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English For Nursing Science

(Advanced Level)

上海市外文学会主编英语系列丛书之——

护理英语(高级)

English For Nursing Science (Advanced Level)

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前言

改革开放以来,尤其是中国加入世贸组织之后,医学领域的国际交流日益频繁。越来越多的医护人员走向世界,与此同时,随着外资的进入,国内医疗市场的竞争日趋激烈,医护人员提供国际化医疗服务的机会也在与日俱增。医学人才市场需要大批的复合型高级医学人才(医学专业知识+熟练的英语交际能力),无疑,持有国际认可的医学、护理证书的人才将具有更大的竞争力。正是为了适应这一新的形势,我们编写了《护理英语》这套系列教材。

医学英语有其特殊性和复杂性,如何有效地掌握医学英语以适应 21 世纪对医学人才的要求,一直是困扰许多医生和护士的难题。本书编者长期从事医学英语教学的研究与实践,深知医学英语学习的艰难所在。因此,在本书的编写过程中,我们十分重视教材的科学性与实用性,按照英语学习的规律组织语言材料,循序渐进,层层提高;同时以基本医学知识,基础护理技能为主线,强调护理英语听、说、读、写技能的训练,循循善诱,使学习者易学易懂。

全书分初级、中级和高级三册。本书为系列教材第三册——《护理英语(高级)》。《护理英语(高级)》共分 12 个单元,每个单元设听、说、读、写及国际护理考试应试指导五个部分,内容紧扣国际护理考试的要求。考虑到医护人员医学英语学习以及参加国际护理考试的实际需要,本书每个单元中的焦点听力,焦点阅读部分概括了相关内容的知识要点,具有相当的学习与应试参考价值;焦点会话部分采取情景对话的方式,围绕从病人入院到出院各个特定专题展开,有利于读者模仿并学以致用;焦点写作部分则面向护理人员在临床护理实践中,用英语制定护理计划的实际需要,设计了实践的途径;焦点考试部分则围绕美国护理考试,介绍了美国执业护士考试的最新发展,有利于读者对如何参加、如何准备国际护理考试有一个完整、准确的了解。焦点考试部分还列出了各科护理诊断要点和常见疾病的名称,方便学生复习掌握。焦点考试部分的最大亮点是在每个单元中设计了 8 道美国护理考试模拟题,高度仿真,并附有详尽的应试技巧解析,同时在附录中还附有 2 套国际护理考试模拟题,供读者参考。本书编写目的在于帮助读者复习巩固已有的英语语言知识和护理专业知识,同时扩大医学专业词汇量,迅速提高护理英语的实际运用能力,为从事涉外护理工作,参加国际护理资格证书考试打下良好的基础。

本书读者的对象,为渴望提高护理英语水平,并有志参加国际护理资格证书考试的各级各类医护工作者和在校护理专业的学生。为方便读者使用,本书配有课文光盘。

本书由上海市外文学会会长卢思源教授担任主审,朱琦副教授担任主编,王彩凤(护理学硕士)参加编写。在本书的编写过程中,卢思源教授始终给予悉心的指导,编者在此深表谢意。

由于编者水平有限,疏漏与不足之处在所难免,恳请广大读者和各位同仁批评指正。

编 者

2007 年 5 月

于上海交通大学医学院

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UNIT 1 Cardiovascular Nursing



Focus Listening The Heart: Structure and Function



New Words

hollow /'hɒləʊ/ *adj.* 空的

muscular /'mʌskjʊlə/ *adj.* 肌肉的

mediastinum /mi:'diæstə'nəm/

n. [拉] (胸腔)纵隔

sternum /'stɜ:nəm/ *n.* 胸骨

diaphragm /'daɪəfræm/ *n.* 横隔膜

apex /'eɪpeks/ *n.* [拉] 心尖

chamber /'tʃeɪmbə/ *n.* 腔

atria /'etɹiə/ *n.* [复][拉] 心房

ventricle /'ventɹɪkl/ *n.* 心室

atrium /'etɹiəm/ *n.* [复]

atria /'etɹiə, 'etɹiə/ [拉] 心房

venous /'vɪnəs/ *adj.* 静脉的

oxygenate /'ɒksɪdʒɪneɪt/ *v.* 氧化

pump /pʌmp/ *vt.* (用泵)抽(水)

respective /rɪs'pektɪv/ *adj.* 各自的

valve /vælv/ *n.* (心脏)瓣膜

tricuspid valve /traɪ'kʌspɪd/ 三尖瓣,

右房室瓣

bicuspid /baɪ'kʌspɪd/ valve 二尖瓣,

左房室瓣

mitral /'maɪtrəl/ valve 僧帽瓣, 左房室瓣

pulmonary /'pʌlmənəri/ *adj.* 肺部的

artery /'ɑ:təri/ *n.* 动脉

aortic /eɪ'ɒtɪk/ *adj.* 主动脉的

aorta /eɪ'ɔ:tə/ *n.* 主动脉

conduction /kən'dʌkʃən/ *n.* 传导

sinoatrial /saɪnəu'etɹiəl/ *adj.* 窦房的

node /nəʊd/ *n.* 节点

vena cava /'vɪnə 'keɪvə/ *n.* [拉] 腔静脉

atrioventricular /etɹiəuven'tɹɪkjʊlə/ *adj.* 心房与心室的

the bundle of His /'bʌndl/ *n.* 希氏束, 房室束

transmit /trænz'mɪt/ *vt.* 传输

ventricular /ven'tɹɪkjʊlə/ *adj.* 心室的

Purkinje fibers /pə'kɪndʒɪ 'faɪbəz/ 浦肯野纤维

capillary /kə'pɪləri/ *n.* 毛细管 *a.* 毛细(管)的



Listen to the following carefully. Please do not read it while listening.

The heart is a hollow muscular organ. It is located in the lower part of the mediastinum. The heart has several essential neighbors, namely the sternum in the front, the lungs on the two sides, and the diaphragm at the bottom. The lower part of the heart is called the apex and the upper part called the heart base^①. The heart is divided into four chambers. Two upper chambers are called the atria and two lower chambers called ventricles. The normal function of the heart depends on the perfect cooperation of the four chambers. The right atrium receives the venous blood from the body while the left one receives the oxygenated blood from the lungs^②. The right ventricle pumps the venous blood to the lungs and the left one pumps the oxygenated blood to respective body parts.

Inside the heart there are four sets of valves. The tricuspid valve guards the opening between the right atrium and the right ventricle, and the bicuspid or mitral valve sits between the left atrium and the left ventricle. Between the right ventricle and the pulmonary artery there locates the pulmonary valve, and the aortic valve is located between the left ventricle and the aorta. These valves normally allow the flow of blood in only one direction.

The heart has its own electrical conduction system. The sinoatrial node is regarded as the general of the system. It is located in the upper wall of the right atrium near the opening of the superior vena cava. The cells of the sinoatrial node have an internal rhythm and spread impulses throughout the heart muscle. The atrioventricular node in the right atrial wall is another controller of great importance. It wisely delays the conduction to ensure the complete emptying in the atria. Then the fibers called the bundle of His further transmit impulses to the ventricle walls^③. Finally Purkinje fibers in ventricular walls stimulate contraction in the two ventricles.

The primary function of the right side of the heart is to pump blood into the capillary system of the lungs, where carbon dioxide can be released and oxygen absorbed into the blood^④. The left side of the heart is primarily responsible for pumping the oxygenated blood to the body tissues, where oxygen can be released and the waste product of metabolism received.



Notes to the passage

1 The lower part of the heart is called the apex and the upper part called the heart base. 心脏底部为心尖,上部为心底。

主语是动作执行者的句子叫主动句,主语是动作接收者的句子就是被动句。本句为被动句,值得注意的是,第二个小句是个省略句,省略了 be 动词。在由 and、but 等连接的两个分句中,后面的分句只要与前句有相同的词语,不管它在句子中作何成分都可以省略,但有一条原则,即不损害句子原意。例如:

He is a composer and she a singer.

他是一个作曲家,而她是一个歌唱家。

He may be above forty, but not below.

他的年纪大概在四十岁以上,但不会低于 40 岁。

2 The right atrium receives the venous blood from the body while the left one receives the oxygenated blood from the lungs. 右心房接收全身回流的静脉血,而左心房接收两肺输送的氧合血。

While 在这里引导一个分句,表对比,while 的这种用法与 whereas 类似。基本句型为: [(第一并列分句), + {while 或 whereas} + (第二并列分句)]。While 和 whereas 经常用来连接两个意义对立的分句,相当于中文的“而”字。但是,whereas 更多地用于书面语。例如:

1) Wise men love truth while fools shun it.

聪明人热爱真理,而愚人逃避真理。

2) Some people like fat meat, whereas others hate it.

有些人喜欢肥肉,相反有些人却讨厌肥肉。

值得注意的是,while 还经常用作时间状语,因此两种用法容易混淆,应予以注意。

3 Then the fibers called the bundle of His further transmit impulses to the ventricle walls. 此后再由房室束(希氏束)完成心室内的搏动传导。

本句包含了一个过去分词短语 called the bundle of His, 作定语修饰 fibers, called 与 fibers 之间呈动宾关系,表被动。

4 The primary function of the right side of the heart is to pump blood into the capillary system of the lungs, where carbon dioxide can be released and oxygen absorbed into the blood. 右半心脏的主要功能在于将血液泵入两肺毛细血管,释放二氧化碳并吸收氧气。

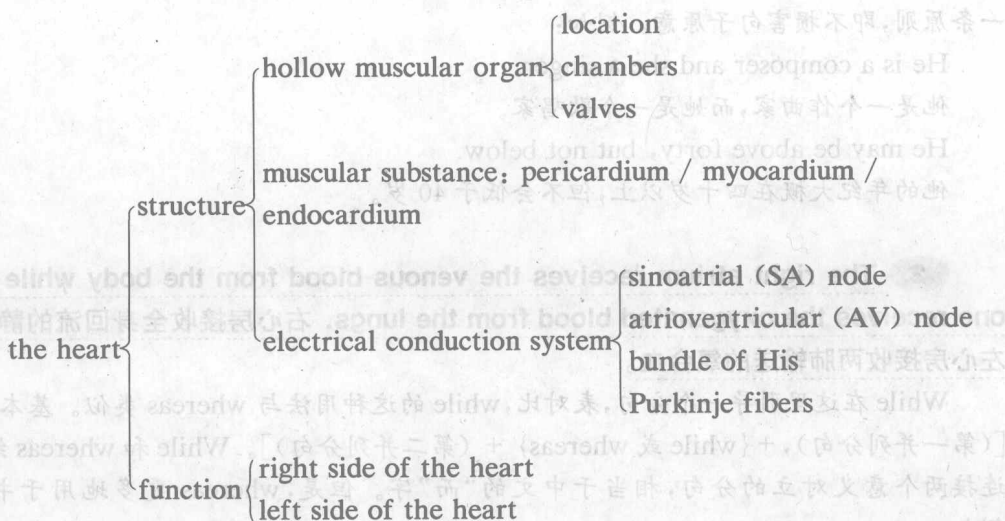
医学英语学习的一大困难是医学英语术语,这是必须过的一道坎。除此之外,还必须理解英文和中文在思维表达方面的差异。英文多用长句,呈立体树状结构;中文则多用短句,

呈线性流水句结构。仔细对比英文原文与中文译文,读者便可体会到这种差异。对于听力来说,有时候功夫在“诗外”。人们时常抱怨,每一个字都能听懂,什么意思不知道。其原因可能就在于此。



Exercises

1 Retell the passage with the help of the following.



2 Listen again and tell whether the following statements are true (T) or false(F).

- 1) According to the passage, the right atrium receives the venous blood from the lungs.
- 2) The reason why we say the heart acts like a pump is that it pumps the oxygenated blood to the body organs and tissues.
- 3) The right upper chamber is called the right upper atrium.
- 4) If a patient's heart beats abnormally, one of the possible causes might be related to the sinoatrial node.
- 5) It is the heart's responsibility to maintain the circulation of blood.
- 6) The heart's job includes oxygenating blood.
- 7) The primary function of the left side of the heart is to pump the oxygenated blood to the body tissues.
- 8) The pulmonary is located between the right ventricle and the pulmonary artery.



Focus Speaking Receive a New Patient



New Words

discharge /dis'tʃɑ:dʒ/ *n.* 出院

ward round /wɔ:d raʊnd/ *n.* 查房

extra /'ekstra/ *adj.* 额外的

nap /næp/ *n.* (白天)小睡, 打盹

pajamas /pə'dʒɑ:məz/ *n.* (男)睡衣



Read the following carefully and talk something about the dialogue.

N: How do you do! Mr. Pane. I'm Jane Smith, head nurse of this ward.

P: How do you do! Mrs. Smith

N: This is Mary, your bed nurse. She will show you around and give a brief introduction to our ward later. And Dr. Peter is in charge of your medical affairs. He'll meet you soon at your bedside. And I'm willing to have any questions from you.

P: All right. That's very kind of you.

N: This is your bedside table. You can put necessary items in it, such as toilet articles and change. But always remember that no valuables should be kept in it. If possible, you can have your family members to take them home or we will keep them for you till your discharge.

P: Is it possible for my sister to stay here with me?

N: Yes, but she has to pay for her bed. We don't think it is necessary. Your condition isn't so serious. Nurses in the ward are willing to help you. If you need anything, just press this button and we will be informed and come to you immediately. Anyway it's all of your choice.

P: O.K. What are the hours here for meals?

N: Here is a timetable for in-patients. Patients usually get up at 7 and have breakfast at

8 o'clock. The ward rounds and treatment start at 9 a. m. Lunch is round 11 at noon. After that you have a nap or rest. Visiting hours are from 3 to 7 p. m. and supper is at 6 p. m.

P: That's O. K.

N: By the way, we have both Western and Chinese food here. The Chinese diet is included in your room charge. The Western diet is extra. You can have your own choice and alternate the two styles if you would like to.

P: That is very nice. But I don't have much of an appetite. So I would like something light and simple. I think I would like Chinese style tomorrow. Do you have bathroom inside the ward?

N: Of course! Here is the bathroom. You may use it from 7 in the morning until 8 in the evening. Here on your right is a toilet. If this is occupied, there is another one over there.

P: That's good. Thank you so much.

N: You are welcome. If no more questions now, I think you can change into your pajamas. Dr. Peter will come to visit you soon.



Notes to the dialogue

1 本书中的 **focus speaking** 部分按照医院环境情景语言交际功能编排,每一课突出一项交际功能,目的是为了帮助读者系统地提高情景英语的运用能力。本课对话体现了医院情景护理英语中的“接待”功能。

2 **show sb. around**: 带某人到处走走。

3 **in charge of sth.**: 负责某事。

4 **occupy** 此处为及物动词,意为“占有;填满”,例如:

to occupy space 占空间

to occupy a position 占位置

to occupy time 占时间



Focus Reading Cardiac Monitoring



New Words

cardiac /'kɑ:diæk/ *adj.* 心脏的

monitoring /'mɒnɪtərɪŋ/ *n.* 监视

monitor /'mɒnɪtə/ *n.* 监视器

electrocardiogram

/ɪlekt'rəu'kɑ:diəgræm/ *n.* 心电图

oscilloscope /'ɒsɪləskəʊp/ *n.* 示波器

simultaneously /sɪmə'lteɪniəsli/

adv. 同时地

console /'kɒnsəʊl/ *n.* 控制台

electrode /'ɪlekt'rəʊd/ *n.* 电极

stainless /'steɪnlɪs/ *adj.* 不锈的

subcutaneous /'sʌbkju'teɪniəs/

adj. 皮下的

paste /peɪst/ *n.* 粘贴

blinking /'blɪŋkɪŋ/ *adj.* 闪光的

activate /'æktɪveɪt/ *vt.* 激活

trigger /'trɪgə/ *vt.* 触发

tracing /treɪsɪŋ/ *n.* 追踪

loosen /'lu:sn/ *v.* 解开, 松开

inflammation /ɪnflə'meɪʃən/ *n.* 炎症

coronary /'kɒrənəri/ *adj.* 冠状动脉的

psychologic /saɪkə'lɒdʒɪk/ *adj.* 心理上的

empathy /'empəθɪ/ *n.* 移情作用

regulating /'regjuleɪtɪŋ/ *n.* 调节

intravenous /ɪntrə'veɪnəs/ *adj.* 静脉内的

resuscitation /rɪsəsɪ'teɪʃən/ *n.* 复生, 复兴

defibrillation /dɪ'faɪbrə'leɪʃən/ *n.* 去心脏纤颤



Read the following passage carefully and do the exercises.

Cardiac monitoring has become an increasingly important part in the nursing care for cardiac patients. A bedside monitor records a continuous electrocardiogram on an oscilloscope or screen, and it is simultaneously channeled to a console at the nurse's station. In this way the patient's cardiac activity can be observed at all times.

Electrodes are placed on the patient's chest so that the best cardiac tracing appears on the oscilloscope^①. The electrodes may be stainless steel needles that are inserted into the subcutaneous tissue or one of the many varieties of pastern skin electrodes. High and low rate limits are set on the monitor, and if the patient's pulse rate falls below or above the limits, a blinking light and an alarm system is activated. Depending on the equipment used, the alarm may trigger the console monitor to produce an electrocardiogram tracing. Loosening of an electrode or excessive muscular activity can result in a false alarm and irregular patterns on the electrocardiogram^②. The highly trained nursing personnel can then observe both the patient and the tracing and begin immediate treatment if necessary. Pastern electrodes should be removed and the area washed frequently. Needle electrode sites should receive a daily check for inflammation.

Patients in a coronary care unit are often under extreme stress both emotionally and physically^③. They are anxious about the loss of their function, helplessness, finances, family, and the possibility of death. The environment itself is foreign and frightening. Coronary care nurses are usually of a high level of technical proficiency, but unfortunately most of them tend to neglect the psychologic need of the patient. In fact, much can be done to reassure the patient, for example, supplying information for anxiety relief, listening carefully to the patient, and treating the patient as a friend. The care of empathy is likely of great help in nursing care to patients facing a serious crisis.

Nurses in the coronary care unit are often responsible for taking electrocardiograms, observing and recording cardiac monitor readings, maintaining oxygen therapy, and observing and regulating intravenous fluids. They should also be prepared for emergency conditions when external cardiopulmonary resuscitation and defibrillation are to be provided.



Notes to the passage

1 Electrodes are placed on the patient's chest so that the best cardiac tracing appears on the oscilloscope. 病人胸前连接有电极,心电图示踪可以很好地显示在示波器上。

复合连词 so that 连接结果状语从句,必须置于主句之后。so that 可以有两种省略式: so 或 that,意义和用法与 so that 一致。举例如下:

It was very cold so that the river froze.

天气寒冷,河水都已结冰了。

We studied very well that we were praised by the teacher.

我们学得很好,老师表扬我们了。

2 Loosening of an electrode or excessive muscular activity can result in a false alarm and an irregular patterns on the electrocardiogram. 电极松懈或病人过度活动可导致假性报警,并产生形态不规则的心电图。

注意本句中的几个名词词组,然后比较其中文译文,读者可以体会到中英文不同的思维表达方式。从语法角度看,loosening of an electrode 作全句主语;从逻辑角度看,这个词组本身表达了主谓关系:an electrode 为逻辑主语,loosening 为逻辑谓语,因此中文译作“电极松懈”。excessive muscular activity 也体现了这样的一种特征。英文书面语中,这种结构相当活跃,下文中 loss of function 和 the possibility of death 等都属于这种结构。

3 Patients in a coronary care unit are often under extreme emotional as well as physical stress. 心脏监护室内的监护病人往往情绪极为低落,身体处于极度紧张状态。

请注意 under stress 这种说法,在英文中,类似的说法还有很多,值得关注。比如,under repair(在修理中),under construction(在建设中),under discussion(在讨论中),under care(受到关怀)。



Exercises

1 Define the following terms.

- 1) cardiac monitoring —
- 2) bedside monitor —
- 3) empathy —

2 Listen to the passage again and answer the following questions.

- 1) The main function of the nurse in cardiac monitoring include(s) that _____.
 - a) nurses supervise the patient's cardiac activity
 - b) nurses take care of the patient
 - c) nurses supervise physicians' work
 - d) nurses provide the patient with related information
- 2) False alarms and irregular patterns on the electrocardiogram may result from _____.
 - a) loosening of an electrode
 - b) excessive muscular activity
 - c) either a or b
 - d) inflammation of the electrode sites
- 3) According to the passage, the alarm system will be activated if the patient's pulse rate falls _____.

- a) below the limit b) above the limit
c) between the limits d) either a or b
- 4) In the sentence "Needle electrode sites should receive daily check for inflammation", the word "check" can not be replaced by _____.
a) examination b) communication
c) inspection d) investigation
- 5) The job of a nurse in the coronary care unit is to _____.
a) take electrocardiograms b) observe cardiac monitor readings
c) maintain oxygen therapy d) all of the above
- 6) In the second paragraph there is a sentence "the environment itself is foreign and frightening". Here "foreign" means _____.
a) friendly b) domestic
c) strange d) familiar
- 7) Nurses in the coronary care unit should be prepared to _____.
a) provide external cardiopulmonary resuscitation and defibrillation
b) provide defibrillation
c) insert the pacemaker
d) all of the above
- 8) Which of the following statements is not mentioned in the passage?
a) Patients in a coronary care unit are often emotionally stressed.
b) Patients in a coronary care unit are often physically stressed.
c) Patients in a coronary care unit often feel worried that they might die.
d) Patients in a coronary care unit often feel delighted that they are under good care.



Focus Writing Work out Your Nursing Care!



Task One

Good plan, half done! While for nurses, correct assessment and good planning, half excellent patient care done! Select a case with cardiovascular disorders you've ever cared for and identify proper nursing diagnoses for the patient. Nursing diagnoses commonly seen in patients with cardiovascular disorders are listed below for your reference. Here is a model for the nursing diagnosis of "Decreased Cardiac Output".

Decreased Cardiac Output

☐ Actual ☐ Potential				
Related To		As evidenced by		
☐ Cardiac factors ☐ Pulmonary disorders ☐ Endocrine disorders ☐ Hematological disorders ☐ Surgery/anesthesia ☐ Stress ☐ Shock ☐ Allergic response ☐ Medications ☐ Other: _____ ☐ Fluid & electrolyte disturbances		☐ Angina ☐ Cardiac arrhythmia ☐ Cyanosis ☐ Tachycardia ☐ Edema ☐ Dyspnea ☐ Fatigability ☐ Hypotension ☐ Oliguria ☐ Restlessness		
Date & Sign.	Plan and Outcome	Target Date:	Nursing Interventions	Date Achieved:
	The patient will: ☐ Demonstrate improved cardiac output A. E. B. ☐ Vital signs within normal limits for patient. [BP___] [P___] ☐ Color pink ☐ Chest clear ☐ Balanced I & O ☐ Minimal or absent edema ☐ Other		☐ Assess color, BP, P, R q ___ hrs. ☐ Listen to breath sounds q ___ hrs. ☐ Check for edema of feet, legs, and sacrum q ___ hrs. ☐ Daily weights at ___ a. m. / p. m. using same scale. ☐ Measure intake and output q 8 hrs. ☐ Organize care to maximize periods of uninterrupted rest. ☐ Explore potential etiological factors for decreased cardiac output and provide health teaching. ☐ Other: _____ ☐ Discharge Plan: _____	



Task Two Try out your care plan!

Please write an essay of about 120 words about your nursing assessment and planning based on the above form.

在本书的初级与中级教程中,我们系统学习了英语句子和段落的写作方法与技巧。在高级教程中,每一个单元,我们都将运用这些知识,训练用英语写护理诊断和护理计划。在这个第一单元中,我们为读者提供一个写作模版,仅供参考。

Mrs. Pane, female, 58 years old. Major complaints: progressive exertional dyspnea for 6 years and aggravated in the latest one month combined with low limb edema. The patient was diagnosed with hypertension 22 years ago but failed to receive regular treatment. Vital signs: T 37.1°C, P 92 beats/ minute, R 20 breaths/ minute, BP 160/96

mmHg. Laboratory results: Hb 129 g/L, WBC $6.7 \times 10^9/L$, urine protein ($\pm$), urine specific gravity 1.016, BUN 7.0 mmol/L, Cr $113 \mu\text{mol/L}$, ALT 56 u/L, TBIL $19.6 \mu\text{mol/L}$.

The Care Plan for the Nursing Diagnosis of "Decreased Cardiac Output".

Measure the patient's blood pressure every 4 hours and any time when the patient displays restlessness or other complaints. Record the blood pressure results in the nursing document. Monitor and record signs of breathlessness or palpitation every 6 hours. Assess the patient's vital signs every 8 hours. Check for edema of feet and legs every 8 hours. Record the patient's total volume of input and output every 24 hours. Teach the patient and her family about the method of collecting urine. Check the lab results every day and notify the physician for any unfavorable results.



Focus Testing



NCLEX Information Center

考试概况

众所周知,护士要执业就必须先取得护士执照。美国作为联邦制国家,各州有各州独立的法律,护士执业法规也一样。各州护理局(State Board of Nursing)负责执照考试报名、资格审核、认证和执照更新、换发等事宜。报名者在提出申请时必须了解该州的执照要求。第一次申请执照的护士,必须参加 NCLEX;如已持有某州护士执照,要申请另一州的护士执照就可免考。

在美国护校毕业前,护校会发下执照申请表和 NCLEX 考试申请表。学生提交表格后获得准考证后才能预约考试日期和时间。NCLEX 全年进行,一天进行 15 小时,一周 6 天开考(节假日除外)。

NCLEX 考试中全部为不分科的综合考题,以内外科护理、儿科护理、妇产科护理和精神科护理等为基础,结合理论和临床实际,常以案例形式模拟临床问题考量考生的理论知识和临床判断力,有相当的难度。因此申请者需作好充分准备,包括复习护理基本知识,熟悉 NCLEX 题型,学会处理临床问题,练习护理操作等。

备考时不要忘记查看有无邮件通知,确保收到准考证,参加 NCLEX 时必须持有该通知。检查自己的准考证号,预约考试时间时需要核对准考证号。联系当地考试中心,预约考试时间。也可进行网上或电话预约,考试日期、地点和时间均由考试者自己决定。

考试当日需检查身份证、考试证等必须携带物品。尽早出发,确保按时到达考场。进入考场例行登记、签名、出示身份证和考试证及采集指纹、拍照等程序后进行人机考