



# 高级护理英语教程

Reading Section

## 阅读分册

◎ 主编 虞焱

Advanced English

Course For Nursing

Professionals



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如发生质量问题,读者可向工厂调换

## ● 内 容 提 要

**本**书是一本专为护理人员编写的英文阅读资料，共分 10 个单元。第一单元主要介绍现代护理的创始人弗洛伦斯·南丁格尔的事迹，第二单元介绍现代护理的热点问题，第三至第十单元分别介绍老年护理、妇幼保健、社区护理、康复护理、健康教育、护理伦理、护理学位教育和职业教育的相关内容。每个单元后设有词汇和短语注释、相关背景知识介绍、阅读理解练习、词汇短语练习以及中英文互译练习。在全书最后，附有练习题答案和参考译文，供读者对照学习。

本书可作为在校护理学生的专业英语教材，也可作为临床护士继续教育或自学的英语参考书。

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## 前言

21 世纪是充满机遇和挑战的世纪,时代在发展,社会在进步,科学在突飞猛进,知识经济的浪潮正在涌现。学好、用好英语成了当代每位有志护理人员的共同目标。随着中国加入 WTO 和 2003 年 11 月美国 CGFNS (Commission on Graduates of Foreign Nursing Schools) 机构开始在北京设立考试中心,英语在国际交流和护理专业中的重要地位日益突出,时间和效益将是我们把握机遇、迎接挑战的无法回避的要素和走向成功的钥匙。我们在多年护理教学的基础上,组织编写了这套《高级护理英语教程》,旨在帮助广大高等护理院校学生及在职护士在最经济的时间内,取得最大、最好的收获。

这套丛书包括口语、阅读和写作 3 个分册。其中《口语分册》通过医院内各科室每日工作的情景对话,帮助广大读者熟悉与病人、学生、医生和家属交流的常用语句,提高英语会话的能力。《阅读分册》中精选的文章均反映当前最新护理理念、护理学科的热点话题,培养学生的阅读能力和专业认知能力。《写作分册》则详细介绍护理科技论文的写作技巧以及常用遣词造句的方法,以提高广大护理工作者的中英文护理科研论文撰写水平。总之,我们希望通过这套丛书,达到帮助广大护士以及护理学生提高护理英语综合运用能力的目的。

该丛书内容丰富,体现了最新的教育理念,贴近护士日常工作,既可作为高等护理院校专业英语的补充教材,又可作为医院护士的在职培训教材和自学读物。由于编者水平有限,书中难免有疏漏和不妥之处,敬请专家和学者提出批评和建议,以使本丛书不断完善。

李树贞

2004 年 11 月

## 编写说明

21 世纪的中国是开放的中国, 21 世纪的中国护理亦正加大国际交流合作的步伐。中国的护士正面临着前所未有的机遇, 但同时也面临着前所未有的挑战。提高英语水平是时代对我国广大护理人员的要求之一, 而提高英语阅读能力则是其中重要的一个方面。良好的阅读能力是查阅国外护理文献、了解发达国家护理现状的基本保证。目前市场上护理方面的英语阅读教材缺乏, 难以满足专业发展的需求。为满足广大护理同行学习专业英语的迫切愿望, 我们组织人员编写了这本《高级护理英语教程·阅读分册》。本书所有作者均为护理学硕士, 具有多年高等护理教育及护理研究的经验。

本教材在选材上尤其注意突出护理特色。全书共 10 个单元, 选材上紧紧围绕护理题材, 所选文章多摘自国外最新书刊和杂志, 内容新颖。阅读材料涉及面广, 每一单元的主题均不重复, 包括现代护理的热点问题, 如社区护理、老年护理、妇幼保健、护理教育等多项内容, 全面介绍国外护理的新观点、新进展。读者在进行英语阅读训练的同时, 还可了解国外护理的最新信息, 做到知识性和趣味性的统一。

为了拓展读者的知识面, 在每一单元的课文之后, 设有相关背景知识介绍。本书尤其注重训练读者对英文原文的理解能力, 通过是非题和阅读理解的练习, 加深读者对课文的理解。此外, 还针对课文精心编写了词汇和短语注释, 以及填空、搭配等多种形式的习题, 并根据广大护理人员学习英语的实际应用需要, 通过中英文互译练习来训练英文的书面表达能力。在全书最后, 附有练习题答案和参考译文, 以供读者对照学习。

总之, 本书是一本专为护理人员编写的英文阅读资料。不仅可作为在校护理学生的专业英语教材, 也可作为临床护士

继续教育和自学的英语参考书。真诚希望有志学习英语的护理人员能通过本书提高英语阅读能力，同时提高自己的专业认知能力。

虽然诸位编者在编著过程中殚精竭虑，反复修订，但水平与经验有限，书中不妥之处在所难免。希望广大读者批评指正。

本书在编著过程中，得到了许多领导和同事的支持和帮助，特别是本书的责任编辑，为本书的出版付出了辛勤的劳动，在此表示衷心的感谢。

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2004年11月

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# Florence Nightingale

Florence Nightingale was born in Italy on 12 May 1820 and was named Florence after her birthplace. She was the younger daughter of a wealthy couple, William Edward and Frances Nightingale.

## Early Years

Young Florence developed an interest in the social questions of the day, made visits to the homes of the sick in the local villages and began to investigate hospitals and nursing. Her parents refused to allow her to become a nurse as in the mid-nineteenth century it was not considered a suitable profession for a well educated woman. While the family conflicts over Florence's future remained unresolved, it was decided that Florence would tour Europe with some family friends, Charles and Selina Bracebridge. The three travelled to Italy, Egypt and Greece, returning in July 1850 through Germany where they visited Pastor Theodor Fliedner's hospital and school for deaconesses at Kaiserswerth, near Dusseldorf. The following year Florence Nightingale returned to Kaiserswerth and undertook three months of nurse training, which enabled her to take a vacancy as Superintendent of the Establishment for Gentlewomen During Illness at No. 1 Harley Street, London in 1853.

## The Crimean War

In March 1854, Britain, France and Turkey declared war on Russia. The allies defeated the Russians at the battle of the Alma in September but reports in *The Times* criticised the British medical facilities for not taking good care of the wounded. In response, Sidney Herbert, the Minister at War, who knew Florence Nightingale socially and through her work at Harley Street, appointed her to oversee the introduction of female nurses into the

military hospitals in Turkey. On 4 November 1854, Florence Nightingale arrived at the Barrack Hospital in Scutari, a suburb on the Asian side of Constantinople, with a party of 38 nurses. Initially the doctors did not want the nurses there and did not ask for their help, but within ten days fresh casualties arrived from the battle of Inkermann and the nurses were fully stretched. The “Lady-in-Chief”, as Florence was called, wrote home on behalf of the soldiers. She acted as a banker, sending the men’s wages home to their families, and introduced reading rooms to the hospital. In return she gained the undying respect of the British soldiers. The introduction of female nurses to the military hospitals was an outstanding success, and to show the nation’s gratitude for Miss Nightingale’s hard work, a public subscription was organized in November 1855. The money collected was to enable Florence Nightingale to continue her reform of nursing in the civil hospitals of Britain.

When Florence Nightingale returned from the Crimean War in August 1856, four months after the peace treaty was signed, she hid herself away from the public’s attention. In November 1856 Miss Nightingale took a hotel room in London which became the center for the campaign for a Royal Commission to investigate the health of the British Army. When Sidney Herbert was appointed chairman, she continued as a driving force behind the scenes. By 1860 the efforts of the Royal Commission had resulted in an Army Medical School, greatly improved Army barracks and hospitals, and the best army statistics in Europe. During the decade from 1862 her main concerns were the health of the Army in India and the state of Indian public health.

## Nightingale Training School for Nurses

Florence Nightingale’s greatest achievement was to raise nursing to the level of a respectable profession for women. In 1860, with the public subscriptions of the Nightingale Fund, she established the Nightingale Training School for nurses at St Thomas’ Hospital. Miss Nightingale, as she was always called by the nurses, scrutinized the probationers’ ward diaries and reports.

From 1872 Miss Nightingale devoted closer attention to the organization of the School and almost annually for the next thirty years she wrote an open letter to the nurses and probationers giving advice and encouragement. On completion of training Miss Nightingale

gave the nurses books and invited them to tea. Once trained the nurses were sent to staff hospitals in Britain and abroad and to establish nurse training schools on the “Nightingale Model” .

In 1860 Florence Nightingale’s best known work, *Notes on Nursing* , was published. It laid down the principles of nursing—careful observation and sensitivity to the patient’s needs. *Notes on Nursing* has been translated into eleven foreign languages and is still in print today.

## Old Age

Although Florence Nightingale was bedridden due to illness contracted in the Crimea for many years, she campaigned tirelessly to improve health standards, publishing 200 books, reports and pamphlets. In recognition of her hard work, Queen Victoria awarded Miss Nightingale the Royal Red Cross in 1883. In her old age she received many honors, including the Order of Merit (1907) , becoming the first woman to receive it. Florence Nightingale died at home at the age of 90 on 13 August 1910 and, according to her wishes, she was buried at St Margaret’s, East Wellow, near her parent’s home, Embley Park.

Florence Nightingale was more than a romantic heroine. Her farsighted reforms have influenced the nature of modern health care and her writings continue to be a resource for nurses, health managers and planners.

## New Words

tour /tuə/ *v.*

deaconess /ˈdiːkəˈnes/ *n.*

undertake /ˌʌndəˈteɪk/ *vt.*

vacancy /ˈveɪkənsi/ *n.*

superintendent /ˌsuːpərɪnˈtendənt/ *n.*

make a visit of 旅行, 游历

a religious official who is directly below a priest in rank 女执事, 职责相当于牧师的女助手

start (a piece of work) 着手做, 进行, 从事

unfilled position or post 空位, 空职

person who supervises or directs some undertaking, institution, building or the like 监管人, 主管人, 负

oversee /'əʊvəsi:/ *vt.*

military /'militəri/ *adj.*

gratitude /'grætitjʊd/ *n.*

subscription /səb'skripʃn/ *n.*

treaty /'tri:ti/ *n.*

barrack /'bærək/ *n.*

scrutinize /'skrutinaiz/ *vt.*

probationer /prə'beɪʃənə/ *n.*

pamphlet /'pæmfli:t/ *n.*

contract /kən'trækt/ *vt.*

farsighted /'fɑ:saitid/ *adj.*

责人

watch over and direct 监督, 监察

of or for soldiers or an army 军人的, 军队的

being grateful; thankfulness 感激, 感谢

sum of money contributed 捐款

formal agreement between two or more countries

(国家之间的) 条约, 协定

a large building or group of buildings used to house

soldiers 兵营, 营房

look at or examine (sth.) carefully or thoroughly

仔细或彻底检查

a young hospital nurse during the early part of

training 见习护士

small book with a paper cover 小册子

catch or develop (a disease or infectious agent) 感

染 (疾病)

planning carefully and wisely for the future 有远见的, 眼光长远的

## Phrases and Expressions

be named after

in response to

appoint sb. to do

on behalf of sb.

lay down

be called by the same name as 以……命名

as the answer or the reaction to 作为对……的回答, 作为对……的反应

assign someone to take a certain role or perform a certain job 任命某人做

as the representative of or spokesman for somebody; in the interest of somebody 做某人的代表或代言人; 为某人之利益

formulate and enforce or insist on a rule or principle 规