

# 护理学专业英语

## 阅读教材

上册

# *English Reading for Nursing Profession*

Volume 1

主编 郑修霞

北京大学医学出版社

# 护理学专业英语阅读教材

上册

## ENGLISH READING FOR NURSING PROFESSION

Volume 1

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北京大学医学出版社

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## 图书在版编目 (CIP) 数据

护理学专业英语阅读教材. 上册 = English Reading  
for Nursing Profession/郑修霞主编. —北京: 北京大学  
医学出版社, 2004. 9  
ISBN 7-81071-525-9

I. 护... II. 郑... III. 护理学 - 英语 - 阅读教学  
- 医学院校 - 教材 IV. H319.4

中国版本图书馆 CIP 数据核字 (2004) 第 000107 号

## 护理学专业英语阅读教材 (上册)

主 编: 郑修霞

出版发行: 北京大学医学出版社 (电话: 010-82802230)

地 址: (100083) 北京市海淀区学院路 38 号 北京大学医学部院内

网 址: <http://www.pumpress.com.cn>

E-mail: [booksale@bjmu.edu.cn](mailto:booksale@bjmu.edu.cn)

印 刷: 莱芜市圣龙印务书刊有限责任公司

经 销: 新华书店

责任编辑: 张彩虹 责任校对: 杜 悦 责任印制: 郭桂兰

开 本: 787mm × 1092mm 1/16 印张: 15 字数: 377 千字

版 次: 2004 年 9 月第 1 版 2004 年 9 月第 1 次印刷 印数: 1-3000 册

书 号: ISBN 7-81071-525-9/R·525

定 价: 25.00 元 (上、下册总定价: 52.00 元)

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# 前 言

北京大学护理学院遵照中华人民共和国教育部教高〔2001〕4号文件有关“本科教育要创造条件使用外语进行公共课和专业课教学”的精神，结合教学改革方案实施，组织有条件的学科和教师积极开展双语教学，促进国际型人才的培养，为创建一流大学做贡献。两年来，教师们尝试选择英、美护理专业原版教材开展双语教学，取得初步成效。为提高我院双语教学水平，为师生提供双语教学实践可利用的教材，也为了与兄弟院校师生交流，分享双语教学体会，我院教师将历年双语教学使用的教案及备用教案认真整理，精心加工，并参考国外教材，编写成此书。

全书分上、下两册，内容全面，其中包括护理学基础、内科护理学、外科护理学、妇产科护理学、儿科护理学，以及护理教育、护理研究、护理管理、社区护理、伦理等护理专业、人文学科内容。全书内容节选自英、美原版教材，以中、英对照形式编写、出版。每节配有重点词汇提示，以便师生阅读理解；书后附有部分 CGFNS 考试试题及答案，供学习者参考。本书可供护理专业本科生学习及专业教师教学使用，也可作为研究生考生的专业英语复习资料。

本书经全院各专业教师共同努力完成；双语教学实践还得到了北京大学护理学院护98级、护99级本科生的支持和参与；教材出版过程得到了北京大学医学出版社的大力支持。很难想象，缺乏上述任何一方该书能够顺利出版。在此，我仅代表护理学院，并以个人名义对积极参与教学改革，努力进行双语教学实践和教材建设的全体师生员工致谢。

为了能在新学年为师生提供双语教学用书，本教材从组织撰稿到出版的时间显得有些仓促，加之作者水平有限，初版的双语教材难免有瑕疵。我们明白译文应信达雅，我们更明白我们对语言的掌握以及对其所载文化内涵的理解有距离，所以译文还达不到“标准”，只供“参考”，渴望读者指点，为再版提供灵感。

北京大学护理学院

郑修霞

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## **Section I Medical Nursing**

### **第一部分 内科护理学**





# 1. Asthma

# 1. 哮喘

## Definition of Asthma

Asthma is a chronic condition in your lungs that has two main components—constriction, the tightening of the muscles surrounding the airways, and inflammation, the swelling and irritation of the airways. Constriction and inflammation cause narrowing of the airways, which may result in symptoms such as wheezing, coughing, chest tightness, or shortness of breath. Furthermore, there is increasing evidence that, if left untreated, asthma may cause long-term loss of lung function.

When you have asthma and are exposed to a trigger, the airways leading to the lungs become more inflamed or swollen than usual, making it harder for you to breathe. The airways also get smaller due to a tightening of the muscles surrounding the airways, and they get “stuffed up” due to a build-up of mucus.

Several triggers can cause your asthma symptoms to flare up, and may include allergens, infections, and strong odors or fumes that you may come in contact with at your home or office. Once you are exposed to a trigger and have a reaction, your airways also become more sensitive to other triggers. So, it's important to manage your asthma every day. Airway inflammation may always be there—even when you are not having a lot of symptoms.

## Asthma Myths and Rumors

There are a lot of myths and rumors about asthma. Sometimes even people who work in hospitals, clinics, or healthcare professional's offices, or people who have had asthma for many years, have the wrong information. Below are a few of the

## 哮喘的定义

哮喘是肺部的一种慢性疾病，有两种主要的病变：缩窄——气道周围肌肉的紧缩；炎症——气道的肿胀和激惹。缩窄和炎症导致气道的狭窄，从而引起喘鸣、咳嗽、胸部紧缩感或气短的症状。此外，有越来越多的证据表明，哮喘如果不及时治疗就可能导致肺功能的长期丧失。

当你患有哮喘且暴露于激发因子时，通向两肺的气道的炎症或肿胀加剧，使呼吸困难加重。气道周围肌肉的收缩导致气道进一步狭窄，并且可由于粘液积聚而导致气道阻塞。

种种激发因素会引起你哮喘症状的突然发作。这些激发因素可能包括：各种变应原、感染和在你的家庭或办公室可能会接触到的强烈的气味或烟雾。一旦你暴露于一种激发因素，并发生了反应，那么，你的气道对其他的激发因素也会变得更敏感。因此，每天管理你的哮喘极为重要。因为气道炎症可能一直存在——即使在你没有许多症状的时候。

## 哮喘的不科学说法和流言

有关哮喘的荒唐说法和流言很多，有时候，甚至在医院、诊所、保健专业机构工作的人，或患有哮喘多年的病人都会有错误的认识。下面是

myths and rumors you may hear about asthma.

**Myth:** Many people think they only have asthma when they have trouble breathing. They think that asthma comes and goes, day by day, week by week.

**Response:** People with asthma have it all the time. It is a chronic condition and airway inflammation may always be there—even when you are not having a lot of symptoms.

**Myth:** Many people think asthma is an emotional disease; if you are an emotional person you get asthma.

**Response:** Emotions do not cause asthma. But, if you already have asthma, emotional stresses such as crying, yelling, or laughing hard can make your asthma worse.

**Myth:** Many people think you can never play sports if you have asthma.

**Response:** Many star athletes have asthma such as track star Jackie Joyner-Kersey, swimmer Amy van Dyken, and basketball players Dominique Wilkins and Isaiah Thomas. The secret is getting a good Asthma Action Plan from your healthcare professional to help prevent attacks.

## Pills And Inhalers

It's important for people with asthma to know the differences between oral and inhaled asthma medications. Asthma is a localized condition, meaning it's only going on in one area in your body—the airways of your lungs. That's why most healthcare professionals prescribe inhaled asthma medications. Because the medicine is breathed in, most of it goes directly to the airways where it's needed.

Pills, on the other hand, are “systemic.” This means that the medicine travels to your whole body through the bloodstream, not just the lungs. Next time you talk to your healthcare professional, you may want to ask which medicine is right for you.

你可能听说过的有关哮喘的一些说法。

不科学的说法：很多人认为只有在呼吸出现困难时才存在哮喘，他们认为哮喘日复一日，周复一周地来来去去。

回答：哮喘患者其哮喘一直存在，它是一种慢性疾病，气道的炎症可能一直存在——即使在没有很多症状时。

不科学的说法：许多人认为哮喘是一种情绪性疾病，如果你是一个情绪化的人，你就会得哮喘。

回答：各种情绪不会引起哮喘，但是，如果你已经患有哮喘，情绪性应激如大哭、大喊或猛烈的大笑都可能使你的哮喘加重。

不科学的说法：很多人认为如果得了哮喘就不能从事体育运动。

回答：很多体育明星患有哮喘，如田径明星 Jackie Joyner-Kersey，游泳健将 Amy van Dyken，篮球运动员 Dominique Wilkins 和 Isaiah Thomas。其奥秘在于从你的保健专业人员那里获得一份好的哮喘活动计划来帮助预防哮喘的发作。

## 口服药和吸入药

哮喘病人了解哮喘药物的口服制剂和吸入制剂的区别很重要。哮喘是一种局部的病变，也就是说，它只发生在身体的某一部位——两肺的气道。这就是为什么大部分保健专业人员给病人开的是吸入型哮喘药。由于药物是通过呼吸吸入，因此大部分药物会直接分布到需要它作用的气道。

另一方面，口服药的作用是“全身性的”。这就是说药物随着血流分布到全身，而不仅仅到达肺部。下次你和你的保健专业人员交谈时，你可能想问一下哪种药适合你。

## Get Moving: Exercising With Asthma

For many years, it was believed that people with asthma should not or could not exercise. Asthma symptoms during exercise, or exercise-induced bronchospasm (EIB), usually occur within a few minutes after stopping exercise. The episode usually reaches its peak of severity about 5 to 10 minutes after strong exercise, and may continue for another 20 to 50 minutes.

If left untreated, EIB can prevent you from participating in the activities you enjoy. While an episode may last only a few minutes, it is still a frightening experience and may cause you to put unnecessary limits on your activities.

With your healthcare professional's approval, start slowly and work up to 30 minutes of aerobic exercise at a time. Your exercise can be as simple as a walk around your neighborhood or a swim in a pool. The most important thing about exercise is making it a regular part of your life. It's best if you can exercise at least 3 to 4 days each week.

Remember, talk to your healthcare professional before starting an exercise program. It is important that your healthcare professional knows the symptoms you develop when you exercise in order to select the best exercise plan for you. For instance, your healthcare professional may change your medicines or add a medicine for you to take just before exercise.

### Exercise Tips

Choose activities you enjoy. If you enjoy what you are doing when you exercise, you are a lot less likely to get bored and quit. People with asthma often do well with activities like walking and swimming. Exercising with a friend will also keep you motivated.

Take your medications. The medications your healthcare professional has prescribed for you can help prevent

## 参加运动：哮喘病人的锻炼

多年来，人们相信哮喘患者不该或不能进行体育运动。运动中的哮喘症状，或运动诱发的支气管痉挛（EIB）通常发生在停止运动后几分钟之内，发作常在剧烈运动后的5~10分钟达到高峰，且可能再持续20~50分钟。

如果不给予治疗，运动诱发的支气管痉挛会妨碍你参加你所喜欢的活动。虽然发作时间可能只有短暂的几分钟，但这仍然是令人害怕的经历，而且可能促使你对活动做出不必要的限制。

你应该在你的保健专业人员的认可下，开始缓慢的有氧运动，逐渐达到每次30分钟。你的锻炼可以简单到在小区散步或是在游泳池里游泳。运动最重要的一点是使之成为你生活规律的一部分。如果你能每周最少3~4天进行锻炼则最好。

记住，在开始锻炼计划之前要和你的保健专业人员交谈。让你的保健专业人员知道你运动时出现的各种症状是非常重要的，这有助于他为你选择一个最佳运动方案。比如，你的保健专业人员可能会为你换药，或增加一种药让你在运动前服用。

### 运动小窍门

选择你喜欢的运动。如果进行你所喜欢的运动，你就不容易感到无聊而终止。哮喘病人经常能够很好地耐受像散步和游泳等运动。与朋友一起运动可以保持你的动力。

服药。你的保健专业人员给你开的药物可以有助于预防运动时哮喘的

asthma symptoms from occurring when you exercise. If you are having problems with asthma symptoms during exercise, let your healthcare professional know right away.

Warm up before you begin. A warm-up period increases the flow of blood to the muscles and helps to prevent injury. It can also help make a flare-up of asthma symptoms less likely. To warm up, walk at a slow pace for 5 to 10 minutes and then stretch your muscles.

Cool down when you are finished. The cool-down period allows your body (including your lungs) to adjust to temperature changes, thereby decreasing the risk that your asthma symptoms will flare up. Do a 10-minute cool-down period and include stretching to improve your flexibility. If your asthma symptoms get worse during the cool-down period, it is important that you follow your healthcare professional's instructions immediately, rather than taking the time to finish the cool-down exercises.

Follow your written Asthma Action Plan. Make sure you know exactly what to do if you develop asthma symptoms during or after you exercise. Ask your healthcare professional to write down what medicine (s) or actions to take as part of your written Asthma Action Plan. Keep a copy of the plan and your fast-acting inhaler with you while exercising.

Set goals. Set exercise goals you can reach. Reaching a goal will give you a sense of accomplishment. Once you've reached your goal, reward yourself. You deserve it!

Pace yourself. Don't overdo it. If you can't carry on a conversation during your exercise session, you're probably working too hard. If you're not feeling well or your asthma symptoms are worse than usual, take the day off. Start back slowly when you are feeling better, and work yourself back to your previous exercise level over several days or weeks.

## Pets: Can't Live Without Them? How to Live With Them?

If allergies to a beloved pet make you sneeze and

发作,如果你在运动中出现哮喘症状,应该立刻通知你的保健专业人员。

运动开始前要热身。热身运动可以增加肌肉的血流,有助于预防损伤。同时,热身也能降低哮喘发作的可能性。热身运动包括慢步行走5~10分钟,然后伸展肌肉。

运动结束后要放松。放松运动可以使你的身体(包括肺部)适应温度的变化,从而降低哮喘发作的危险性。进行10分钟的放松运动,包括伸展运动可以提高身体的柔韧性。如果在放松运动期间你的哮喘症状加重,那么很重要的一点就是要立刻遵从保健专业人员的指导,而不要继续花时间完成放松运动。

遵照你的书面哮喘活动计划。确保自己清楚地知道在运动过程中或之后出现哮喘症状时该怎么办。让你的保健专业人员把该服用的药物和采取的措施都写进你的书面哮喘活动计划中。运动时要随身携带计划的副本和快速作用的吸入剂。

设定目标。设定你可以达到的数个运动目标,达到一个目标就可以让你有成就感,一旦你达到了自己的目标,就要奖励你自己。你值得鼓励!

自我调整运动量。别过量。如果你在运动时不能谈话,那么你的运动量可能太大了。如果你感觉不舒服,或者你的哮喘症状比平时加重,那么就休息一天。当你感觉好转后再慢慢开始运动,通过几天或几周的时间慢慢到达你先前的运动水平。

## 宠物:生活中不能离开它们吗? 怎么和它们一起生活呢?

如果你对心爱的宠物过敏,出现

wheeze, read on. Your pet allergies are caused by tiny particles in your pet's dander (flakes of skin), saliva, and urine. Because these particles are small, they're easily airborne. When you breathe them in, your asthma symptoms can flare up. Even so, giving up your pet may be an option you hope to avoid. These tips may be helpful.

People are more likely to be allergic to cats than dogs. The small size of cat dander allows it to stay in the air longer than dog dander, so you're more likely to breathe it in. Even kitty's grooming habits make matters worse by exposing you to saliva on its fur.

While no dog is hypoallergenic, some are bigger problems than others—especially if you're allergic to pollen since your dog can bring it inside on its coat. Don't think you're out of the woods if your pet is a bird instead of a cat or a dog. Feathers, even in a pillow, can cause allergic reactions or asthma symptoms.

## **Pet-Proofing Tips**

When your pet comes in from outdoors, wipe him or her with a damp cloth.

Bathing your dog or cat weekly may cut down on their dander. (Your cat may prefer a damp-cloth rubdown.)

Never allow a pet in your bedroom.

Make a comfortable home for your pet outdoors, if possible.

Clean your home's heating and air-conditioning ducts every 6 to 12 months.

Remember, discuss any changes in your asthma symptoms with your healthcare professional. If your asthma symptoms are getting worse, finding your pet a new home may make both of you happier in the long run.

打喷嚏和喘鸣, 请读下去。你对宠物的过敏症是由存在于宠物皮屑(皮肤碎屑)、唾液和尿液中的微小颗粒所致。因为这些颗粒很小, 很容易通过空气传播。当你吸入时, 你的哮喘症状就会发作。虽然如此, 而你不希望作出放弃宠物的选择。那么, 这些小窍门可能会对你有所帮助。

比起狗来, 人们更容易对猫过敏。猫的毛屑很小, 因而在空气中停留的时间比狗的毛屑要长, 因此你更容易吸入。甚至连小猫喜欢清洁自己的习惯, 都会使你因为接触皮毛上的唾液而使情况变得更糟。

然而狗也不是低变应原性的动物, 有些狗比别的动物带来的问题更大, 尤其是在你对花粉过敏的情况下, 因为你的狗会将花粉粘在它的皮毛上带到室内。如果你的宠物不是猫或狗而是鸟的话, 就别以为你离开了树林就会安然无恙。羽毛, 甚至在枕头里的羽绒都可以引起过敏反应或哮喘症状。

## **耐受宠物的小窍门**

当你的宠物从室外进来时, 用湿布给它们擦身。

每周给你的宠物洗澡可以减少它们身上的毛屑(你的猫可能喜欢湿布擦身)。

千万别让宠物进入你的卧室。

如果可能的话, 在室外给你的宠物做个舒适的窝。

每6~12个月清洁家中的供暖设备和空调的管道。

记住, 要和你的保健专业人员讨论你哮喘症状的任何变化。如果你的哮喘症状加重, 那么从双方的长远利益出发, 应该给你的宠物找个新家。

## Lifestyle Changes

Some people respond to their asthma by changing how they live. For example, they may limit their trips away from home. They may avoid parties, family outings, vacations, or even trips to the grocery store. Often, the reason behind this is the fear of having an asthma attack when they are away from home.

To lessen this fear, form a plan for such times. When you are going on vacation, find out the locations and phone numbers of the nearby hospitals. Carry a list of your medicines and other information (such as a letter from your healthcare professional) that will be helpful to medical personnel who may need to treat you for the first time. This information can be written on your Asthma Action Plan.

Another common response to asthma is to stop exercising or to avoid physical activity.

With the agreement of your healthcare professional, you can continue to exercise if you know your exercise limits, take preventive medicines if needed, and are aware of asthma signs and symptoms that may develop during or after you exercise or are very active. An exercise specialist or your healthcare professional can help you develop a suitable exercise program. Remember, exercise can be as simple as taking a walk or climbing stairs, and with good control of your asthma, you should be able to exercise and be physically active.

## Five Things You Should Know

### One

You can lead a normal life. Having asthma doesn't mean you have to live with frequent asthma symptoms. Learn about your asthma and discuss it with your healthcare professional.

## 改变生活方式

有人通过改变他们的生活方式来应对他们的哮喘。例如，他们可能会限制自己外出旅游，避免参加聚会、家庭外出或度假，甚至不去杂货店。其原因通常是害怕离家时哮喘发作。

为了减轻这种恐惧，可以为这些情况制定一个计划。当你外出度假时，要清楚附近医院的地址和电话。带上你所用药物的清单和其他信息（比如，一封你的保健专业人员的信），这些资料将为第一次为你治疗的医务人员提供帮助。可以把这些信息写进哮喘活动计划。

病人对哮喘的另一个常见反应就是停止运动或避免体力活动。

如果你知道自己的运动限制，在得到你的保健专业人员的同意下，你就可以继续运动，必要时服用预防性药物，同时还要知道你在运动中或运动后或非常激动时可能出现的哮喘的体征和症状。运动专家或你的保健专业人员，可以帮你制定一个适合你的运动计划。记住，运动可以简单到只是散步或者爬楼梯，在哮喘控制良好的情况下，你应该能参加运动和保持活力。

## 你应该知道的五件事

第一，你能够过正常的生活。患哮喘并不意味着你不得不生活在频繁哮喘症状中。了解你的哮喘情况，并且和你的保健专业人员一起讨论。

## Two

There are two main components of asthma—constriction and inflammation. Both play an important role in asthma. Helping to control them can reduce the frequency of asthma symptoms, reduce the need for fast-acting inhalers, improve lung function, and reduce the frequency and severity of asthma attacks.

## Three

Identify and avoid your triggers. Triggers are irritants in the environment that can provoke an asthma attack. Know what your triggers are and learn how to avoid them when you can.

## Four

Medications are available that can help treat constriction and inflammation. Treating constriction and inflammation can reduce asthma symptoms and help prevent asthma attacks.

## Five

Daily treatment and sticking to a plan every day is critical. Along with your healthcare professional, you'll develop a plan that will help you manage your asthma effectively. Remember, your asthma does not go away just because your symptoms do. You need to care for your asthma every day to keep it in check.

第二,哮喘有两个主要病变: 缩窄和炎症。两者在哮喘中都起着重要的作用。控制这两个因素可以减少哮喘症状出现的频率, 减少对快作用吸入剂的需求, 改善肺功能, 减少哮喘发作频率和严重程度。

第三, 确定和回避你的激发因素。激发因素是环境中的刺激物, 可以引起哮喘的发作。了解你的激发因素是什么, 并且学会如何在可能的情况下回避它们。

第四, 药物可以用于治疗气道缩窄和炎症。治疗缩窄和炎症可以减少哮喘症状, 预防哮喘发作。

第五, 每日治疗和坚持每天的计划至关重要。你将和你的保健专业人员, 一起制定出一个计划, 帮助你有效地管理哮喘。记住, 你的哮喘不会因为症状解除而消失, 你需要每天关心你的哮喘, 控制其发作。

(王晗 王宜芝 译 李英华 校)

## 重点词汇

1. constriction [kən'strɪkʃən] n. 压缩, 收缩
2. wheeze [(h)wi:z] vi. 喘息, 很困难地呼吸
3. swollen ['swɒl(ə)n] adj. 肿胀的; 膨胀的
4. myth [miθ] n. 神话, 不科学的说法
5. inhale [in'heɪl] vt. 吸入 vi. 吸气
6. bronchospasm ['brɒŋkə'spæzəm] n. [医] 支气管痉挛
7. flexibility [ˌfleksə'bɪləti] n. 弹性, 灵活性, 弯曲性

8. dander [ 'dændə(r) ] n. 头垢, 头皮屑
9. saliva [ sə 'laivə ] n. 口水, 唾液
10. airborne [ 'eəbɔ:n ] adj. 空运的, 空气传播的, 空降的
11. hypoallergenic [ 'haipəu,ælə 'dʒenik ] adj. [医] 低变应原的
12. pollen [ 'pɒlin ] n. 花粉
13. proof [ pru:f ] vt. 使东西经得住, 使不被穿透
14. trigger [ 'trigə (r) ] n. 激发因素, 扳机



## 2. Managing Heart Failure: Teaching Your Client How to Stay at Home

You've been assigned to care for James Dawson, 67, who was recently hospitalized and diagnosed with heart failure (HF). Mr. Dawson's discharge orders include several new medications, a 2-gram sodium diet, and fluid restrictions. He lives alone and spends most of his time in a lounge chair watching television. His daughter visits twice a week to clean and bring groceries.

Heart failure is the most common discharge diagnosis among elderly clients in the United States. Unfortunately, nearly one-third of these clients are readmitted to the hospital within 90 days. In this article, we'll explain how to help Mr. Dawson avoid becoming a negative statistic by teaching him about his illness and how to manage his medications.

### Getting to Know You

From experience, you know that the initial visit with any client may make him feel anxious or overwhelmed. So as you begin caring for Mr. Dawson, keep the teaching simple. Describe the warning signs of HF and give him pamphlets to read. Make sure he knows when to take his medications.

Schedule your next visit with Mr. Dawson at a time when his daughter will be present. During subsequent visits, you'll teach him about dietary changes, exercise, and medications he needs to help prevent a recurrence of HF.

### Adapting the Food Plan

A client with HF may appear edematous and over-

## 2. 心力衰竭的管理： 指导你的护理 对象如何安居家中

你被派去护理 67 岁的詹姆斯·道森，他最近因诊断为心力衰竭 (HF) 而住院。道森先生的出院医嘱包括新增的几种药物、2 克钠盐饮食和限制水分的摄入。道森先生独自居住，每天靠躺在沙发上看电视打发大部分时间。他女儿每周来看望他两次，帮他打扫卫生和采购日常生活用品。

心力衰竭是美国老年病人中最常见的出院诊断。不幸的是，这些病人中有将近 1/3 会在 90 天内再次入院。本文将阐述如何指导道森先生了解他的疾病和如何管理他的药物治疗方案，以避免他成为统计的反面资料。

### 让病人认识你

根据经验，你知道初次访视会使患者感到焦虑或不安。因此，在护理道森先生的开始阶段，指导应保持简单明了。向他描述心力衰竭的危险征象，留下一些小册子供他阅读，并确认他已经知道服药的时间。

选择道森先生的女儿能够在场的一个时间作为你下次访视的时间。在以后的访视中，你要向道森先生指导预防心力衰竭复发所需要的饮食改变、锻炼及药物治疗。

### 适应饮食计划

心力衰竭病人可能会有水肿和超