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复旦卓越·高职高专护理英语系列教材



III

English Course of  
Contemporary Nursing

当代护理英语教程

——专科护理

主编 戴月珍

 复旦大学出版社



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# 当代护理英语教程 III

## ——专科护理

English Course of Contemporary Nursing

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## English Course of Contemporary Nursing

**内容提要：**《当代护理英语教程Ⅲ——专科护理》共11章，每章由1篇精读和2篇泛读构成主题式阅读，3篇阅读材料均配有不同形式的理解题，所附的注解涵盖语言难点及知识要点。每章后的词汇及结构练习除术语与缩略词外，均围绕内容以读、写、说等多种形式展开。章节编排注重系统性、知识性与实用性。

本书的主要内容涉及护理专业介绍、感染控制护理、创伤护理、疼痛护理，以及内科护理、外科护理、急诊护理、危重症护理、手术护理、母婴护理、老年护理等专科的护理。

## English Course of Contemporary Nursing

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# 前 言

《当代护理英语教程》(*English Course of Contemporary Nursing*)共有《护理学概览》(*Overview of Nursing Science*)、《常见疾病护理》(*Professional Nursing for Common Diseases*)及《专科护理》(*Elements of Nursing Science*) 3册。

适逢2010年为国际护士年以纪念弗洛伦斯·南丁格尔逝世100周年,2010~2020年为联合国健康世界10年以纪念弗洛伦斯·南丁格尔诞辰200周年,很荣幸能以此套教程为纪念伟大的南丁格尔尽一点微薄之力。

希冀学习者沉浸在编者精心挑选的原汁原味材料里,汲取多方面精华,横向联系,融会贯通,活学活用。以南丁格尔为榜样,感悟南丁格尔,体味南丁格尔,读懂南丁格尔。南丁格尔不仅仅是众所周知的“提灯女神”和“克里米亚天使”,更是世界上第一所正规护士学校的创办者和现代护理专业的创始人。她一生撰写了大量的报告和论著,其中以《护理札记》尤为著名,是护士必读的经典之作。她的不懈努力使护理学成为一门科学。南丁格尔出身英国名门望族,从小过着无忧无虑的生活,以其前瞻性的眼光与远大的抱负,不顾家人反对和世俗偏见,毅然从事在当时人们看来卑微的护理工作。她克服常人难以想象的种种困难并最终干出一番惊天动地的事业,是一位在今天看来也让人难望其项背的维多利亚时代的杰出女性!

本套教程的编写酝酿已久,早在2008年夏天,复旦大学出版社就组织各省、市十几位有丰富护理英语教学经验的老师研讨护理学教材。大家迫切希望有一套为高职高专学生编写并顺应时代要求的护理教材早日问世。护理工作是极为重要的,它贯穿了一个人的一生,而在人均寿命延长、人们更为注重生命质量的今天,其重要性更是不言而喻。本套教程在此情况下应运而生,它在原有的总体思路综合了各行家的建议,使某些内容更细化。

受原上海医科大学国际交流处副处长、现复旦大学外文学院陈社胜副教授重托编写此套教程,承蒙他在诸多方面给予热情帮助;复旦大学出版社党总支书记、

副总经理王凤霞,复旦大学出版社医学分社总编王龙妹等为组织本套教程的编写和出版做了多方面的工作,编者在此表示最诚挚的谢意。对被选入本套教程文本材料的作者与机构,编者深表感谢。这些出自熟谙护理行业写作好手的文章将有助于学习者通过语言这一载体习得护理方面的专业知识,这恰恰与教育部对高职高专护理专业学生的要求相吻合。

本套教程主要供高职高专护理专业学生使用,也适用于任何对护理专业感兴趣的读者。教师可结合各校的实际教学情况自由挑选内容,灵活安排教学进度。

由于此为开拓新视野的初步尝试,本套教程难免有疏漏和不当之处,恳请使用者及时反馈信息并提出宝贵意见。

练习答案请详见书后所附的多媒体教学光盘。

编者

2014年10月

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## Nursing Specialties

### Section I Introduction



#### Warming-up Exercise

1. Can you enumerate some nursing specialties?
2. When is the Certified Nurses Day?
3. Why is the Certified Nurses Day in honor of Margretta Styles?



#### Vocabulary Preview for Theme Reading

- |  |                      |
|--|----------------------|
| 1. evergreen /'evəgrɪ:n/ <i>n.</i>       | 〈喻〉常青树               |
| 2. landscape /'lændskeɪp/ <i>n.</i>      | 〈喻〉全景                |
| 3. prospect /'prɒspekt/ <i>n.</i>        | 前景                   |
| 4. precipitate /prɪ'sɪpɪteɪt/ <i>vt.</i> | (突如其来地)使发生,促成;促使……加快 |
| 5. surge /sɜ:dʒ/ <i>n.</i>               | 急剧上升;激增              |
| 6. touted /'taʊtɪd/ <i>a.</i>            | 受赞扬的                 |
| 7. giant /'dʒaɪənt/ <i>n.</i>            | (希腊神话或人们想象中的)巨人      |
| 8. poised /pɔɪzd/ <i>a.</i>              | 做好准备的,摆好姿势不动的        |

- |   |                    |
|---|--------------------|
| 9. awaken /ə'weɪkən/ <i>v.</i>                          | 觉醒                 |
| 10. cohort /'kəʊhɔ:t/ <i>n.</i>                         | 有共同点的一组人(如同年出生等)   |
| 11. debility /dɪ'bɪlətɪ/ <i>n.</i>                      | 体弱,虚弱,衰弱           |
| 12. advanced /əd'vɑ:nst/ <i>a.</i>                      | 年迈的;上年纪的           |
| 13. recruiter /rɪ'kru:tə(r)/ <i>n.</i>                  | 雇用者,聘用者            |
| 14. unveil /,ɪn'veɪl/ <i>vt.</i>                        | 揭幕                 |
| 15. boast /bəʊst/ <i>vt.</i>                            | 以拥有……而自豪           |
| 16. orthopedics /,ɔ:θə'pi:dɪks/ <i>n.</i>               | 矫形外科,整形外科          |
| 17. critical /'krɪtɪk(ə)l/ <i>a.</i>                    | 批评的;批判的;评论的        |
| 18. pediatric /,pi:di'ætrɪk/ <i>a.</i>                  | 儿科的                |
| 19. consistently /kən'sɪstəntli/ <i>ad.</i>             | 一贯地                |
| 20. fellowship /'feləʊʃɪp/ <i>n.</i>                    | 奖学金                |
| 21. qualify /'kwɒlɪfaɪ/ <i>v.</i>                       | 有资格,胜任             |
| 22. snapshot /'snæpʃɒt/ <i>n.</i>                       | 简要印象               |
| 23. dentistry /'dentɪstrɪ/ <i>n.</i>                    | 牙科学                |
| 24. enrollee /ɪn,rəʊ'li: / <i>n.</i>                    | 入会者                |
| 25. integrate /'ɪntɪɡreɪt/ <i>vt.</i>                   | 使促成一体,使结合          |
| 26. cost-efficient /'kɒstɪ'fɪʃ(ə)nt/ <i>a.</i>          | 有成本效益的             |
| 27. fare /feə(r)/ <i>vi.</i>                            | 设法对付               |
| 28. differentiate /,dɪfə'renʃɪeɪt/ <i>v.</i>            | 区分,区别;鉴别           |
| 29. variable /'veəriəbl/ <i>n.</i>                      | 可变性;可变因素           |
| 30. emphatic /ɪm'fætɪk/ <i>a.</i>                       | 强调的                |
| 31. absolutely /,æbsə'lju:tli, 'æbsəlju:tli/ <i>ad.</i> | 绝对地                |
| 32. census /'sensəs/ <i>n.</i>                          | (仔细调查而得的)统计数;记录    |
| 33. explore /ɪk'splɔ:(r)/ <i>vt.</i>                    | 考察;仔细研究            |
| 34. venue /'venju:/ <i>n.</i>                           | (行动、事件等的)发生地点      |
| 35. hire /'haɪə(r)/ <i>n.</i>                           | 〈美〉新雇员,新员工         |
| 36. reapply /,ri:ə'plai/ <i>v.</i>                      | 重新申请               |
| 37. optimize /'ɒptɪmaɪz/ <i>vt.</i>                     | 充分利用               |
| 38. résumé /'rezju:meɪ/ <i>n.</i>                       | 〈美〉(求职者等的)简历,履历    |
| 39. externship /'ekstɜ:nʃɪp/ <i>n.</i>                  | (师范、工程等专业学生的)校外实习期 |

40. market /'mɑ:kɪt/ *vt.*

销售;出售

41. value-added /'vælju:'ædɪd/ *a.*

提供高附加值服务的

## Section II Theme Reading

### Today's Hottest Nursing Specialties

*Michael Gibbons*

Some nursing specialties seem to be evergreens, always popular, year in, year out<sup>1</sup>. Put emergency care and critical care in that category.

Other specialties appear to be moving up in status as the landscape of health care changes. For example, a shortage of primary care physicians, coupled with the prospect of millions of new patients acquiring medical insurance under health care reform, seems to have precipitated a surge in demand for nurse practitioners.

And many more nurses might be making their professional homes in home care. Long touted as a sleeping giant, home care may finally be poised to awaken, especially as the enormous baby boomer cohort begins to acquire, en masse<sup>2</sup>, the chronic debilities of advanced age.

That's what recruiters and educators in the Mid-Atlantic & Lower Great Lakes region<sup>3</sup> shared with us when we asked them: What are the hot nursing specialties these days?

Here's a closer look at what they said.

#### **ED<sup>4</sup> Needs Nurses**

Emergency care is the most popular nursing specialty right now at MedStar Montgomery Medical Center, a 158-bed, acute care facility in Olney, MD<sup>5</sup>, according to recruiter Nick Piazza. And for a very good reason: in 2010, the hospital unveiled its new 41-bed, 20,000-square-foot emergency department.

"The emergency room is probably our hottest spot, along with ICU, and labor and delivery<sup>6</sup>," Piazza said. "I have two positions open in the ER, one in observation and one in ICU."

All three positions "have been open for quite some time because they are harder to fill," he added. "In all three, someone must have a minimum of 1 year's experience in that specialty and complete our 12-week orientation program<sup>7</sup>."

There's another reason these specialties are in demand now. "It's hard these days to find the experienced people needed to fill these positions," Piazza said. "We can find new grads and train them. But when you have a position open and you need an experienced person immediately, that's a problem. Fewer people like those are looking to leave their organizations for other organizations, because of the economy."

### **Home Care Opportunities**

Grand View Hospital, located in Sellersville, PA<sup>8</sup>, boasts expertise in cancer care, heart care and orthopedics, yet its home health program seems most in need of nurses these days.

"Home care seems to be a growing field," Valerie Hurley, senior recruiter, said. "More and more providers are trying to get patients out of hospitals and into home care."

But home care is a "challenging" field to recruit nurses because of the nature of the work, Hurley noted. "You are out there by yourself, going into people's homes," she said. "Some people don't like driving so frequently, especially in bad weather. And many nurses like working in a hospital, where they have core team members around to bounce ideas off."

Home care calls for experienced nurses, and Hurley does not recruit new grads into this specialty. "They need to be able to think independently, and have great assessment skills and critical-thinking skills," she said.

Operating room nurses are likewise in demand "because such a small group of people have that skill set," Hurley noted. "It can be challenging to recruit for that as well."

### **Home-Grown Specialists**

Pediatric critical care nurses and OR nurses are consistently in demand at Children's National Medical Center, Washington, DC<sup>9</sup>, according to Jill Titone Board, nurse recruiter.

Why? "Probably because of the skills needed for these areas," she replied. "If people stay a long time in an organization and acquire skills, they are reluctant to leave that organization. So we do a lot of growing our own."

Both working nurses and new grads benefit from this in-house "growing" effort.

“We offer fellowships for experienced pediatric nurses who want to go into critical care, plus fellowships for adult critical care nurses who want to move into pediatrics,” Titone Board said.

The pediatric facility hires new grads directly into critical care positions, but only “if they have done clinicals in critical care areas in school or have worked as techs<sup>10</sup>,” she stressed. “And we give them an extensive orientation.”

However, only a few lucky new grads qualify. Like most hospitals, Children’s National Medical Center struggles with the volume of new grad applications it receives. “Our number of applications has gone up<sup>11</sup> exponentially,” the recruiter said. “Each nursing unit may have 200 applications and hire four new nurses.”

### **NP Big in NJ<sup>12</sup>**

For a snapshot of high-demand specialties in New Jersey, we turned to one of that state’s most prominent educators.

“Our most heavily enrolled program is the family nurse practitioner program, followed by the adult nurse practitioner program,” said Susan Salmond, EdD<sup>13</sup>, RN, dean of the University of Medicine and Dentistry of New Jersey (UMDNJ) School of Nursing<sup>14</sup>.

“It is partly due to a shortage of primary care physicians,” she said. “Also, there is a realization that with health care reform we will have a very great number of new enrollees in insurance programs — without the necessary providers. In addition, most facilities are beginning to see the need for care delivery models that integrate nurse practitioners, physicians and RNs to provide both cost-efficient and quality care.”

Asked how UMDNJ grads fare in finding positions in New Jersey, Salmond differentiated between master’s-level and entry-level graduates<sup>15</sup>.

“Among master’s-level students, a significant number find employment as NPs,” she said. “Some stay in their own institutions but change their roles. For entry-level students, it remains a tight job market<sup>16</sup>. That’s a little bit of variable based on what part of the state one is located in.”

However, she added, “there is a sense the market is beginning to open up<sup>17</sup>.”

### **Improving Market?**

Asked if she sees an improving market for nurses in Pennsylvania, Hurley was



emphatic.

“Absolutely,” she said. “What has affected health care most over the past few years has been a serious drop in census in hospitals. Now the economy is recovering a bit. People are coming back and accessing health care again, whereas during the recession many had gotten laid off and couldn’t afford it. So hospitals are taking on<sup>18</sup> more staff.”

Until the market fully recovers, don’t get discouraged, Piazza urged. “My advice, especially for new grads, is to hang in there<sup>19</sup>,” he said. “Try to get at least some nursing experience under your belt<sup>20</sup>, even if it’s not the specialty you want to go into. Try not to get frustrated by current market conditions. It will change.”

Titone Board added: “Explore your options. Cast a wide net. You may not get into that one hospital you have your heart set on<sup>21</sup>, but explore opportunities in public health venues, school nursing, etc. The most important thing is to get a job and apply those skills. I’ve had recent hires who reapplied with us once they got some experience and skills under their belts and were able to get a position here.”

Optimize your time while in school, Salmond stressed. “Look for anything that pulls your résumé up<sup>22</sup> to the top of the pile: different certifications, leadership roles, community service,” she said.

“We just started externships in areas like patient safety that give students opportunities to become more skilled so they can market the value-added they bring to an organization.”

### Reading Comprehension

*Read the passage carefully and answer the following questions.*

1. What are the hot nursing specialties these days?
2. How many positions have been open according to Nick Piazza?
3. What kind of specialties are in demand in Grand View Hospital?
4. How many applications may each nursing unit have at Children’s National Medical Center?
5. Where would UMDNJ grads go upon graduation?
6. How to improve the market?