *adj.* 整体的,全盘的
- dynamic [daɪ'næmɪk] *adj.* 动态的,有活力的
- specific [spɪ'sɪfɪk] *adj.* 详细而精确的,明确的,特殊的  
*n.* 特效药
- orient [ˈɔ:riənt] *vt.* 使适应,确定方向
- circular [ˈsə:kjʊlə] *adj.* 循环的,圆形的
- span [spæn] *n.* 跨度,跨距,范围

## II. Phrases and Expressions

1. day in and day out 每天

e. g. It rained all summer, day in and day out.

整个夏天,天天下雨。

That factory has workers there day in and day out.

那工厂每天有工人在那儿。

2. be made up of 由……组成

e. g. The group is made up of 5 persons.

这个组由五人组成。

Human tissue is made up of cells.

人体的组织是由细胞构成的。

3. a series of 一系列的

e. g. The band arranged for a series of concerts.

乐队安排了一系列的音乐会。

A series of reformation has been completed.

一系列改革完成了。

4. communicate with 与……交流, 与……沟通

e. g. I can communicate with foreigners easily.

我能轻松地和外国人沟通。

I've tried, but it's impossible to communicate with her.

我试过了, 不过根本无法跟她交流。

### III. Choose the best answer

1. The nursing process is used \_\_\_\_\_ every day.

A. by doctors

B. by nurses

C. by doctors and nurses

D. by patients

2. \_\_\_\_\_ make up the nursing process to improve patients' health.

A. A way

B. A form

C. A series of stages

D. Physical and emotional health

3. Nurses should use \_\_\_\_\_ throughout the nursing

process.

- A. nursing knowledge      B. equipment  
C. many ways                D. comfortable environment
4. The nursing process include \_\_\_\_\_ stages.  
A. four                        B. five  
C. six                         D. seven
5. Nursing work should be \_\_\_\_\_.  
A. skill                        B. task  
C. nurse-oriented            D. patient-oriented

【答案】 1-5 BCABD

## 参考译文

### 护 理 程 序

护理程序是指一系列符合逻辑的、有计划的行动,旨在使护士能够为患者提供高质量的、有针对性的护理。它以护理工作的逻辑科学方法为基础。护士每天都要运用护理程序来帮助患者改善他们的健康,并协助医生对患者进行治疗。护理工作要求每天都使用这一程序,该程序以护校所教的理论和实践为基础。护理程序是一种解决问题的形式,它由一系列阶段所组成,这些阶段是为了完成这样一个目标——改善患者的健康。护理程序可以在必要的阶段停止或重复。这一程序包含对患者身心健康的护理。

护理知识要运用到整个护理程序中。护理过程中,护士要运用护理知识发现患者的问题及其变化。护理患者时要通过与之沟通来确定他们的感受,从而获得对患者实施护理后的结果。

护理程序是一种护理方法。在每个阶段,护士必须运用护理程序来评估患者的状况、环境和设备,然后制定护理计划,采取干预措施,并对结果进行评价,以便他们对患者提供完整的个体护理,并且让患者感到舒适和安全。

护理程序各阶段包括:

- 对患者需求的评估
- 确定护士可以解决的有关患者需求的诊断
- 护理计划
- 实施护理
- 评价护理措施的成功与否

护理是不断变化的,必须进行动态的评估,以便随时为患者提供具体的护理。运用护理程序,护士必须将护理重点放在每位患者的需求上,而不是仅仅放在执行特殊的护理技能和任务上。这样护理就变为以患者为本,而不是以任务为本。

护理程序是循环反复的过程,它是没有终点的。解决问题要不断贯穿于护理患者的整个过程中。根据对护理结果的评价,就会有连续不断的再评价、再评估,并基于评价而重新制定计划。

(李 惠)

## Part 2 Hypertension

Blood pressure is the pressure of the blood against the walls of the arteries. Each time your heart beats, it pumps out blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure

falls. This is the diastolic pressure. Your blood pressure reading uses these two numbers. Both are important. Usually they're written one above or before the other, such as 120/80.

Blood pressure below 120 over 80 mmHg (millimeters of mercury) is considered optimal for adults. A systolic pressure of 120 to 139 mmHg or a diastolic pressure of 80 to 89 mmHg is considered "prehypertension" and needs to be watched carefully. A blood pressure reading of 140 over 90 or higher is considered high. Around 1.6 billion people in our country have high blood pressure; that's almost one in five.

Hypertension is a condition in which the blood pressure is abnormally high. Narrowed blood vessels are common cause of hypertension. When vessels are narrow, the heart has to pump with more force to move blood through the vessels. Other disorders can cause high blood pressure. These include kidney disorders, head injuries, certain complications of pregnancy, and tumors of the adrenal gland.

Hypertension can damage other body organs. The heart may enlarge so it can pump with more force. Blood vessels in the brain may burst and cause a stroke. Blood vessels in the eyes and kidneys may be damaged.

At the beginning hypertension may not cause any signs or symptoms. Most of the time it is discovered when the blood pressure is measured. However, signs and symptoms develop as the disorder progresses. Headache, blurred vision, and dizziness may be reported. Complications of hypertension include stroke, heart



attack, kidney failure, and blindness.

Medications to lower the blood pressure may be ordered by the doctor. The patient will probably be advised to quit smoking, exercise regularly, and get a good rest. A less salty diet may also be ordered. If the patient is overweight, a low-calorie diet is ordered.

Anyone can suffer from high blood pressure, but certain factors can seriously aggravate hypertension. For example, smoking, obesity, high alcohol intake, diabetes, lack of exercise and so on.

Then what should we do?

Firstly, every adult near or past middle age should “know yourself numbers”: your height, weight, blood pressure and cholesterol levels. We should also have regular blood pressure tests if there is a family tendency for hypertension. This way, treatment can be started before complications occur. Secondly, change the lifestyle, such as stopping smoking, losing weight, exercising regularly, cutting down on alcohol, eating a varied diet and so forth.

## I . Words and Expressions

hypertension [haipə'tenʃən] *n.* 高血压

artery ['ɑ:təri] *n.* 动脉

systolic [sɪ'stɒlɪk] *adj.* 心脏收缩的

diastolic [daɪə'stɒlɪk] *adj.* 心脏舒张的

millimeter ['mɪlɪmɪ:tə] *n.* 毫米