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美国儿科专家 临床会诊



THE 5 MINUTE PEDIATRIC CONSULT



Second Edition

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天津科技翻译出版公司出版

美国儿科专家 临床会诊

THE 5-MINUTE
PEDIATRIC CONSULT

第二版

〔美〕施瓦茨 编

刘戈力 主译

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This is a translation of THE 5-MINUTE PEDIATRIC CONSULT.

本书中所给出的各种药物的适应证、副作用和剂量安排,虽经专家审定正确无误,但今后仍会有所变更,因此读者在使用时应以各药厂提供的使用说明为准。

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《美国儿科专家临床会诊》是根据 Lippincott Williams & Wilkins 出版的《The 5 Minute Pediatric Consult》一书全文翻译的,这是一部手册式的儿科临床医学工具书。全书阐述 560 余种疾病,详细(简明)地介绍了每种疾病的病理、体征,病因,诊断、治疗、用药、预防、并发症等相关资料。本书还包括各种医学统计表格、外科手术的各种信息、心脏科实验室资料、实验室评价、药物的用法等资料。本书还对草药做了逐一的介绍,作为一种医学信息,这也会有意或无意的为人们提供了一般草药的使用常识。

本书所含内容集中了美国医学界的近 200 多位儿科临床医学专家的多年研究成果及治疗经验,可操作性强,充分反映了现代儿科医学的最先进的诊疗手段和最高的学术水平。就本书收入的病种之多,诊疗手段之规模化与先进性而议,本书是对世界医学医药界在 20 世纪所取得成果的简要总结。因此,在跨入 21 世纪的今天,我们将本书奉献给中国医学界,这必将对我国儿科医学的进步起到积极的作用。

人类医学的进步,不仅表现在诊断与治疗的方法与器械设备的不断完善,以及新医疗设备和新药的不断涌现上,而且还表现在医学理论模式的不断更新上。在医学理论模式上,过去人们遵循的是生物学模式,后来更新为生物—心理模式,目前普遍遵循的是生物—心理—社会医学模式,即生物—心理—社会—生态环境整体医学模式,也即所谓的整体医学或综合医学。本书在论述儿科疾病的诊疗方面,不仅考虑了生理性因素和心理、社会因素(如人格、生活方式、家庭影响、社会角色与环境关系等),还在生态(即生态环境)方面强调要唤醒病人自身的生存意义和责任感。既强调了医护人员的作用,又重视激发病人的人格,重视建立良好的医患关系,着眼帮助病人建立健康向上的生活方式。本书除了应用药物(还包括草药),手术等常规医疗手段外,还提到了锻炼、保健、饮食、理疗、按摩、推拿、针刺等传统康复方案。由此可见,本书不仅在具体的诊疗手段上是先进的,而且在医学理论模式上也是先进的。

本书是由我国 20 多位医学教授,主任医师,副主任医师,医学博士及若干名外语工作者共同协作翻译的。由于本书涉及面甚广,学术性很强,文字又极为简要,加上译者在学术和外语水平上难免有欠功夫之处,再加上时间紧迫,虽经多方查阅资料并认真校改,仍会有不妥之处,敬请同仁赐教指正!

编委会
2001.3.20

《美国儿科专家临床会诊》
编委会

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本书的一位编辑说：“第二版应该说是一部倾心力作！”她回忆道，第一次出版时由于编纂过程中的各种人为因素而有所欠缺，延误了交稿期，以致在送交出版时不得不做了些折衷让步。她告诉我，第二版比第一版更好、更完善，因为第二版的编纂人员有时间去了解第一版的成功之所在及缺点与不足，更重要的是了解了本书对读者的实用价值是什么。这是我们在编辑第二版时所面对的挑战。

在编纂第一版时的首要工作是综合内容的组织、确定编写的形式以及找到合适的作者编写。粉红色封皮的 *The 5 Minute Pediatric Consult* (《美国儿科专家临床会诊》)，第一版时就获得了巨大的成功。儿科医生、儿科护士发现该书的编写形式易于阅读，满足了这些儿科医疗保健人员迅速获得各种儿童疾病的信息及处理各种问题的需要。费城儿童医院 (Childrens Hospital of Philadelphia) 急救科的护士每人都有这本书，他(她)们把这本书作为医疗指南。那些从不轻易苟同于学院派的住院医师都对这本书大加赞赏。从乌克兰的基辅到新墨西哥州的盖洛甫，我看到这本粉红色封皮的书正在被人们所使用，证明了“五分钟会诊”的这种出书形式极为成功。如今已经有了人类各医学专业和兽医学专业的各种“五分钟会诊”的系列读物。

第一版读者的意见为第二版的编纂提供了极大帮助。读者非常喜欢每两页介绍一种疾病、布局合理、内容条理性强、体例完整统一的这种编写形式。读者不仅要求增加条目，还要求增加医学统计的表格及其他各种病例。我们对第一部分，主诉病情进行了扩充并重新设计。对第二部分我们增加了更多的条目，如主要疾病、各种医学统计表格、外科手术的各种信息资料、心脏科实验室资料、实验室评价资料，这些新加的内容可作为参考资料使用。在草药疗法部分中，我们对常用草药逐一加以介绍。作为一种资料信息，这也会有意或无意的为人们提供了常用草药的使用常识。

第二版的出版离不开医学专家及其他人员的大力帮助。Kudos to Cheryl Kosmowski 积存了所有的文档资料和作者的名单，并在整个出版过程中与 Lippincott Williams & Wilkins 保持联系。她的出色表现以及在时间紧迫的情况下她所表现出的非凡能力，使得该书准时交付出版，对此我们十分感谢。另一方面，副主编多次与作者联系并对所选文稿进行编辑加工。由于 Lou Bell、Peter Bingham、Esther Chung、David Friedman、Andy Mulburg 和 Charlie Schwartz 的帮助，本书才得以编纂完成。我非常珍惜他们的友谊并感谢他们又一次出色的工作。我们感谢 Rich Kravitz、Mitch Cohen 和 Greg Kennan 主持编写了肝脏疾病、心脏疾病和胶原性疾病部分。

在该书的修订过程中,Williams & Wilkins 出版公司与 Lippincott 合并为 Lippincott Williams & Wilkins(LWW),在此期间我们有幸与 LWW 出色的工作人员,尤其是我们的策划编辑 Joyce Murphy,组稿编辑 Tim Hiscock 以及所有的排版印刷人员合作。我很高兴与 Joyce 一起工作,是她使本书得以完成并出版发行;各学科的作者及他们所表现的不同风格并没有干扰她的工作,我对她的帮助表示感谢。我们很高兴看到 Katey Millet 重新回到 LWW,在第一版的编纂过程中她就曾给予了很大帮助。她提醒我们珍惜每一天,并用微笑和积极的态度解决问题。最后我应表明,与许多新老合作者的交往经历对我来说是极其宝贵的。

与以往一样,修订本书所做的这些努力及所遵循的原则仍然是我们从工作中寻找乐趣的原则。不要忘记,我们的目标是通过帮助人们了解医学专家提供的病例和经验,从而使人们做出明智的选择,以提高和改善孩子们的健康。希望第二版真正成为我们竭尽全力的结果。

第二版出版以后,我们这个大家庭失去了一位难能可贵的伙伴,我们失去了 Lou Bell 的妻子 Barbara Wei Bell。虽然她已离我们而去,但她的魅力、她那特别的音容笑貌、她的勇气、她的积极进取的人生态度将永远激励我们所有的人。她在患病期间所表现出的勇敢精神给我们每个人树立了良好的榜样。让我们牢记人生中什么是最重要的精神,从而不为尘世中的琐事迷失方向。谨以此书献给 Barbara!

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1. 本书是按英文原版书的顺序编排的,即按照病症的英文名称的字母顺序编排的。详细会诊部分中的每一种病症占2页,病名列在书眉线上,双页号是英文名称,单页号是中文名称。

2. 为便于读者查阅,本书提供了英中对照目录,以英文字母顺序编排;又提供了中英对照目录,以汉语拼音字母顺序编排。

3. 版式新颖,对详细会诊的各种病征,采用了框架型版式,每种占2个页面,分九大部分,并对各种信息加以介绍,九大部分和各种信息排列如下:



基础



鉴别



资料收集



体格检查



实验室检查



急症护理



治疗方法



随访



问题解答

4. 书中提供的综合征、心脏病学实验、外科术语、实验室检查值,草药在临床上的应用、药物的用法等这些内容仍按英文字母顺序排列,在附录部分还提供了医用单位换算表。

5. 本书中给出的 ICD-9-CM 代码是第 9 次修订的国际疾病分类代码。代码后面无具体说明的,均指本节所述的病名,与其名称完全相同,故省略。

6. 本书中“用药”部分所列的各项用药剂量仅供读者参考。因为在人种个体以及药品制造工艺方面与美国存在有一定差异,务请读者遵照药品制造厂的具体用药说明用药。有的药品目前国内尚未生产,也无确定的中文名称,故沿用英文本名。

7. 本书中多处用到英文缩写字“N/A”。N/A 的含意是“不适用”、“未提供”、“无法得到”等,为保持本书简明扼要的风格,未具体译成汉语,仍保留了原书的“N/A”。