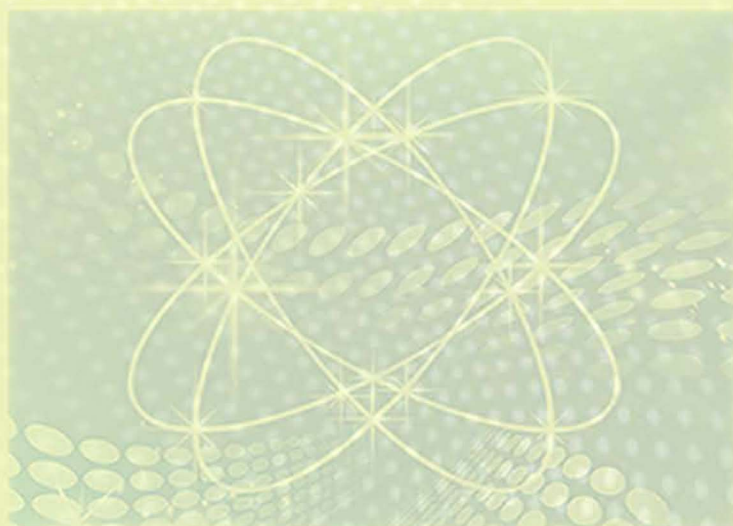


基础护理

Fundamentals of Nursing

原 著 LINDA ANNE SILVESTRI



人民军医出版社

护理英语系列教材

美国国家注册护士执照考试指导

(Saunders Comprehensive Review for the NCLEX-RN[®] Examination)

基础护理

Fundamentals of Nursing

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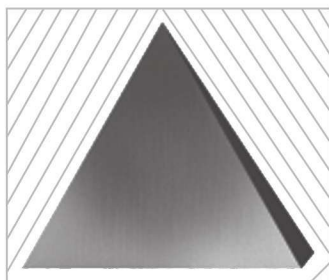
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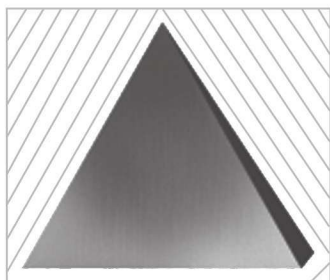
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使用指南

建议读者遵循以下步骤使用本书：

1. 第一次阅读原文

注意：

(1) 不要一次读许多页；一次阅读以 2 ~ 3 页为宜，亦可根据阅读速度确定学习量，如第一次读 10 分钟左右后停下来。

(2) 不要碰到不认识的生词就去看注释；尽量根据上下文去猜测或推理生词的含义。

(3) 第一次阅读只要能基本看懂（70% 左右）就达到了预期目标。

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(3) 遇到不认识的医学术语，要用荧光笔标示，但不要去看相应注释。

(4) 第二次阅读的目标是看懂 80% 左右的内容。

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3. 第三次阅读原文

注意：

(1) 先学习已阅读两遍的，重点需要掌握的常用英语词汇与医学术语，建议边学边记忆。

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4. 第四次阅读原文

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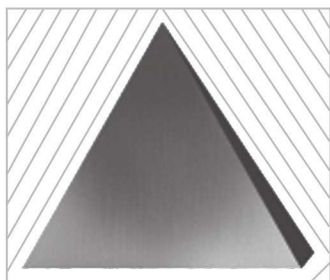
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强烈建议：

- 上课之前按照以上步骤，阅读 1 ~ 3 遍与本次课相关内容。
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- 带着阅读中遇到的难以解决的问题去听课。
- 反复阅读还是看不懂的地方一定要及时请教老师。
- 将注释页空白处当笔记本用。
- 课后按照步骤视情况复习本书。

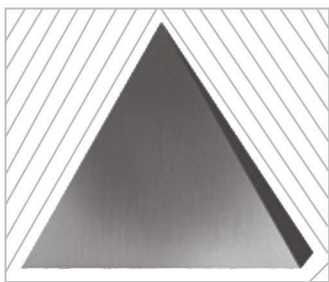
祝您学习成功！

译 者



内 容 提 要

本系列教材引自 Elsevier 公司出版的最经典和最畅销、被誉为“护士执照考试圣经”的美国国家注册护士执照考试 (NCLEX-RN®) 的辅导用书——*Saunders Comprehensive Review for the NCLEX-RN® Examination*。本书为“护理英语系列教材”的《基础护理》分册，阐述了基础医学和护理方面的内容，包括多元性文化与护理实践，伦理与法律，领导、授权与病人护理的排序，体液与电解质，酸碱平衡，实验室检查，营养，肠外营养，静脉治疗，血液制品的管理，提供安全环境，药物和静脉液体的管理，生命支持，围术期护理，病人体位及管道护理等方面的内容。本套教材在保持原版英语教材原汁原味的同时，对英文原文结合上下文进行了精准词汇注释，使学生既可避免查阅大量英文生词和误查与原著含义不符之烦恼，又可以通过直接阅读理解英文原文、扩大常用及专业词汇量，从而有效提高英语水平。本教材适用于医学本科护理在校生成及美国注册护士考生考试辅导。



前言

随着中国加入 WTO，我国各行各业日益走向国际化，医疗行业也不例外。越来越多的国外跨国企业到中国来发展，向外籍人员提供与国际接轨的医疗服务的任务迫在眉睫。这种对国际化医疗服务扩大的需求既给我国医疗行业在就业和发展方面带来了大好机遇，又对现有的医疗机构的管理和服务质量以及从业人员的职业素质，尤其是护理人员的管理和技术水平，提出了严峻的挑战。我国急需大批与国际接轨的高素质护理人员，以适应形势发展的需要。

基于培养紧缺的高水平国际化护理人才的目标和各护理院校课程改革的要求，人民军医出版社引进了全球最大的医学图书出版商“爱思唯尔 (Elsevier) 公司”出版的最经典和最畅销、被誉为“护士执照考试圣经”的美国国家注册护士执照考试 (NCLEX-RN®) 辅导用书—*Saunders Comprehensive Review for the NCLEX-RN® Examination*，并以此为基础编写了这套《护理英语系列教材》。

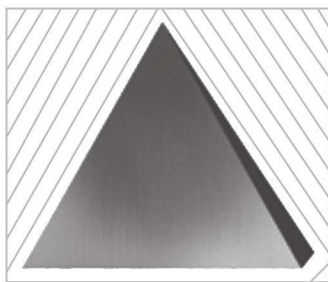
本套教材在保持原版英文教材原汁原味的同时，对每页英文原文都进行了针对上下文的精确词汇注释，使学生既免除了查阅大量英文生词之苦和误查与上下文含义不符之痛，又能通过直接阅读理解英文原文，扩大常用及专业词汇量，从而有效提高英语水平。本套双语教材的中文部分主要是对英文原文中可能阻碍学生阅读理解的常用英语词汇和所有医学术语的逐页注释，编写体例区别于逐字逐句翻译、英汉对照式或只在书末对有难度的专业术语加以注释的双语教材。

全套教材分 6 册（美国护士执照考试入门、基础护理、内外科护理、妇产科护理、儿科护理、精神科护理）。本书为系列教材之《基础护理》，共分 16 章。

本书教材的读者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（尤其是涉外护理专业）的学生。

在本书编写中承蒙中外护理与语言教育的专家与同仁给予大力支持与帮助，在此一并表示衷心的感谢！书中若存在错误和疏漏之处，恳请广大读者与各位同仁惠予指正。

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Cultural Diversity and Health Practices

多元性文化与护理实践

PYRAMID TERMS

acculturation Process of learning norms, beliefs, and behavioral expectations of a group other than one's own group.

belief Something accepted as true by a culture.

cultural assimilation Process in which individuals from a minority group are absorbed by the dominant culture and take on the characteristics of the dominant culture.

cultural competence The acquisition of knowledge, understanding, and appreciation of a culture that facilitates the provision of culturally appropriate health care.

cultural diversity The differences among groups of people that result from ethnic, racial, and cultural variables.

cultural imposition The tendency to impose one's own beliefs, values, and patterns of behavior on individuals from another culture.

culture The dynamic network of knowledge, beliefs, patterns of behavior, ideas, attitudes, values, and norms that are unique to a particular group of people.

dominant culture The group whose values prevail within a society.

ethnic group A group of people within a culture who share an identity based on race, religion,

color, national origin, or language.

ethnicity An individual's identification of self as part of an ethnic group.

ethnocentrism An assumption of cultural superiority and an inability to accept the ways of another culture.

minority group An ethnic, cultural, racial, or religious group that constitutes less than a numerical majority of the population.

race A grouping of people based on biological similarities. Members of a racial group have similar physical characteristics, such as blood group, facial features, and color of skin, hair, and eyes.

racism Discrimination directed toward individuals or groups who are perceived to be inferior because of biological differences; often accompanied by oppression.

stereotyping An expectation that all people within the same racial, ethnic, or cultural group act alike and share the same beliefs and attitudes.

subculture A group of people with characteristic patterns of behavior that distinguish the group from the larger culture or society.

values Principles and standards that have meaning and worth to an individual, family, group, community, or culture.

常用词 Common Words

diversity [n] 多样化

pyramid [n] 金字塔

acculturation [n] 文化适应

norm [n] 标准, 规范

behavioral expectation 行为规范

assimilation [n] (被)吸收或同化

minority group 少数民族群体

absorb [v] 吸收

dominant [a] 占优势的

competence [n] 能力, 技能

acquisition [n] 获得, 得到

appreciation [n] 鉴赏, 鉴定

facilitate [v] 使便利

provision [n] 提供, 准备

appropriate [a] 适当的

ethnic [a] 某文化群体的

racial [a] 种族的

variable [n] 变量

imposition [n] 强加

tendency [n] 倾向, 趋势

dynamic [a] 动态的

prevail [v] 流行, 说服

identity [n] 身份, 特性

religion [n] 宗教信仰

national origin 民族血统

ethnicity [n] 血统

identification [n] 身份证明

ethnocentrism [n] 种族优越感

assumption [n] 假设

superiority [n] 优越性

constitute [v] 构成

numerical [a] 数字的

racism [n] 种族主义

discrimination [n] 歧视

THE PYRAMID TO SUCCESS

Often, nurses care for clients who come from ethnic, cultural, or religious backgrounds that are different from their own. Awareness of and sensitivity to the unique health and illness beliefs and practices are essential for the delivery of safe and effective care. Acknowledgment and acceptance of cultural differences with a nonjudgmental attitude are essential to providing culturally sensitive care. The belief underlying the NCLEX-RN examination test plan is that persons are unique individuals and define their own systems of daily living, which reflect their values, motives, and lifestyles. The Integrated Processes addressed in this chapter are Caring, Communication and Documentation, Nursing Process, and Teaching/Learning.

CLIENT NEEDS**Safe and Effective Care Environment**

Acting as a client advocate
Ensuring ethical practices
Ensuring legal rights and responsibilities
Establishing priorities
Maintaining confidentiality
Providing continuity of care
Respecting the client's control of personal environment and property
Upholding client rights

Health Promotion and Maintenance

Considering cultural issues related to family systems and family planning
Identifying changes related to the aging process
Preventing disease
Promoting health and wellness
Providing health screening
Respecting lifestyle choices

Psychosocial Integrity

Assisting the client to use coping mechanisms effectively
Identifying the client's support systems

Identifying cultural diversity issues
Identifying end-of-life care issues
Identifying family dynamics as they relate to the client's culture
Providing a therapeutic environment
Respecting religious and spiritual influences on health
Using therapeutic communication techniques

Physiological Integrity

Identifying the cultural considerations related to alternative and complementary therapies
Identifying the cultural issues related to receiving blood and blood products
Implementing therapeutic procedures
Providing nonpharmacological comfort interventions
Providing nutrition and oral hydration (Boxes 1-1 and 1-2)
Providing palliative care
Using cultural concepts in illness management

I. AFRICAN AMERICANS**A. Communication**

- Members are competent in standard English and in black English, a variation based on pronunciation, grammar, and vocabulary.
- Head nodding does not necessarily mean agreement.
- Prolonged eye contact may be interpreted as rudeness or aggressive behavior.
- Nonverbal communication is important.
- Personal questions asked on initial contact with a person may be viewed as intrusive.

B. Time orientation and personal space preferences

- Time orientation varies according to age, socioeconomics, and subgroups and may include past, present, or future orientation.
- Members may be late for an appointment because relationships and events may be deemed more

(接上页)

perceive [v] 感觉, 察觉
inferior [a] 低等的, 下级的
accompany [v] 伴随
oppression [n] 压迫
stereotyping [n] 刻板印象
subculture [n] 亚文化
distinguish [v] 辨别
principle [n] 原则
standard [n] 标准

医学术语 Medical Terms

physical characteristic 体态特点
facial feature 面部特征

常用词 Common Words

client [n] 病人
advocate [n] 拥护者
establish [v] 建立
priority [n] 优先
confidentiality [n] 保密性
property [n] 财产
uphold [v] 维护
promotion [n] 提升, 晋升
wellness [n] 保健
health screening 健康检查
integrity [n] 完整, 完善
spiritual [a] 精神上的
influence [n] 影响
alternative [a] 可供选择的
complementary [a] 互补的
implement [v] 贯彻, 执行
intervention [n] 干预, 介入
prolonged [a] 长时间的
rudeness [n] 粗鲁
aggressive [a] 挑衅的
nonverbal [a] 非语言的
initial [a] 最初的

医学术语 Medical Terms

nonjudgmental [a] 不偏倚的
underlying [a] 潜在的
reflect [v] 反射
motive [n] 动机
integrate [v] 整合
acknowledgement [n] 致谢, 鸣谢

important than being on time.

3. Members are comfortable with close personal space when interacting with family and friends.

C. Social roles

1. Large extended family networks are important; older adults are respected.
2. Many households are headed by a single-parent woman.
3. Religious **beliefs** and church affiliation are sources of strength.

D. Health and illness

1. Religious **beliefs** profoundly affect ideas about health and illness.
2. Members believe that illness can be prevented by nutritious meals, exercise in fresh air, and cleanliness.

E. Health risks

1. Sick cell anemia
2. Hypertension
3. Heart disease
4. Cancer

BOX 1-1

Dietary Preferences

AFRICAN AMERICANS

Fried foods

Pork, greens, rice

Some pregnant African-American women engage in pica.

ASIAN AMERICANS

Soy sauce

Raw fish

Rice

EUROPEAN (WHITE) ORIGIN AMERICANS

Carbohydrates (potatoes)

Red meat

HISPANIC AMERICANS

Beans

Fried foods

Spicy foods

Tortillas

Carbonated beverages

AMERICAN INDIANS, ALEUTS, ESKIMOS

Blue cornmeal

Fish

Game

Fruits and berries

Navajos prefer meat and blue cornmeal and tend to avoid consumption of milk.

5. Lactose intolerance
6. Diabetes mellitus
7. Obesity
8. Human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS)

F. Interventions

1. Recognize the presence of many individual and subgroup variations.
2. Build a relationship based on trust.
3. Clarify the meaning of the client's verbal and nonverbal behavior.
4. Be flexible and avoid rigidity in scheduling care.
5. Encourage family involvement.
6. Alternative modes of healing may include herbs, prayer, and laying on of hands.

II. ASIAN AMERICANS

A. Communication

1. Languages include Chinese, Japanese, Korean, Vietnamese, and English.
2. Silence is valued.
3. Eye contact may be considered inappropriate or disrespectful.
4. Criticism or disagreement is not expressed verbally.
5. Head nodding does not necessarily mean agreement.
6. The word "no" may be interpreted as disrespect for others.

B. Time orientation and personal space preferences

1. Time orientation reflects respect for the past but includes emphasis on the present and future.
2. Preference is for a formal personal space, except with family and close friends.
3. Usually, members do not touch others during conversation.
4. Touching is unacceptable with members of the opposite gender.
5. The head is considered to be sacred; therefore, touching someone on the head is disrespectful.

C. Social roles

1. Members are devoted to tradition.
2. Large extended-family networks

(接上页)

consumption [n] 消费, 消耗

pork [n] 猪肉

Hispanic [a] 西班牙的, 西语国家的

tortilla [n] 玉米粉圆饼

carbonated beverage 碳酸饮料

医学术语 Medical Terms

psychosocial [a] 社会心理的

coping mechanism 应对机制

therapeutic [a] 治疗的

physiological [a] 生理的

nonpharmacological [a] 非药理

nutrition [n] 营养

oral hydration 口服补液

palliative care 姑息治疗

pica [n] 异食癖

carbohydrate[n] 糖类(碳水化合物)

sickle cell anemia 镰状红细胞

hypertension [n] 高血压

常用词 Common Words

Aleut [n] 阿留申人

Eskimo [n] 爱斯基摩人

cornmeal [n] 玉米粉

berry [n] 浆果

Navajo [n] 美国最大的印第安部落

affiliation [n] 联系, 从属

strength [n] 力量, 体力

profoundly [adv] 深刻地

variation [n] 变化

clarify [v] 澄清

flexible [a] 灵活的

rigidity [n] 死板

scheduling [n] 时间安排

herb [n] 草药

prayer [n] 祈祷

vietnamese [n] 越南语

criticism [n] 批评, 批判

emphasis [n] 强调, 重点

gender [n] 性别

sacred [a] 神圣的, 不可冒犯的

devote [v] 奉献

医学术语 Medical Terms

pregnant [a] 妊娠的