



高等职业教育规划教材



# 涉外护理英语

## NURSING ENGLISH

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上海交通大学出版社

## 内 容 提 要

本书以护理专业的实际应用为中心,以参加国外护士认证资格考试为导向,将国内外护理专业的工作模式和英语语言教学有机地结合起来,根据医院各科室的护理岗位与工作程序划分单元,以生动有趣的情境案例为引导,从护理实践的角度出发,使护士与护理对象能有效地进行沟通。重视护理程序的引导,将护理对象就诊、出院或到康复中心、养老院等的过程完整呈现给学生,使学生体会中外护理工作及相关文化的差异,使学生熟悉以科学思维引导专业行为的国外护理工作过程,适应涉外护理工作的实践需要。可结合课堂内外的多种学习活动进行实际演练。

本书主要供高职院校护理专业教学使用,也可供有志于参加涉外护理考试的考生打牢基础之用。

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# 前言

本书以护理专业的实际应用为中心、以参加国外护士资格考试和全国医护英语水平考试为导向,借鉴美国原版教材,将国内外护理专业的工作模式和英语语言教学有机地结合起来。

本书根据医院各科室的护理岗位与工作程序划分单元,以生动有趣的情境案例为引导,从护理实践的角度出发,使护士与医生、护士与护士以及护士与患者和家属之间进行有效的沟通。突出情境案例教学,重视护理程序的引导,使学生领会与体验以科学思维引导专业行为的国外护理工作过程,以适应涉外护理工作的实践需要。把护理对象就诊过程呈现给学生,使学生体会中外护理工作及相关文化的差异。

本书各单元涉及内科、外科、妇科、儿科、精神科、急救、老年病、社区医疗等内容,突出各科的常见病、多发病的对话,医学文章的写作和翻译,等等。具有操作性强的特点,可以结合课堂内外的多种学习活动进行实际演练。practice 部分,把“听”、“说”、“读”、“写”设计成练习形式,使课堂更接近工作实际,更便于课堂操作,也可以更好地培养学生在实际工作中运用英语进行交流和沟通的能力,充分体现工学结合的教改模式。

本书是多所院校教师集体智慧的结晶。刘军、梅士宏、罗静、何瑛(信阳职业技术学院)编写第一、第二、第三、第四、第六、第八单元。徐健、白芸、李萍(山东聊城职业技术学院)编写第五、第七单元。江晓东、彦柳青(重庆三峡医药高等专科学校)编写第九、第十二单元。蒋曾、章学文(信阳职业技术学院)编写第十、第十三单元。李静、张煜、何光明(信阳职业技术学院)编写第十一、第十四、第十五、第十六单元。信阳职业技术学院副院长杨明星博士和美国注册护士 Debby Holm 女士对全书进行了细致的审阅,并提出许多宝贵意见,在此表示感谢。

本书内容容量较大,各校可根据学生水平调整教学内容。如果学时不够,Passage B 部分可作为学生自学内容。因编者水平有限,肯定会有许多不当之处,欢迎各位专家同仁批评指正。

编者

2010 年 12 月

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# UNIT 1

## The Role of Nurses and Critical Thinking



### Warming-up

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1. Could you give some examples of the role of nurses?
  2. What's the key to successful goal setting in the role of nurses?
  3. Which of the following interventions is specific to working with communities?
    - A. To use clarification to gain a deeper understanding of the health problems.
    - B. To reflect and restate health concerns.
    - C. To maintain eye contact and listen actively.
    - D. To accurately analyzes and summarizes assessment data from numerous sources.
-



## Part One Dialogue

### Receiving a Patient

**Nurse:** How do you do, sir? Is this the first time you have been hospitalized?

**Patient:** Yes. I hope it's also the last time.

**Nurse:** Surely, you will recover soon. I'm your duty nurse. Please follow me and I'll show your bed.

**Patient:** Thank you.

**Nurse:** Here is your bed. This is No. 6 ward of the Surgical Department. Your bed number is 34. Doctor Wang is responsible for your treatment. The call button is over your head.

**Patient:** When should I use the call button?

**Nurse:** You can use it if you need urgent help.

**Patient:** Thanks. Can I put my jewelry in the bedside table?

**Nurse:** No. If you have any valuables, deposit them in the safe in the nurse's office.

**Patient:** When and where can I have my meals?

**Nurse:** The hospital cafeteria behind the in-patient building is open twenty four hours per day.

**Patient:** When are my relatives and friends allowed to visit me here?

**Nurse:** Visitors are permitted here only from 3 p. m. to 5 p. m.

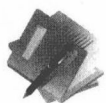
**Patient:** Thank you for all the information. You really have made me feel relaxed.

**Nurse:** All the medical personnel here are kind and helpful. So, don't hesitate to ask us for help. Hope you will recover soon!

**Patient:** Thank you!

### ✳ New Words and Expressions

- ① **deposit** [di'pɒzɪt] *vt.* put (money) into a bank, esp. to earn interest, etc. 存放
- ② **cafeteria** [ˌkæfi'tiəriə] *n.* a restaurant where you serve yourself and pay a cashier 自助餐厅



## Part Two Passage

### Passage A

#### Role of Registered Nurses

The role of registered nurses (RN) is to provide health care to individuals, families, and communities.

They provide services designed to promote health, prevent illness, and achieve optimal recovery from health problems. These services include: assessment of the patient and family's health status and needs; physical, emotional, psychological, and social teaching case management coordination of multidisciplinary care counseling infusion therapy research.

The RN assesses each patient's health status, response to treatment, ability to provide self-care, coping with chronic illness, and function in relation to activities of daily living. Collaborating with the patient, family, physicians, and other health care professionals, the RN develops an individualized plan of care. The RN records patients' medical histories and symptoms, helps to perform diagnostic tests and analyzes results; evaluates treatment outcomes and revises the patient's plan of care accordingly. The nurse, in collaboration with the patient, implements a variety of interventions. These are designed to manage pain, improve function, maximize independence, provide education, strengthen coping strategies, and improve access to community resources. In addition, the RN administers, monitors, and educates about medications. The nurse also acts as an advocate for the patient and family within the health care facility, the community, and maybe involved in program planning, evaluation, and research. Nurses operate medical machinery, administer treatment and medications, and help with patient follow-up and rehabilitation. Nurses teach patients and their families how to manage their illness or injury, including post-treatment home care needs, diet and exercise programs, and self-administration of medication and physical therapy.

The RN provides care in a variety of health care settings including hospital units, ambulatory clinics, managed care practice, private practice, rehabilitation centers, home health agencies, public health centers, and long-term care facilities.

Most RNs work as staff nurses, providing critical health care services along with physicians, surgeons, and other health care practitioners. However, some RNs choose to become advanced practice nurses, who often are considered primary health care practitioners and work independently or in collaboration with physicians. For example,



clinical nurse specialists provide direct patient care and expert consultations in one of many of the nursing specialties listed above. Nurse anesthetists administer anesthesia, monitor patient's vital signs during surgery, and provide post-anesthesia care. Nurse midwives provide primary care to women, including gynecological exams, family planning advice, prenatal care, assistance in labor and delivery, and neonatal care. Nurse practitioners provide basic preventive health care to patients, and increasingly serve as primary and specialty care providers in mainly medically underserved areas. The most common areas of specialty for nurse practitioners are family practice, adult practice, women's health, pediatrics, acute care, and gerontology; however, there are many other specialties. In most States, advanced practice nurses can prescribe medications.

Some nurses have jobs that require little or no direct patient contact. Most of these positions still require an active RN license. For example, legal nurse consultants assist lawyers in medical cases by interviewing patients and witnesses, organizing medical records, determining damages and costs, locating evidence, and educating lawyers about medical issues. Nurse administrators supervise nursing staff, establish work schedules and budgets, and maintain medical supply inventories. Nurse educators teach student nurses and also provide continuing education for RNs. Nurse information assistants collect, store, and analyze nursing data in order to improve efficiency, reduce risk, and improve patient care. RNs also may work as health care consultants, public policy advisors, pharmaceutical and medical supply researchers and salespersons, and medical writers and editors.

## ❁ New Words and Expressions

- ① **chronic** ['krɒnɪk] *adj.* being long-lasting and recurrent or characterized by long suffering 长期的,慢性的
- ② **psychological** [saɪkə'lɒdʒɪkəl] *adj.* mental or emotional as opposed to physical in nature 心理(学)的
- ③ **multidisciplinary** [ˌmʌltɪ'dɪsɪplɪnəri] *adj.* 包括多种学科的;(涉及)多种学科的
- ④ **counseling** ['kaʊnsəlɪŋ] *n.* something that provides direction or advice as to a decision or course of action 顾问服务,咨询
- ⑤ **monitor** ['mɒnɪtə] *n.* display produced by a device that takes signals and displays them on a television screen or a computer monitor 监视器,监控器
- ⑥ **medication** [ˌmedi'keɪʃən] *n.* (medicine) something that treats or prevents or alleviates the symptoms of disease; the act of treating with medicines or remedies 药物;医药;药物处理
- ⑦ **ambulatory** ['æmbjulətəri] *adj.* relating to or adapted for walking 流动的



- ⑧ **practitioner** [ˈpræktɪfən] *n.* someone who practices a learned profession 开业者; 实践者; 实习者
- ⑨ **consultation** [ˌkɒnsəlˈteɪʃən] *n.* the act of referring or consulting; a conference between two or more people to consider a particular question 请教, 咨询, 会诊
- ⑩ **anesthetist** [æˈnɪsθetɪst] *n.* a specialist who administers an anesthetic to a patient before he is treated 麻醉师
- ⑪ **anesthesia** [ˌænisˈθiːziə] *n.* the state of being unable to feel pain 麻醉; (等于 anaesthesia)
- ⑫ **midwives** [ˈmɪdwaɪvz] *n.* women skilled in aiding the delivery of babies 助产士; 促成因素; 产婆 (midwife 的复数形式)
- ⑬ **neonatal** [ˌniːəʊˈneɪtəl] *adj.* relating to or affecting the infant during the first month after birth 新生的; 初生的
- ⑭ **prenatal** [ˌpriːneɪtəl] *adj.* occurring or existing before birth 产前的, 胎儿期的, 孕期的
- ⑮ **pediatrics** [ˌpiːdiˈætriks] *n.* the branch of medicine concerned with the treatment of infants and children 小儿科
- ⑯ **gerontology** [ˌdʒerənˈtɒlədʒi] *n.* the branch of medical science that deals with diseases and problems specific to old people 老年医学; 老年病学
- ⑰ **budget** [ˈbʌdʒɪt] *n.* a sum of money allocated for a particular purpose a summary of intended expenditures along with proposals for how to meet them 预算, 预算费
- ⑱ **pharmaceutical** [ˌfɑːməˈsjʊːtɪkəl] *adj.* of or relating to pharmacy or pharmacists; of or relating to drugs used in medical treatment 药学的; 制药的
- ⑲ **associate** [əˈsəʊʃieɪt] *vi.* make a logical or causal connection 交往; 结交;  
*n.* a person who joins with others in some activity 同事, 伙伴; 关联的事物
- ⑳ **rheumatology** [ˌruːməˈtɒlədʒi] *n.* the branch of medicine dealing with the study and treatment of pathologies of the muscles or tendons or joints 风湿病学
- ㉑ **doctorate** [ˈdɒktərɪt] *n.* one of the highest earned academic degrees conferred by a university 博士学位; 荣誉博士学位 (= doctor's degree)
- ㉒ **access to** 通向……的入口; 进入, 接近
- ㉓ **in relation to** 关于, 涉及
- ㉔ **coping with** 积极应对
- ㉕ **in collaboration with** 与……合作
- ㉖ **prenatal care** 产前护理, 产前保健; 产前检查
- ㉗ **medically underserved area** 医疗服务缺乏的地区



## ✳ Exercises

### I. Answer the following questions.

1. What does a registered nurse do?
2. Where does a registered nurse work?
3. What are the most common areas of specialty for nurse practitioners?

### II. Decide the following statements true or false.

1. Some nurses have jobs that require little or no direct patient contact.
2. The nurse acts as an advocate for the patient and family within the health care facility and the community.
3. Nurses needn't monitor patient's vital signs during surgery.
4. Nurses can operate medical machinery, administer treatment and medications.
5. Nurse administrators maintain medical supply inventories.
6. In America, nurses can prescribe medications.
7. The RN provides care only in hospital units.
8. Nurses teach patients and their families how to manage their illness or injury.
9. Legal nurse consultants assist lawyers in marriage cases by interviewing patients.
10. Nurse information assistants collect, store, and analyze nursing data in order to improve efficiency, reduce risk, and improve patient care.

### III. Match the medical terms using the word in column A with the expressions in column B.

A	B
1. drainage-tube	a. 心电图室
2. enemator	b. 支气管镜室
3. bronchoscop room	c. 灌肠器
4. E. C. G. room	d. 引流管
5. E. E. G. room	e. 脑电图室
6. gastro-endoscopic room	f. 胃镜室
7. gauze	g. 口罩
8. mask	h. 纱布
9. mattress	i. 橡皮单
10. rubber sheet	j. 垫子

### IV. Choose the appropriate word to finish the blanks, and change the form where necessary.

practitioners	counseling	prenatal	anesthetist	budgeted
abuse	ambulatory	contact	associated	chronic

1. You seek professional advice or \_\_\_\_\_ if, and when, needed.



2. \_\_\_\_\_ with high level of humanistic aptitude can enjoy good doctor-patient relationship.
3. Your doctor will also likely prescribe \_\_\_\_\_ vitamins for you, which contain some extra calcium.
4. It appears that the center of the AIDS epidemic is shifting into lower-income, minority neighborhoods, where drug \_\_\_\_\_ drives its spread.
5. The government has \_\_\_\_\_ \$ 2,000,000 for education spending.
6. The RN provides care in a variety of health care settings including hospital units, \_\_\_\_\_ clinics.
7. Some RNs choose to become advanced practice nurses, who often are considered primary health care \_\_\_\_\_.
8. Cigarette smoking has been \_\_\_\_\_ with lung cancer.
9. Some nurses have jobs that require little or no direct patient \_\_\_\_\_.
10. The RN assesses each patient's health status, response to treatment, ability to provide self-care, coping with \_\_\_\_\_ illness.

#### V. Cloze.

The spot on the chest X-ray picture was the size of a coin. It could be lung cancer, but other tests did not \_\_\_\_\_ 1 \_\_\_\_\_ that diagnosis. So, guided by X rays, doctors directed a thin, hollow needle through the patient's skin to the spot and removed cells \_\_\_\_\_ 2 \_\_\_\_\_ biopsy. It was not cancer, but a fungal infection.

The new needle spared the patient major surgery that \_\_\_\_\_ 3 \_\_\_\_\_ routine a few years ago—not to treat the disease \_\_\_\_\_ 4 \_\_\_\_\_ to make a diagnosis.

These needles are less than \_\_\_\_\_ 5 \_\_\_\_\_ of a millimeter wide, allowing access to areas within the body such as the liver, pancreas, prostate and lymph nodes. \_\_\_\_\_ 6 \_\_\_\_\_ the needle is in, an attached syringe \_\_\_\_\_ 7 \_\_\_\_\_ the cells to be studied. Dr. Jerry Waisman of New York University Medical Center notes that the technique is also very useful for more \_\_\_\_\_ 8 \_\_\_\_\_ sites, such as the breast and the thyroid gland.

Costs are cut \_\_\_\_\_ 9 \_\_\_\_\_ eliminating major surgery and lengthy hospital stays; many patients can be seen in the office or in outpatient departments. Doctors caution, however, that the technique requires skill in obtaining \_\_\_\_\_ 10 \_\_\_\_\_ and formulating a diagnosis, and should be performed by a physician who has had specific training.

- |                   |                  |                 |                    |
|-------------------|------------------|-----------------|--------------------|
| 1. A. confirm     | B. differentiate | C. determine    | D. suspect         |
| 2. A. with        | B. through       | C. for          | D. before          |
| 3. A. were        | B. was to be     | C. had been     | D. would have been |
| 4. A. but just    | B. in order      | C. so as        | D. rather than     |
| 5. A. seventh-ten | B. seven-ten     | C. seven-tenths | D. seventh-tenth   |
| 6. A. As          | B. Before        | C. With         | D. Once            |



- |                 |               |             |              |
|-----------------|---------------|-------------|--------------|
| 7. A. sucks     | B. withdraws  | C. pumps    | D. retracts  |
| 8. A. remote    | B. accessible | C. separate | D. localized |
| 9. A. by        | B. with       | C. for      | D. to        |
| 10. A. accounts | B. results    | C. samples  | D. records   |

#### VI. Translation.

1. 汤姆已经被护士长送往急诊室了。
2. 昨晚我吐了三次,还上了好几趟厕所。
3. 我愿意吃中餐而不是西餐。
4. 医生说我还得休息一个星期。
5. 我服了一些安眠药,但是一点都不奏效。

#### Tips

##### Certified Nursing Assistants(CNA)

CNA takes relatively little training to become a certified nursing assistant, but compared to other healthcare personnel, CNAs aren't allowed to do very sophisticated tasks either. CNAs—once known as “orderlies,” now more often referred to as “nurse’s aides,” “home health aides,” or “patient care technicians”—aren't actually nurses themselves, but perform tasks as directed by nurses. Exactly what they're expected to do and not do will vary depending on where they're working, but the tasks usually involve basic day-to-day non-invasive patient care: assisting them with dressing, bathing, feeding, walking, and going to the bathroom; taking their vital signs; turning them in bed; making their beds; helping them into and out of wheelchairs; etc. CNAs can get their certification after as little as a few weeks in the classroom and a month or two of on-the-job training.

### Passage B

#### Critical Thinking in Nursing

Critical thinking is not criticizing. It is an analytical process. There is an urgent need for nurses with well practiced critical thinking skills. As new graduates you will be



expected to make decisions and take actions of an increasingly sophisticated nature. You will encounter problems you never saw or heard about during your classroom and clinical experiences. You are going to have to make complex decisions with little or no guidance and limited resources. Critical thinking can help you think through a problem in an organized and efficient manner.

There are six steps involved in critical thinking. Thinking about these steps may help you when you work through the questions in your cases. Here are the six steps with an explanation of what they mean.

1. Define the problem by asking the right questions; Exactly what is it you need to know? What is the important question asking? Einstein once said that asking the right question was sometime more important than having the right answer.

2. Select the information or data necessary to solve the problem or answer the question: First you have to ask whether all the necessary data or information is there. If not, how and where can you get the information? What other resources are available? This is one of the most difficult steps. In real clinical experiences, you rarely have all the information, so you have to learn where you can get necessary data. For instance, patient and family interviews, nursing charting, the patient medical chart, and laboratory data on the computer, your observations, and your own physical assessment can help you identify important clues. Of course, information can rapidly become outdated. To make sure you are accessing the most current and accurate information, you will occasionally need to use a computer and the internet to answer a question.

3. Recognize stated and unstated assumptions; that is, what do you think is or is not true. Sometimes answers or solutions seem obvious; just because something seems obvious but doesn't mean it is correct. You may need to consider several possible answers or solutions. Consider all clues carefully and don't dismiss a possibility too quickly. Remember "you never find an answer you don't think of".

4. Formulate and select relevant and/or promising hypotheses: Think of these as hunches. Try to think of as many possibilities as you can. Consider the pros and cons of each.

5. Draw valid conclusions: Consider all data; then determine what is relevant and what makes the most sense. Only then should you draw your conclusions.

6. Consider the soundness of your decisions: Rethink your conclusions and decisions in light of the whole case. What is the best answer/solution? What could go wrong? This requires considering many different angles. Be willing to revise your conclusions you made in step 5 if new information or clues crop up. In today's health care settings, decision making often requires balancing the well being needs of the patient with financial limitations imposed by the reimbursement system (this includes



medical and insurance companies). In making decisions, you need to take all the relevant issues into account. Remember, you may be asked to explain why you rejected other options.

It may look as if this kind of thinking comes naturally to instructors or experienced nurses. You will be certain that even experienced professionals were once where you are now. (Sometimes they seem to forget that!) The rapid and sound decision making that is essential to good nursing requires years of practice. The practice of good clinical thinking leads to good thinking in clinical practice. Good thinking in clinical practice leads to the practice of good clinical thinking.

### ✱ New Words and Expressions

- ① **hypertension** [haipə'tenʃən] *n.* a common disorder in which blood pressure remains abnormally high (a reading of 140/90 mmHg or greater) 高血压, 过度紧张
- ② **sinus** ['sainəs] *n.* an abnormal passage leading from a suppurating cavity to the body surface; any of various air-filled cavities especially in the bones of the skull 静脉窦; 下陷或凹下去的地方
- ③ **carotic** [kə'rɒtɪk] *adj.* absentminded, coma 恍惚的, 昏迷的
- ④ **analytical** [ˌænə'lɪtɪk] *adj.* using or skilled in using analysis (i. e., separating a whole—intellectual or substantial—into its elemental parts or basic principles) 分析的; 解析的; 善于分析的
- ⑤ **sophisticated** [sə'fɪstɪkeɪtɪd] *adj.* having or appealing to those having worldly knowledge and refinement and savoir-faire; ahead in development; complex or intricate 久经世故的; 复杂的; *v.* 使变得世故; 使迷惑
- ⑥ **relevant** ['reləvənt] *adj.* having a bearing on or connection with the subject at issue 有关的; 有重大作用的
- ⑦ **instate** [ɪn'steɪt] *vt.* appointed 任命
- ⑧ **assumption** [ə'sʌmpʃən] *n.* assuming 假定, 设想
- ⑨ **hypotheses** [haɪ'pɒθəsiːz] *n.* speculation, assuming 假定 (hypothesis 的复数)
- ⑩ **reimburse** [ˌriːɪm'bəːs] *n.* pay back for some expense incurred 退还, 偿还; 赔偿
- ⑪ **crop up** (问题等) 突然发生, 突然出现
- ⑫ **take... into account** 考虑到, 顾及, 体谅
- ⑬ **the pros and cons** 正面和反面的理由
- ⑭ **abdominal pain** 腹痛
- ⑮ **coronary artery disease** 冠状动脉疾病



## Word Study

后缀	含义	举例
-ar	……特征的,……形状的	regular 规则的 muscular 肌肉的 circular 环形的,圆的 anular 环的
-al	有……的属性	vertebral 脊柱 cervical 颈的 mural 壁的 terminal 末端的
-scope	镜,检查	stethoscope 听诊器 otoscope 耳镜 proctoscopy 直肠镜检查法
-fast	耐	acid-fast 抗酸的 uviofast 耐紫外线



## Part Three Practice

### Task 1 Listening

Listen to the passage and then finish the missing words according to what you hear:

Registered nurses are “full-spectrum” nurses who can do a wide variety of \_\_\_\_\_ 1 \_\_\_\_\_ procedures as directed by doctors. Besides all of the \_\_\_\_\_ 2 \_\_\_\_\_ that LPNs and LVNs can do, RNs can operate \_\_\_\_\_ 3 \_\_\_\_\_ and other medical equipment; give almost all medications and \_\_\_\_\_ 4 \_\_\_\_\_; administer IVs on an \_\_\_\_\_ 5 \_\_\_\_\_ basis; assist in surgery; administer care plans; supervise other nursing \_\_\_\_\_ 6 \_\_\_\_\_ and sign off on their work; and much more, depending on their work \_\_\_\_\_ 7 \_\_\_\_\_. RNs can get their \_\_\_\_\_ 8 \_\_\_\_\_ after a minimum of two years of diploma or associate \_\_\_\_\_ 9 \_\_\_\_\_ study, although many hospitals prefer RNs to have a four year \_\_\_\_\_ 10 \_\_\_\_\_ degree.