卫生部规划教材

全国中等卫生学校教材 供四年制护理专业用

# 英语

梁遇清 主编

下 册



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# 关于卫生部四年制中等护理专业教材的编写说明

为适应医学模式的转变和城乡人民对医疗卫生服务要求不断提高的需要,并着眼于21世纪护理人才培养,卫生部于1997年3月正式下发了《四年制中等护理专业教学计划》,为更好地贯彻新教学计划和教学大纲,保证四年制中等护理专业教学质量,在科教司领导下,教材办公室组织编写了四年制中等护理专业规划教材,教材编写以《四年制中等护理专业教学计划》为依据,紧紧围绕培养目标,突出护理的专业特征和专业需要,更注重学生整体素质的培养与提高,本套规划教材的主要特色是"突出护理、注重整体、加强人文、体现社区";课程布局体现"先预防保健,后疾病护理"、"先健康人群,后患病人体"的规律。本次列入卫生部规划教材的品种如下:

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卫生部教材办公室

1999年3月

# 前 言

本册为最后三个教学单元 (第 13 ~ 15 单元),约需 45 学时,按照卫生部颁布的《四年制中等护理专业教学计划》教学时数分配,供第三学年第一学期教学使用。

参加本册编写的老师是:李红翎(云南省玉溪卫校)、邓昌池(湖南省衡阳市卫校) 和郭雷(青岛卫校),由梁遇清(湖南省邵阳市卫校)主持编写并统稿。

插图特约尹磊绘制。

全书特请国防科技大学外语系饶健华教授审定。

本教材共分上、中、下三册,全书会话部分录音磁带三盒;另编写了配套教材《单元目标综合检测题》和《教学参考书》各一册,并附听力练习录音文字和磁带三盒。在此对录音的外籍教师 [英] Susanna 和夏锡华及 [美] Joy Lasiter 和 Reuben Davis 致以诚挚的谢意。

四年制中等护理专业《英语教学大纲》为13个教学单元。为了教学实际操作方便、依据部颁《教学计划》课时分配,英语课开设5个学期,我们对《大纲》作了一点微调。为此,教材设15个教学单元,每学期3个单元,特此说明。

由于编写时间十分紧迫,加之水平有限,书中疏漏和错误在所难免,我们殷切希望使用本书的师生提出宝贵意见,以待修订时改正。

四年制中等护理专业《英语》编写组 1999年10月

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# Unit 13 Nurses Training

# Dialogue 37 Observation of the patient

# 1 Listen and read



Teacher: You know that we have to keep an eye on all patients all the time, don't you?

Student: Yes, we have to keep the lookout for changes in their condition.

Teacher: That's right. What sort of changes?

Student: Er, changes in t. p. r., changes in colour. What mental state he's in. And anything on his record card. I must say it seems an awful lot. How do we find the time to do it?

Teacher: You must get into the habit of observing the patients when you're carrying out normal nursing duties. Besides, don't forget that it's very important to chat to patients. If you get on friendly terms with them it's a great help.

Student: Why?

Teacher: Well, it makes them more relaxed. Also they may tell you something about their lives which has some bearing on their illness.

B

Nurse: I notice you have several boils on your body.

Patient: Yes. I have had these boils for some time. They would often subside a little, but they have never healed completely.

Nurse: Is there anything else that bothers you besides the boils?

Patient: I feel tired, and I itch all over.

Nurse: Have you lost weight recently?

Patient: I think I have.

Nurse: How is your appetite?

Patient: I have very good appetite, and I feel hungry all the time.

Nurse: Do you drink lots of water and go to the toilet often?

Patient: Yes, I drink lots of water, but I still feel thirsty. And, I have to go to the toilet quite often.

Nurse: How long have you had these symptoms?

Patient: More than six months. Dr. Sun told me I had diabetes.

Nurse: Yes, I know. Dr. Sun has ordered that you should follow a diabetic diet and insulin therapy. Here are instructions for both your diet and the therapy, which, by the way, you'll have to administer yourself at home. We'll help you if you find any difficulties. Here are some antibiotics for your boils. I'm sure you will feel better soon.

Patient: Thank you very much.

#### 2 Practice

#### A. Ask your partner:

- ——What do the nurses have to keep an eye on?
- —What sort of changes are they?
- How do the nurses find the time to do it?
- —Why is it very important to chat to patients?



——Is it a great help to get on friendly terms with the patients?
What does the patient have on his body?
——Is there anything else that bothers the patient besides the boils?
Has the patient lost weight recently?
—How is the patient's appetite?
Does the patient feel thirsty after drinking lots of water? what illness does he
have?
B. Complete the short dialogues below with the appropriate words in the box. Change
the form when necessary.
bearing terms condition appetite chat
keep an eye on boil bother relax
1. A: What did you do yesterday evening?
B: We sat by the fire after supper.
2. A: I'm afraid you will have to see the doctor at once. You have many
on your back.
B: OK. I'll take your advice. These really me.
3. A: Please the children and keep them away from the fire.
B: Yes, Madame.
4. A: When will the patient be discharged from hospital?
B: I've no idea about it. Maybe a month later. He is in no to leave hos-
pital now.
5. A: Why should the nurses get on good with the patients?
B: Well, it makes them more Also they may tell you something about
their lives which has some on their illness.
6. A: Do you feel hungry all the time?
B: Yes, I do, though I have very good
C. Find single words in the dialogue which have roughly the meanings given below.
1. gradually decrease:
2. worry:
3. a desire for food:
4. talk in a friendly and informal way:
5. a disease in which there is usually too much sugar in the blood:
6. an inflamed swelling on the skin:
7. a medicine which is used to kill the bacteria that cause disease:
8. very great:
9. become less worried:
10. watch carefully:
11. give someone a medicine or drug to take:

		12. an order or direc	etion:		
	D.	Choose the appropria	ite words or phrases t	to complete the follow	wing dialogue.
		Student: We were to	old that charting is ve	ery important.	
		Teacher: Yes, because	se charting 1 lega	al responsibility, this	is why it must 2
					tion to drug and treat-
		ment, 3	and condition of the	e patient.	
			4 that errors mad		not be erased.
					them with red ink. On
			signature is very im		
		his work.			
		Student: Be careful,	simple and clear phi	rases are used in char	rting.
		Teacher: That is tru	e. It is not necessary	to use7sentence	ces.
			me what are some of		
		COLUMN TO DEPOSE			rash or spots, fever or
		chill, one l	kind of pain or ache	, sudden <u>9</u> of v	ision or hearing; other
		symptoms	like swelling, bleedin	g, itching, sneezing	, shivering or <u>10</u> of
		any kind.			
		Student: Dear me!	It is quite a long list.	How can I rememb	er it?
		Teacher: You will re	emember it better wh	nen you have more cl	inical experiences.
		1. A suffers	B. involves	C. bothers	D. takes
		2. A. cover	B. contain	C. include	D. carry
		3. A. symptoms	B. signals	C. signs	D. records
		4. A. remind	B. observe	C. bear	D. remember
		5. A. cut	B. relax	C. cross	D. administer
		6. A. to	B. upon	C. for	D. of
		7. A. longer	B. complete	C. better	D. normal
		8. A. reactions	B. conditions	C. terms	D. therapy
		9. A. difficulty	B. trouble	C. lookout	D. change
		10. A. miss	B. discharge	C. toillet	D. appetite
	E.	Learn individual part	s in Dialogue 37 and	then play the roles in	n pairs or small groups.
3	Ţ	Listening			
	Tu	urn to page102			

#### **Helpful Expressions**

We have to keep an eye on all patients all the time.

We have to keep the lookout for changes in their condition.

What mental state is he in?

What about the colour? Has it changed?

Do you ever have any pain on passing your motions?

Chatting to the patients makes them more relaxed.

Do you have any problem with your skin?

Any itching of the skin?

I notice you have several boils on your body.

Are you using anything on your skin?

Have you lost weight recently?

How is your appetite?

How long have you had these symptoms?

You should follow a diabetic diet and insulin therapy.

You'll have to administer the medicine yourself at home.

# Dialogue 38 Health advice for the aged

#### 1 E Listen and read

Nurse: Good morning, Mr. Lee. How are you feeling now? Do you still have pain in your chest?

Patient: No. There is no more pain, but I feel a little tight in my chest. I also feel dizzy when I stand up.

Nurse: Your electrocardiogram shows that you have coronary heart disease.

Your attack was brought on by an insufficient blood supply to the heart.

Patient: Will it happen again?

Nurse: When you leave the hospital the doctor will give you instructions as to how to take care of yourself. If you follow the instructions carefully, 1'm sure it will not happen again.

Patient: That's fine. Thank you. By the way, will you please tell me something about the diet I should follow?

Nurse: Oh, yes. It is important that you should pay special attention to your diet at your age. It should be light and low in fat. Your meals should be frequent but small in quantity. However, you must not forget that you should take some vegetables and plenty of fruit.

Patient: I know I should eat more fruit and vegetables, because they will keep me from being constipated.

Nurse: Older people often have constipation because their intestine has become sluggish. Besides some mild exercises, you'd better do some deep breathing and massage your stomach every day. This will help to relieve your constipation.

Patient: I usually do a lot of things automatically. It has been my habit for many years.

Nurse: Exercise and work are helpful. But don't over-tire yourself. We suggested that

you do some light work, have a happy outlook, listen to music, avoid excite-



ment and too much worry. And, above all, be careful not to stumble, because old people's bones are fragile and get broken easily.

Patient: Thank you for all your advice.

# 2 Practice

A.	Ask your partner:				
	How does the patient feel?				
	What does the patient's ECG show?				
	——What causes the patient's heart attack?				
	What will the doctor do when the patient leaves the hospital?				
	Why should the patient eat more fruit and vegetables?				
	Why do older people often have constipation?				
	——How can the patient's constipation be relieved?				
	What does the nurse advise the patient to do?				
	——What may happen if old people over-tire themselves?				
	Why should the patient be careful not to stumble?				
В.	Complete the short dialogues below with the appropriate words or phrases in the box.				
	dizzy insufficient fragile stumble instructions				
	pay special attention to tight overwork				
	1. A: I often feel a little in my chest. I also feel when I stand up				
	suddenly.				
	B: You must have yourself. You should have a real rest.				
	2. A: Your electrocardiogram shows that your heart is a little out of order. Maybe				
	the blood supply to your heart is I'll give you further examination.				
	B: OK. Thank you very much.				
	3. A: Please take the medicine on time according to the doctor's				
	B: Yes, I will. Thanks.				
	4. A: You must your handwriting while taking the nursing notes.				
	B: Yes, I see.				
	5. A: Doctor Smith, the patient and sprained his ankle. Shall I apply a				
	cold compress to it?				
	B: Yes. And tell him to be careful in walking because old people's bones are				
	and get broken easily.				
C.	Find single words in the dialogue which have roughly the meanings given below:				
	1. not strong, and therefore easily broken or damaged:				
	2. done without thought, especially as a habit:				
	3. the medical condition of finding it difficult to empty your bowels:				
	4. moving or reacting more slowly than normal:				

	<ol><li>happening often:</li></ol>			
	6. your general attitu	ude to life and the	world:	
	7. the kind of food t	hat someone eats e	each day:	
	8. press and rub som	neone's body to ea	se and remove pain	or stiffness:
D	. Choose the appropria	te words or phrase	es to complete the fo	ollowing dialogue.
	Doctor: Do you ever	feel,	as if you or the roor	m is moving?
	Patient: No, never.			
	Doctor: Have you ev	er taken an electro	ocardiogram before?	Has a doctor ever told you
	that you had	d a or h	igh blood pressure?	
	Patient: No.			
	Doctor: What symp	toms do you usuall	y have?	
	Patient: I feel	in my chest	and an4	_breath. Climbing up the
	steps at hor	ne, I have to stop	and5my	breath. By the way, I'm
	always cons	tipated although I	drink much water	and can not6my
	constipation			
	Doctor: I see. You	must have an elect	rocardiogram taken	and examine whether there
	is something	g wrong 7	_your heart.	
	Patient: OK. Thank			
				8 , if you can have
				ght and low in fat and eat
	_			vays in a good mood.
	Patient: Thank you			
	1. A: sluggish		C. pain	D. fragile
		B. sound		D. word
		B. hard		D. tight
	4. A: weak			D. insufficient
	5. A: catch			D. hold
		B. prevent		D. relieve
	7. A: on	B. with	C. at	D. of
	8. A. meals	B. food supply	C. diet	D. nourishment
	9. A: limiting	B. to limit	C. be limited	D. limited
	10. A. above all		C. automatically	
E	Learn individual part	s in <b>Dialogue 38</b> a	nd then play the rol	es in pairs or small groups.
3 💆	Listening			
Γ	urn to page 103			

#### **Helpful Expressions**

Do you ever become dizzy?

Do you ever have palpitations?

Do you still have pain in your chest?

Do you ever get chest pain/discomfort at night?

Does the chest pain spread anywhere else in the body?

Are you ever aware of your heart beating fast?

What do you do when you get your chest pain?

If you take the trinitrin, how quickly does this help relieve the chest pain/discomfort?

How long have your ankles been swollen?

How far can you walk?

How many flights of stairs can you climb?

How often do you have your bowels opened?

Do you ever have diarrhoea or constipation?

Do you ever have any pain on passing your motions?

Have you lost any weight?

# Dialogue 39 The central sterile supply department

#### 1 Final Listen and read



Student nurse: Could you tell me something about the CSSD, Mrs. Sun?

Mrs. Sun: Yes, of course. A central sterile supply department is provided in most modern hospitals. This is the CSSD.

Student nurse: How about its equipment?

Mrs. Sun: The basic equipment for sterile procedures is obtained in sterile packs from the CSSD. Disposable equipment is often contained in these packs, and after use, is discarded. Non-disposable equipment is sent back to the CSSD for resterilization.

Student nurse: Mrs. Sun, would you please tell me carefully about the dressing pack?

Mrs. Sun: The following items are normally included in the basic dressing pack: four cotton wool swabs, two dressing towels, four pieces of folded gauze and two gallipots. And sometimes the necessary surgical instruments are included in the dressing pack, sometimes they are supplied in separate packs. A pair of scissors and four pairs of plain dressing forceps or dissecting forceps are generally needed for ward dressings. Is it clear now?

Student nurse: It's very clear. Thank you very much, Mrs. Sun.

Mrs. Sun: You are welcome.

#### 2 Practice

A. Ask your partner:

В.	<ul> <li>—What is the CSSD?</li> <li>—Where do the wards obtain the sterile equipment?</li> <li>—How do we treat disposable equipment after it is used?</li> <li>—What items are included in a basic dressing pack?</li> <li>—What is dressing trolley?</li> <li>—What are the necessary surgical instruments included in?</li> <li>—What are generally needed for ward dressings?</li> <li>Complete the following sentences with the appropriate words in the box. Change the form when necessary.</li> </ul>
	folded supply dissection basic separate disposable sterile discard include generally procedure instrument
С	<ol> <li>A surgeon's equipment must be absolutely</li> <li>Those worn-out old books were by the library.</li> <li>What is your in giving the patient an injection of penicillin?</li> <li> chopsticks are no longer in use in this area.</li> <li>She's not really ill, just rundown.</li> <li>I like to keep my job and my home life</li> <li>They scissors and towels on the list of things to buy.</li> <li>The small hospital in the mountain area lacks even equipment.</li> <li>George stood in the waiting-room silently with his arms</li> <li>Her first made her change her mind about becoming a doctor.</li> <li>More donors are needed as blood are running low.</li> <li>A forceps and a drill are two used by dentists.</li> <li>Listen to or read the following passage carefully and then look at the pictures. The letters on the trolley show the position of pieces of equipment.  Match the letters with the sterile instruments according to the passage you've just heard or read.</li> </ol>
	The trolley has two shelves. The sterile equipment is on the upper shelf, and a container for used instruments is on the lower shelf. A bag for soiled dressings is clipped to the side of the trolley.  A towel covers the upper shelf, and the equipment is placed on it. In the middle there is a large pad, and behind it are some small absorbent dressings. In front of the pad there is a paper towel. On the right there are some forceps and scissors, and on the left there are some cotton wool balls. Next to the cotton wool balls there is a small pot for lotions.