

- 病史采取 HISTORY-TAKING
- 常见症状陈述 THE COMPLAINT OF COMMON SYMPTOMS
- 体格检查 PHYSICAL EXAMINATION
- 病历示例 SAMPLE OF CASE RECORD



临床 英语指南

叶增茂编

上海科学技术出版社



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A Guide to English for Clinicians

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编者的话

随着中外医学界的交流日趋频繁，编者深感需要有一本能适合国内医学院校学生及临床医师学习与参考的临床英语材料。本书是从临床实际需要出发，参照国内外有关资料编写而成。内容包括病史采取、常见症状的陈述、体格检查、各种病历及有关表格示例、询问病人常用句例、短语动词在临床英语的应用等方面。附录“临床常用医学用语英文缩写”可供查阅参考。由于临床英语涉及范围甚广，决非一本手册性质的书所能包罗万象。本书主要介绍有关的基本内容与示例。读者可从中学习临床英语常用专业词汇、句型和习惯性表达方式，通过举一反三、灵活套用、反复练习实践，则将会取得很大的裨益。本书内容虽然有限，但能对读者起到一个指导与引路的作用；故定名为《临床英语指南》A Guide to English for Clinicians。全书采用汉英及英汉对照，内容实用；可作为业已具备一定英语水平基础的医学生及临床医师学习医学英语时的参考书；也可供出国进修的临床医学人员参考。

由于编者水平所限，书中如有缺点与错误之处，望读者批评指正。

编者

于河北省医学科学院附属医院

1987.10.

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第一章 病史采取

(history-taking)

一个确切而完整的病历 (medical record) 是保证临床诊断正确性的重要条件之一。病历书写有各种不同的格式与要求。国内外都尚缺乏一致公认的统一书写格式。国内的“普通病历”一般由实习医生书写, 其内容繁多。此外, “住院志”与“普通病历”内容相同, 但要重点突出、酌情删减。书写时可不必要项列题而可用叙述方式按“主诉”、“现病史”等顺序分段书写。国外亦有所谓“传统病历” (traditional medical record) 与表格式病历 (problem-oriented medical record, POMR) 之分。前者与国内“普通病历”相仿但要求亦不尽相同。后者虽为带定向问题的表格形式, 其内容却十分详尽(见第四章)。学习英语病历书写主要应掌握与熟悉其中医学术语和各种习惯表达方式。这样, 无论书写何种格式就有可能做到应付自如。

病史采取所要求的内容即问诊 (inquisition) 的内容。医生通过与病人交谈, 详细了解疾病的发生与发展情况。本章主要按国内对病历书写的基本要求, 分别按“一般项目”、“主诉”、“现病史”、“既往史”、“个人史”、“月经及生育史”、“家族史”、“系统回顾”等方面介绍英语病历书写有关词汇、主要表达方式及有关示例。对于有些项目国内外有不同要求

者则尽可能予以示例说明。

1. 一般项目 (biographical data)

按国内对完整的普通病历的要求,此部分应包括“姓名”、“性别”、“年龄”、“婚姻”、“民族”、“职业”、“籍贯”、“现住址”、“入院日期”、“记录日期”、“病史陈述者”、“可靠程度”等项。一般排列如下:

| | |
|-----------------------------|-----------------------------------|
| 姓名 (name) | 性别 (sex) |
| 年龄 (age) | 婚姻 (marital status) |
| 民族 (race) | 职业 (occupation) |
| 籍贯 (nativity) | 现住址 (present address) |
| 入院日期 (date of admission) | 记录日期 (date of recording) |
| 病史陈述者 (informant) | 可靠程度 (estimate of reliability) |

在国外一些所谓传统病历 (traditional medical records) 中,这部分内容并无固定格式与要求,有的甚至将“性别”、“年龄”、“民族”、“婚姻”等项都放在“主诉”一起(见后)。此外,国外尚习惯于注明病人的电话号码、出生日期 (date of birth, DOB) 等。“病史陈述者”一项亦称为“source of history” (病史来源),要求扼要表明如“the patient” (患者本人)、“the patient's mother” (患者母亲)等等。

示例 (Sample)

| | |
|----------------|-------------------------|
| Name: Jane Doe | Sex: woman |
| Age: 45 | Marital status: married |
| Race: white | occupation: housewife |

Nativity: Babylon

Present address: 432 Maple
Avenue Ba-
bylon,
California

Date of admission:
August 31, 1982

Date of recording: August 31,
1982

Informant: the patient

Estimate of reliability:
reliable

2. 主诉 (chief complaint, C.C.)

“主诉”是促使患者就诊的主要症状及持续时间，亦即本次就诊最主要的原因。按国内的正规要求，“主诉”要有高度概括性，并要说明自症状出现至就诊的时间。(duration of onset)

记述“主诉”时可省略主谓语，且尽可能用病人自己言词而不是诊断用语。例如：“气短二天”应该用“Short of breath for two days”表达，而不宜写成“Dyspnea for two days”因为 dyspnea 一词为医学术语。又如“两下肢浮肿一周”。应该用“Swelling of feet one week in duration”表达；而不宜写成“Edema of extremities one week in duration”理由同上。当然，这些亦都不是绝对的。

主诉示例 (Sample of CC.) 以下几种不同的表达形式均可参考：

(1) 咽痛、高热二天，

Sore throat, high fever for two days

(2) 二个月来持续性头痛，伴恶心呕吐

Persistent headache with nausea and vomiting two months in duration.

(3) 发热、右胸痛、咳嗽一周

Fever, right chest pain and coughing — 1 week.

(4) 昨晚开始寒战

Chills since last evening

(5) 气短、咳嗽伴黄痰三四天

Short of breath and cough with yellowish sputum for the past 3—4 days' duration

国外一些病历书写中“主诉”的范围有时很大，将性别、年龄、民族、婚姻等项均包括在内。例如：

(1) 此63岁白种男人三天来“头痛”

This 63-year old white man presents with “headache” for 3 days.

(2) 此34岁黑种女人一周来恶心、呕吐、腹痛伴皮疹

This 34-year old black woman has had nausea, vomiting, abdominal pain and a rash for a week.

(3) 此34岁患糖尿病的黑种女人一周来恶心、呕吐……

This 34-year old black woman with known diabetes has had nausea, vomiting

(4) 此45岁有二个孩子的已婚母亲二天来右上腹发作性“刀割样”疼痛

This 45-year old married mother of two has had episodic right upper quadrant “knifelike” pain for the past 2 days.

这样“主诉”的表达形式显得冗长而不合理。编者认为这种形式可用于“住院志”格式，故列出供参考，亦可以了解一下国

外对“主诉”的不同要求。尚有认为成年人“性别”应写成man或woman;而不用male或female。但这些并非关键性问题。

3. 现病史 (history of present illness, HPI)

现病史是记述从发病到就诊前的详细过程,即疾病的发生、发展和演变。英语书写要求用完整句子;要主次分明、条理清楚、词句通畅、语法正确。一些与客观诉述无关的,不重要的描述应予以剔除。例如:

“患者1982年4月以前一直健康,直至一个晴天,当顺着街道行走时,她感到胸痛”。

“The patient was well until April 1982, when while walking down the street on a sunny day, she experienced pain in her chest.”

应写成:“患者1982年4月以前一直健康,直至有一次散步时,她感到胸痛”。

“This woman was well until April 1982, when while walking easily, she had chest pain.”

此外,为节省时间与篇幅,以下一类叙述可以省略诸如“The patient noted ...” (患者称……);“The patient states that he was at that time.” (患者称当时他……)。因现病史一般都是病人陈述的,没有必要这样叙述,而“at that time” (“当时”)即便不提,意思也同样清楚。也可用then代之。句内the patient (患者)尚可用he (他)、she (她)或Mr (先生)等代之。

书写病历时尽量少用缩写,否则常会使人难以理解,但

缩写亦不可能完全避免使用。主要为了能识别它们，可参阅附录。

现病史可按以下内容恰当地加以编排：

(1) 起病过程 course of onset

起病急骤或缓慢 onset of disease, acute or chronic

起病有关因素 correlating factors of onset

起病至入院的时间 duration of onset to admission

(2) 主要症状特点 Features of cardinal symptoms

部位 location

性质 character

程度 severity

持续时间 duration

间歇时间 intermission

前驱症状 prodrome

全身症状 constitutional symptoms

(3) 病因与诱因 pathogenesis and possible precipitating factors

外伤 trauma

中毒 intoxication

感染 infection

气候变化 change of weather

环境影响 environmental influence

饮食失调 disorders of dietary habits

精神因素 psychological factors

症状加重或减轻因素 aggravating and alleviating factors

(4) 病情发展过程 course of development of disease)

- (5) 伴随症状 associated symptoms
- (6) 治疗经过 course of treatment
- (7) 病程中一般情况 general condition during the course
 精神体力状态 psychological, physical conditions
 食欲 appetite
 睡眠 sleep
 大便 motions
 小便 urination
- (8) 各系统有关的阴性症状 the pertinent negative symptoms of all systems
- (9) 化验情况及其来源 known laboratory information and sources of these data
 关于症状变化的英语表达形式:
- (1) 无临床症状 without any clinical symptoms, free of symptoms, be asymptomatic, had no symptom, remained symptom-free
- (2) 症状消失 Symptoms disappeared.
- (3) 症状不缓解 Symptoms did not abate. Symptoms continued unabated.
- (4) 症状好转 Symptoms improved. took a favorable turn
- (5) 症状恶化 be aggravated, be exacerbated, took a bad turn
- (6) 显著恶化 became noticeably worse
- (7) 症状逐渐明显 became increasingly apparent
- (8) 发作逐渐频繁 Attacks became increasingly frequent.

(9) 症状因……而加重 be aggravated by

be intensified by

(10) 症状因……而减轻 be alleviated by

(11) 症状无变化 There had been no change in,
continued without change, remained the same

现病史示例

示例 1: (大叶性肺炎病例)

约一周前患者感乏力和食欲不振。二天前开始寒战、发热和咳嗽；体温骤升至 39°C ；同时感右下胸部有些疼痛，随呼吸和咳嗽而加重。以后胸痛变为持续性而剧烈。痰呈铁锈色。活动后呼吸困难。两天来每日肌注青霉素 80 万单位二次，但症状并不缓解。

Sample 1: (A Case of Lobar Pneumonia)

About one week ago, the patient began to feel weak and lose appetite. Two days before he began to have chills, fever and cough. The temperature increased to 39°C promptly and he noticed some pain in the right lower part of the chest increasing with deep breathing and coughing. The chest pain became persistent and sharp. The sputum began to be rusty in color and there was slight dyspnea on exertion. With penicillin 800,000 U. intramuscular two times daily for two days, symptoms did not abate.

示例 2: (糖尿病性昏迷病例)

患者有四年“糖尿病”史，一直进行饮食控制。平时稳定，

直至六个月前开始感周身无力。入院前二三天患“上呼吸道感染”。据家属称，病情恶化。两天来精神不安、食欲不振。今晨出现震颤、意识模糊、不言语。

Sample 2: (A Case of Diabetic Coma)

The patient had been a “diabetic” for the past four years controlled on diet. She was well until six months ago when she become somewhat weaker than previously. Two to three days prior to admission she developed an upper respiratory infection which according to the family, worsened. During the past two days she had been restless and anorectic. This morning she was noticed to be agitated and confused and uncommunicative.

示例 3: (急性心肌梗塞病例)

患者一直体健直至一年前出现用力后呼吸困难与心前区钝痛。该疼痛可由运动诱发；休息后可缓解，入院前两天胸痛呈持续性伴轻度出汗，但无恶心，入院当天疼痛向下作短暂性放散。在家曾口服“消心痛”数次，但疼痛未能缓解。

Sample 3: (A Case of Acute Myocardial Infarction)

The patient had been well until one year previously, when he began to experience exertional dyspnea and a dull pain in the anterior portion of the chest, which was provoked by exercise and relieved promptly by rest. Two days before admission the chest pain became persistent, accompanied by mild sweating but without nausea. On the day of entry the pain radiated down the right arm for a short time. He had taken “isosorbide dinitrate”

orally several times at home but without any relief.

示例 4：(肺栓塞病例)

一年前患者于跨越栅栏时扭伤右腿。由于右腿肌群持续性疼痛与压痛，一天后曾在急诊室治疗。为了治疗肌肉扭伤曾给予可待因、阿司匹林及热敷。一周后患者又因咳嗽、发热、出汗而来诊。当时出现沿肋缘胸痛及少量咯血共二三天，经治疗后症状缓解。入院前三天出现咳嗽伴铁锈色痰。二天后咳嗽及深呼吸时胸痛加剧。入院时出现阵发性晕厥及重度呼吸困难。

Sample 4: (A Case of Pulmonary Embolism)

One year before entry the patient twisted his right leg jumping over a fence. He was seen in the Emergency Room one day later, because of persistent soreness and tenderness of the muscle mass. He was given codeine and aspirin and hot packs for muscle strain. One week later he returned with cough, fever and sweats. He had also noted chest pain along the costal margins and had had a slight amount of hemoptysis for two to three days. He was placed on treatment and his symptoms abated. Three days before admission he developed a cough productive of rusty sputum and two days later chest pain aggravated by cough and deep breathing. At the time of admission he had an episode of syncope, followed by severe dyspnea.

国外有时将现病史写得十分冗长，但层次却很清楚，不显