



技能型紧缺人才培养培训教材

供护理、涉外护理、助产等相关医学专业使用

# 护理美语

(原书第三版)

American English for Nurses

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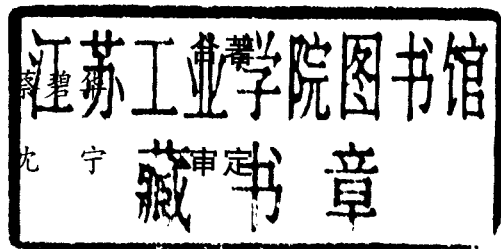
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## 内 容 简 介

本书由华杏机构下属伟华书局倾力打造,科学出版社原版引进,中外护理教育专家合著。内容紧贴涉外护理工作,不仅指导护士如何用英语与病患交流,还重点讲解了因文化背景的差异而造成的中外护理工作区别。此外,本书还围绕 CGFNS 考试和赴美从事护理工作做了精要介绍。全书附赠两张朗读 CD,方便学生自学使用。

本书适合涉外护理专业学生使用,同时也适合有意从事涉外护理的护士作参考书使用。

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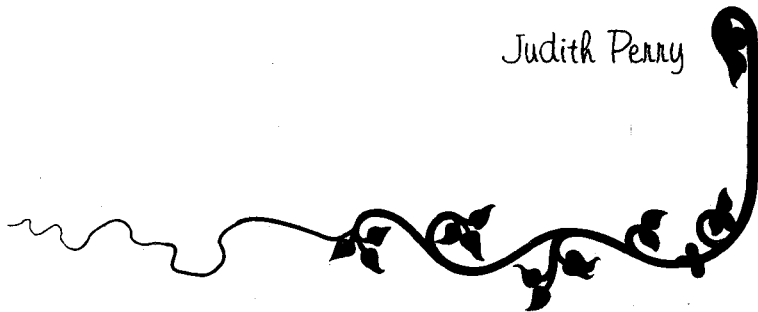
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## Dedication

Dedicated to my parents,  
Ernest and Arlene Perry,  
for all their love, support and encouragement.

Judith Perry



## ~~~~~ Preface ~~~~~

The purpose of this book is to help you learn how to communicate in English with your patients and also to learn some things about nursing in the United States, especially the differences. If you care for a foreign patient in China, not only is the language different, but also the patient is in a new and foreign environment—the hospital. Even to Chinese patients the hospital is a strange place with a new schedule and rules. Being a patient is a new role for your patient, whether he is a foreigner or Chinese. We hope to help you make your foreign patient's hospital stay easier and less confusing. And if you hope to go to the United States to study or work, we hope this text will help prepare you for that.

Try to imagine the situation as you read the dialogues. Picture yourself doing the procedure or activity because it will help you understand the instructions better. In the Appendices we have provided written instructions that you can copy and give to your patient so you don't have to explain verbally.

In Part I, each of the first nine chapters will have a dialogue or dialogues, vocabulary, sentence patterns, grammar, comprehension questions, suggested role plays and relevant comments on cultural differences. Further information about abbreviations can be found in Appendix 2.

In Part II, there are chapters on nurses' notes, nursing diagnosis, nursing and nursing education in the United States, how to fill out application forms, write a résumé and prepare for an interview. This section focuses on helping foreign nurses prepare to study or work in America.

The appendices provide various valuable information for nursing students, including a nurse's experience of studying in the USA.

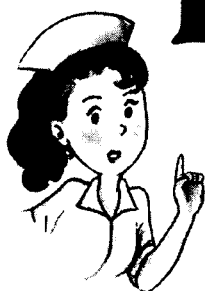
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# Part I



# Chapter 1

## Orienting the Patient to the Unit and Hospital







*The foreign, English-speaking patient, Mrs. Wood, arrives at your unit. You have been **assigned** to admit her. A man is with her. She appears to be in no apparent distress, but the ER told you in report that she was experiencing abdominal pain. They also told you that she is a **tourist** and speaks no Chinese.*



## Dialogue

Nurse: Hello, are you Mrs. Wood?

Mrs. Wood: Yes, I am.

Nurse: I am Miss Li, your nurse. I will take you to your room now. Please follow me.

Nurse: Here is your room, you have the first bed. The bed number is 910 A. You will need to have a nurse come to turn this **crank** to put the head of the bed up and down. Here is your call light. Just push the button and someone will come to see what you need. This is your bathroom. Is this your husband?

Mrs. Wood: Yes.

Nurse: Mrs. Wood, why don't you put on this hospital gown in the bathroom right here while I explain how the hospital is set up so your husband won't get lost getting here again?

(Mrs. Wood goes into the bathroom.)

Nurse: Mr. Wood, are you familiar with the hospital at all?

Mr. Wood: No. I can't even remember how I got up here.

Nurse: This is a large hospital. It can be confusing. The signs in this building are blue; it is called the medical building. This is the ninth floor. The ward is 9 M and the bed is 910 A. The **elevators** are at the end of the hall on your left. The main entrance to the hospital is on the 1st floor. The **cafeteria**, restaurant and stores are in the basement.

(Mrs. Wood comes out of the bathroom.)

Mrs. Wood: I'm finished.

Nurse: Okay, why don't you get on the **scales** so I can get your height and weight before you get into bed? I was wondering if you brought any of your personal things with you.

Mrs. Wood: What do you mean?

Nurse: Well, like **slippers**, a toothbrush and **toothpaste**, a **washbasin** and towel, and a water glass or cup.

Mrs. Wood: Why, no. Doesn't the hospital supply them?

Nurse: No.

Mrs. Wood: Oh, in the U. S. the hospital has all those things for the patient.

Nurse: How convenient! But in China, the family must go and buy whatever is needed. There is a grocery store in the basement where you can buy them. You'd better make a list and give it to your husband so he can go and get what you need.

Mr. Wood: When are the visiting hours?

Nurse: They are quite **flexible**. Often family members stay long hours to help care for the patients and take them for walks. Usually it is best to come in the afternoon after tests are done.

Mrs. Wood: What should I do with my things?

Nurse: If you have any **valuables**, you should send them home with your husband. We do not have a **safe** to lock them in. You can put the rest of your things in your bedside table or **closet**.

Mr. Wood: Is there a phone I can use?

Nurse: There are no phones in patient rooms, but there is a pay phone in the hall. Here is the phone number of the ward if you need to call us.

Mr. Wood: I am going to go buy the things my wife needs. Where exactly is the store?

Nurse: Take the elevator to the basement and go to the right, follow the hall past the cafeteria and flower shop and you will see the grocery store on the left. I will **interview** your wife about her medical history while you are gone.

(Mr. Wood leaves.)

Nurse: Mrs. Wood, let me introduce your roommate to you.

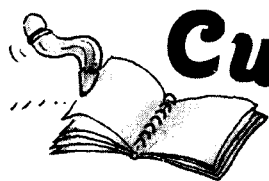
Mrs. Wood: That would be nice. Thank you.

Nurse: Mrs. Wood, this is Mrs. Lee.

Mrs. Lee, this is Mrs. Wood from America.

Mrs. Wood: How do you do? Pleased to meet you.

Mrs. Lee: How do you do? Nice to meet you, too.



## Cultural Notes

1. When the patient is admitted through the admitting office, there must be a general informed consent(知情同意书) signed. This is very important! It is a legal document.
2. When you approach Americans, be aware of body space. If you stand too close, they will feel threatened and very uncomfortable. A good “rule of thumb”\* is about 8 inches from shoulder to shoulder when you are walking side by side, and at least 2 feet when you are talking face to face. Don't hold hands with another member of the same sex! When an American feels uncomfortable, he will instinctively move away to a comfortable distance. Don't feel hurt. It is not personal.  
(\* Rule of Thumb: 根据实际经验所得的方法)
3. There is no 13th floor or bed number 13 in the US as this number is considered unlucky. In contrast, 4 is considered unlucky by the Chinese. This is a superstition(迷信).
4. The hospital gown is sometimes called a “johnnie” in the USA.  
(nightgown = 长的睡衣, pajamas = 睡衣)
5. In the States when you admit a patient, you need to be sure to cover the hospital routines, rules, visiting hours, phone numbers, location of important offices, parking, the gift shop, the snack bar and the cafeteria. It is not necessary to buy toiletry items(洗漱用具) since the hospital supplies each patient with an admission kit(住院用具) that

includes a basin, water pitcher, emesis basin (呕吐盆), soap, toothbrush, mouthwash, etc.

There is usually a safe in which to lock the patient's valuables, and some paper work you need to fill out. If a patient comes in with a gold ring, it would not be listed on the paper as a gold ring but as a "yellow-metal ring." Likewise, a diamond ring would be listed as a "white-stone ring." This is to protect the nurse. If you listed a diamond ring, and it really wasn't a diamond ring, the patient could claim you stole it.

The call light and operation of the bed need to be explained, as well as how to get the TV turned on. Often there are volunteers who bring around a gift and magazine cart for the patients so the patients may want some pocket money (零用钱). There aren't any beauty shops or barber shops in the hospital. Nurses do the hair, and usually a special pan is available from central supply. Also a hair dryer and an electric razor are often available at each unit. Patients can't bring electrical appliances with them to the hospital. All sources of electricity must come from battery.

6. It may be helpful to make a list of the most common everyday questions that a patient may ask, and put the Chinese translations next to them. Then when you get a foreign patient, you will be ready.

For example:

I need to go to the bathroom. (我想去上厕所)

I am in pain. (我感觉痛)

Can I have a drink of water? (我可以要一杯水吗?)

7. "Sir" is used when speaking to a man. "Miss" or "Ma'am" is used when speaking to a woman. Never call a woman "sir" or "lady."
8. Remember that it is impolite to ask about weight outside of this professional context. If you want to ask a friend a sensitive question like weight, age or salary, say "Do you mind if I ask how old you are?" or "Do you mind if I ask how much you make?" If they don't mind, they will answer. If they mind, they might say, "Yes, I mind." or "I'd rather not say."



1. **assign** [ə'sain] *v.* 指派
2. **tourist** [ə'tuərist] *n.* 游客
3. **crank** [kræŋk] *n.* 摇床柄
4. **elevator** [eliveitə] *n.* 电梯
5. **cafeteria** [kæfi'tiəriə] *n.* 自助餐厅
6. **scales** [skeilz] *n.* 秤
7. **slippers** ['slipəz] *n.* 拖鞋
8. **toothpaste** ['tu:θpeist] *n.* 牙膏
9. **washbasin** [wəʃ'beisn] *n.* 脸盆
10. **flexible** ['fleksəbl] *adj.* 具有弹性的
11. **valuables** ['væljuəblz] *n.* 贵重品
12. **safe** [seif] *n.* 保险箱
13. **closet** ['kləzit] *n.* 柜子
14. **interview** ['intəvjʊ:] *v.* 访谈



## Phrases and Usages

1. **to assign** = to delegate  
Ex: They had assigned Eric to watch Amy twenty-four hours a day.  
**assignment** = a job to which one is assigned  
Ex: Eric's assignment is to watch Amy twenty-four hours a day.
2. **in distress**  
Ex: The patient appeared to be in great distress. (Nursing use)  
Note: This is a nursing term, not often used in everyday life.
3. **to set up** = to organize  
Ex: A monument is set up in memory of the great man.
4. **to be familiar with** = to know or understand well  
Ex: I am familiar with your work.
5. **to get on the scales**  
Ex: Please get on the scales.
6. **had better** = should  
Ex: We've almost run out of gas. We'd better stop at the next gas station to fill up.  
Ex: It's cold outside today. You'd better wear a coat.
7. **to make a list**  
Ex: Every week I make a shopping list so I know what to buy at the grocery store.
8. **be flexible**  
Ex: We hope we can have flexible working hours. We don't like such strict working hours.

9. **to help + infinitive** (with or without "to")  
Ex: Can somebody help me (to) move this table?
10. **to lock something (or somebody) in**  
Ex: The prisoners were not locked in.
11. **to give report:** when the nurse in another unit calls to tell you about your patient, she gives you report.  
**to get report:** when you listen to someone telling you about a patient, you get report.  
For example:  
Unit Secretary: Nancy, telephone. The ER wants to give you report on the new patient.  
Nurse: Thanks. I'll be right there.



## Sentence Patterns

1. Embedded wh-clauses
- |                    |  |               |
|--------------------|--|---------------|
| I know             | <div style="display: inline-block; vertical-align: middle;"> <div style="font-size: 3em; vertical-align: middle;">{</div> <div style="display: inline-block; vertical-align: middle; text-align: center;"> who<br/>where<br/>what<br/>what<br/>how </div> </div> | lives here.   |
| I do not know      |  | the store is. |
| I came to see      |  | Mary needs.   |
| I have come to see |  | Mary needs.   |
| I cannot remember  |  | I got up.     |
2. The usage of present participle(现在分词)as modifiers of individual words  
Ex: I first noticed him sitting alone in a corner.
3. Relative clauses(关系从句)
- (a) relative words as subjects  
Ex: I am pointing to THE STUDENT. THE STUDENT knows Mary.  
→ I am pointing to the student who (that) knows Mary.



(b) relative words as objects

Ex: I am pointing to THE MAN. Mary knows THE MAN.

→ I am pointing to the man whom (who, that or —) Mary knows.

4. Using “as”, a conjunction introducing an adverb clause.

Ex: As it was getting dark, we made for home.

Note: We use “as” only if two actions happen together. Do not use “as” if one action follows another.

Ex: When I got home, I had a bath. (not “as I got home”)

5. If: After “if”, we also use the present simple (现在简单式) for the future.

Ex: It's raining. We'll get wet if we go out. (not “if we will go”)

Ex: Hurry up! If we don't hurry, we'll be late. (not “if we won't hurry”)



## Role Play

1. Introduce yourself and orient your patient to the room and bed.
2. Think about hospital policies, such as visiting hours. Explain them to the patient.
3. The following is the first part of an admission form. Notice what items must be included in the orientation and documented on the form. The health care worker must indicate “Yes” or “N/A” (not applicable) to eight items and “Yes” or “No” to one item. Can you document what you did in “Role play” #1 & 2?