



全国高等职业教育护理专业领域技能型紧缺人才培养培训配套教材

供涉外护理专业用

# 护理专业英语

## —视听说分册学习指导



主编 刘国全



人民卫生出版社

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# 前言

《护理专业英语——视听说分册》是根据教育部办公厅、卫生部办公厅关于开展护理专业领域技能型紧缺人才培养培训工作的通知要求及卫生部规划教材编写原则和整体规划的要求所编写的，本教材的编写始终坚持“三基”和“五性”的原则，即基本原理、基本理论、基本知识，以必需够用为度，强调基本技能的培养，在保证教材思想性和科学性的基础上，强调适用性和先进性，融传授知识、培养技能、提高素质为一体，重视培养学生的创新，获取知识及终生学习的能力，突出启发性，以专业培养目标为导向，以职业教育为根本，满足科学需求、教学需求，力求体现高职高专教育的特色。卫生部教材办公室组织国内近十所多年开办涉外护理专业学校的骨干教师编写了这本《护理专业英语——视听说分册》教材。

本教材的编写严格按照五年制高等职业教育培养方案中涉外护理（英语）教育对英语口语教学的要求进行选材、设计，注意突出直观性、趣味性、实用性和系统性。本书的课本与音像制品（DVD）同步推出，旨在充分激发学生的学习兴趣，调动学生开口讲英语的积极性。本教材在内容设计上作了大胆尝试：采用系列情境短剧形式，始终以医院为背景，以实习生李梅为主角，以医院各主要科室的实际护理工作为基础，徐徐展开，使教学内容情境化，让课堂在情景中扩展、延伸。同时辅之以大量简明、实用的临床护理常用语，便于学生尽快掌握，学以致用。

本教材共十个单元，每单元设置了一个场景。内容涉及入院、出院、生命体征、卫生护理、给药以及内科、外科、产科、儿科和精神科等专科护理知识。每五个单元后设置了一次复习课，对书中出现的常用语句进行归纳、总结。十个教学单元中，每单元都包含四大板块，各单元分别在特定的场景活动中逐步展开视、听、说三大板块的教学活动，各板块之间既相对独立又互相联系，内容深入浅出，循序渐进，充分调动学生眼、耳、口各感觉器官的功能作用，将知识性、趣味性融为一体，贯穿整个教学过程。第四板块为正音正调内容，教学中可根据具体情况合理使用。

本教材在练习设计上也注意培养学生的主动表达能力和独立思考问题能力。在每单元前三大板块中分别设置了释义、填空、大意归纳、细节掌握、判断正误、角色扮演、故事复述、情景问答、专题讨论、大组汇报等练习形式，旨在刺激学生的交际需要，培

养学生创造性灵活运用英语处理本职工作的能力。

与一般口语教材不同的是，本教材还编写了配套的《护理专业英语——视听说分册学习指导》，主要提供教材中客观命题的答案、主观命题的回答范例、听力部分的录音原文和对话、语音部分的参考译文，以方便课堂教学及学生自学。

本教材的音像制品（DVD）在制作过程中，得到郑州市卫生局、郑州市卫生学校、郑州市第五人民医院、河南工业大学等单位的大力支持。在此一并致以诚挚的谢意。

限于编者水平，书中疏忽、遗漏及不足之处在所难免，敬请斧正，是为至幸。

刘国全

2006年6月

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## Introduction

### 参考译文

#### 做一名准护士

李梅是一位来自中州市卫生学校的实习护士，她马上就要在中州市第五人民医院开始自己的护理实践，因此既兴奋又紧张。护士长王女士正打算带领实习生们参观医院。

护士长：上午好，姑娘们。欢迎大家来我院实习。我是护士长王玲。俗语说得好：成功的结果来源于好的开始。我希望大家能够在此获得一个良好的开端。

实习护士：谢谢您，王女士。

护士长：姑娘们，我先带大家四处参观一下吧，这样，你们就会对我们医院更熟悉，请跟我走。

实习护士：请问这是一家综合医院还是一家专科医院？

护士长：我院是一家综合医院。你们知道综合医院里都有哪些科室吗？

实习护士：内科、外科、儿科、妇科、产科、神经科等。

护士长：对。医院主要由两大部分构成：门诊部和住院部。你们能讲讲对这两大部门的了解吗？

实习护士：好。门诊部设有门诊各医疗科室、急诊室、注射室等，住院部设有各个病区。

护士长：对。病区可分为内科病区、外科病区、产科病区、儿童病区等。每一个病区大概有 40 张病床。

实习护士：王女士，我院一共有多少位员工呢？

护士长：共有 1000 名，包括医生、护士和其他医务工作者。根据专业，医生可划分为内科医生、外科医生、眼科医生、牙科医生、耳鼻喉科医生等。其他医务人员包括治疗师、放射科医生、化验员、营养师和药剂师等。

实习护士：所有医务人员均为病人提供他们各自的服务。

护士长：是的。以医生和护士为例，医生治疗病人，护士护理病人。医院病人每天见医生的时间有限，但见护士的时间就得多得多，因为护士为病人提供大部分护理。

实习护士：可见护士对病人是多么重要！

护士长：当然了，大家要努力做灿烂的阳光去温暖他们在这儿的时光。现在，我们就处于门诊大楼前，让咱们从一楼开始参观吧。

# Unit 1 Admission

## Part One Warming-Up

A. 1-d 2-e 3-a 4-f 5-g 6-h 7-c 8-j 9-k 10-b

## Part Two Listening

1 1) register 2) line 3) 5 4) troubling 5) feeling 6) abdominal 7) wretched  
8) Medicine 9) third 10) signpost

2

Name	Wang Yi	Address	83 Hanghai Road, Zhongzhou.
Telephone	68883042	Date of Birth	August 11, 1972.
Marital status	married	Occupation	engineer
Family doctor	Dr. Chen	Chief doctor	Dr. Liu

## Script

### Section One

Nurse: What can I do for you?

Wang Yi: Yes, where should I register?

Nurse: There is the line for new patients. The registration fee will be 5 yuan.

Nurse: What's troubling you?

Wang Yi: I'm not feeling myself today. I have abdominal pain and feel generally wretched.

Nurse: In that case, you'd better go to the Department of Internal Medicine.

Wang Yi: How can I get there?

Nurse: Go up to the third floor, and you'll see a signpost on the right. Give the doctor your registration card.

Wang Yi: Is he very busy?

Nurse: Usually yes, but today you are lucky.

Wang Yi: Oh, good. Thank you.

### Section Two

(30 minutes later, the patient, Wang Yi, goes to the Admission Office.)

Wang Yi: Excuse me, is this the Admission Office?

Nurse: Yes, it is.



Wang Yi: I am Wang Yi. I was told I would be admitted 30 minutes ago.

Nurse: Mrs. Wang, please come in and take a seat. Let's fill out (in) an admission card.

Nurse: Your surname is Wang. Would you mind spelling it, please?

Wang Yi: W-A-N-G.

Nurse: Thank you. And your first name?

Wang Yi: Yi.

Nurse: Your address?

Wang Yi: 83 Hanghai Road, Zhongzhou.

Nurse: And your telephone number?

Wang Yi: 68883042.

Nurse: And the date of your birth?

Wang Yi: August 11, 1972.

Nurse: Are you married?

Wang Yi: Yes.

Nurse: And what's your occupation?

Wang Yi: I am an engineer.

Nurse: It says here, "Name and address of next of kin". Who is your nearest relative?

Wang Yi: My husband and my daughter.

Nurse: Now, who is your family doctor?

Wang Yi: Dr. Chen.

Nurse: Do you know who is your chief doctor?

Wang Yi: I don't know.

Nurse: It's Dr. Liu.

Wang Yi: I see. Thank you.

Nurse: If you would just wait here for a few minutes, I'll get a nurse to take care of you.

## Part Three Dialogue

### 1 Questions and Answers

#### Answers to the Questions on Section A

1. Room 301.
2. Keep them in the admission office or take them back home.
3. No, she hasn't.
4. Toothbrush, toothpaste, comb, slipper, towel, soap and so on.
5. No, she can't.
6. She can press the button.
7. From 1 p. m. to 2 p. m. and 6 p. m. to 7:30 p. m. .
8. 7 a. m.
9. Three. They are Chinese, Muslim, and Western food.

10. At 8 a. m. .

### Answers to the Questions on Section B

1. They are temperature, respirations, heart rate and blood pressure.
2. She has bad abdominal pain, with nausea and diarrhea. She has not been able to eat anything. She's feeling very weak.
3. No, she doesn't.
4. Her mother died of a heart attack.
5. She gets a rash.
6. No, she can't. Because she will be having tests.
7. She has never smoked but she has an occasional glass of wine.
8. Yes, she has diarrhea now.
9. No, she isn't.
10. It stands for intravenous injection.

## 2 Dialogue Making

Sample

(P: Patient N: Nurse)

N: Good morning, sir. Can I help you?

P: Yes. I wonder if the Department of Urology is here.

N: Yes.

P: The doctor in the Outpatient Division admitted me to hospital for treatment. And here are the documents the doctor asked me to give you.

N: Thank you. Sit down please, Mr. Marvell. Will you please help me finish the admission card?

P: I'd love to.

N: We may need detailed information about you and your illness, Mr. Marvell.

P: I think you can find some from the documents I've just given you.

N: Yes. Let me take your temperature, blood pressure, and pulse. OK. Dr. Ovid will take charge of you and I'll be your nurse during your stay here. My name is Alice Dawson.

P: How long should I stay in the hospital, Ms. Dawson?

N: Call me Alice, Mr. Marvell. The length of hospitalization depends on many factors.

P: That's reasonable. I have much work to do.

N: But health is the most important for any human being. Without good health, you can do nothing. I hope you'll find your stay here happy and valuable.

## 3 Role-Play

Samples

A. (N: Nurse P: Patient)

N: I'd like to ask you a few questions, Mr. Thomson.

P: What kind of things would you like to know?

N: Personal things, such as your eating habits and some of your clinical history.

P: All right.

N: What do you do for a living?

P: I'm an engineer working in a company.

N: Are you married or single?

P: I'm married.

N: Are your parents living?

P: My mother is healthy, but my father died of nephritis three years ago.

N: Do you often do exercises?

P: I'm afraid not. I'm sitting at a desk working the whole day. I really feel the need to get more exercises.

N: Do you keep regular hours?

P: Well, sometimes I sit up at night when I have to get work done.

N: Have you ever been hospitalized before?

P: No, never.

N: Are you allergic to anything?

P: What do you mean?

N: Let me see. Do you break out in a rash when you eat certain food?

P: No, I don't.

N: What kind of food do you dislike? Is there anything in particular that you can't eat?

P: Oh, I eat everything except pork because of my religion.

N: I see. I will inform the dietitian about this.

**B.**

Wang Yi, a friend of mine, was admitted to the hospital because of severe abdominal pain. When she came to the Admission Office, a nurse greeted her warmly and helped her to fill in an admission card. After a while, a nurse named Li Mei met her and showed her to her ward, and then introduced the environment and regulations, including daily articles she should bring in, the nurse-call system, visiting hours, the meals, the ward rounds, treatment, etc. Additionally, for better care, her nurse also did an admission interview concerning taking vital signs, asking her health history and family history, etc. Wang Yi gradually became less frightened because of the good services offered by the hospital.

#### **4 Situation Questioning Advice**

Samples

**A.**

I will explain to the students as follows:

Firstly, I will tell them that the admission procedure includes emergency admission and pre-arranged admission.

Secondly, I will introduce the admission procedures, for instance, filling in an admission card, introducing environment and regulations of the ward, gathering the patient's information and so on.

Thirdly, I will explain the points above. Take regulations of the ward as an example, which include visiting hours, smoking policy, mealtime, services available, etc.

**B.**

It is obvious that Wang Yi needs psychological support not physical care at this moment. I will try to relieve her emotional stress and make her relaxed like this. First I'll tell her the truth of her illness that it is not so serious as she believed. Then I'll teach her some skills to ease herself, for example, taking deep breaths. At last, I'll give her sleeping pills if it's necessary.

## **5 Group Work**

Samples

**A.**

**Student A:** The doctor is a specialist in diagnosis, so he knows the complaints of the patient much better, especially its potential dangers. Comparably, the patient lacks medical knowledge so that he is unlikely to learn about his illness, and he only depends on his physical feelings. In my opinion, the patient should accept the doctor's suggestion.

**Student B:** Well, perhaps, the patient knows his illness clearly, but he can't afford his bill. Such things frequently happen. It's a great pity.

**Student C:** Maybe, the patient is right. The purpose of the doctor's suggestion is to make more money for the hospital and get more bonuses (奖金) for himself.

**B.**

**Student A:** In my view, I stand by the former. There are two reasons. Firstly, a relative of the patient is more familiar with the patient and his preferences. Secondly, the relative can ease the patient of loneliness and fear.

**Student B:** I agree with the latter. Firstly, it is the nurse's duty to attend to the patient after his admission. Secondly, more people, more noises. Finally, nowadays, most people are all very busy and they have no enough time to take care of the patient.

## **Part Four Phonetics**

1-D 2-B 3-C 4-C 5-C 6-B 7-B 8-A



### **导入**

病人的病情不同, 入院方式也不同。有的病人是因意外事故或突发疾病而入院, 他

们病情严重，需要紧急处理和治疗的，该入院方式为急诊入院。有些病人入院，并非急症，该入院方式为常规入院。根据实习安排，实习护士李梅被安排到入院部实习。李梅需要在那里学习各种具体的常规入院办理手续。

## 听力

### 第一部分

护士：我能为你做什么？

王仪：劳驾，在哪儿排队挂号？

护士：初诊病人在那边。挂号费是 5 元。

护士：请问您哪儿不舒服？

王仪：我很难受，肚子疼，恶心，拉肚子，且全身乏力！

护士：这样的话您应该去看内科。

王仪：谢谢，到内科怎么走？

护士：到 3 楼，右边有内科的牌子。把挂号卡给医生就行了。

王仪：内科病人多吗？

护士：平时很多，可今天不多。

王仪：噢，好。谢谢您。

### 第二部分

（三十分钟后，王仪来到住院部）

王仪：打扰了，护士小姐，请问这是住院部吗？

护士：是的。

王仪：我叫王仪，半个小时前通知我住院治疗。

护士：哦，王女士，请进。先填一张住院卡。

护士：你姓王，是吗？

王仪：是的，三横王。

护士：是的，你的名字？

王仪：仪。

护士：住址？

王仪：中州市航海路 83 号。

护士：电话？

王仪：68883024。

护士：出生日期？

王仪：1972 年 8 月 11 日。

护士：结婚了吗？

王仪：结婚了。

护士：您的职业？

王仪：工程师。

护士：现在该填“家庭成员的姓名和地址了”。请问与你关系最密切的人是…？

王仪：我的丈夫和女儿。

护士：你的家庭医生是谁？

王仪：张医生。

护士：你的主治医生是谁？

王仪：不知道。

护士：是刘医生。

王仪：知道了，谢谢。

护士：请稍等一下，我请一位护士来照顾你。

## 对话一

### 入 院

(李梅被安排照顾王仪，她领着王仪去病房并介绍了一些病房管理条例)

李梅：王女士，见到您很高兴，我叫李梅，是您的主管护士。

王仪：很高兴见到你，我将在这里接受进一步治疗。

李梅：那我们先去病房吧。

王仪：好吧。…

李梅：到了，您被安排到 301 房间。

王仪：看起来挺好。

李梅：很高兴您能满意。

王仪：我自己的物品放在哪？

李梅：如果您愿意，可以放在住院部，当然您也可以让家属带回去。

王仪：说实话，我从来没住过院，有点紧张。

李梅：请不用担心，希望您在这儿不要拘束。

王仪：顺便问一下，我需要带哪些日用品？

李梅：牙刷，牙膏，梳子，拖鞋，毛巾，香皂等。

王仪：我能看电视或听广播吗？

李梅：恐怕不行，太吵了，不过您可以带随身听。

王仪：我如果需要护士，该怎么办？

李梅：床头的控制板上安装有呼叫系统，找护士就按床边的按钮，护士会马上过来。

王仪：探视安排在什么时间？

李梅：每天下午 1 点到 2 点，6 点到 7 点半。每次不能超过两人。

王仪：开饭时间呢？

李梅：早餐 7 点，午餐 12 点，晚餐下午 6 点。我们医院有中餐、西餐和清真食品。另外，有临床营养师指导特殊饮食。

王仪：医生什么时候给我做检查？

李梅：每天上午 8 点。

王仪：谢谢。

李梅：不客气。有任何问题，我们竭诚为您服务。

## 对话二

### 信息收集

（病人入院后，护士要尽快收集病人资料。根据护理评估表，李梅对病人做了如下询问）

李梅：为了便于护理，我需要问您几个问题，可以吗？

王仪：当然可以。

李梅：首先，我要查一下您的体温，呼吸，心率和血压等。请把体温计放在腋下。……好了，低烧，其他一切正常。今天是因为什么来住院？

王仪：大约2天前，肚子就开始疼，腹泻，恶心，吃不下东西，全身乏力。

李梅：除了重感冒和一些小伤外，患过其他严重疾病吗？

王仪：没有，我一直很健康，这次是例外。

李梅：患过高血压、糖尿病、癫痫、哮喘、肾病、心脏病等疾病吗？

王仪：没有。

李梅：我想了解您的家族史。您的父母是否健在？

王仪：都去世了。

李梅：什么原因？

王仪：父亲死于意外事故，母亲死于心脏病。

李梅：您对食物过敏吗？

王仪：是的，我对海鲜过敏。

李梅：什么症状？

王仪：出皮疹。

李梅：您需要什么特殊饮食吗？除海鲜外，还有什么食物不能吃？

王仪：没有了。

李梅：您要做检查，不能进食。

王仪：可以喝水吗？

李梅：不，我马上给你输液，以补充体内水分。您抽烟吗？

王仪：不。

李梅：你常喝酒吗？

王仪：偶尔喝点红酒。

李梅：有诸如便秘或腹泻此类问题吗？平时大便情况如何？颜色正常吗？

王仪：我现在腹泻，平常大便一天一次，深褐色。

李梅：您在服什么药吗？

王仪：没有。

李梅：对药物过敏吗？

王仪：不。

李梅：好了，就这些，谢谢。我去看看药水准备得如何，有事随时叫我。

## 语音

### 英 语 元 音

英语元音的发音特点：发音时气流不受发音器官的任何阻碍，声带振动，所以元音均为浊音。英语共有 20 个元音，分为单元音和双元音。

1. 单元音是由单个元音构成。元音的不同音质取决于以下几个因素：

- (1) 起作用的共鸣器官数量
- (2) 口腔形状
- (3) 口腔大小

口腔形状可由舌和唇的动作加以调节，其中起决定作用的是舌的位置。根据口腔形状的不同，元音可分成三类，即前元音、后元音和中元音。

#### 前元音

[i:] east he cheek sheep	[i] is city fish chick
[e] yes head egg desk	[æ] bag bad back hand

#### 后元音

[ɔ:] box shop frog dog	[ɔ:] ball wall more sort
[u:] moon shoe food you	[ʊ] book foot put woman
[ɑ:] ask car father star	

#### 中元音

[ə:] her bird early shirt	[ə] doctor about above ago
[ʌ] us come love mother	

2. 双元音由两个元音构成，即由一个元音滑向另一个元音，由于两个元音之间几乎无间隔，听起来似乎是一个长元音。双元音可分为合口双元音和集中双元音。

#### 合口双元音

[ei] they name table radio	[ai] ice bike kite knife
[au] our now house cow	[əu] goat over go those
[ɔi] boy noise coin oil	

#### 集中双元音

[iə] dear ear theatre museum	[eə] bear chair air square
[uə] tour duel jewel jury	



## Unit 2 Discharge

### Part One Warming-Up

A. 1-c 2-e 3-a 4-g 5-f 6-b 7-h 8-d 9-k 10-j

### Part Two Listening

- |   |                          |                   |
|---|--------------------------|-------------------|
| 1 | 1. scheduled/advice      | Next consultation |
|   | 2. care/exactly          | The medication    |
|   | 3. foods/necessary       | The diet          |
|   | 4. reach/sunlight        | Medicine storage  |
|   | 5. equipment/substitutes | Equipment needed  |

2 1. B 2. D 3. D 4. B 5. C

### Script

The patient, at discharge, must know:

#### Section One

1. Next consultation. Tell the day, the date and time for the next scheduled visit to the clinic for a consultation. Remind him to get advice from the doctor when he needs it.
2. The medication. Inform how and when to take medication. Explain the need for care, caution and accuracy. Teach him to do it exactly as you say.
3. The diet. Describe the diet as simply as possible. Name the foods that are not allowed, the foods that are necessary every day, and the amounts allowed.
4. Medicine storage. Tell him to place the medicine out of reach of children and others for whom it is not prescribed, avoiding direct sunlight.
5. Equipment needed. Find out what equipment he already has at home. Tell the family what must be bought and discuss substitutes that can be used for some equipment.

#### Section Two

1. Reduction of risk factors. Tell him that taking medication is only one part of his treatment regime, and that reducing other risk factors is also important: lose weight (if overweight), stop smoking, avoid stressful and emotional pressure, etc.
2. Danger signs to watch out for. These will vary with the individual and may include an abdominal reaction to insulin or other medication; bleeding on the dressings; or prolonged bed rest.