

SAUNDERS

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NCLEX-RN® EXAMINATION

Maternity Nursing

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

——妇产科护理

原著: LINDA ANNE SILVESTRI

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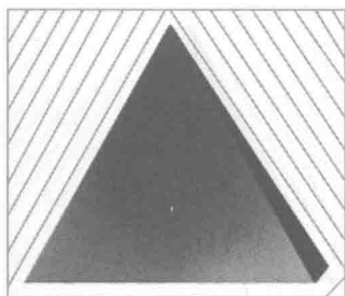
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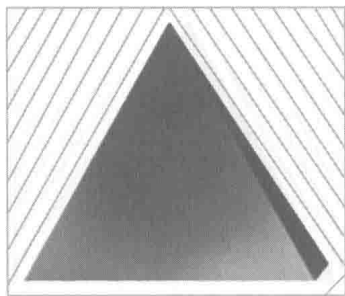
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内 容 提 要

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*。本书为系列教材之妇产科护理分册，讲解了护理人员应掌握的女性生殖系统、产科评估、产前期、妊娠相关危险因素、阵痛和分娩相关问题、产后期、产后并发症、新生儿护理、产妇及新生儿用药等方面的内容。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，又可通过直接阅读理解英文原文，扩大常用英语词汇和医学专业词汇量，从而有效提高英语水平。本书适用于医学本科护理在校生及美国注册护士考生考试辅导。



译者前言

随着中国加入 WTO, 我国的各行各业逐步走向国际化, 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, 为外籍人员提供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, 同时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才, 以适应发展的需要。

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 Elsevier 公司出版的最经典、最畅销并被誉为“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*, 并以此为基础编译了这套《护理英语系列教材》。

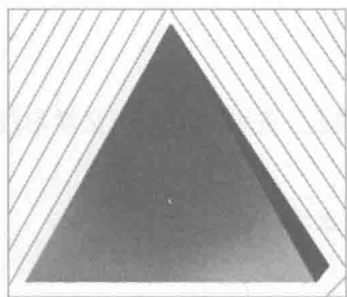
本套教材在保持原版英语教材原汁原味的同时, 对每页英文原文都进行了针对上下文的词汇对照注释, 使学生免除了查阅大量英文生词之苦, 又能通过直接阅读理解英文原文和扩大常用与专业词汇量从而高效提高英语水平的乐趣。本套双语教材的中文部分主要是对英文原文中可能妨碍学生阅读理解的常用英语词汇和所有医学术语进行英中对照, 编写体例区别于逐字逐句翻译、英汉对照式的或只在书末对有难度的专业术语加以注释的双语教材。

全套教材为 6 个分册 (《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《妇产科护理》分册。

本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。

在本书编译中承蒙中外护理与语言教育的专家及同仁的大力支持与帮助, 在此一并表示衷心的感谢! 对于书中不妥之处, 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) 不要遇到不认识的生词就去查看下一页的注释，应尽量根据上下文去理解或推测生词的含义。

(3) 第一次阅读只要能基本看懂 (70% 左右) 就完成目标了。

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) 遇到不认识的妨碍理解的常用英语词汇，要用荧光笔标示，并去查阅下一页的注释。

(3) 遇到不认识的医学术语，要用荧光笔标示，但不要去查阅相应的注释。

(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，对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) 先学习已经阅读过两遍的页数相关的注释中的常用英语词汇与医学术语，建议边学边记忆。

(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) 遇到不认识或不熟悉的英语词汇，先试着回忆学习过的注释，然后再去查阅注释。

(4) 遇到不认识的医学术语可以看相应的注释。

(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的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。

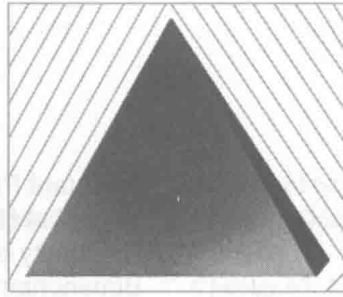
(2) 遇到不认识或不熟悉的英语词汇，先试着尽力回忆学习过的注释，然后再与注释核对正确与否。

强烈建议：

- 上课之前按照步骤 1 ~ 3 阅读本次课相关内容。
- 先尽力猜测词义再去查注释。
- 带着阅读中遇到的难以解决的问题去听课。
- 反复阅读仍然看不懂的地方一定要问老师。
- 将注释页空白处当作笔记本用。
- 课后按照步骤 4 勤复习本书。

祝您学习成功!

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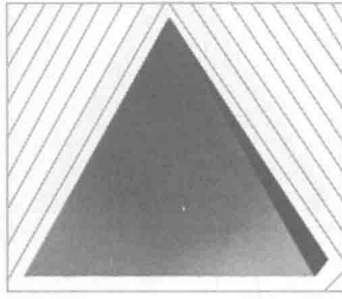
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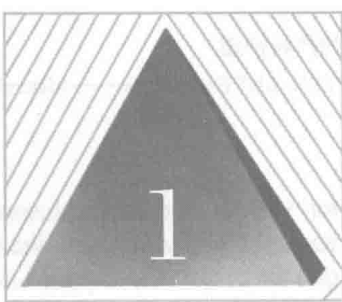
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General Introduction

总 论

PYRAMID TERMS

amniotic fluid The pale, straw-colored fluid in which the fetus floats. It serves as a cushion against injury from sudden blows or movements and helps maintain a constant body temperature for the fetus. The fetus modifies the amniotic fluid through the processes of swallowing, urinating, and movement through the respiratory tract.

ballottement Rebounding of the fetus against the examiner's finger on palpation. When the examiner taps the cervix, the fetus floats upward in the amniotic fluid. The examiner feels a rebound when the fetus falls back.

Chadwick's sign Bluish coloration of the mucous membranes of the cervix, vagina, and vulva that occurs at about 6 weeks of pregnancy and is a probable sign of pregnancy.

delivery Actual event of birth; the expulsion or extraction of the neonate.

embryo Stage of fetal development that lasts from day 15 until approximately 8 weeks after conception or until the embryo measures 3 cm from crown to rump.

fertilization Uniting of the sperm and ovum, which occurs within 12 hours of ovulation and within 2 to 3 days of insemination, the average duration of viability for

the ovum and sperm.

Goodell's sign Softening of the cervix that occurs at the beginning of the second month of gestation and is a probable sign of pregnancy.

gravida A pregnant woman; called gravida I (primigravida) during the first pregnancy, gravida II during the second, and so on.

Hegar's sign Compressibility and softening of the lower uterine segment that occurs at about week 6 of gestation; a probable sign of pregnancy.

implantation Attachment of the zygote to the uterine wall 6 to 10 days after conception.

infant A baby born alive; also, a baby from 28 days of age until the first birthday.

labor Coordinated sequence of involuntary uterine contractions resulting in effacement and dilation of cervix, followed by expulsion of the products of conception.

lecithin (L)-to-sphingomyelin (S) ratio The ratio of two components of amniotic fluid, used for predicting fetal lung maturity; the normal L/S ratio in amniotic fluid is 2:1 or higher when the fetal lungs are mature.

lochia Discharge from the uterus that consists of blood from the vessels of the placental site and debris from the decidua; lasts for 2 to 3 weeks after delivery.

常用词 Common Words

straw-colored 稻草黄色的

maintain[vt] 维持

swallowing[vt] 吞咽

bluish[a] 浅蓝色

approximately[adv] 大概

crown[n] 头顶后部

rump[n] 臀部

compressibility[n] 压缩性

attachment[n] 附着

component[n] 成分

maturity[n] 成熟

float[vi] 浮动

cushion[n] 垫子

constant[a] 不变的

palpation[n] 触诊

tap[vt] 轻叩

rebound[n] 回弹

expulsion[n] 排出

extraction[n] 产出

segment[n] 片段

coloration[n] 着色

duration[n] 持续时间

viability[n] 生存能力; 有生机儿

coordinate[a] 协调的

involuntary[a] 非随意的

sequence[n] 序列, 顺序

contraction[n] 收缩

estimate[n] 估计

premise[n] 前提

subtract[vt] 减去

alternatively[adv] 非此即彼

offspring[n] 后代

debris[n] 碎屑

decidua[n] 蜕膜

surfactant[n] 表面活性剂

phospholipid[n] 磷脂

医学术语 Medical Terms

respiratory tract 呼吸道

urinating[v] 排尿

injury[n] 受伤

Nägele's rule Determines the estimated date of confinement and works on the premise that the woman has a 28-day menstrual cycle. Add 7 days to the first day of the last menstrual period. Subtract 3 months and add 1 year. Alternatively, add 7 days to the last menstrual period and count forward 9 months.

neonate A human offspring from the time of birth to the twenty-eighth day of life; also called newborn.

newborn A human offspring from the time of birth to the twenty-eighth day of life; also called neonate.

oligohydramnios An abnormally small amount or absence of amniotic fluid; associated with fetal renal abnormalities.

parity The number of pregnancies that have been carried to viability.

placenta The organ that provides for the exchange of nutrients and waste products between the fetus and the mother, produces hormones to maintain pregnancy, and develops by the third month of gestation; also called after-birth.

quickening First perception of fetal movement, appearing usually in the sixteenth to twentieth week of pregnancy.

surfactant Phospholipid that is necessary to keep the fetal lung alveoli from collapsing; amount is usually sufficient after 32 weeks' gestation.

uterus Located behind the symphysis pubis, between the bladder and the rectum. It is comprised of four parts—fundus (upper part), corpus (body), isthmus (lower segment), and cervix.

vagina A tubular structure located behind the bladder and in front of the rectum; extends from the cervix to the vaginal opening in the perineum. It functions as the out-flow tract for menstrual fluid and

for vaginal and cervical secretions, the birth canal, and the organ for coitus.

viability The capability of the fetus to survive outside the uterus; about 22 to 24 weeks after the last menstrual period, or fetal weight more than 500 g.

THE PYRAMID TO SUCCESS ▲

The Pyramid to Success focuses on the physiological and psychosocial aspects related to the experience of pregnancy, delivery, and postpartum period. Pyramid Points begin with the assessment and knowledge of expected findings of the pregnant client and fetus during the antepartum period. Instructing the pregnant client in measures that will promote a healthy environment for the mother and the fetus is included. The focus is on the importance of antepartum follow-up, nutrition, and interventions for common discomforts that occur during pregnancy. Knowledge of the purpose of the commonly prescribed diagnostic tests and procedures in the antepartum period is also part of the Pyramid to Success. The focus is on disorders that can occur during pregnancy, particularly gestational hypertension and diabetes mellitus. Review of the labor and delivery process and the immediate interventions for conditions in which the mother or fetal status is compromised, such as prolapsed cord or altered fetal heart rate, is part of the Pyramid to Success for the labor and delivery area. Review of the fetus from the mother with human immunodeficiency virus or acquired immunodeficiency syndrome or the substance-abusing mother is recommended. The Pyramid to Success also includes a focus on the normal expectations of the postpartum period and the complications that can occur during this time. The next Pyramid Point focuses on the normal physical assessment findings and early identification of disorders in the neonate. The last Pyramid Point in this unit is on maternity and newborn medications. Integrated Processes ad-

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cervix[n] 子宫颈
mucous membrane 黏膜
pregnancy[n] 妊娠
embryo[n] 胚胎
fetal[a] 胎儿的
lung[n] 肺
temperature[n] 体温
ballottement[n] 浮球感
Chadwick's sign 查德韦克征:妊娠初期
宫颈、阴道黏膜及外阴出现色素沉着
amniotic fluid[n] 羊(膜)水
vulva[n] 外阴
delivery[n] 分娩
Goodell's sign 古德尔征(子宫颈硬,为非妊娠;子宫颈软,可能妊娠)
gravid[a] 孕妇
Hegar's sign 黑加征(子宫峡部变软,为妊娠指征)
implantation[n] 植入,着床
zygote[n] 受精卵
ovulation[n] 排卵
Nägele's rule 分娩日期规律
neonate[n] 新生儿
infant[n] 婴儿
placenta[n] 胎盘
fertilization[n] 受精
ovum[n] 卵子
sperm[n] 精子
parity[n] 经产状况
confinement[n] 分娩
conception[n] 受孕
vessel[n] 血管
lochia[n] 恶露
hormone[n] 激素
insemination[n] 受精
lecithin to sphingomyelin ratio 卵磷脂-鞘磷脂比率
oligohydramnios[n] 羊水过少
quickening[n] 胎动

常用词 Common Words

confidentiality[n] 保密
collapsing[a] 塌陷的
sufficient[a] 足够的
comprised 由……组成
fundus[n] 底部
corpus[n] 主体部
isthmus[n] 峡部
tubular[a] 管状的
coitus[a] 性交
viability[n] 生存能力
capability[n] 能力
pyramid[n] 金字塔
aspect[n] 方面
environment[n] 环境
discomfort[n] 不舒适
purpose[n] 目的
altered[a] 变化的

dressed in this unit include Caring, Communication and Documentation, Nursing Process, and Teaching/Learning.

CLIENT NEEDS

Safe and Effective Care Environment

Consulting with other health care team members
Delegating client care activities
Establishing priorities of care
Handling hazardous and infectious materials safely
Maintaining confidentiality
Managing the health care environment
Obtaining informed consent for diagnostic tests and procedures
Providing continuity of client care
Upholding client's rights
Using medical and surgical asepsis when providing care
Using standard, transmission-based, and other precautions when providing care

Health Promotion and Maintenance

Assessing for growth and development
Discussing expected body image changes with the client
Discussing family planning and birthing and parenting issues
Discussing reproductive and human sexuality issues
Identifying health and wellness concepts and providing health care screening
Identifying high-risk behaviors
Identifying lifestyle choices
Performing techniques of physical assessment
Providing antepartum, intrapartum, postpartum, and newborn care
Teaching regarding antepartum, intrapartum, and postpartum care
Teaching regarding care to the newborn

Psychosocial Integrity

Considering cultural, religious, and spiritual influences regarding birth

and motherhood
Discussing situational role changes in the family
Ensuring therapeutic interactions within the family
Identifying available support systems
Identifying coping mechanisms

Physiological Integrity

Providing nonpharmacological comfort interventions during labor
Identifying the action and contraindications for prescribed pharmacological agents
Monitoring for side effects and adverse effects related to prescribed pharmacological and parenteral therapies
Calculating medication dosages and administering medications safely
Monitoring for expected outcomes and effects related to pharmacological and parenteral therapies
Providing pharmacological pain management during labor
Instructing the client about prescribed diagnostic tests and procedures
Providing interventions for unexpected events during pregnancy
Monitoring the client during the labor and delivery process
Monitoring for normal expectations during pregnancy
Teaching the client about nutrition during pregnancy and in the postpartum period
Teaching the client about the physiological changes that occur during pregnancy
Identifying at-risk clients during pregnancy

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complication[n] 并发症
consultation[n] 会诊
priority[n] 优先
precaution[n] 预防
concept[n] 概念
integrity[n] 完整
establish[vt] 建立
handle[vt] 控制
consent[n] 同意书
referral[n] 治疗安排
coping mechanism[n] 心理应对机制
alteration[n] 变化
prescribe[vt] 开处方
lifestyle[n] 生活方式

医学术语 Medical Terms

Menstrual period 月经期
perineum[n] 会阴
symphysis pubis 耻骨联合
diagnostic[a] 诊断的
fetal[a] 胎儿的
alveoli[n] 肺泡
cervix[n] 子宫颈
vagina[n] 阴道
secretion[n] 分泌物
cervical[a] 子宫颈的
delivery[n] 分娩
diabetes mellitus 糖尿病
immunodeficiency[n] 免疫缺陷
virus[n] 病毒
acquired immunodeficiency syndrome 获得性免疫缺陷综合征
neonate[n] 新生儿
newborn[n] 婴儿
procedure[n] 程序
perception[n] 知觉
psychosocial[a] 精神社会的
quickening[n] 胎动
antepartum[a] 分娩前的, 产前的
intrapartum[a] 分娩期(内)的
postpartum[a] 产后的
asepsis[n] 无菌
reproduction[n] 生殖
nutrition[n] 营养

常用词 Common Words

identify[vt] 确定
contraindication[n] 禁忌证
agent[n] 药剂
said effect 副作用
adverse effect 不良反应
prescribe[vt] 处方
dosage[n] 剂量
labor[n] 分娩
instruct[vt] 教授, 指导
client[n] 病人
diagnostic[a] 诊断性的
procedure[n] 程序