



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—阅读分册

学习指导及习题集



主编 孙国棣



人民卫生出版社

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

——阅读分册学习指导及习题集

主 编 孙国棣

副主编 赵 旦 孙秀丽 刘春红

编 者 (以姓氏笔画为序)

朱玉婷 (江汉大学卫生职业技术学院)

刘春红 (漯河医学专科学校)

孙秀丽 (黑龙江省卫生学校)

孙国棣 (江汉大学卫生职业技术学院)

李慧娟 (江汉大学卫生职业技术学院)

杨永刚 (重庆市第二卫生学校)

陈绍云 (华中科技大学同济医学院附属协和医院)

赵 旦 (无锡卫生学校)

秦博文 (承德卫生学校)

谢 红 (四川大学华西临床医学院)

人 民 卫 生 出 版 社

图书在版编目 (CIP) 数据

护理专业英语——阅读分册学习指导及习题集/孙国棟
主编. —北京: 人民卫生出版社, 2006. 7

ISBN 7-117-07793-X

I. 护… II. 孙… III. 护理学—英语—阅读教学
—医学院校—教学参考资料 IV. H31

中国版本图书馆 CIP 数据核字 (2006) 第 072009 号

护理专业英语——阅读分册学习指导及习题集

主 编: 孙国棟

出版发行: 人民卫生出版社 (中继线 010-67616688)

地 址: 北京市丰台区方庄芳群园 3 区 3 号楼

邮 编: 100078

网 址: <http://www.pmph.com>

E - mail: pmph@pmph.com

购书热线: 010-67605754 010-65264830

印 刷: 北京市卫顺印刷厂

经 销: 新华书店

开 本: 787×1092 1/16 印张: 13

字 数: 308 千字

版 次: 2006 年 7 月第 1 版 2006 年 7 月第 1 版第 1 次印刷

标准书号: ISBN 7-117-07793-X/R·7794

定 价: 19.00 元

版权所有, 侵权必究, 打击盗版举报电话: 010-87613394

(凡属印装质量问题请与本社销售部联系退换)

前 言

涉外护理专业《学习指导及习题集》是全国高等职业教育护理专业技能型紧缺人才培养培训卫生部规划教材《英语阅读》的配套教材,其适用对象为具有一定公共英语基础的五年制涉外护理专业的学生。

本教材的编写严格按照五年制高等职业教育培养方案中关于涉外护理专业对英语教学的要求,充分体现了“三基五性”的原则。其总体构想为:以就业为导向、以素质教育为基础、以能力提高为目标,充分发挥学生的主体作用,努力把学生培养成为有较强的英语应用能力,能适应国内外护理工作的实用型高等护理人才。

本教材编写的指导思想是:通过广泛阅读专业英语,帮助学生扩大医学词汇量,熟悉医学应用文的英语书写格式和习惯,提高阅读速度,增强阅读理解能力,同时进一步培养学生的英语应用能力,并帮助学生通过国际相应级别的考试,以满足国内外医学界对高素质,高技能护士的需求。通过本教材的系统学习,学生应掌握3 000个左右的医学英语单词和1 500个左右的常用护理英语术语,熟悉医学英语尤其是护理英语的特点;能用英语说出临床上常见的疾病名称、症状,常用的治疗方法和护理措施等;能运用英语制定简单的护理计划,填写有关护理文件和表格,为今后的继续学习打下扎实的专业英语基础。

本教材各单元均由三课组成(除第三单元外)。各课由三个部分组成:课文(Text)、护理计划或病案讨论(Nursing Care Plan/Discussing)、巩固提高(Further Study)。

教材所选习题大部分择自最新的原版医学杂志或教科书,并侧重护理专业知识。所选习题多为典型病例和常见疾病,覆盖了人体各系统的疾病。各单元内容既相对独立,又相对统一。

为充分发挥学生的主体作用,教材各课所有的内容都紧紧围绕一个主题展开,针对性强。同时,各个部分又有明确具体任务,有较强的可操作性。

《学习指导及习题集》,为教师教学和学生自学提供方便。建议在教学过程中,一定要注重对学生阅读能力的培养。教学中要力求突破传统的教学模式,采用以学生为主体的教学方法。课堂上应根据学生的实际情况,灵活地组织教学,以达到提高阅读能力,扩大知识面以及巩固专业词汇,熟练运用医学英语的目的。

本教材在编写过程中得到了编者单位领导和同行的鼎力支持和无私帮助,并且还得到华中科技大学同济医学院附属同济医院夏述燕、戴菲雯、周艳霞、郑丹等同志的帮助,校阅了有关部分;文章及译文特邀留学加拿大医学博士朱顺生教授、吕慧英教授审

校；澳大利亚专家 Leah Cobble 女士审校了全书；江汉大学卫生技术学院外语教研室李迎老师参加本书的前期准备工作；计算机教研室主任付汉平老师承担了后期输入和合成工作，对上述提及的各位在此一并表示诚挚的谢意。

由于编者水平与经验有限，书中难免会有错误和疏漏之处。恳请教材使用者与专家们批评指正。

孙国棣

2006 年 6 月

目 录

第一单元 母 婴 护 理

第一课	新生儿呼吸窘迫综合征.....	1
第二课	妊娠高血压综合征.....	8
第三课	产后出血	15

第二单元 儿 童 护 理

第四课	呕吐和腹泻	23
第五课	肥胖症	30
第六课	血友病	37

第三单元 成 人 护 理

第七课	糖尿病	45
第八课	骨折	52
第九课	肾功能衰竭	59
第十课	乳腺癌	66
第十一课	更年期综合征	72
第十二课	冠心病	79

第四单元 老 年 护 理

第十三课	老年痴呆	85
第十四课	骨质疏松症	92
第十五课	前列腺炎	98

第五单元 传染病护理

第十六课	获得性免疫缺陷综合征（艾滋病）	107
第十七课	病毒性肝炎	114
第十八课	麻疹	120

第六单元 社区护理

第十九课	伤口的整体护理	127
第二十课	脑卒中患者的康复治疗	135
第二十一课	家庭护理	143

第七单元 精神护理

第二十二课	精神分裂症	151
第二十三课	酒精滥用	159
第二十四课	抑郁	169

第八单元 急救护理

第二十五课	急救生命支持的发展	179
第二十六课	急性脑卒中的处理	186
第二十七课	中毒	194

第一单元 母婴护理

第一课 新生儿呼吸窘迫综合征

一、目 标

1. 通过学习本课内容,了解新生儿呼吸窘迫综合征的发病原因、临床表现、治疗、预防及护理知识。
2. 重点掌握单词 skill, approach, associate, minimize, potential 的用法;牢记医学词汇 respiratory, distress, asphxia, grunt, complication 等。
3. 掌握连词 neither...nor...; unless 引导的条件句; there + be 结构; that 引导的名词性从句等。
4. 通过对护理计划的学习,掌握护理计划的书写模式。
5. 用英文准确、清晰地描述新生儿呼吸窘迫综合征。

二、能力测试

I. Choose the best answer.

1. A nurse in the newborn nursery is caring for a neonate. On assessment, the infant is exhibiting signs of cyanosis, tachypnea, nasal flaring, and grunting. Respiratory distress syndrome (RDS) is diagnosed, and the physician prescribes surfactant replacement therapy. The nurse would prepare to administer this therapy by _____.
 - a. instillation of the preparation into the lungs through an endotracheal tube
 - b. intramuscular injection
 - c. intravenous injection
 - d. subcutaneous injection
2. A nurse is preparing a plan of care for newborn infant with fetal alcohol syndrome (FAS). The nurse would include which of the following priority interventions in the plan of care?
 - a. Monitor the newborn infant's response to feedings and weight gain pattern
 - b. Encourage frequent handling of the infant by staff and parents
 - c. Maintain the newborn infant in a brightly lighted area of the nursery
 - d. Allow the newborn infant to establish own sleep/rest pattern

3. A newborn develops jaundice shortly after birth and receives phototherapy. While the newborn is receiving phototherapy, which of the following measures should be included in the newborn's care plan at regular intervals?
 - a. Assessing the newborn for symptoms of dependent edema
 - b. Applying an emollient to the newborn's skin
 - c. Testing the newborn's urine for glucose
 - d. Changing the newborn's position
4. Which of the following signs would most likely be observed in a term newborn of a mother who received magnesium sulfate?
 - a. Decreased muscle tone
 - b. Increased heart rate
 - c. Reflex irritability
 - d. Pale color
5. The nurse is caring for a client with an endotracheal tube attached to a mechanical ventilator. The high pressure alarm sounds. The nurse assessing the client would determine that the alarm is most likely due to _____.
 - a. a leak in the endotracheal tube cuff
 - b. displacement of the endotracheal tube
 - c. disconnection of a part of the ventilator circuit
 - d. a kink in the ventilator circuit
6. The nurse is reviewing the arterial blood gas results of a client in the respiratory care unit and notes the following results: pH 7.38, PaCO₂ 38mmHg, PaO₂ 86mmHg, H₂CO₃ 23 mmHg/L. The nurse interprets that the client's blood gases indicate?
 - a. normal results
 - b. metabolic alkalosis
 - c. metabolic acidosis
 - d. respiratory acidosis
7. A nurse is caring for a client admitted for the diagnosis of active tuberculosis. This nurse determines that this diagnosis was confirmed by _____.
 - a. mantoux test
 - b. sputum culture
 - c. tine test
 - d. chest X-ray evaluation
8. When the nurse observes a newborn gagging on mucus and becoming cyanotic during his first feeding, the first measure the nurse should take is to _____.
 - a. clear his airway with gravity or suction
 - b. administer a little 100% oxygen
 - c. raise his head and pat him on the back
 - d. start mouth-to-mouth breathing
9. A previously well 1-year-old infant has had a runny nose and has been sneezing and coughing for 2 days. Two other members of the family had similar symptoms four hours ago, his cough became much worse. On physical examination, he is in moderate respiratory distress with nasal flaring, hyperexpansion of the chest, and easily audible

wheezing without rales. The most likely diagnosis is _____.

- a. bronchiolitis
- b. viral croup
- c. asthma
- d. epiglottitis

10. A 10-month-old infant has poor weight gain, a persistent cough, and a history of several bouts of pneumonitis. The mother describes the child as having very large, foul-smelling stools for months, which of the following diagnostic maneuvers is likely to result in the diagnosis of this child?

- a. CT of the chest
- b. Serum immunoglobulins
- c. TB skin test
- d. Sweat chloride test

II. Fill in the blanks with the suitable words given below. Change the form if necessary.

immaturity	resuscitation	ventilation	stabilization	HFJV	oscillator
retinal	tracheal				

1. RDS is caused by _____ of the lungs and occurs in about 70% infants weighing less than 1500g.
2. Infants with moderate to severe RDS require assisted _____.
3. A premature infant at risk for RDS should be delivered in a perinatal center with a pediatric _____ team.
4. HFJV may bring about _____ damage.
5. High arterial oxygen concentration during the therapy can produce _____ damage.
6. Methods of the ventilatory support includes _____ and _____.
7. Early _____ of the infant may reduce the risk of many other complications of prematurity.

III. Find the meaning of the words or expressions in Column A from those in Column B.

Column A

1. distress
2. grunt
3. minimize
4. potentially
5. infant
6. disorder
7. therapy

Column B

- a. state of being in danger or difficulty
- b. disease
- c. make short deep rough sounds in the throat
- d. the treatment to cure an illness
- e. that may come into existence
- f. to lessen to the smallest possible amount
- g. child during the first few years of life

IV. Writing a short essay: Nutrition of Preterm Infant

Section A 课文练习答案与参考译文

Part One

1. RDS stands for respiratory distress syndrome.
2. The typical symptoms of respiratory distress syndrome should be tachypnea, retractions and grunting.

新生儿呼吸窘迫综合征

参考译文

新生儿呼吸窘迫综合征(RDS)是导致早产儿死亡的最常见原因,主要是由早产儿肺部尚未发育成熟引起的。在体重不足1500g的婴儿当中,发病率大约为70%,但在那些体重超过2500g的婴儿当中,发病率不到1%。如果新生儿的母亲患有糖尿病,或是施行了剖宫产,或是婴儿的母亲以前的孩子出现过新生儿呼吸窘迫综合征,那么这些新生儿这种病的发生率就会很高。在临产或分娩时的窒息也有可能导致新生儿呼吸窘迫综合征。

典型特征表现为一般在产后出现呼吸急促,三凹征,呼吸哮鸣音等,并且进行性地加重,最后可能发生发绀和呼吸衰竭。在没有使用表面活性物质替代治疗的婴儿中,气体交换的减少和发绀会在产后的24~48小时内恶化。早产儿可能会由于RDS发生呼吸暂停。

症状和体征通常在婴儿出生后的头三天逐渐加重,此后,若没有并发症发生,情况就会有所改善并好转。

为了得到最合适的护理,有患RDS危险的早产儿应在围产医学中心分娩,并且应配有儿科复苏组,必须立即制定合适的治疗、护理计划。在该组中,至少应该有一个人员具备新生儿复苏各方面的技能,在分娩室中应该配备复苏需要的所有仪器。尽早给氧,保持呼吸道通畅,纠正酸中毒以及低血压都可以延缓RDS的过程。另外,稳定婴儿的病情可减少许多其他早产并发症发生的危险。

给患有RDS的早产儿提供呼吸支持有几种途径。一般说来,患有轻度RDS的婴儿只需放在多氧的环境中。同时,护士既要密切注意间歇给氧情况和动脉血气(O_2)分压以及血pH值,又要注意婴儿的呼吸窘迫体征。患有中度至重度RDS的婴儿则需要辅助通气。有很多辅助通气方法,包括持续气道内正压通气或是间歇指令性通气都可以采用。单独采取持续气道正压内通气(CPAP)方法通常是有效的。当使用间歇强制通气方法时,有必要采取呼气末正压通气(PEEP)。必须经常复查动脉血气和血pH值及氧饱和度,并监测动脉血样的相关数据,尽量减少不必要的通气治疗以避免其毒副作用。

其他的通气支持方法还包括高频喷射通气(HFJV)和振荡器的方法。这些方法利于排出二氧化碳,降低平均气道压,并且给对传统的通气机无效、患有透明膜病的病人供氧等。现在有大量的证据显示表面活性物质补充疗法可以减轻RDS,降低新生儿的死亡率,增加成活率。它对那些在出生前使用过皮质类固醇的婴儿更为

有效。

尽管有最好的治疗方法，然而并发症仍然很常见。在治疗中，动脉氧浓度高可能造成视网膜损伤，而低氧血症则可能导致神经性损伤。高频喷射通气可能引起气管的损伤，尤其是出现低血压和湿化不佳时。振荡疗法会引起心脏疾病。肺表面活性物质疗法并发症表现为一过性缺氧和低血压，气管插管阻塞和肺出血。在重症患儿中，颅内出血和肺出血是潜在的致命的并发症。

在产前给母亲提供类固醇可能预防部分患儿的 RDS。一些其他的方法包括用新药物来预防早产或促进肺部的成熟。

当确认母亲和胎儿有高度危险时，对婴儿的评估和必要的护理干预应该在婴儿出生后立即执行。应该有一个专门的护士来照顾患儿。患儿产后，应当立即将婴儿擦干并提供一个温暖的环境来防止热量散失。注意观察婴儿的呼吸和皮肤颜色；清除气道分泌物；监测给氧的湿度和温度（适宜温度为 29 ~ 32℃）；检查心率。喂养是困难的，但却是重要的，并且有必要掌握一定的喂食技巧，如鼻饲法和静脉营养法。

阅读理解

- A. 1. c 2. a 3. c 4. a 5. a
B. 1. T 2. F 3. F 4. F 5. T 6. T

词汇练习

- A. 1. High frequency jet ventilation 2. associated 3. Asphyxia
4. complications 5. skilled 6. toxic
B. 1. b 2. e 3. g 4. d 5. a 6. f 7. h 8. c
C. 4. 1. 5. 2. 3.
D. 1. have a high incidence of this disorder
2. worsen through the first three days of life
3. who do not respond to conventional ventilators
4. skilled in all aspects of newborn infant resuscitation
5. by immediately drying the infant and providing a warm environment

Part Two

护理计划

参考译文

评估资料：15 个月大女婴，因为发热，鼻塞被收入院。入院 3 天前出现发热，鼻塞等感冒症状，之前状况良好。患儿饮用了大量液体并服用了减轻充血的药物，但仍持续发热。入院 2 天前开始出现咽喉痛，症状逐渐加重，体检后诊断为上呼吸道感染。检查发现呼吸正常，双肺清晰，未闻干、湿啰音。咽喉充血导致进食困难，双侧扁桃体轻度肿大。神经系统检查正常。进行了支原体检验。医嘱为 5% 的葡萄糖及抗生素类静脉注射。

表 1-1 上呼吸道感染

护理诊断	目标	护理措施
潜在惊厥	1. 避免脑损伤或智力发育不良 2. 避免由于呼吸暂停导致的脑水肿	1. 密切监测惊厥体征并及时治疗 2. 降低体温, 服用镇静药 3. 一旦发生惊厥立即止惊 (1) 使用牙垫以防咬舌 (2) 吸氧
潜在并发症	尽早发现并治疗中耳炎, 鼻窦炎, 颈淋巴 结脓肿	1. 密切关注病人体征 2. 保持外耳道清洁 3. 防止眼泪流入耳道

阅读理解

1. c 2. a 3. d 4. c 5. b

Part Three

A. Sentences dictation.

1. Influenza is an infectious disease of the respiratory tract caused by the influenza virus.
2. Influenza is characterized by fever, cough, and considerable muscle aching and is sometimes complicated by secondary bacterial pneumonia.
3. An individual's temperature, pulse, respiration and blood pressure are called vital signs.
4. Your IV fluids must be given slowly so as not to overload you.
5. The exercise will help prevent respiratory complications.
6. I will call the doctor immediately if the patient starts to vomit.

B. Choose the best answer.

1. b 2. a 3. d 4. d 5. b 6. d 7. a 8. b 9. c 10. d

Section B 能力测试答案

- I. 1. a 2. a 3. d 4. a 5. d 6. a 7. b 8. a 9. a 10. d
- II. 1. immaturity 2. ventilation 3. resuscitation 4. tracheal 5. retinal
6. HFJV, oscillator 7. stabilization
- III. 1. a 2. c 3. f 4. e 5. g 6. b 7. d
- IV.

Nutrition of Preterm Infant

Nutrition should be provided either parenterally or enterally to meet the infant's caloric needs. When enteral feeds are possible, human milk is considered the preferred nutritional source for preterm infants because of its unique ingredients and the well-established immunologic, nutritional, and psychologic advantages. In fact, early enteral feeding may reduce the risk

of hyperbilirubinemia and enhance the infant's ability to tolerate feeding.

The carbohydrate offered to a neonate should provide about 40% of the total calories administered. Any increase in the concentration of intravenous glucose must be implemented slowly.

Intravenous amino acids should not exceed 3 ~ 3.5g of protein per kilogram of body weight per day in order not to cause renal damage and brain damage.

Intravenous lipid preparations provide both calories and essential fatty acids. Parenteral lipids should not exceed 40% of the total calories provided in 24 hours.

A minimum of 130mg of calcium per 100kcal consumed should be provided at every attempt. In addition, the presence of MCT oil is believed to enhance calcium absorption. Iron supplementation can be supplied in some of the preterm formulas or as an additive to human milk-fed babies.

第二课 妊娠高血压综合征

一、目 标

1. 通过学习本课内容对妊娠高血压综合征的临床表现、治疗、护理等有基本的了解。
2. 重点掌握 deteriorate, seizure, recurrent, allow for, be up and about 等词, 牢记医学词汇 proteinuria, edema, preeclampsia, eclampsia 等。
3. 掌握含有情态动词的被动语态的用法; 短语 be defined as “被确认是……”; 非谓语动词的用法; it 做形式主语等语法现象。
4. 通过对护理计划的学习, 掌握护理计划的书写模式。
5. 用地道的英语准确地描述妊娠高血压综合征。

二、能力测试

I. Choose the best answer.

1. The nurse should teach a pregnant patient how to improve her dietary intake of iron. Two foods especially rich in iron content are _____.
 - a. beef and pork
 - b. carrots and tomatoes
 - c. cottage cheese and yogurt
 - d. bananas and figs
2. The skin discolorations during a patient's pregnancy _____.
 - a. is potentially serious and may require treatment
 - b. usually disappears after delivery and is without clinical significance
 - c. will fade if antihistaminic drug is prescribed
 - d. is related to the sex of the fetal
3. The time when most women ovulate is _____.
 - a. about 2 weeks before the beginning of the menstrual period
 - b. shortly before the menstrual period
 - c. shortly following the menstrual period
 - d. during the menstrual period
4. Pregnancy has which of the following effects on diabetic women?
 - a. Tendency toward ketoacidosis during early pregnancy
 - b. Tendency toward hyperglycemia during early pregnancy
 - c. Increase in insulin requirement during early pregnancy

- d. Increase in insulin requirement during late pregnancy
5. Insulin secretion in pregnancy is increased by _____.
 a. progesterone
 b. estrogen
 c. human chorionic somatomammotropin
 d. prolactin
6. Vaccines are contraindicated in pregnancy, even following maternal exposure, for which of following diseases?
 a. Rabies b. Tetanus c. Typhoid d. Measles
7. A pregnant woman is discovered to be an asymptomatic carrier of *Neisseria gonorrhoeae*. A year ago, she was treated with penicillin for a gonococcal infection and developed a severe allergic reaction. Treatment of choice at this time would be _____.
 a. ampicillin b. spectinomycin c. chloramphenicol d. penicillin
8. During pregnancy a woman needs additional iron to satisfy the demands of the fetus, the placenta, and her own increasing hemoglobin mass. The total antepartum iron need is approximately _____.
 a. 250mg b. 800mg c. 1 350mg d. 1 900mg
9. Changes in pregnancy related to maternal calcium include which of the following?
 a. A decrease in maternal parathyroid hormone (PTH) level
 b. An increase in ionized calcium concentration
 c. A decrease in absorption of calcium from the gut
 d. A decrease in total serum calcium levels
10. As pregnancy progresses, which of the following hematologic changes occurs?
 a. Plasma volume increase proportionally more than red cell volume
 b. Red cell volume increase proportionally more than plasma volume
 c. Plasma volume increase and red cell volume remains constant
 d. Red cell volume decrease and plasma volume remains constant

II. Fill in the blanks with the suitable words given below, change the form if necessary.

vary	hydatidiform mole	hospitalize	monitor	therapy	deteriorate
technique	predispose	recurrent	epigastric		

1. Preeclampsia is hypertension associated with proteinuria and edema, with the incidence _____ with geographic location.
2. _____ patients are allowed to be up and about as they feel comfortable.
3. This is a _____ symptom in patients with renal diseases.
4. _____ is one of the reason causing preeclampsia.
5. Fetal _____ should be done carefully and continuously.

6. Delivery is the definitive mode of _____ if severe preeclampsia occurs .
7. Relation between the superpowers has _____ sharply in recent weeks.
8. The _____ become more and more common because of the experienced doctors.
9. His weak chest _____ him to winter illness.
10. _____ pain is the dangerous signal of severe preeclampsia.

III. Find meaning of the words or expressions in Column A from those in Column B

Column A

1. induce
2. compensate for
3. outpatient
4. conception
5. diminish
6. medication

Column B

- a. being conceived
- b. medicine
- c. lessen
- d. give sth good for balance
- e. bring about; cause
- f. a person who goes to hospital for treatment, but does not live there

IV. Writing an short essay: Postpartum Monitoring

Section A 课文练习答案及参考译文

Part One

1. The symptoms of pregnancy-induced syndrome are hypertension, proteinura, edema; preeclampsia and eclampsia are the severer symptoms.
2. Magnesium sulfate has been proven effective for controlling eclampsia seizure.

妊娠高血压综合征

参考译文

妊娠高血压综合征包括高血压, 蛋白尿和水肿, 发生在妊娠 20 周后, 其较严重的症状是先兆子痫和子痫。

先兆子痫是指高血压并伴有蛋白尿和水肿, 发病率约为 6%, 但其发病率会随地理位置的不同而变化。先兆子痫的诱因有: 初产, 孕妇年龄在 20 岁以下或 30 岁以上, 多次妊娠, 双胞胎, 肥胖, 肾病以及葡萄胎等。

先兆子痫分为轻度和重度。重度先兆子痫表现为下列情况: ①收缩压 > 160mmHg 或舒张压 > 110mmHg; ②纤维素试纸测试蛋白尿超过 ++ ~ ++++; ③血清肌酐上升; ④少尿, 尿量 ≤ 500ml/24h; ⑤视觉障碍; ⑥上腹疼痛; ⑦视网膜出血或视神经乳头水肿; ⑧血小板计数 < 100 000/mm³; ⑨肺水肿。但是水肿在正常孕妇中是一种常见的现象, 不伴有水肿的孕妇也有可能发生先兆子痫。

迄今为止, 成功地预防先兆子痫一直是很困难的, 但是在病情加重前, 良好的产前保健和定期去看医生可以对先兆子痫进行早期诊断。先兆子痫的高危孕妇应当在怀孕早期接受基线测试。下面的测试有助于判断在后续的妊娠期是否发展为先兆子痫。如: 测试血小板记数, 血清肌酐和尿酸, 并采集 24 小时尿样, 是否出现蛋白尿 +。而子痫则