

大学专业英语基础教材

English for Science and Technology

护理学

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詹妮弗·史密斯

NURSING SCIENCE



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内 容 提 要

本书是《大学专业英语基础教材》的一个分册。

这套教材是根据英国朗曼图书公司最新出版的《核心(Nucleus)科技英语》编译的。全套教材共十册,有:通俗科学、生物学、地质学、物理学、化学、数学、工程学、农学、医学和护理学。原书每册均配有教师手册和英制录音带。为我国读者使用方便起见,分别将各科读本与教师手册合编为一本并增加参考译文和必要的注释,每册附有复制的录音带一盒。这套教材内容新颖,材料丰富,语言规范,切合专业实际并照顾到听、说和阅读等多方面能力的提高,实为非英语国家高等院校专业学科学习英语的范本。凡具有初、中级英语水平的科技工作者、研究生和待出国进修的人员,也可用之于自学。通过学习,可以独立阅读专业英语书籍和接受本科英语直接教学打下有力基础。

本书为《护理学》分册。

NUCLEUS: English for Science and Technology
Rosalie Kerr / Jennifer Smith

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护 理 学

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课 文

Unit 1 Properties 第一单元 特 性

Section 1 Presentation 第一节 导 入

1. Look and read; 看和读:

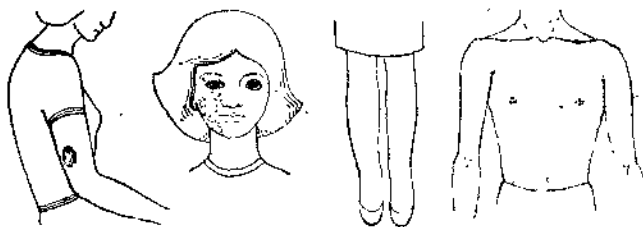
A *sign* of disease is something that a nurse can see or feel for herself. She can observe it.

疾病的**体征**是护士亲自能够看到或摸到的某种东西。她能够对它进行观察。

A *symptom* of disease is something that only the patient knows about. The patient tells the nurse about it.

疾病的**症状**是只有病人自己才知道的某种东西，病人可把它告诉护士(知道)。

Here are some common signs: 一些常见的体征有:



bruising挫伤 rash疹子 swelling肿胀 weight loss体重减轻

Some common symptoms are: 一些常见的症状有:
nausea, insomnia, all kinds of pain 恶心、失眠、
各种疼痛

Now look at these common complaints. Some are signs and some are symptoms. Make two lists like the examples below. You can refer to the appendix at the end of the unit. 请看下列常见的主诉, 其中有些是体征, 有些是症状。请按下面的示例列出两张表来。练习时可参看本单元末尾的附录。(答案见第164页)

irregular pulse, dull pain, stomachache, dizziness, haematemesis, hunger, pallor, diarrhoea, jaundice, thirst, dyspnoea, constipation, headache, cyanosis, anorexia, laceration, abrasion, inflammation, shallow pulse, weight gain, shallow respiration, backache

脉律不齐、隐痛、胃痛、头晕、呕血、饥饿、苍白、腹泻、黄疸、口渴、呼吸困难、便秘、头痛、青紫、厌食、裂伤、擦伤、发炎、脉浅表、体重增加、呼吸浅表、背痛

例如:

Signs 体征

Symptoms 症状

rapid pulse 促脉

sharp pain 锐痛

Now discuss in class why you think that each one is a sign, or why you think it is a symptom, like these examples. 请在课内讨论, 为什么你认为那个是体征或者你认为那个是症状。如下例,

Why is nausea a symptom and not a sign?

Because the nurse cannot observe it. The patient tells her about it.

为什么恶心是症状而不是体征?

因为它是护士观察不到的, 是病人告诉她的。

Why is bruising a sign and not a symptom?

Because the nurse can observe it. She can see it.

为什么挫伤是体征而不是症状?

因为这是护士能观察到的，是她能看得见的东西。

Section 2 Development 第二节 扩展

Some of the terms used here are technical terms used only in medicine.

Look at the appendix if you need help when you are doing exercise 2.

这里所用的一些术语是只在医学上使用的专门术语。如果你在做练习 2 时需要帮助的话，可参看附录。

2. Complete these sentences; 完成下列句子; (答案见第164页)

- a) The technical term for difficulty in breathing is...
 - b) The technical term for fluid in the tissues is...
 - c) Blue lips or nails are a sign of...
 - d) A patient whose face looks yellow has...
 - e) The technical term for a cut is a...
 - f) A pulse which is not regular is...
 - g) The technical term for blood in the vomit is...
 - h) A pulse which is difficult to feel is...
 - i) A patient who does not want to eat anything has...
 - j) If a patient has an injury which leaves a mark on the skin, but the skin is not broken, he has...
- a) 呼吸困难的专门术语是……。
- b) 组织中液体积聚的专门术语是……。
- c) 嘴唇和指甲发青是……的体征。

- d) 脸部发黄的病人患有……。
- e) 刀伤的专门术语是……。
- f) 不规则的脉搏是……。
- g) 呕吐物中有血的专门术语是……。
- h) 难于摸到的脉搏是……。
- i) 不想吃任何东西的病人患有……。
- j) 病人如果有某种给皮肤留下痕迹、而皮肤又未破损的创伤，他就患有……。

3. Read this, 读下文:

- a) A nurse observes a rash on a patient. This is a sign.
- b) So she reports, 'The patient has a rash.'
- c) She does not observe nausea. This is a symptom. The patient tells her about it.
- d) So she reports, 'The patient complains of nausea.'
- a) 护士看到病人身上有疹子。这是体征。
- b) 她就报告说：“那个病人出疹子。”
- c) 她观察不到恶心。这是症状，是病人告诉她的。
- d) 她就报告说：“那个病人主诉恶心。”

Say what the nurse will report about the following patients, 说说护士将如何报告下列病人的情况(答案见第164页)

- a) A patient who says 'I feel very thirsty.'
- b) A patient who says 'I feel sick.'
- c) A patient who says 'I can't sleep.'
- d) A patient whose pulse is beating very quickly.
- e) A patient who says 'I feel dizzy.'
- f) A patient who is breathing with difficulty.
- g) A patient who says 'I've got backache.'
- h) A patient whose vomit contains blood.'
- i) A patient who says 'I'm constipated.'

j) A patient who is passing frequent loose stools.

a) 病人说：“我感到渴得很。”

b) 病人说：“我觉得要吐。”

c) 病人说：“我睡不着。”

d) 病人的脉搏跳得很快。

e) 病人说：“我感到头晕。”

f) 病人呼吸吃力。

g) 病人说：“我背痛来着。”

h) 病人吐出的东西里带血。

i) 病人频频腹泻。

4. Look at these examples, 看下例:

a) The patient *has* diarrhoea.

b) The patient *feels* sick.

c) The patient *is* pale.

a) 病人患有腹泻。

b) 病人感觉要吐。

c) 病人脸色苍白。

Now write sentences like the examples, using these words,
仿照上例用下列各词造句: (答案见第165页)

constipated, cyanosed, a sharp pain, hungry, a
laceration, dizzy, oedematous (his right upper arm),
an abrasion, a rapid pulse

Section 3 Reading

第三节 阅读课

5. Read this passage: 读下文:

Writing notes

A nurse observes her patient carefully. She observes what happens to him, and what treatment the doctors give him. She gives information about

the patient's health to other members of the medical staff.

Sometimes she must write down information about the patient. When she does this, it must be easy for other nurses and doctors to read it quickly. For this reason she must use clear handwriting and write brief notes.

Some words can be shortened. She can write 'Pt.' instead of patient and 'c/o' instead of 'com-plains of'.

Here are some examples of how to write information down briefly. Instead of 'The patient was sitting in a chair', the nurse can write 'Pt. in chair'.

If she gives a patient some water to drink, but he says 'I don't want it', she writes 'Pt. refused water'.

If a patient has been vomiting a lot, but then he drinks some water and does not vomit, she writes 'Pt. tolerated water'.

如何书写病情摘要

护士仔细观察她的病人。她观察病人发生什么情况和医生给他什么治疗。她给其他医护人员通报病人的健康情况。

有时她必须写下病人的情况。她在这样做的时候，必须把情况写得易于为其他的护士或医生迅速了解。为此她必须书写清楚，行文简练。

有些词可以缩略。例如：她可以把 patient(病人) 缩成 'pt'.，把 complain of (主诉) 缩成 'c/o'。

下面举一些如何把情况写得简练的例子：护士可以

把‘The patient was sitting in a chair’ (病人坐在椅子上) 缩略成 ‘Pt. in chair’。

如果护士给病人喝水, 而病人说 ‘I don't want it’ (我不想喝水), 她就可以写 ‘Pt. refused water’ (病人拒绝喝水)。

如果病人一直大量呕吐, 而后喝了一点水就不吐了, 护士就写 ‘Pt. tolerated water’ (病人对水无格阻)。

Now answer these questions; 请回答下列问题: (答案见第165页)

- a) Who● does a nurse write down information about a patient for?
- b) Why must the notes she writes be clear and brief?
- a) 护士给谁写病人的病情摘要?
- b) 护士为什么必须把病情摘要写得简单明瞭?

Now write a brief note on each of the following situations; 请给以下每种情况写个简单的摘要: (答案见第165页)

- c) The patient says he has a headache.
- d) I held an ice-bag to his swollen elbow.
- e) He said ‘Nurse, I'm not going to eat this food’, when I gave him his lunch.
- f) His pulse is strong and regular.
- g) He drank some water and he didn't vomit.
- h) He says his bowels haven't opened for two days.
- i) His lips and fingernails look blue.
- j) He was walking about this morning, but at three o'clock this afternoon he went to bed.

● 原文如此, 相当于 Whom.

- c) 病人诉说头痛。
- d) 我把冰袋搁在病人肿胀的肘部。
- e) 我给病人端上午饭时,他说:“护士,这东西我不想吃。”
- f) 他的脉搏强而规则。
- g) 他喝了点水,没有呕吐。
- h) 他说他两天没有大便了。
- i) 他的嘴唇和指甲看上去发青。
- j) 他早上散步来着,午后三点他上床休息了。

Section 4 Listening 第四节 听力练习

6. Listen to this information about a patient, and write brief notes under the following headings. The first note is shown in the example. 听下面的病人情况介绍,然后按以下格式写个简单的摘要。第一个摘要见下例。(答案见第165页)

<i>Hour</i> 时间	<i>Remark</i> 内容
8.30	Pt. in chair 病人坐在(带扶手的)椅子里 Strong and regular pulse 脉强,律整

Appendix to Unit 1 第一单元 附录

bruising (bruise) an injury which makes a mark on the skin (blue or black) but does not break the skin.

挫伤 留在皮肤上的(青色或黑色)伤痕,但皮肤没有破损。

rash red spots on the skin. A sign of certain illnesses such as measles.

疹子 皮肤上的一些小红点，是麻疹一类疾病的体征。

swelling a part of the body which has become enlarged by disease or injury e.g. a sprained ankle. The adjective is *swollen*. Swollen glands are a sign of mumps.

肿胀 身体某一部分因疾病或创伤而肿大，如踝关节扭伤。形容词为 *swollen* (肿大的)。腺体肿大是流行性腮腺炎的症状。

nausea feeling sick or wanting to vomit. The adjective is *nauseated*.

恶心 觉得要吐或想吐。形容词为 *nauseated* (恶心的)。

insomnia inability to sleep.

失眠 不能入睡。

ache an ache is a kind of pain. The term ache cannot be used for a pain in every part of the body, but only some, e.g. backache, earache, stomachache, toothache, headache.

疼痛 痛是一种(肉体上的)痛苦。这个术语不能用于身体每个部位，而只能用于身体某些部位。如：背痛、耳痛、胃痛、牙痛、头痛。

irregular pulse or respiration the pulse or respiration rate varies from fast to slow.

脉搏或呼吸不匀 脉搏或呼吸频率忽快忽慢。

dizziness vertigo, the feeling that everything is turning around you, and that you will lose your balance.

眩晕 觉得周围一切都在旋转，以致自身失去平衡。

haematemesis blood in the vomit.

吐血 呕吐物中带血。

Pallor lack of colour in the skin. The adjective is *pale* or *pallid*.

苍白 皮肤没有颜色。形容词为 *pale* 或 *pallid* (苍白的)。

diarrhoea frequent loose stools, passed through the

bowels.

腹泻 大便稀而频。

jaundice the skin and eyes of a patient with jaundice look yellow.

黄疸 黄疸病人的皮肤与眼睛看上去发黄。

dyspnoea difficulty in breathing.

呼吸困难 呼吸时感到吃力。

constipation(constipated) when a patient cannot open his bowels, or only with difficulty, he has constipation or he is *constipated*.

便秘 病人大便不通或只是觉得大便吃力, 可以说这个病人便秘或这是个便秘患者。

cyanosis blue skin caused by insufficient oxygen in the blood. The adjective is *cyanosed*.

青紫(发紺) 血中氧气不足造成的皮肤发青。形容词为 *cyanosed* (青紫的)。

anorexia lack of appetite.

厌食 缺乏食欲。

laceration a cut with broken edges. The adjective is *lacerated*.

裂伤 边缘不整的伤口。形容词为 *lacerated* (裂伤的、撕裂的)。

abrasion rubbed or torn skin.

擦伤 皮肤被擦破。

inflammation a red, hot, swollen, painful place on the skin. The adjective is *inflamed*.

发炎 皮肤有红、热、肿、痛的地方。形容词为 *inflamed* (发炎的)。

shallow pulse or respiration a light, faint pulse or respiration.

脉搏或呼吸浅表 微弱的脉搏或呼吸。

respiration breathing

呼吸 呼吸

rapid quick

迅速的 快的

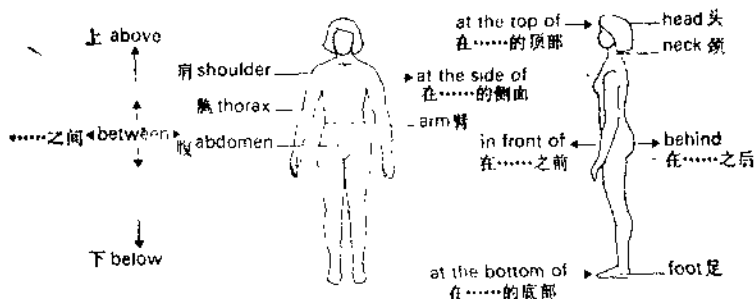
oedema swelling caused by excessive fluid in the tissues.

水肿 组织内液体过多引起的肿胀。

Unit2 Location 第二单元 位置

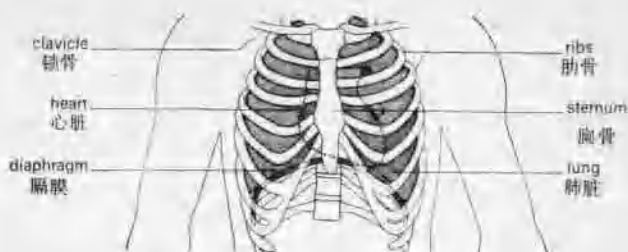
Section 1 Presentation 第一节 导入

1. Look and read, 看和读;



- a) The head is *{ located / situated }* at the top of the body.
 - b) The feet are located at the bottom of the body.
 - c) The arms are situated at the sides of the body.
 - d) The thorax is located between the neck and abdomen.
 - e) The head is above and between the shoulders.
 - f) The abdomen is situated below the thorax.
- a) 头位于身体的顶部。
 - b) 脚位于身体的底部。
 - c) 臂位于身体的两侧。
 - d) 胸位于颈、腹之间。
 - e) 头在肩上，位于两肩之间。
 - f) 腹位于胸下。

Now look at this diagram, 请看下图:



The thorax
胸廓

Choose the correct word: 选用适当的词。(答案见第166页)

- a) The thorax is situated (between/above) the neck and abdomen.
 - b) The sternum is located (in front of/below) the heart.
 - c) The twelve thoracic vertebrae are found (above/behind) the vital organs of the thorax.
 - d) The ribs are situated (between/at the sides of) the thorax.
 - e) The clavicles are (below/above) the sternum.
 - f) The diaphragm is located (below/at the sides of) the ribs and sternum.
- a) 胸廓位于颈、腹(之间/之上)。
 - b) 胸骨位于心脏(之前/之后)。
 - c) 十二块胸椎位于胸廓中重要脏器(之上/之后)。
 - d) 肋骨位于胸廓(之间/二侧)。
 - e) 锁骨位于胸骨(之下/之上)。
 - f) 膈膜位于肋骨和胸骨(之下/二侧)。

2. Look at this diagram, 看下图: