

朱琦 主编

护理英语

(初 级)

English For Nursing Science

(Elementary level)

上海市外文学会主编英语系列丛书之——

护理英语(初级)

English for Nursing Science (Elementary Level)

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前言

改革开放以来,尤其是中国加入世贸组织之后,医学领域的国际交流日益频繁。越来越多的医护人员走向世界,与此同时,随着外资的进入,国内医疗市场的竞争日趋激烈,医护人员提供国际化医疗服务的机会也在与日俱增。医学人才市场需要大批的复合型高级医学人才(医学专业知识+熟练的英语交际能力),无疑,持有国际认可的医学、护理证书的人才将具有更大的竞争力。正是为了适应这一新的形势,我们编写了《护理英语》这套系列教材。

医学英语有其特殊性和复杂性,如何有效地掌握医学英语以适应 21 世纪对医学人才的要求,一直是困扰许多医生和护士的难题。本书编者长期从事医学英语教学的研究与实践,深知医学英语学习的艰难所在。因此,在本书的编写过程中,我们十分重视教材的科学性与实用性,按照英语学习的规律组织语言材料,循序渐进,层层提高;同时以基本医学知识,基础护理技能为主线,强调护理英语听说读写技能的训练,循循善诱,使学习者易学易懂。

全书分初级、中级和高级三册。本书为系列教材第一册——《护理英语初级》。本书共分 10 个单元,每个单元设听、说、读、写及学习提高五个部分,内容紧扣临床护理学主题。考虑到医护人员英语水平的现状,《护理英语初级》设定为与高中英语程度相衔接。具体表现在:课文语言简单易懂,练习编写尽量采用中学的英语词汇,写作训练从基本句型入手。此外,本书每个单元后的学习提高部分具有相当的参考价值;情景对话部分围绕特定专题展开,有利于读者模仿并学以致用;构词分析部分选取常用医学词汇,有利于读者把握学习医学专业词汇的捷径;医学术语部分涉及临床、护理各个环节,有利于读者有条理地掌握基本的医学术语。这样做,其目的在于帮助读者复习巩固已有的语言知识,同时适当扩大医学专业词汇量,迅速提高护理英语的运用能力,为参加国际护理资格证书考试打下良好的基础。

本书读者的对象为渴望提高医学护理英语水平,并有志参加国际护理资格证书考试的各级医护工作者和在校学生。

本书由上海市外文学会会长、上海市科技翻译学会会长卢思源教授担任主审,朱琦副教授担任主编,朱琦、韩玲辉参加编写,郭棣华主任医师担任医学顾问。在本书的编写过程中,卢思源教授始终给予悉心的指导,编者在此深表谢意。

由于编者水平有限,疏漏与不足之处在所难免,恳请广大读者和各位同仁批评指正。

编 者

2004 年 5 月

于上海二医西苑

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UNIT 1



Focus Listening Building A Better Body



New Words

physically /'fɪzɪklɪ/ *adv.* 身体上地

pace /peɪs/ *n.* 步法, 步态

function /'fʌŋkʃn/ *vi.* (器官等) 活动, 运行

cope /kəʊp/ *vi.* (善于) 应付, (善于) 处理

media /'mi:diə/ *n.* 媒体

program /'prəʊgræm/ *n.* 程序, 计划

mentally /'mentlɪ/ *adv.* 精神上地

fortunately /'fɔ:tʃənətli/ *adv.* 幸运地

sportsman /'spɔ:tsmən/ *n.* 运动员

benefit /'benɪfɪt/ *n.* 好处

frequently /'fri:kwəntli/ *adv.* 经常地



Listen to the following carefully. Please do not read it while listening.

Your day begins early in the morning, but it does not end until midnight. You must be physically fit to keep up the pace of life.

Now, let's look at the value of fitness — it helps people to cope with their busy way of life. People think that overall body fitness helps them look and feel better.

Many people, especially young people, want to look in the mirror and see the kind of body they often see in the media. Then they start fitness programs. With efforts, people usually start to feel better, both physically and mentally. They realize that change is possible. They see it happening to their bodies every day. They get to realize

that exercises are a meaningful part of their everyday lives. In fact, fitness means happiness.

Fortunately, people don't have to be a real sportsman to enjoy the health benefits of physical activity. In fact, if you just do it a bit more, you can find that it can do you good. For example, take a walk frequently, and you will get a lot of health benefits.



Notes to the passage

1 Your day does not end until after midnight. 直到午夜,这一天才算结束。

until 有两种意义。第一,相当于 before。此时其主句谓语大多是否定式或含有带否定意义的词语,因此常译作“在……以前一直还不……”,也可译作肯定式“直到……时候才,”。第二,相当于 up to the time when,即“直到……时为止”的意思。这时它们所在的句子则不一定用否定式。till 与 until 意义相同。

主句中谓语动词用肯定式还是否定式,可以参考下面两点。

① 如果主句中的谓语动词是表示延续性的(不是短暂时间的)动作,则可以用肯定式,也可以用否定式,但意义有所不同,例如:

I worked till he came back. 我工作到他回来时为止。

I did not work till he came back. 他回来了我才开始工作。(上两句 till 相当于 before)

② 如果主句中的谓语动词是表示一时的或短暂的动作,则动词非用否定式不可。而汉语则不一定。例如:

“他直到十岁才开始读书”,如译成“He started to read until he was ten years old”,那就错了。因为 start(开始)是短暂的行动,不可能延续至他十岁以前的这段时间。因此应改为否定式:

He didn't start to read until he was ten years.

2 It helps people function well enough to cope with their busy way of life. (健康的身体)可以帮助人们应对忙忙碌碌的生活方式。

cope with 含有应对,应付的意思,后跟名词或代词,例如:

She is a competent driver and can cope with driving in heavy traffic. 她是个能干的司机,即使在交通拥挤时,车也开得很好。

cope with 与 deal with 是同义词组,但前者强调积极的结果。



Exercises

1 Retell the passage with the help of the following.

1) your day — physically fit — keep up the pace of life — The value of fitness —

- help people to cope with — helps them look and feel better —
- 2) people — the kind of body they often see in the media — build a better body — start to feel better — change is possible — fitness means happiness —
- 3) fortunately — do you good — a lot of health benefits

Listen to the passage again. While listening, please choose the best one from the following to show your comprehension of the passage.

- 1) You must be physically fit to _____.
 a) continue the pace of life b) stop the pace of life
 c) start the day like that d) finish the day like that
- 2) Fitness helps people _____.
 a) function well b) look well c) feel well d) all of the above
- 3) Why do young people start fitness programs? _____.
 a) Because they hope they can build a better body
 b) Because they want to look in the mirror
 c) Because they want to have strong muscles
 d) Because they want to have a change
- 4) People, who have started their fitness programs, usually feel better _____.
 a) physically b) mentally c) actually d) both a and b
- 5) People don't have to be a real sportsman to enjoy the health benefits of physical activity. Here "a real sportsman" refers to a person who _____.
 a) plays a lot of sport b) is a professional sportsman
 c) is an amateur sportsman d) is physically strong
- 6) For example, take a walk frequently, and you will get a lot of health benefits. Here "frequently" means _____.
 a) rarely b) fairly c) often d) normally



Focus Speaking Becoming Physically Fit



New Words

organic /ɔ:'ɡenɪk/ adj. 器官的, 组织的 emergent /ɪ'mɜ:dʒənt/ adj. 紧急的
 resist /rɪ'zɪst/ vt. 抵御 lung /lʌŋ/ n. 肺

blood vessel 血管

cardiorespiratory /ˌkɑːdɪəʊrɪsˈpiːrətərɪ/ *adj.* 心和肺的

endurance /ɪnˈdjʊərəns/ *n.* 耐力; 耐性

foundation /faʊnˈdeɪʃn/ *n.* 基础

muscular /ˈmʌskjʊlə/ *adj.* 肌肉的

strength /streŋθ/ *n.* 力量

contract /ˈkɒntrækt/ *v.* 收缩

require /rɪˈkwaɪə/ *vt.* 要求

oxygen /ˈɒksɪdʒən/ *n.* [化] 氧

nutrient /ˈnjuːtrɪənt/ *n.* 营养物

deliver /dɪˈlɪvə/ *vt.* 递送

circulatory /ˌsɜːkjʊˈleɪtəri/ *adj.* 循环的

flexibility /ˌfleksəˈbɪləti/ *n.* 韧性

joint /dʒɔɪnt/ *n.* 关节

feature /ˈfi:tʃə/ *n.* 特点

composition /ˌkɒmpəˈzɪʃn/ *n.* 作文, 构成

makeup /ˈmeɪkʌp/ *n.* 组成

in terms of 就……而言

element /ˈelɪmənt/ *n.* 元素, 成分

percentage /pəˈsentɪdʒ/ *n.* 百分比

overweight /ˌəʊvəˈweɪt/ *n.* 超重

obese /əˈbiːs/ *adj.* 肥胖的



Read the following carefully and talk something about the passage.

Generally speaking, a physically fit person's organic systems are healthy. They can function efficiently to resist diseases, to enable the fit person to join in various tasks and activities, and to deal with emergent situations.

Physical fitness involves various factors.

To be a fit person, you should, first of all, improve your heart, lung, and blood vessel function. Cardiorespiratory endurance is the foundation for whole-body fitness.

Muscular strength is essential for your body to do work. Muscular strength can be improved by training activities.

Muscular endurance has something to do with strength. Naturally, energy is needed when muscles contract. Energy production requires that oxygen and nutrients be delivered by the circulatory system to the muscles.

Flexibility is the ability of your joints to move. Flexibility can be highly developed and maintained by regular stretching.

The last feature of fitness is body composition. It is the "makeup of the body in terms of muscle, bone, fat, and other elements". It is important to control the percentages of body fat and fat-free weight. Health experts notice that a large number of people are overweight and obese. Therefore, fat people should do more exercises to help reduce body fat.



Notes to the passage

1 **They can function efficiently to resist disease.** 这些器官系统可以有效地进行工作,以抵御疾病。

function 既可作名词也可作动词用。作名词时,function 意为“功能,作用”等。作动词时,是不及物动词,作“起作用”解,如上例。

2 **It has something to do with strength.** 肌肉的耐力与力量有关。
have something to do with: 与……有关。

3 **Energy production requires that oxygen and nutrients be delivered by the circulatory system to the muscles.** 要产生能量,循环系统就得把氧和各种营养输送给肌肉。

宾语从句部分采用虚拟语气。当主句谓语动词为 suggest, require, order, move 等并表示建议提议之类时,其宾语从句要用虚拟语气: should + 动词原形(英国用法)或直接用动词原形(美国用法)。

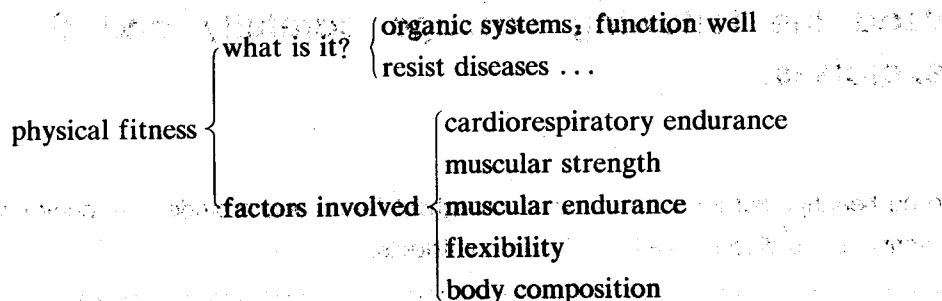


Exercises

1 **Answer the following questions on the passage.**

- 1) What does the passage tell about?
- 2) What is physical fitness?
- 3) How many factors does physical fitness involve?
- 4) What should you first do to be a fit person?
- 5) What is flexibility?
- 6) What is body composition?

2 **Talk about physical fitness with the help of the following outline.**





Focus Reading Nutrition and Your Diet



New Words

tissue /'tɪʃu:/ *n.* 组织

regulate /'regjuleɪt/ *vt.* 控制, 调节

physiological /fɪzɪə'lɒdʒɪkl/ *adj.*

生理(学)的

carbohydrate /kɑ:bəu'haidreɪt/ *n.*

碳水化合物

protein /'prəʊti:n/ *n.* 蛋白质

calory /'kæləri/ *n.* 卡路里, 热量

metabolism /mə'tæbəlaɪzəm/ *n.*

新陈代谢

store /stɔ:/ *vt.* 存储

glycogen /'glɪkəʊdʒen/ *n.* 肝糖,

糖原质

adipose /'ædɪpəs/ *adj.* 脂肪的

combination /kəmbrɪ'neɪʃən/ *n.*

结合, 化合

recommend /rɪkə'mend/ *vt.* 推荐

simple sugar 单糖

consume /kən'sju:m/ *vt.* 消耗, 消费

ketchup /'ketʃəp/ *n.* 调味番茄酱

salad /'sæləd/ *n.* 色拉

dressings /'dresɪŋ/ *n.* 调料

canned /kænd/ *adj.* 罐装的

concentrated /'kɒnsntreɪtɪd/ *adj.*

集中的, 浓缩的

soluble /'sɒljubl/ *adj.* 可溶的

vitamin /'vɪtəmin/ *n.* 维生素

insulate /'ɪnsjuleɪt/ *vt.* 使绝缘, 隔离

visible /'vɪzəbl/ *adj.* 看得见的

amino acid 氨基酸

synthesize /'sɪnθəsaɪz/ *v.* 合成

legume /'legju:m/ *n.* 豆类

deficiency /dɪ'fɪʃnsi/ *n.* 缺乏

enzyme /'enzaim/ *n.* 酶

hormone /'hɔ:məʊn/ *n.* 荷尔蒙

nutritionist /nju:'trɪʃənɪst/ *n.* 营养学家



Read the following passage carefully and do the exercises.

To be healthy, nutrients are needed throughout life. Food provides the body with the nutrients. Let's discuss the three familiar nutrients.

Carbohydrates are various combinations of sugar. The body uses carbohydrates mainly for energy. The average person requires about 2,000 kilocalories per day and about 60% of our calories come from carbohydrates. It is recommended that no more than 10% of our total calories come from simple sugars.

Fats provide a concentrated form of energy (9 calories per gram). Fats carry the fat-soluble vitamins A, D, E, and K. Fat also insulates our bodies to help us retain heat. The recommendation is that no more than 25% to 30% of our calories come from fat, for too much fat in our diet is known to be connected with heart disease.

Proteins are composed of chains of amino acids. Of the twenty natural amino acids, the body can synthesize all but nine essential amino acids from the foods we eat. When even one essential amino acid is missing from the diet, a deficiency can develop. Nutritionists recommend that 12% to 15% of our caloric intake be from protein, particularly that of plant origin.



Notes to the passage

1 Food provides the body with the nutrients. 食品给肌体提供营养。

provide 作为动词,作“供应;供给”有多种搭配。

1. provide sb with sth 给某人提供某物,例如:

They provide us with food. 他们给我们提供食物。

2. provide sth for sb 为某人提供某物,例如:

We provided food for the hungry children. 我们为饥饿的孩子们提供食物。

2 It is recommended that no more than 10% of our total calories come from simple sugars. 从单糖摄入的热量最好不宜超过总量的 10%。

主语从句部分采用虚拟语气。当主句谓语为 suggest, require, order, move 等表示建议提议之类动词时,其主语从句要用虚拟语气: should + 动词原形(英国用法)或直接用动词原形(美国用法)。

3 Of the twenty natural amino acids, the body can synthesize all but nine essential amino acids from the foods we eat. 在 20 种天然氨基酸中,除了 9 种必需氨基酸我们要从食物中摄取外,人体能合成其余所有的氨基酸。

but 表示不包括的“除外”,相当于 excluding。例如:

No one but me understand English here. 这里,除我以外没别人懂英语。

比较: besides 表示包括的“除外”,相当于 including。例如:

Besides English, I know Japanese. 除英语外,我还懂日语。



Exercises

1 Define the following terms.

- 1) carbohydrate —
- 2) fat —
- 3) protein —

2 Choose the best one from the following to show your comprehension of the passage.

- 1) You must be aware that the _____ is needed by the body to be healthy.
a) energy b) food c) nutrient d) tissue
- 2) What are carbohydrates mainly used for? _____.
a) Metabolism b) Energy c) Growth d) Movement
- 3) It is suggested that we should take less than _____ of our calories from fat.
a) 60% b) 40% c) 30% d) 15%
- 4) Heart diseases maybe caused by _____.
a) too much fat b) too little fat
c) incomplete protein d) complete protein
- 5) _____ consist of amino acids.
a) Tissues b) Energy c) Sugar d) Proteins
- 6) Which of the following statements is wrong? _____.
a) It is suggested that no more than 10% of our total calories come from simple sugars
b) Doctors recommend that no more than 25% to 30% of our calories come from fat
c) To be healthy, we only need three nutrients
d) 12% to 15% of our caloric intake be from protein, particularly that of plant



Focus Writing Sentence Patterns(1)

用英语写作,首先就要对英语基本句型有所了解。英语句子千变万化,但是也有一定的规律,这种规律就体现在英语的句型之中。

英语句子主要有这样几种形式:

1. S + V

2. S + V + C
3. S + V + O
4. S + V + O + C
5. S + V + O + O

下面分别进行介绍。

1. S + V: 即主语+谓语,表示主语(某人或某物)所做的行为。如:

- 1) Your day begins early in the morning.
- 2) Modern technology has come a long way.

这种句型很少以简单的“主语+谓语”出现,通常都要带上定语或状语。

2. S + V + C: 即主语+谓语+主语补语,说明主语(某人或某物)是什么(此时主语补语由名词或其同等结构构成)或是怎样的(这时表语由形容词、副词或其同等结构构成)。

例如:

- 1) Bleeding is the escape of blood from the blood vessels.
- 2) Bleeding can be internal.

3. S + V + O: 即主语+谓语+宾语,表示主语(某人或某物)对宾语(另一某人或某物)所做的行为。例如:

- 1) In 1973 the American Hospital Association developed a Patient's Bill of Rights.
- 2) You should face difficulties squarely and overcome them.

4. S + V + O + C: 即主语+谓语+宾语+宾语补语。宾语补语表示宾语是什么(此时宾语补语由名词或其同等结构构成),是怎样的(这时宾语补语由形容词或其同等结构构成),或者表示宾语的动作(这时宾语补语由不定式或分词构成)。例如:

- 1) The board made him director of the hospital.
- 2) The patient does not want the examination to be prolonged unnecessarily.

5. S + V + O + O: 即主语+谓语+间接宾语+直接宾语。本句型主要表示主语(某人或某物)将直接宾语所表示的某人或某物给予间接宾语。例如:

- 1) The nurse gave the patient a pill.
- 2) His command of English offered him a good opportunity.



Exercises

1 Arrange these words in their right order.

- 1) a doctor the young behind man sitting and were a woman
- 2) calories each four gram contains of carbohydrate
- 3) protein structure also hormone is and a enzyme primary of component
- 4) fat thereful fat body people reduce should help do to exercise more
- 5) fat the recommendation from is come that calories no our more of than 25% of 30% to



Further Study

1 Situational Dialogue: Greetings

- 1) Nurse: Hello, Mr. Smith. I'm Nelson, the nurse here.
Patient: Hello, Miss Nelson.
Nurse: What's the matter with you?
Patient: I feel sick.
Nurse: Do you want to see the doctor?
Patient: Yes.
Nurse: Is this your first time here?
Patient: Yes, that's right.
Nurse: Then, you have to fill in the registration card first.
Patient: Thank you, here you are.
Nurse: Which department do you want to register with?
Patient: I don't know. I wonder if I can get some advice from you.
Nurse: Sure. Could you please tell me what's wrong with you?
Patient: I'm suffering a severe cold.
Nurse: You should go to the physician first.
Patient: Thank you.
- 2) Nurse: What can I do for you?
Patient: Is this physician's office?
Nurse: Yes. I'm Johnson, the nurse here.
Patient: I'm Smith. I have got a bad cold and I want to see the doctor.
Nurse: How long have you been in cold?
Patient: Just since yesterday.
Nurse: Can you describe the symptom?
Patient: My nose is blocked and I feel chilly and feverish.
Nurse: Did you run a high fever?
Patient: Yes, I had a high fever accompanied by severe joint pain and general malaise.
Nurse: Please put the thermometer under your tongue.
Patient: ...
Nurse: 38.2°C. You're still in fever. The doctor is waiting for you. He will give you further examination.

生词注释:

1) registration /ˌredʒɪ'streɪʃn/ n. 登记

2) physician /fɪ'ziʃn/ n. 内科医师

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| 3) symptom /'sɪmptəm/ <i>n.</i> 症状 | 4) chilly /'tʃɪli/ <i>adj.</i> 寒冷的 |
| 5) feverish /'fi:vəriʃ/ <i>adj.</i> 发烧的 | 6) accompany /ə'kʌmpəni/ <i>vt.</i> 陪伴 |
| 7) joint /dʒɔɪnt/ <i>n.</i> 关节 | 8) malaise /mæ'leɪz/ <i>n.</i> 不舒服 |
| 9) thermometer /θə'mɒmɪtə/ <i>n.</i> 体温计 | |

Word Formation

语言是随着人类社会的不断发展而发展的,人们不断地创造出一些新词,而新词的产生,有其规律可循,这种规律便是构词法。

对于医护人员来说,学点英语的构词方式,可以了解词的结构。在阅读专业文献时,碰到生字可以由已知构词成分去分析词的含义,甚至可以“猜字”。例如,如果我们知道了词根 bio(生物,生活)的意思,就不难理解下面几个词的含义:biology(生物学)、biological(生物的)、autobiography(自传)。

最常用的英语构词方法有以下三种:

1) 转化法:转化法就是通过加后缀把一个词从一种词类转成另一种词类。例如:dark. (*adj.* 黑)→darken(*v.* 使黑),connect(*v.* 连接)→connection(*n.* 关联;关系)等。

2) 合成法:合成法就是把两个以上的单词组合成一个复合词。如: outnumber(超过数目)、steamship(汽船)等等。

3) 前缀法:前缀法指在词上附加前缀,构成新词。例如:disconnect: →dis-+ connect(使分开),dislike: →dis+ like(不喜欢)。

为方便起见,有必要先介绍几个有关词结构方面的概念。

1) 词根:词根可以看作单音节的原始意义单位或看作同根词共有的可以辨认的部分,不一定是单音节,也不一定是原始形式。比如:ophthalmo-(眼),esophago-(食道),epithelio(上皮),reticulo-(网状),erythro-(红)等。

2) 前缀:本来是独立的词或词根,但由于经常缀在其它词或词根的前面,辅助中心意义,逐渐失去了其独立的形式而成为附加部分。前缀有一定的含义,如:cohost →co-[together, with]+ host。

3) 后缀:后缀只具有改变词的词类功能,而不改变其含义,但在医学上,有些后缀本身有一定的含义。例如:-ate(盐酸),-ase(酶)等。

词一般由前缀+词根+后缀构成。可能只加前缀,或者只加后缀,或同时带前后缀。

在下面各课中,分别对常用词根、前缀、后缀加以介绍。

专业英语词汇往往都比较大,医护工作者记忆单词就会有极大的困难。下面通过列举大量常用医学词汇的分解式实例,说明词根在快速记忆单词时能起到重要作用。这样,记忆长的医学专业英语单词也就变得容易了。

1) aer(o): 空气,空中

aerophobia 气体恐怖症;高空恐怖症

aero + phob + ia

空气	恐,怕	表疾病

aerobe: 喜氧性生物

aerobiology: 大气生物学

anaerobe: 厌气微生物

aerobics: 有氧运动

2) alg: 痛

arthralgia 关节痛

arthr + alg + ia

关节 痛 表疾病

algometer: 痛觉计

cephalalgia: 头痛

cardialgia: 心痛

enteralgia: 肠痛

3) an: 无

anoxemia 缺氧血症

an + ox + emia

无 氧 血症

anemia: 贫血

anandrous: 无雄蕊的

ananthous: 无花的

analgesia: 痛觉缺失

4) andro: 人, 男人, 雄性

andromorphous 人形的, 男人形的

andro + morph + ous

人, 男人 形的

androphobia: 畏男症, 憎恶男性病

anandrous: 无雄蕊的

androspore: 雄芽孢

triandrian: 三雄蕊的

3 Related Knowledge: Hospital Department Terms

综合医院	general hospital
儿童医院	children's hospital
妇产医院	obstetrics and gynecology hospital
产科医院	maternity hospital
整形外科医院	plastic surgery hospital
口腔医院	stomatological hospital
传染病医院	hospital for infectious diseases