

赣科版“十一五”高职高专护理专业教材
GANKEBAN SHIYIWU GAOZHI GAOZHUAN HULI ZHUANYE JIAOCAI

护 理 英 语

H U L I Y I N G Y U

主 编 魏 勤



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(供涉外护理方向使用)

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前 言

随着我国对外交流的日益扩大,在我国就医的外籍人士不断增多;同时,面对护工劳务输出需求量的增大,高职高专学校护理专业涉外护理方向的学生需要有一本较为适用的护理英语教材能指导她们在毕业后能从事涉外护理工作。

本教材在编写中以英语教学目标中对高职高专学生“实用为主、够用为度”的原则,在打好学生语言基础的同时,着重培养学生运用语言从事涉外护理的能力;贯穿了现代护理学中整体护理的理念,帮助学生在学语言的同时正确理解现代护理工作人员的职责,全面提升护理人才素质。

全书共分七个单元,内容涵盖面广,针对性强,每单元围绕一个护理主题,配以相关的词汇、句子、对话、文章和练习,全面培养学生综合运用语言的能力。第一单元为导入部分,通过两篇文章介绍了整体护理的相关知识以及整体护理护士的职能;第二单元至第四单元内容按照预约就诊、接待患者入院、基本护理程序和临床护理四方面展开;第五单元至第七单元为家庭护理、社区护理和康复护理。在附录中,增加了 CGFNS 以及 NCLEX-RN 的介绍,并且给出了 CGFNS 考试的样题,让学生了解国外护士资格证书的考试内容与方式,为今后参加此类考试奠定基础。

学生通过对本书的学习,能够掌握约 1500 个专业英语单词,1000 个常用护理专业术语,理解医学护理术语;使学生能逐步学会运用英文书写简单的护理文件及护患沟通;借助词典阅读相关英文护理书籍。

本教材编写工作由江西中医药高等专科学校、宜春职业技术学院、赣州卫校和江西护理职业技术学院的骨干教师参与完成,编写过程中得到江西中医药高等专科学校领导的大力支持,在此一并致谢。

魏 勤

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出版者的话

赣科版《“十一五”国家级高职护理规划教材》是在教育和卫生行政部门的大力支持下,由江西科学技术出版社与江西护理职业技术学院以及全国各有关医学院校联合向国家教育部申报的项目。目前有8本教材被教育部正式批准为《“十一五”国家级高职护理规划教材》选题。

随着我国经济持续较快发展,人们对健康的需求也相应发生了改变,大家希望得到高质量的医疗保健服务,呼唤社会能提供包括具有医疗技术、人文关爱、心理支持等新内涵的医学高技术人才,医药卫生类高等职业教育愈来愈得到社会的重视和认同,卫生类高等职业教育进入了快速发展时期。

但综观目前卫生类高职教材市场,由于许多学科、课程设置比较混乱,编写的部分教材多属于本科版教材的缩写本,未能突出“职业性、操作性、实用性”的专业特点,缺乏专业教学的科学严谨性和专业培养目标的优势,不太适应目前卫生类高职教育教学的需求。

职业教育是国家教育部今后几年教育改革的重点内容,是关系到培养具有综合竞争力实用型人才的大事,而护理人才又属于技能紧缺性人才之一。积极参与高等职业教育教材的编写和出版既符合国家的政策,也可以满足社会对实用人才的需要。

因此,我们此套高职护理规划教材的编写应以新标准、高起点为基本要求,坚持以人为本和“贴近学生、贴近岗位、贴近社会”的原则,根据学生素质的具体情况和临床用人单位的实际要求,简化理论叙述,采用图文并茂、便于学生阅读的方式进行编写,并紧扣执业护士考试大纲的要求,充分体现实用性、可读性和创新性的特点。使学生通过本套教材的系统学习和训练,掌握必要的理论知识和娴熟的操作技能,适应临床一线工作需要,毕业后能够顺利通过护士执业资格考试。

为此,在编写本套高职护理规划教材的过程中,我们注意把握了如下总体特点:

1. 系统性 这套高职护理规划教材,适用于三年制高职,也适用于五年制高职。针对这两个学生人群起点和素质的不同,我们在专业基础和专业课的编写中有机地进行了考虑。为使有限的课时资源得到充分的利用,对整套书的大纲进行了严格审定,避免了过去某些版本教材中存在的不必要的重复,使整套书在编写过程中做到前后连贯、相互呼应、有机结合。

2. 实用性 突出了职业教育的特点,注重实用能力的培养。教材编写中,摒弃了不必要的繁文缛节。在理论的叙述中,对可以采用图表的,多采用图表形式进行表述;不能采用图

表的,也尽量用通俗易懂的语言进行简洁、明了的描述,以便学生理解和掌握。

3. 创新性和先进性 在内容的编写方面,注意吸收已经得到认可的新的知识。

4. 注意将实践课与专业基础课齐头并进。这样,使学生在专业理论课时,带着在实际操作中发现的问题去听课,提高学习积极性。实践证明,打破传统教育中基础理论课与专业课之间的关系,把初级能力训练作为基础,不仅是可行的,而且是必要的。

我们的目标是打造一套高质量的高职高专护理教材,使它既适应学校的教学需要,又符合临床的需要。同时,它还将有助于学生毕业后顺利通过执业考试,为学生的职业生涯发展奠定良好的基础。

我们相信,经过大家的共同努力,我们的目的一定能达到!

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Unit One

Introduction

Passage 1

Introduction to Holistic Nursing

Holistic Nursing is defined as “all nursing practice that has healing the whole person as its goal.” (American Holistic Nurses’ Association, 1998, *Description of Holistic Nursing*). Holistic Nursing is further defined as a practice that draws on nursing knowledge, theories, expertise and intuition to guide nurses in becoming therapeutic partners with clients in strengthening clients’ responses to facilitate the healing process and achieve wholeness.

The practice of Holistic Nursing is grounded in nursing theory - fully recognizing that there are two views in the profession regarding holism (the view that defines the whole in terms of component parts - bio-psych-social-spiritual - believing that the whole is greater than these parts; and the view that defines the whole as an irreducible unit).

Different from other nursing practice, the practice of Holistic Nursing requires the nurse to integrate self-care and self-responsibility into his or her own life and to strive for an awareness of the interconnection of individuals to the human and global community. Thus, Holistic Nursing as a specialty gives a voice and a context to a specialty identified by the philosophy and practices of the nurse.

In some sense, all nursing practice can be holistic. - That is, all nursing practice may have healing the whole person as its goal. What makes Holistic Nursing practice a specialty is that there is a body of knowledge and an advanced set of nursing skills applied to practice that go beyond that which is learned at a basic level of practice. The modalities and interventions of Holistic Nursing are well within the legal scope of nursing practice; the nurse with a knowledge/skill set to practice Holistic Nursing using the modalities/interventions described above has developed a specialty in the field and can be distinguished from the nurse who is not a Holistic Nursing specialist.

Holistic nurses are committed to care that recognizes the body-mind-spirit connection of the human being. Therefore, holistic nurses take care to create an environment conducive to healing and focus care on interventions that promote peace, comfort and a subjective sense of harmony for the client. Certification in complementary modalities is encouraged and a common part of Holistic Nursing practice. Frequently used modalities include

the following interventions listed in the Nursing Interventions Classification (NIC): *art therapy, acupressure, animal-assisted therapy, music therapy, therapeutic touch* (or other energy-based modalities, e. g. healing touch techniques), *guided imagery, massage, and relaxation therapy*. Interventions frequently employed in Holistic Nursing practice include: *anxiety reduction, calming technique, emotional support, exercise promotion, patient contracting, resiliency promotion, forgiveness facilitation, hope installation, presence, journaling, counseling, cognitive therapy, and spiritual support*. In relation to the nursing intervention of *environmental management*, Holistic Nursing also requires the nurse to understand the phenomenon of nurse creating an environment conducive to healing.

► New Words

holistic [həʊlistik] adj. 整体的, 全盘的

healing ['hi:lɪŋ] n. 康复, 复原

adj. 有治疗功用的

expertise [ˌɛkspə'ti:z] n. 专家的意见, 专门技术

intuition [θerə'pju(:)'ɪʃən] n. 直觉, 直觉的知识

therapeutic [θerə'pjʊ:tɪk] adj. 治疗的, 治疗学的

n. 治疗剂, 治疗学家

client ['klaɪənt] n. [计]顾客, 客户, 委托人

holism ['həʊlɪzəm] n. [哲]整体论

bio-psych-social-spiritual 生理、心理、社会、精神

irreducible [ˌɪrɪ'dju:səbl] adj. 不能复归的, 不能削减的, [数]不可约分的

integrate ['ɪntɪgreɪt] vt. 使成整体, 使一体化, 求...的积分

vi. 结合

individual [ˌɪndɪ'vɪdʒuəl] n. 个人, 个体

adj. 个别的, 单独的, 个人的

philosophy [fɪ'lɒsəfi] n. 哲学, 哲学体系, 达观, 冷静

modality [məʊ'dælɪti] n. 形式, 形态, 特征

intervention [ˌɪntə(:)'venʃən] n. 干涉

distinguish [dɪ'stɪŋɡwɪ] v. 区别, 辨别

specialist [ˌspeʃəlɪst] n. 专门医师, 专家

conducive [kən'dju:sɪv] n. 有益于

subjective [sʌb'dʒektɪv] adj. 主观的, 个人的

harmony ['hɑ:məni] n. 协调, 融洽

complementary [kəmplə'mentəri] adj. 补充的, 补足的

therapy ['θerəpi] n. 治疗

acupressure [ˈækjuːpɜː(r)] n. 针压(止血)法
 imagery [ˈɪmɪdʒəri] n. 肖像(总称), 比喻, 雕刻
 resiliency [riːziliənsi, -jənsɪ] n. 跳回, 弹性
 facilitation [fəˈsɪliˈteɪʃən] n. 简易化, 助长
 installation [ˌɪnstəˈleɪʃən] n. [计]安装, 装置, 就职
 presence [ˈprezns] n. 出席, 到场, 存在
 journaling [ˈdʒɜːnliŋ] n. [计]日记, 日志
 counseling [ˈkaʊnsəliŋ] n. (对个人, 社会以及心理等问题的)咨询服务
 cognitive [ˈkɒgnɪtɪv] adj. 认知的, 认识的, 有感知的
 phenomenon [fɪˈnɒmɪnən] n. 现象

Expressions

holistic nursing 整体护理(整体护理是一种护理行为的指导思想或称护理观念, 是以人为中心, 以现代护理观为指导, 以护理程序为基础框架, 并且把护理程序系统化地运用到临床护理和护理管理中去的指导思想。整体护理的目标是根据人的生理、心理、社会、文化、精神等多方面的需要, 提供适合个人的最佳护理)

Passage 2

Holistic Nurses' Responsibilities

Code of Ethics for Holistic Nurses

We believe that the fundamental responsibilities of the nurse are to promote health, facilitate healing, and alleviate suffering. The need for nursing is universal. Inherent in nursing is the respect for life, dignity, and the rights of all persons. Nursing care is given in a context mindful of the holistic nature of humans, understanding the body-mind-spirit. Nursing care is unrestricted by considerations of nationality, race, creed, color, age, sex, sexual preference, politics, or social status. Given that nurses practice in culturally diverse settings, professional nurses must have an understanding of the cultural background of clients in order to provide culturally appropriate interventions.

Nurses render services to clients who can be individuals, families, groups, or communities. The client is an active participant in health care and should be included in all nursing care planning decisions.

To provide services to others, each nurse has a responsibility towards the client, co-workers, nursing practice, the profession of nursing, society, and the environment.

Nurses and Self

The nurse has a responsibility to model health care behaviors. Holistic nurses strive to achieve harmony in their own lives and assist others striving to do the same.

Nurses and the Client

The nurse's primary responsibility is to the client needing nursing care. The nurse strives to see the client as whole and provides care that is professionally appropriate and culturally consonant. The nurse holds in confidence all information obtained in professional practice and uses professional judgment in disclosing such information. The nurse enters into a relationship with the client that is guided by mutual respect and a desire for growth and development.

Nurses and Co-workers

The nurse maintains cooperative relationships with co-workers in nursing and other fields. Nurses have a responsibility to nurture each other and to assist other nurses to work as a team in the interest of client care. If a client's care is endangered by a co-worker, the nurse must take appropriate action on behalf of the client.

Nurses and Nursing Practice

The nurse carries personal responsibility for practice and for maintaining continued competence, and has the right to use all appropriate nursing interventions and have the obligation to determine the efficacy and safety of all nursing actions. Wherever applicable, nurses use research findings in directing practice.

Nurses and the Profession

The nurse plays a role in determining and implementing desirable standards of nursing practice and education. Holistic nurses may assume a leadership position to guide the profession towards holism. Nurses support nursing research and the development of holistically oriented nursing theories, and participate in establishing and maintaining equitable social and economic working conditions of nursing.

Nurses and the Society

The nurse, along with other citizens, has the responsibility for initiating and supporting actions to meet the health and social needs of the public.

Nurses and the Environment

The nurse strives to manipulate the client's environment to become one of peace, harmony, and nurturance so that healing may take place. He or she also considers the health of the ecosystem in relation to the need for health, safety, and peace of all persons.

» New Words

ethics [ˈeθɪk] n. 道德规范, 伦理

fundamental [ˌfʌndəˈmentl] adj. 基础的, 基本的

n. 基本原则, 基本原理

promote [preˈməʊt] vt. 促进, 发扬, 提升, 提拔, 晋升为

- facilitate [fə'siliteit] vt. (不以人作主语的)使容易,使便利,推动,帮助,使容易,促进
- alleviate [ə'li:vieit] vt. 使(痛苦等)易于忍受,减轻
- universal [ju:'ni:və:səl] adj. 普遍的,全体的,通用的,宇宙的,世界的
- inherent [in'hierənt] adj. 固有的,内在的,与生俱来的
- dignity ['digniti] n. 尊严,高贵
- context ['kɒntekst] n. 上下文,文章的前后关系
- mindful ['maɪndfʊl] adj. 留心的,不忘的
n. 留心
- race [reis] n. 种族,种族气质,种族特征,赛跑,急流,姜根
vi. 赛跑,疾走
vt. 与...赛跑,使空转
- creed [kri:d] n. 信条
- diverse [dai'və:s] adj. 不同的,变化多的
- render ['rendə] vt. 呈递,归还;着色,汇报,致使,放弃,表演,实施
vi. 给予补偿
n. 交纳,粉刷,打底
- professionally [prə'feʃnəli] adv. 专业地,内行地
- appropriate [ə'prəʊpriit] adj. 适当的
- consonant ['kɒnsənənt] adj. 协调一致的
- competence ['kɒmpətəns] n. 能力
- obligation [ɒbli'geɪʃən] n. 义务,职责,债务
- efficacy [ɪ'efikəsi] n. 功效,效验
- applicable [æplikəbl] adj. 可适用的,可应用的
- implement ['ɪmplɪmənt] n. 工具,器具
vt. 贯彻,实现
vi. 执行
- desirable [di'zaiərəbl] adj. 值得要的,合意的,令人想要的,悦人心意的
- assume [ə'sju:m] vt. 假定,设想,采取,呈现
- oriented [ɔ:'rientid, 'əu-] adj. 导向的
- equitable [ɪ'ekwɪtəbl] adj. 公平的,公正的,平衡法的
- initiate [i'niʃieit] vt. 开始,发动,传授
vi. 开始,发起
- manipulate [mə'nɪpjuleit] vt. (熟练地)操作,使用(机器等),操纵(人或市价、市场)
vi. (熟练地)操作,巧妙地处理
- nurturance ['nɜ:tʃərəns] n. 养育,培养
- ecosystem [i:kə'sistəm] n. 生态系统

Unit Two

Receiving the Patient

Lesson 1 Making an Appointment

Section A

Useful Sentences

1. Hello. I'd like to make an appointment to see Dr. Moer, please. 你好,我想预约摩尔大夫。
2. Dr. Johnson is fully engaged today. 约翰逊大夫今天已经排满了。
3. Anytime this week except Wednesday will be all right for me. 本周除了星期三以外其他时间都行。
4. Would 2:00 tomorrow afternoon be convenient for you? 明天下午两点您方便吗?
5. Dr. Johnson will be expecting you at 9:00 am. in his office. 约翰逊大夫早上九点将在他的办公室等你。

Section B

Dialogue 1

- Mrs. Lee : Can I speak to Dr. Johnson, please?
- Dr. Johnson : Yes. This is Dr. Johnson speaking. What can I do for you?
- Mrs. Lee : Oh. This is Mrs. Lee. Please help me, Dr. Johnson.
- Dr. Johnson : What's the matter with you, Mrs. Lee?
- Mrs. Lee : Oh, no, it's not me. My son Bill is sick.
- Dr. Johnson : What's wrong with Bill?
- Mrs. Lee : He has red spots on his arms, on his shoulders
- Dr. Johnson : Does he have red spots all over his body?
- Mrs. Lee : Yes, he does.
- Dr. Johnson : Does he have a fever?

Mrs. Lee : Yes, he does. This morning his temperature was 39 degrees in centigrade.

Dr. Johnson : Well, that's too bad.

Mrs. Lee : What's wrong with Bill? He cried all day long. I just can't stop him.

Dr. Johnson : He has the measles.

Mrs. Lee : Measles? Oh, dear. Can you come and see him now?

Dr. Johnson : I'm going to have an operation this morning. But I can come this afternoon.

Mrs. Lee : Thank you, Dr. Johnson.

Dr. Johnson : Remember, you must keep him from scratching the spots.

Mrs. Lee : No, no. I won't let him do that. See you then, doctor.

Dr. Johnson : Goodbye.

Dialogue 2

Nurse : Good morning. This is Doctor Johnson's office. What can I do for you?

Mrs. Reed : Yes, this is Mrs. Reed. I'd like to make an appointment to see the doctor this week.

Nurse : Well, let's see. I'm afraid he is fully booked on Monday and Tuesday.

Mrs. Reed : How about Thursday?

Nurse : Sorry, but I have to say he is also occupied on Thursday. So, will Wednesday be O.K. for you, Mrs. Reed?

Mrs. Reed : I have to work on Wednesday. By the way, is Dr. Johnson available on Saturday?

Nurse : I'm afraid the office is closed on weekends.

Mrs. Reed : well, what about Friday?

Nurse : Friday. Let me have a check. Oh, great. Dr. Johnson will be available on Friday afternoon this week.

Mrs. Reed : That's fine. Thank you, I'll come then.

» Section C

Passage 1

Making an Appointment to See a Doctor

Making an appointment, what's all that about? Firstly, why do you need to make an appointment? Well, some surgeries offer a 'drop-in' system, in which case during a certain time you can just drop in and see a doctor without any prior arrangement. But this is fairly unusual.

An appointment is often necessary because doctors get busy and an appointment system is a good way of organizing their time. You can phone up to make an appointment, or go in to the surgery and speak directly to a receptionist. If you phone, a receptionist, and