

SAUNDERS

Comprehensive Review *for the*

NCLEX-RN® EXAMINATION

Basics of NCLEX-RN® Examination

护理英语系列教材

第 **4** 版

美国国家注册护士 执照考试指导

——考试入门

原著: LINDA ANNE SILVESTRI

主译: 李 珺 诸琤玮

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

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Basics of NCLEX-RN® Examination

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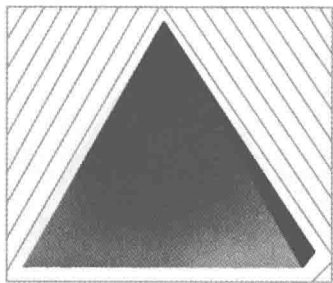
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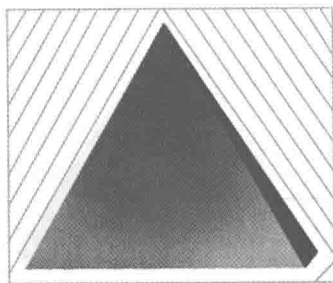
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内 容 提 要

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《考试入门》分册，阐述了英语考试相关内容，包括美国注册护士考试、注册考试的准备：国外学历护士的迁移问题、成功的途径、学生的期望、应试策略、综合练习及答案等，并配有模拟测试光盘一张供学生电脑答题。本套教材在保持原版英语教材原汁原味的同时，对每页英文原文都结合上下文进行了精准词汇注释，使学生既避免了查阅大量英文生词之苦和误查与上下文含义不符之痛，通过直接阅读理解英文原文和扩大常用与专业词汇量，从而有效提高英语水平。本书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, 我国的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, 提供外籍人员与国际接轨的医疗服务的任务也迫在眉睫。这种对国际化医疗服务扩大的需求给我国医疗行业在就业或发展方面带来了大好机遇, 也对现有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才, 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》。

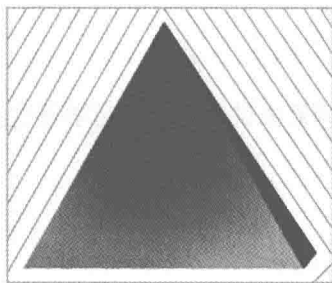
本套教材在保持原版英语教材原汁原味的同时, 对每页英文原文都进行了针对上下文的精确词汇注释, 使学生既免除了查阅大量英文生词之苦和误查与上下文含义不符之痛, 又能通过直接阅读得到理解英文原文和扩大常用与专业词汇量从而高效提高英语水平的乐趣。本套双语教材的中文部分主要是对英文原文中可能阻碍学生阅读理解的常用英语词汇和所有医学术语的逐页注释, 编写体例区别于逐字逐句翻译、英汉对照式的或只在书末对有难度的专业术语加以注释的双语教材。

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《考试入门》, 共分 6 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的大力支持与帮助, 在此一并表示衷心的感谢! 对于书中的错误和疏漏之处, 恳请广大读者与各位同仁惠予指正。

译者



使用指南

建议读者遵循以下步骤学习本书：

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下一页的注释，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）就完成了预期目标。

2. 第二次阅读原文

注意：

(1) 在第一次阅读的基础上重新阅读，重点阅读第一次阅读时没有读懂或似懂非懂的地方。

(2) 碰到不认识的阻碍理解的常用英语词汇，要用荧光笔标示，并去看下一页的注释。

(3) 碰到不认识的医学术语，要用荧光笔标示，但不要去看下一页的注释。

(4) 第二次阅读的目标是看懂 80% 左右的内容。

(5) 针对本书的英语部分，常用英语词汇与医学术语建议用不同颜色的荧光笔标示。

3. 第三次阅读原文

注意：

(1) 先学习已阅读二遍页数的相关注释中的常用英语词汇与医学术语，建议边学边用脑记忆。

(2) 在第二次阅读的基础上重新阅读，重点阅读第二次阅读时没有读懂或似懂非懂的地方，并反复理解。

(3) 碰到不认识或不熟悉的英语词汇先试着回忆学习过的注释，然后去看注释。

(4) 碰到不认识的医学术语要去看下一页的注释。

(5) 第三次阅读的目标是看懂 90% 以上的内容。

(6) 第三次阅读完成后建议用荧光笔把所有有注释的单词标示出来。

(7) 如有些不认识或不熟悉的词不在本书注释中，可查字典或请教专业教师并在相应注释页上添上那些词和与上下文相符的注释。

4. 第四次阅读原文

注意：

(1) 在按以上步骤学习完整个一章内容的基础上进行第四次阅读。

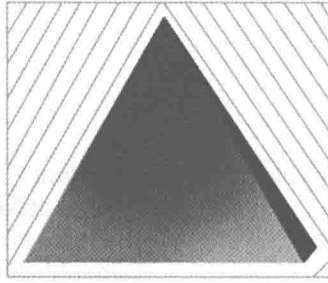
(2) 碰到不认识或不熟悉的英语词汇先试着尽力回忆学习过的注释，然后去与注释核对正确与否。

强烈建议：

- 上课之前按照以上步骤 1 ~ 3 遍阅读本次课相关内容。
- 总是先尽力猜测词义再去看注释。
- 带着阅读中碰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问老师。
- 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！

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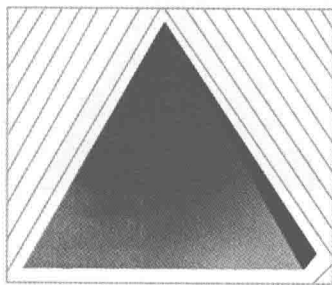
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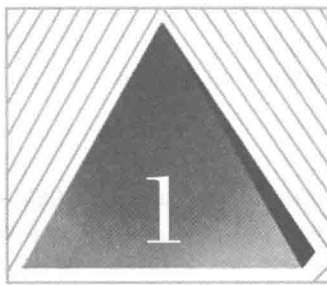
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The NCLEX-RN® Examination

注册护士考试

THE PYRAMID TO SUCCESS

Welcome to the Pyramid to Success.

Saunders Comprehensive Review for the NCLEX-RN® Examination is specially designed to help you begin your successful journey to the peak of the pyramid, becoming a registered nurse. As you begin your journey, you will be introduced to all the important points regarding the NCLEX-RN examination and the process of testing and to the unique and special tips regarding how to prepare yourself for this important examination. You will read what a nursing graduate who recently passed the NCLEX-RN examination has to say about the test. All the important test-taking strategies are detailed. These details will guide you in selecting the correct option or assist you in selecting an answer to a question at which you must guess.

Each of the content areas in this book begins with the Pyramid to Success. The Pyramid to Success addresses specific points related to the NCLEX-RN examination, including the Pyramid Terms, and the Client Needs and Integrated Processes as identified in the test plan framework for the examination. Pyramid Terms are key words that are defined and are set in boldface throughout each chapter to direct your attention to those significant points for the examination. The Client

Needs and the Integrated Processes specific to the content of the chapter are identified.

Throughout each chapter, you will find Pyramid Point bullets that identify areas most likely to be tested on the NCLEX-RN examination. Read each chapter, and identify your strengths and areas that are in need of further review. Test your strengths and abilities by taking all the practice tests provided in this book. Be sure to read all the rationales and test-taking strategies. The rationale provides you with significant information regarding the correct and incorrect options. The test-taking strategy provides you with the logical path to selecting the correct option. The test-taking strategy also identifies the content area to review, if required. The reference source and page number are provided so that you can find the information easily that you need to review. Each question is coded based on the level of cognitive ability, the Client Needs category, the Integrated Process, and the nursing content area.

Following the completion of your comprehensive review in this book, continue on your journey through the Pyramid to Success with the companion book, *Saunders Q&A Review for the NCLEX-RN® Examination*, which provides you with more than 5000 practice questions based on the NCLEX-RN examination

常用词Common Words

pyramid [n] 金字塔
comprehensive [a] 全面的
journey [n] 行程
unique [a] 独特的
strategy [n] 技巧
detail [v] 详细说明
address [v] 提出
integrated [a] 综合的
boldface [n] 粗体
throughout [v] 贯穿
strength [n] 长处
rationale [n] 基础理论
significant [a] 重要的
completion [n] 完成
companion book 参考书
alternate item form 备用项形式

医学术语 Medical Terms

National Council of State Boards of Nursing (NCSBN) 全美护士联合委员会

test plan framework, with a specific focus on Client Needs and Integrated Processes. Then, you will be ready for the *Saunders Online Review Course for the NCLEX-RN® Examination*. Additional products in Saunders Pyramid to Success include Saunders Strategies for Success for the NCLEX-RN® Examination and *Saunders Strategies for Alternate Item Formats on the NCLEX-RN® Examination*. These products are described below.

The *Saunders Online Review Course for the NCLEX-RN® Examination* addresses all areas of the test plan identified by the National Council of State Boards of Nursing (NCSBN). The course contains a pretest that provides feedback regarding your strengths and weaknesses and that generates an individualized study schedule in a calendar format. Content review includes practice questions and case studies, figures and illustrations, a glossary, and animations and videos. A cumulative examination and a computer adaptive test (CAT) are also key components of the online review course. The types of practice questions in this course include multiple choice, fill in the blank, multiple response, those that require you to prioritize (ordered response), and questions containing figures (hot spots) that may require you to use the computer mouse to answer.

The *Saunders Strategies for Success for the NCLEX-RN® Examination* focuses on the test-taking strategies that will help you pass your nursing examinations while in nursing school and will prepare you for the NCLEX-RN examination. The chapters describe all the test-taking strategies and include several sample questions that illustrate how to use the test-taking strategy. There are a total of 500 practice questions that accompany this book. All the practice questions are reflective of the framework and the content iden-

tified in the current NCLEX-RN test plan and include multiple-choice and alternate item format questions.

The *Saunders Strategies for Alternate Item Formats on the NCLEX-RN® Examination* differs from all the other products in the Saunders Pyramid to Success in that it contains only alternate item format questions. It provides you with all the information needed about all types of alternate item format questions that may appear on your nursing examinations and on the NCLEX-RN examination. It contains 265 practice alternate item format questions and 15 heart and lung sounds questions to prepare you for your nursing examinations and for that most important examination, the NCLEX-RN. All the products in Saunders Pyramid to Success can be obtained online by visiting <http://www.elsevierhealth.com> or by calling 800-426-4545.

Let's begin our journey through the Pyramid to Success.

THE EXAMINATION PROCESS

An important step in the Pyramid to Success is to become as familiar as possible with the examination process. A significant amount of anxiety can occur in candidates facing the challenge of this examination. Knowing what the examination is all about and knowing what you will encounter during the process of testing will assist in alleviating fear and anxiety. The information contained in this chapter addresses the procedures related to the development of the NCLEX-RN examination test plan, the components of the test plan, and the answers to the questions most commonly asked by nursing students and graduates preparing to take the NCLEX-RN examination. The information contained in this chapter related to the test plan was obtained from the NCSBN Web site (<http://www.ncsbn.org>) and from the National

常用词 Common Words

pretest [n] 预备考试
generate [v] 产生
individualized [a] 个性化的
content [n] 目录
case study 案例分析
illustration [n] 图解
glossary [n] 术语汇编
animation [n] 动画片
cumulative [a] 渐增的、累积的
CAT 计算机自适应测试
component [n] 组成部分
prioritize [v] 把……区分优先次序
reflective [a] 反映的
familiar [a] 熟悉的
significant [a] 显著的
candidate [n] 应试者
encounter [v] 遇到
alleviate [v] 减轻, 缓和
access [v] 进入
acronym [n] 首字母缩略语
categorize [v] 分类
structure [n] 构架
competency [n] 能力
requirement [n] 要求
reliable [a] 可靠的
subsequent [a] 随后的
administer [v] 给予
compatible [a] 适合, 兼容
methodology [n] 方法
inability [n] 无能力
previous [a] 先前的

医学术语 Medical Terms

anxiety [n] 焦虑

Council of State Boards of Nursing Test Plan for the NCLEX-RN Examination (effective date, April 2007). You can obtain additional information regarding the test and its development by accessing the NCSBN Web site or by writing to the National Council of State Boards of Nursing, 111 East Wacker Drive, Suite 2900, Chicago, IL 60601.

COMPUTER ADAPTIVE TESTING

The acronym CAT stands for computer adaptive test, which means that the examination is created as the test taker answers each question. All the test questions are categorized based on the test plan structure and the level of difficulty of the question. As you answer a question, the computer determines your competency based on the answer you selected. If you selected a correct answer to a question, the computer scans the question bank and selects a more difficult question. If you selected an incorrect answer, the computer scans the question bank and selects an easier question. This process continues until the test plan requirements are met and a reliable pass or fail decision is made.

When a test question is presented on the computer screen, you must answer it or the test will not move on. This means that you will not be able to skip questions, go back and review questions, or go back and change answers. Remember, in a CAT examination, once an answer is recorded, all subsequent questions administered depend, to an extent, on the answer selected for that question. Skipping and returning to earlier questions are not compatible with the logical methodology of a computer adaptive test. The inability to skip questions or go back to change previous answers will not be a disadvantage to you. Actually, you will not fall into that "trap" of changing a correct answer to an incorrect one with the CAT

system.

If you are faced with a question that contains unfamiliar content, you may need to guess at the answer. There is no penalty for guessing on this examination. Remember, with most of the questions, the answer will be right there in front of you. If you need to guess, use your nursing knowledge to its fullest extent, as well as all the test-taking strategies that you have practiced in this review program.

You do not need any computer experience to take this examination. A keyboard tutorial is provided and administered to all test takers at the start of the examination. The tutorial will instruct you on the use of the on-screen optional calculator, the use of the mouse, and how to record an answer. In addition to the traditional four-option multiple-choice question, the tutorial also provides instructions on how to respond to alternate item format questions. A proctor is present to assist in explaining the use of the computer to ensure your full understanding of how to proceed.

DEVELOPMENT OF THE TEST PLAN AND ITEM WRITERS

The test plan for the NCLEX-RN examination is developed by the NCSBN. As an initial step in the test development process, the NCSBN considers the legal scope of nursing practice as governed by state laws and regulations, including the nurse practice act, and uses these laws to define the areas on the examination that will assess the competence of a candidate (test taker) for licensure.

The NCSBN also conducts a practice analysis study to determine the framework for the test plan for the examination. The participants in this study include newly licensed registered nurses from all types of basic education programs. The NCSBN provides participants with a list of nursing activities and asks

常用词 Common Words

disadvantage [n] 不利条件
fall into the trap 犯了常见的错误
penalty [n] 判罚
fullest extent 最大限度
strategy [n] 技巧
tutorial [n] 教程
instruct [v] 指导
optional [a] 供选择的
calculation [n] 计算
proctor [n] 学监
initial [a] 初始的
consider [v] 考虑
scope [n] 范围
govern [v] 规定
regulation [n] 规章
competence [n] 能力
licensure [n] 许可证的发给
conduct [v] 举行
participant [n] 参与者
frequency [n] 频率
impact on 对……产生影响
panel [n] 座谈小组
expert [n] 专家
analyze [v] 分析
implement [v] 实施
application [n] 申请
voluntarily [adv] 自愿的
submit [v] 递交
criteria [n] 标准
council [n] 委员会
reflect [v] 反映
entry level 入门级别
effective [a] 有效的
integrated [a] 综合的
comprehension [n] 理解力

医学术语 Medical Terms

alternate item format question 备用选项
格式问题
cognitive ability 认知能力
critical thinking 批判性思维
nursing intervention 护理措施