

Unit 1



Part A

Dialogue 1

Nurse: Good morning. Miss, can I help you?

Client: Yes. Where shall I register?

Nurse: Here, have you been here before?

Client: Yes, one year ago.

Nurse: What's the trouble with you?

Client: I've had a high temperature and I have felt generally wretched since this morning.

Nurse: In that case, you'd better go to the Medical Department. The registration fee will be 10 yuan. Here you are, registration card.

Client: Which way do I go?

Nurse: Go up to the second floor and you'll see it sign-posted to the right. Give the doctor your registration card.

Client: Thank you so much!

对话 1

护士: 早上好,小姐你需要什么帮助吗?

病人: 是的,请问在哪里挂号?

护士: 就在我这儿,你以前来过吗?

病人: 来过,一年前来过。

护士: 您哪儿不舒服呀?

病人: 我发高烧,从今天早晨开始,感觉浑身不舒服。

护士: 根据你讲的情况,最好挂内科,挂号费 10 元,这是挂号卡。

病人: 请问内科怎么走?

护士: 请上二楼,您可看见右侧有一内科的标牌,把挂号卡交给医生就可以了。

病人: 谢谢。

Dialogue 2

Nurse: I'll make a file for you. Please write down your full name. How old are you? When were you born?

Client: I was born on May 4, 1968.

Nurse: What's your job?

Client: I'm an engineer working in a company.

Nurse: Are you married or single?

Client: I'm married.

Nurse: Have you ever been ill before?

Client: Yes, I have.

Nurse: What diseases have you had before?

Client: I had pneumonia at the age of 21.

Nurse: Do you often take exercise?

Client: I'm afraid not, I'm sitting at a desk working the whole day. I really need getting more exercise.

对话 2

护士：我要给你做一份病历，请你写上你的全名和年龄。请问您的生日？

病人：我的生日是 1968 年 5 月 4 日。

护士：能告诉我您的职业吗？

病人：我是一家公司的工程师。

护士：请问您是已婚还是单身？

病人：我结婚了。

护士：你曾经得过病吗？

病人：是的，得过。

护士：你以前得过什么病？

病人：我 21 岁时得过肺炎。

护士：你经常运动吗？

病人：不经常运动，整天忙于伏案工作。我感觉真的需要多活动了！

Dialogue 3

Client A: Excuse me, I want to have a denture. Please make an appointment for me.

Nurse: OK! Next Friday. Do you prefer 8 o'clock or 10 o'clock?

Client A: Ten o'clock suits me better. Thank you and good bye.

Client B: Nurse, how long should I wait?

Nurse: Your turn is next. The patient before you is a rather complicated case. I'm so sorry, you will have to wait at least half an hour.

Client B: I can wait, but my toothache can't.

Nurse: Then come with me, please.

对话 3

病人 A: 对不起，打扰一下，我想镶牙，请帮我约个时间。

护士： 好吧，下星期五。你愿意上午 8 点钟还是 10 点钟来？

病人 A: 10 点钟对我来说更合适些。谢谢你, 再见。

病人 B: 护士, 我还要等多久?

护士: 下一个就轮到你了, 你前面那位病人的情况确实有点复杂, 对不起, 你至少还要等半个小时。

病人 B: 我能等, 但我的牙痛不能等了。

护士: 那么, 请跟我来吧。

Words and Phrases

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|----------------------------|-------|
| 1. registration | 挂号 |
| 2. general wretched | 浑身不舒服 |
| 3. Medical Department | 内科 |
| 4. registration fee | 挂号费 |
| 5. registration card | 挂号卡 |
| 6. sign-posted | 标牌 |
| 7. make a file | 做病历 |
| 8. pneumonia | 肺炎 |
| 9. make an appointment for | 预约 |
| 10. complicated case | 复杂病情 |
| 11. denture | 镶牙 |



Part B 护士必背英语句型

1. This is line for new patient.
初诊病人排这队。
2. Fill it in and bring it back to me.
填写后请还给我。
3. In that case, you'd better go to the Medical Department.
那样的话你还是去看内科吧。
4. You'll see the Medical Department sign-posted to the right.
你会在右边看到内科的标牌。
5. The sooner you see the doctor better.

你越早就医越好。

6. What's the trouble?

What's the bothering you?

What's wrong with you?

你哪儿不舒服吗?

7. How long have you been like this?

How long have you been ill?

你(生病)这情况有多长时间了?

8. How long have you had this pain?

这种疼痛有多长时间了?

9. Where is the pain? Show me exactly where the pain is.

你哪里疼痛? 请准确指给我看你疼痛的部位。

10. What kind of pain is it?

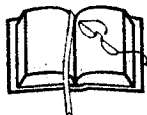
是怎样的疼痛?

11. Do the pain come on slowly or suddenly?

疼痛是逐渐出现还是突然出现?

12. Do anything special bring the pain on?

有什么特殊的原因引起疼痛吗?



Part C Reading Comprehension

Now read the passage. The first time, try to get a good general idea of what the passage is about; the second time, try to remember the important details and pay due attention to points seem difficult. If there is a word you are not familiar with, do not waste too much time worrying about what it might mean. Just look at what comes before and after, make an intelligent guess and then go on. When you have finished the second reading, finish the following exercises.

Basic Human Needs

Every one has certain human needs. These needs include such things as food, water, safety and love which are necessary for human survival

and health. Abraham Maslow's hierarchy can help nurses understand the relationship among basic human needs when providing nursing care. Figure 1-1 shows a Maslow's hierarchy of human basic needs theory. Maslow assigned priority to basic needs and arranged them in five levels according to priority.

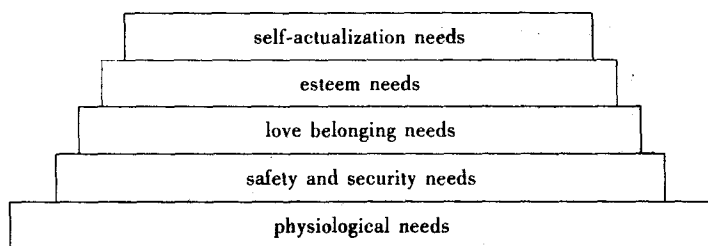


Figure 1-1 Maslow's hierarchy of human basic needs theory

The first level is physiological needs, including needs for air, sunshine, water and food. For example, a person brought to an emergency room with a cardiac arrest has an unmet need for air the most basic physiological need. The second level is safety or security needs, including the needs for both physical and psychological security. During illness, the typical day-to-day patterns that we have already established allow us to feel deep loneliness. An elderly client in a declining neighborhood may believe that his physical safety is threatened and when hospitalized will have an unmet need for psychological security if he fears that his house will be burglarized in his absence; the third level is needs for love and a sense of belonging, such as needs for friendship, social relationship and sexual love. These needs will not be eliminated by illness. On the contrary, they may be intensified by illness, since we all can desire for them especially when we experience insecurity and uncertainty. For example, a windowed homemaker may feel that she does not belong or is not loved by others shortly after her children have got married and moved away. The fourth level is the need for self-esteem, the feeling of self-confidence, achievement and self-worth. When others show us love, concern and respect, we feel us important enough for others to care about. A person having an appropriate

sense of self-esteem feels regarded by others as an individual of worth and value. The final level is the need for what Maslow called self-actualization, a state in which one is fully achieving one's potential and is able to solve problems and cope realistically with life situation. Illness may also seriously curtail a person in making maximum use of ability by preventing, at least temporarily, the development and use of personal talents. In some accidents or illness, a person loses personal abilities, such as blindness, paralysis, amputation, etc.

We have considered basic human needs as they are described by Maslow and we have also considered the ways these needs are frustrated by illness. Satisfaction with the basic human needs is the central core of the nursing process. Nursing is required when people are unable to arrange for the satisfaction of needs in their usual form.

Vocabulary

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|----------------------------|------------------------|
| 1. emergency <i>n.</i> | 紧急事件, 紧急情况 |
| 2. burglarize <i>v.</i> | 进行夜盗, (夜间) 闯入(房屋) 盗窃财物 |
| 3. intensify <i>v.</i> | 使强烈; 加强 |
| 4. esteem <i>n.</i> | 尊敬, 尊重; self-esteem 自尊 |
| 5. actualization <i>n.</i> | 实现, 现实化 |
| 6. curtail <i>v.</i> | (较最初计划) 缩短, 提早结束; 缩减 |
| 7. maximum <i>adj.</i> | 最大量(的); 最高点(的) |
| 8. survival <i>v.</i> | 继续生存或存在; 残存 |
| 9. hierarchy <i>n.</i> | 阶级组织 |
| 10. provide <i>v.</i> | 准备, 供给 |
| 11. simplify <i>v.</i> | 使单纯; 使易做或易懂 |
| 12. priority <i>n.</i> | 应受到优先考虑的事物; 优先权 |
| 13. cardiac <i>adj.</i> | 心脏的 |
| 14. security <i>n.</i> | 安全, 无危险 |
| 15. physical <i>adj.</i> | 身体的, 肉体的 |
| 16. establish <i>v.</i> | 建立; 使人接受 |
| 17. interrupt <i>v.</i> | 使中断, 使阻断 |

- | | |
|-----------------------------|--------------|
| 18. client <i>n.</i> | 当事人, 委托人; 病人 |
| 19. eliminate <i>v.</i> | 除去, 删除 |
| 20. belong <i>n.</i> | 有一个适当的位置或地位 |
| 21. appropriate <i>adj.</i> | 应当的, 合适的 |
| 22. potential <i>n.</i> | 可能性 |
| 23. temporarily <i>adj.</i> | 暂时的 |
| 24. paralysis <i>n.</i> | 麻痹, 瘫痪 |
| 25. amputation <i>n.</i> | 截肢 |
| 26. distinguish <i>v.</i> | 区别, 辨别 |
| 27. frustrate <i>v.</i> | 阻止某人做某事 |

Notes

1. Maslow assigned priority to basic needs... :
give (assign) priority to... 把...放在首位(优先地位)
例句: The government gives priority to reforming the legal system. 政府将改革法律制度放在第一位。
2. An elderly client in a declining neighborhood may... :
in a... neighborhood, in the neighborhood of 大约; 接近
例句: You will find it somewhere in the neighborhood of the station. 你将会在车站附近找到它。
3. ... the priority given to human needs are generally true of people, but not necessarily true of all individuals:
be true of 符合于, 对...也适应
例句: The same is true of all other causes. 对于其他各例而言, 也是如此。

Questions

1. How many levels are Maslow's hierarchy of needs divided? What are they?
2. Why is it necessary for nurses to learn Maslow's hierarchy of needs?
3. How does a patient's illness affect his basic needs?

4. How do nurses look after patients with the help of Maslow's hierarchy of needs?
5. Is it necessary to study the basic human needs?



Part D Exercises

1. Complete the following according to what you have got from the dialogues.

- 1) **Nurse:** What's _____ you?

Client: I've had a high temperature.

- 2) **Client:** Which _____ ?

Nurse: Go up to the second floor and you'll see it sign-posted to the right.

- 3) **Nurse:** What _____ before?

Client: I had pneumonia at the age of 21.

- 4) **Client:** Excuse me, I want to have a denture. Please _____ me.

Nurse: OK! Next Friday.

- 5) **Client:** How long _____ ?

Nurse: Your turn is next. The patient before you is a rather _____.

- 6) **Client:** I can wait, but my toothache can't.

Nurse: Then _____ me, please.

2. Practical Work.

- 1) A patient is complaining of severe headache. It is his first visit to this hospital. Imagine you and your partner to be the nurse and the patient, and perform this conversation.
- 2) An old patient with diabetes is complaining of weakening eyesight. He wants to register but he can't write down his name exactly. Imagine you and your partner to be the nurse and patient and perform this conversation.
- 3) A man wants to visit me surgeon, but he complains of anaemia, roaring in his ears and dizziness. The nurse thinks he had better go to the medi-

cal department first. Imagine you and your partner to be the nurse and the patient, and perform this conversation.



Part E 参考译文

人类基本需要

人类需要是每个人的一种要求,是人类生存最基本的需求。它包括对水、食物、安全、爱与归属等需要,以维持身心平衡并求得生存、成长与发展。美国心理学家马斯洛的人类基本需要层次理论可帮助护士更好地理解服务对象,并帮助护理对象满足其人类基本需要(如图 1-1 所示)。马斯洛人类基本需要层次理论将人类基本需要按其重要性和发生的先后次序排列成 5 个层次。

第一层次是生理需要,包括对空气、阳光、水和食物的需要。例如:一位心脏骤停被送往急诊室抢救的病人,首先考虑缺氧应满足其对氧气的需要。第二层次是安全的需要,它包括生理上和心理上的安全。当生病期间,我们已经形成的日复一日的生活方式让我们感到深深的孤独和寂寞。渐渐与外界疏离的老年病患者就会感到有生理安全的威胁,当入院治疗时,他就会担心和害怕当他不在家时,家里会被盗窃,他就会有未满足的心理安全的需要。第三层次是爱与归属的需要。例如:友谊、社会关系、性爱的需要。这些需要会因疾病而无法满足。相反,这些需要会因疾病而变得更加强烈,因为当我们感到不安全和不确定时,尤其渴望这些需求。例如一位寡居的家庭主妇,在子女长大成人结婚离开家后,她会有失落感和没有被关爱的感觉。第四层次需要是自尊、自信、成功和自我价值被认同的需要。当他人给予我们爱、关心和尊重时,我们会认为自己对于他人很重要,得到了他人的关注。当被他人认为有价值和被尊敬时,我们会产生良好的自尊。最后一层也是最高层次需要,即马斯洛所称的自我实现的需要,是指个人潜能得到充分发挥,实现自己的工作及生活上的愿望并能从中得到满足。疾病会严重地限制和阻碍我们最大限度的发挥自己的能力;至少在一段时间内发挥和使用自己的才能。因为事故或疾病失去自理能力,例如出现自理缺陷的盲人、瘫痪病人、截肢残疾人等。

我们认为人类的基本需要就是马斯洛所提到的人类基本需要层次理论,疾病会破坏满足这些需要。满足人类的基本需要是护理工作的核心部分。当人们不能自己实现满足日常需要时,就需要护理来帮助实现。

Unit 2



Part A

Dialogue 1

Nurse: Can I help you?

Client: Yes, please. I'd like to know where I should go for the admission procedures.

Nurse: Follow me, please. This is the admission office.

Client: Thank you very much.

Nurse: Please show me your outpatient and appointment card.

Client: Here you are.

Nurse: Now it's done. You will be in Room 3, Ward 2, bed Number 6.

Client: OK.

Nurse: Is this Miss Lin Ming? Please take this bed. Everything is ready.
This is the hospital pajamas for you. Let me help you get into bed.

Client: Thank you very much. I'd like to sit for a while before lying down. Where should I put my own clothes?

Nurse: They can be kept in the admission office. If you like, you can ask your relative to take them back home.

Client: Oh. To tell you the truth, I have never been hospitalized. So I'm a little scared.

Nurse: Don't be afraid. I hope you will feel at home here. Don't be nervous.

Client: I've forgotten to bring my cup.

Nurse: Here is a small tea-cup for you. The ward attendant will bring you hot water twice a day. I hope that will be enough for you. By the way, this is your bedside table. Please keep only your small necessary daily articles on it, such as your tooth brush, toothpaste and comb.

Client: OK.

Nurse: Your doctor, Dr. Tom will come to visit you soon. Now have a rest, I'll come back later to check for you and introduce to you our hospital's environment and its regulations.

Client: Good. Thanks a lot.

对话 1

护士: 你需要帮忙吗?

病人: 是的,请问在哪儿办住院手续?

护士: 请跟我来,这里就是住院处。

病人: 谢谢!

护士: 请你将门诊病历及住院卡给我看一下。

病人: 给你。

护士: 现在手续已经办好了,你将被安排在 2 病区 3 病房 6 号床位。

病人: 好的。

护士: 你是林明女士吗? 这是你的床位,床已经给你铺好了,这是你的病员服,让我扶你上床休息吧。

病人: 非常感谢你,我想先坐一会儿再躺下,换下来的衣服放在哪儿?

护士：你可以存放在住院处，也可以让你的亲属带回家。

病人：噢，说实话我从没住过院，有点害怕。

护士：不要担心，我希望你在这儿就像在家里，不要紧张。

病人：噢，我忘带杯子了。

护士：这有一个小水杯可供你用，病房的护理员每天会给你送两次开水，我想足够你用了。顺便说一下，这是你的床头柜可以放一些日常用品，像牙膏、牙刷、梳子之类的。

病人：好的。

护士：你的主管医生是汤姆先生，他一会儿就来看你，你先休息吧，过会儿我会再来给你做检查，并向你介绍医院的环境和规章制度。

病人：好的，谢谢。

Dialogue 2

Nurse: Hello! How are you feeling now?

Client: I have still had headache, when are my relatives allowed to visit me?

Nurse: The visit time is from four to six in the afternoon. My name is Jone, head nurse of the ward. Doctor Smith is director of the ward but Doctor Bush is responsible for your treatment. He is kind and considerate. So you are in good hands.

Client: How about meals?

Nurse: Meal times are 7 a. m. for breakfast, 12 noon for lunch, and 6 p. m. for dinner, we serve a variety of Chinese, Muslim and western food. Our clinical dietician is available for advice on special diets. The doctor has ordered a soft diet for you these days. We will put you on the regular diet when your condition has improved.

Client: That's fine. When will the doctor come to see me?

Nurse: The ward rounds and treatment start at 8 a. m. every morning.

Client: Thank you very much for your information and advice. How can I reach you if I need you?

Nurse: The panel at the head of the bed is equipped with a nurse-call system. To alert the staff at the nurse's station, press the button by

the bedside. A nurse will attend to your needs as soon as possible. Please press this button any time you need me, someone will always come if I am not there.

Client: Thank you, you have made me feel much better.

Nurse: You are welcome. In case of any questions. Please ask any of the staff here. We'll be glad to offer you our help.

对话 2

护士: 你好! 现在感觉怎么样?

病人: 我仍然感到头疼, 什么时候我家里人可以来看我?

护士: 探视时间是下午 4 ~ 6 点钟。我叫琼, 是这个病区的护士长, 病区主任是史密斯先生, 布什医生负责你的治疗。他人很好而且细心周到。你在这儿会得到很好的照顾。

病人: 这里的膳食情况怎么样?

护士: 医院早餐时间是 7 点, 午饭是 12 点, 晚饭是 6 点开始, 供应品种繁多的中餐、西餐, 还有穆斯林餐。我们的临床营养师可对特殊的饭菜进行调整。根据医嘱你这几天要进软食, 当病情改善后可调整为正常饮食。

病人: 好的, 什么时候医生来看我?

护士: 每天上午 8 点是医生查房和治疗时间。

病人: 谢谢你给我提供的信息和建议, 如果我还想找你的话怎样才能联系到你呢?

护士: 在你的床头有个呼叫开关连接护士呼叫系统。当按下这个开关, 可以提醒护士站的工作人员, 护士会立即过来帮助你。你需要我的帮助可以随时用这个开关, 如果我不在那里, 会有其他护士来帮你。

病人: 谢谢你的介绍。我现在感觉好多了。

护士: 不客气。如果有什么问题, 你可以随时询问我们这里的工作人员, 我们很高兴能为你提供帮助。

Dialogue 3

Nurse: Good morning. You look better now. How are you feeling?

Client: I don't eat much. I would like to have a snack in the afternoon

and before going to bed.

Nurse: Do you like greasy food?

Client: I prefer more vegetables than meat.

Nurse: Do you like your eggs soft-boiled, hard-boiled or fried?

Client: I like soft-boiled eggs. The doctor ordered me to go on a soft diet.

Nurse: Yes, do you have any complaint to make about the hospital's food?

Client: Yes. The meat is always over-cooked and the coffee is always cold.

Nurse: I am sorry you are unhappy with the cooks and we will improve the hospital's food.

Client: OK. Thanks.

对话 3

护士: 早上好,你看上去好多了。你的饮食习惯怎么样?

病人: 我吃的不多,饭量小,下午和睡前喜欢吃点心。

护士: 你喜欢吃油腻的食品吗?

病人: 我喜欢吃蔬菜,肉吃得少一些。

护士: 你喜欢吃煮得嫩点,老点的蛋,还是吃煎的鸡蛋?

病人: 我喜欢吃煮得较嫩点的蛋。

护士: 是的,你对医院的伙食有什么意见吗?

病人: 有,肉总是煮得太老,咖啡总是冷的。

护士: 很抱歉,医院里的伙食不能令你满意,我们将尽力改善伙食状况。

病人: 那就好,谢谢!

Words and Phrases

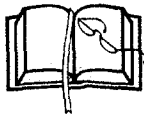
- | | |
|-------------------------|------|
| 1. admission procedures | 住院手续 |
| 2. admission office | 住院处 |
| 3. hospital pajamas | 病员服 |
| 4. regular diet | 正常饮食 |
| 5. ward attendant | 病房护士 |

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|------------------------|--------|
| 6. outpatient | 门诊病人 |
| 7. nurse-called system | 护士呼叫系统 |
| 8. greasy food | 油腻食品 |
| 9. snack | 点心 |
| 10. soft diet | 软食 |
| 11. appointment card | 住院卡 |
| 12. panel | 呼叫开关 |
| 13. clinical dietician | 临床营养师 |



Part B 护士必背英语句型

1. Will you come this way?
请跟我来。
2. When you want a nurse's help, please push the button.
当你需要护士帮忙时,请按这个按钮。
3. Please feel free to ask anything.
有什么问题尽管问。
4. Please take your clothes off.
请脱下衣服。
5. Please turn off the light.
请关灯。
6. You can dress now.
请穿上衣服。
7. Please show me your outpatient and appointment card.
请你将病历和住院卡给我看一下。



Part C Reading Comprehension

Now read the passage. The first time, try to get a good general idea of what the passage is about; the second time, to try to remember the important details and pay due attention to points seem difficult. If there is

a word you are not familiar with, do not waste too much time worrying about what it might mean. Just look at what comes before and after, make an intelligent guess and then go on. When you have finished the second reading, finish the following exercises.

Stress and Adaptation

Stress is any physiological or psychological tension which means a person's total balance. The definition of stress given by Selye includes the following:

1. The state is manifested by a specific syndrome that consists of all the non specifically induced changes within the biological system.
2. The body is the common denominator of all adaptive responses.
3. Stress is manifested by the measurable changes in the body.
4. Stress causes a variety of changes in the body.

Any factor that causes a person to experience stress is called a stressor. It can engender tension to the organism, which may cause adaptive responses and lead to diseases. The common factors may be biological, physical, chemical, physiological, psychological, social and the failure to meet the basic demands of the body.

Almost everyone has experienced stress of one kind or another from time to time. Normally, a healthy person is capable of adapting to long term stress or coping with short term stress until it passes. If the whole body is under stress, the ability of the parts of the body to respond to a specific injury will be impaired. Stress may cause the following results to the organism. Firstly, the organism may return to normal. Secondly, the organism may overact and stress decreases. Thirdly, the organism may fail to adapt or maintain adaptation, a condition that may cause death. Often people know how to handle stress by their past experience. In normal circumstances, a person can manage to adapt to stress effectively in his own way, such as by means of denial, anger, passivity, or aggression. These attempts may work or not work in coping with stress and the anxiety resulting from it. If they do, energy will be released and may help to heal. If they fail, however, the tension of stress is increased and accordingly,