

中等卫生学校四年制护理专业教材

# 英 语

湖南科学技术出版社

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## 出版说明

随着我国经济的飞速发展和人民群众对健康需求水平的不断提高,以生物医学模式为导向的单纯的功能制护理模式已越来越不适应社会发展的需要,必将为系统化整体护理模式所代替,因此,对护理人才素质的培养也提出了相应的要求,这就迫使护理教育加大改革力度,以完成重新设计21世纪护士的重大课题。为适应新形势的要求,根据卫生部关于护理教育改革的精神,湖南省卫生厅决定将全省中等卫生学校护理专业的学制由三年制改为四年制,并与湖南科学技术出版社联合组织编写出版了《中等卫生学校四年制护理专业教材》。这套教材的内容、范围、体系均以卫生部新教学计划和新教学大纲为依据,充分体现了现代护理专业的培养目标和特点,按照突出护理、注重整体、加强人文、体现社区的指导思想,做到精选内容、主次分明、详略得当、结构严谨,保证了基本内容的科学性和系统性,加强了实践性教学和人文知识的培养,淡化了学科意识,有利于培养高素质的实用型护理人才。

本套教材共23本,包括化学、护理伦理学、护理心理学、护理英语、社会学基础、护理美学、医学遗传学概要、人体解剖生理学、生物化学、免疫学基础与病原生物学、病理学、护理药理学、护理学基础、内科护理学、外科护理学、儿科护理学、妇产科护理学、传染病护理学、五官科护理学、精神科护理学、中医护理概要、急诊护理、社区护理学等。新教材以现代护理观为指导,以整体护理程序为核心,规划教材体裁,构筑知识框架,与原用的护理专业教材有截然的区别。

本教材由湖南医科大学和湖南省各中等卫生学校高年资教师为主主编,世界卫生组织护理顾问、美国乔治梅森大学教授袁剑云博士,北京医科大学曲维香教授及湖南医科大学、湖南师范大学、湖南省社科院的知名教授分别担任主审,并广泛征求了全省各医学院校有关学科教师和基层医务人员的意见。

为加强对编写工作的领导,提高书稿质量,本教材成立了编写委员会,由湖南省卫生厅副厅长周绍明任主任委员,湖南省及部分兄弟省、市、自治区卫生厅科教处的领导和专家教授任委员。

本教材的计量单位均采用国际单位制和我国计量法的新规定。为方便学生参考原来出版各类书刊,因此,又同时列出旧制单位与国际单位对比。

为便于任课教师安排教学进程和指导学生实习,教材后附有课程简介、目标及课时

分配表，部分教材还附有实习指导。

由于教材建设是一项长期而艰巨的任务，编写适合系统化整体护理的中专层次教材还在摸索之中。因此，书中的缺点、错误在所难免，恳切希望使用本教材的同仁批评指正。

**湖南省卫生厅**  
**湖南科学技术出版社**  
1998年4月

# 前 言

本教材是根据湖南省卫生厅编写护理专业四年制教材的精神和湖南省中等卫生学校护理专业四年制教学计划组织编写的。供具有基础英语知识的护理专业学生，继续学习专业英语使用。其目的是让学生在巩固基本词汇和语法知识的基础上，重点进行专业英语阅读和会话训练，培养学生实际应用英语的能力。

本教材的编写，总结了过去传统式医学英语教学的经验，大胆创新，将目标教学模式和现代护理的新观念、新知识融为一体，使其体系新颖，内容充实，突出了现代护理的特色，注重了思想性、科学性、先进性和实用性。

本书共 20 课，100 学时完成，每课 5 学时。每课有学习目标、对话、课文、生词、词汇学习、注释和练习。对话以医护情景为题材，以护士为主要角色，句子浅易；课文部分设有读前提问，通过提问，复习与课文相关的知识而引入课文学习；词汇学习归纳了一些常用的动词、名词、形容词的不同用法，讲解与医护有关的词意；练习的最后部分是阅读理解，此题可根据课时和学生的水平选做。根据护理专业学习和应用的需求，特增加了 6 项附录，便于学生查阅参考。

本教材由衡阳市卫校李桂香老师主编，卫生部湖南医科大学英语培训中心陈慕竹教授主审。在编写过程中，得到了省卫生厅科教处、衡阳市卫校领导的大力支持，衡阳市卫校丁育秦老师为本教材做了大量的审校工作，在此表示诚挚的感谢！

护理英语的编写是一种新的尝试，加之编者水平有限，书中错漏之处，在所难免。恳请使用本教材的同仁批评指正。

编者 1998 年 2 月

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## Lesson One

### Learning Objectives

1. Learn to use the following words and expressions: *be considerate of, be fit to do, think of ... as, spend ... on, help ... with, carry out, be responsible for, have empathy for*
2. Tell the reason why you have decided to be a nurse.
3. Retell the text.
4. Learn the sentence patterns: (1) S + V + it + C + to do ...  
(2) No matter what ...

### ■ Dialogue

I Have Decided to Study Nursing
---------------------------------

Jane: What do you want to do after middle school?

Lin: I have decided to study nursing like my sister.

Jane: You mean your sister is a nurse?

Lin: Yes. She has worked as a nurse in a large general hospital for three years since she graduated from a medical school.

Jane: She stays with the sick and serves them in most of her working time. I think she may be busy.

Lin: Yes. She works on two night shifts every week. But she feels it her duty and pleasure to help the sick. She is always considerate of the patient's physical and personal feelings. Recently she has become a head nurse in the medical department.

Jane: She is great. You are kind, polite, courteous and helpful like your sister. Your pleasant character is fit to be a nurse.

Lin: It is very kind of you to say so. Thank you very much.

### ■ New Word and Expressions

nursing ['nɜːsɪŋ] *n.* 护理, 保育

graduate ['grædʒjuːt] *vi.* 毕业; *n.* 毕业生

sick [sik] *a.* 生病的

shift [ʃift] *n.* 轮班

night (day) shift 夜 (白) 班

considerate [kən'sidərit] *a.* 体谅的

personal ['pɜ:sənl] *a.* 个人的, 私人的

medical ['medikəl] *a.* 医学的, 内科的, 医药的

courteous ['kɜ:tjəs] *a.* 谦恭的

character ['kæriktə] *n.* 性格, 品质

fit [fit] *a.* 能胜任的, 合格的

### ■ Notes

1. She feels it her duty and pleasure to help the sick. 她认为帮助病人是她的职责和乐趣。

“it”是形式宾语, 真正宾语是“to help the sick”。如:

2. The doctor believes it necessary for him to try the experiment on himself. 医生认为有必要在自己身上做试验。

### ■ Text

#### To Be a Nurse

Pre-reading questions:

1. Do you like to be a nurse?
2. What will you have to do if you want to become a nurse?
3. What do nurses usually do in a hospital?

If someone asks you to describe a nurse, you would probably think of the nurse in the doctor's office, or perhaps a nurse you saw in a hospital, or maybe the nurse at your school. But no matter what nurse you thought of, most likely you would think of a nurse as being a woman. Actually most nurses in the United States are women. But this doesn't mean that a man may not become a nurse, for today more and more men are entering the nursing profession.

In China, someone who will be a nurse studies in a nursing school or university for three or four years after finishing middle school. She takes basic medical courses such as human anatomy, physiology, biology, pathology, pharmacology and others. Clinical subjects are general, medical, surgical, infectious, obstetric and gynecological nursing. She spends at least one year on clinical practice in the hospital. When she passes the examinations, she will get a nursing license and become a qualified nurse.

A nurse is a main role in the hospital. She observes signs and symptoms of patients, helps the surgeons with operations, gives nursing care and carries out the treatment measures ordered by the physician. She is also responsible for promoting both physical and mental health of individuals, such as teaching them to keep fit, change unhealthy habits, eat a proper diet and get proper exercise. Prevention of diseases is one of their parts. She helps individuals restore health.

Nursing is a noble profession, but it means hard work. To be a nurse, she must be kind, patient, sympathetic and have empathy for patients. Then she will take real good care of

patients.

### ■ New Words and Expressions

describe [dis'kraib] *vt.* 描写, 形容

likely ['laikli] *ad.* 很可能; *a.* 很可能的

profession [prə'feʃən] *n.* 职业

basic ['beisik] *a.* 基本的

course ['kɔ:s] *n.* 课程

anatomy [ə'nætəmi] *n.* 解剖学

physiology [i'fizi'ɒlədʒi] *n.* 生理学

pathology [pə'θɒlədʒi] *n.* 病理学

pharmacology [i'fɑ:mə'kɒlədʒi] *n.* 药理学

clinical ['klinikəl] *a.* 临床的

surgical ['sə:dʒikəl] *a.* 外科的, 外科学的

infectious [in'fekʃəs] *a.* 传染的

obstetric [ɒb'stetric] *a.* 产科的

gynecological [i'gænikə'lɒdʒikəl] *a.* 妇科的

license ['laisəns] *n.* 执照, 许可证

qualified ['kwɒlifaid] *a.* 合格的, 有资格的

role [rɒl] *n.* 角色

sign [sain] *n.* 征兆

symptom ['sɪmptəm] *n.* 症状

surgeon ['sə:dʒən] *n.* 外科医生

operation [ɒpə'reiʃən] *n.* 手术

treatment ['tri:tmənt] *n.* 治疗

measure ['meʒə] *n.* 措施

physician [fi'ziʃən] *n.* 医生, 内科医生

responsible [ris'pənsibl] *a.* 负责的

promote [prə'məut] *vt.* 促进

mental ['mentəl] *a.* 精神的

unhealthy [ʌn'helθi] *a.* 不健康的

individual [indi'vidjuəl] *n.* 个人, 个体

diet [daɪət] *n.* 饮食

prevention [pri'venʃən] *n.* 预防

disease [di'zi:z] *n.* 疾病

part [pɑ:t] *n.* 职责

restore [ris'tɔ:] *vt.* 使恢复

sympathetic [i'sɪmpə'θetik] *a.* 同情的

empathy ['empəθi] *n.* 移情 (能体会别人的感情)

### ■ Notes

1. no matter what nurse you thought of, most likely you would think of a nurse as being a woman. 无论你将护士想像成什么样, 最可能是你会想到护士是女性。

“no matter what/who…” 引导状语从句, 意为“无论…, 不管…” 与 “whoever, whatever…” 意义和用法相同。如:

You can't go in no matter who you are. 无论你是谁, 都不能进去。

She is going to be a nurse no matter what difficulties she meets. 无论碰到什么困难, 她要当护士。

2. she must be kind, patient, sympathetic and have empathy for patients. 她必须善良, 有耐心, 富有同情心, 能设身处地为病人着想。

### ■ Word Study

describe *vt.*

1. 描写, 叙述 (say somebody or something is like)

Can you describe the man in detail, with his age, height etc.?

Words can't describe the beauty of the scene.

2. 形容, 把…说成 (say somebody or something is)

The author described him as a fool.  
I should describe the attempt as a failure.

fit a. , vt.

1. a. 适合的, 健康的 (suitable, or in good health)

Not everyone is fit to be a nurse.

He is fit for the job.

The house is fit for living.

2. vt. 使合适, 使信任 (be the right shape and size for, make sb suitable or competent)

The coat doesn't fit me.

His great height fitted him for team games.

observe vt.

1. 注意到, 观察 (watch, pay attention to)

The nurse observes the conditions of the patient.

The scientist observed the behavior of the mice after they were given the drug.

2. 遵守 (follow, act in accordance with)

We must observe the rules of the traffic.

3. 庆祝, 纪念 (celebrate)

People of many Asian countries observe the Mid-Autumn Festival.

restore vt. (使) 恢复 (to make well or normal again)

Health is completely restored after she had a cold for a week.

restore...to 使...恢复到

By treatment, the patient's blood pressure has been restored to normal.

## ■ Exercises

I. Complete the dialogue with the given choices.

- A. Yes, I can suggest many other kinds of work. But first I must find more about your training. You're a college student, aren't you?
- B. Of course. I can help you. You want a job in business, don't you?
- C. I think nursing is an uninteresting job. Moving about in the ward will make you tired. Sometimes you need to do night shift. Would you like to be a teller?
- D. You mean you have decided to be a nurse. Which department do you like to be in?
- E. About a week. Come back to me next Thursday.
- F. All right. I'll try to help you. Please write down your name, address and telephone number on the reply form.

Mary: I'm looking for a job, sir. Can you help me?

Tom: \_\_\_\_\_

Mary: No, I don't want a business job.

Tom: \_\_\_\_\_

Mary: No, I haven't graduated from college. But I studied nursing in a health school. I want a job in a hospital.

Tom: \_\_\_\_\_

Mary: No, I don't like to sit down all day or to account money. Although I don't have experience in nursing. I enjoy it very much.

Tom: \_\_\_\_\_

Mary: I like to be a nurse in the obstetric department. To be with new-born babies makes me happy.

Tom: \_\_\_\_\_

Mary: Thank you very much. By the way, how long shall I wait?

Tom: \_\_\_\_\_

## II . Answer the following questions.

1. What is Lin?
2. What does Lin sister do?
3. How does Lin sister feel to be a nurse?
4. Why is Lin fit for nursing?
5. Why do people think of a nurse as a woman when they think of a nurse?
6. Can a man become a nurse?
7. How long do students study in a nursing school?
8. What are some of the basic courses?
9. What do clinical courses include?
10. How long do they have clinical practice?
11. What are their duties in a hospital?
12. What is nursing like?

## III . Fill in the blanks with the words and expressions listed below in the proper forms.

carry out, sympathetic, promote, have empathy for, responsible for, considerate of, graduate, fit, describe, think of...as, help...with, observe

1. The doctors who examined him found him \_\_\_\_\_ than the others.
2. We should be \_\_\_\_\_ the sick, the old and the poor.
3. The driver is \_\_\_\_\_ the passengers' safety.
4. When did you \_\_\_\_\_ from Hunan Medical University?
5. He \_\_\_\_\_ me as a fool.
6. The nurse \_\_\_\_\_ the patient's condition closely.
7. You mustn't \_\_\_\_\_ me \_\_\_\_\_ being unhappy.
8. She is a good nurse and always \_\_\_\_\_ patients.
9. Nurse White \_\_\_\_\_ the surgeon \_\_\_\_\_ an operation.
10. It is important for nurses to \_\_\_\_\_ the doctor's orders.

11. Good food and proper exercises can \_\_\_\_\_ health.
12. She tried to be kind-hearted and \_\_\_\_\_.

IV. Rewrite the sentence patterns after the models.

Model 1. She helps the sick.

She feels that it is her duty and pleasure.

She feels it her duty and pleasure to help the sick.

1. She studies anatomy, physiology and pathology well.

She finds that it is not easy.

2. We meet the patients' needs.

We think that it is important.

3. We will become nurses.

She considers that it is foolish.

4. She provides nursing care for the patients.

She feels that it is her duty.

Model 2. Whenever I come to see him, I always find him hard at work.

No matter when I come to see him, I always find him hard at work.

1. Whatever happened, he would not say a word.

2. However badly she had slept, she was always up early.

3. There were crowds of people wherever he went.

4. Take it whenever you need it.

5. Wherever you may go, whatever you may do, whomever you may meet, do not forget your country.

6. However tired he was, he always had a smile.

V. Translate into English.

1. 他身体健壮，足以跑这么远。(fit)
2. 他的经验使他适合这项工作。(fit)
3. 你能给我描述一下那个贼吗？(describe)
4. 他把自己说成是一位医生。(describe...as)
5. 我们要遵守学校纪律。(observe)
6. 医生和护士要对病人负责。(responsible for)

VI. Reading material.

A Rewarding Job

The physicians in a hospital form the core of the medical staff. But they could not provide effective medical care for their patients without the help of nurses. From the viewpoint of the patients, the nursing staff is particularly important.



A nurse doesn't study for as many years as a doctor. However, each must be equally dedicated. Caring for sick persons requires a great deal of patience and concern. Most nurses work long days and they often must work during the night.

Under the supervision of the head nurse, the nursing staff in a hospital ward must meet the patients' needs. Their service must be provided around the clock. So nurses must work in shifts. A shift is a period of duty, usually eight hours. They take turns.

A nurse must always be alert. She can never be careless. This is true in all nursing situations, but it is especially true in the Intensive Care Unit. Patients under intensive care are seriously ill, and they must be monitored at all times.

Serving as a nurse can be a rewarding job. But it is not an easy one. Not every person is fit for a nurse. Only very dedicated people have chosen nursing as profession.

□Notes

rewarding *a.* 值得做的

core *n.* 核心

staff *n.* 工作人员, 职员

medical care 医疗

from the viewpoint of 站在...的角度上

equally *ad.* 相同地

dedicated *a.* 奉献

supervision *n.* 监督

ward *n.* 病房

around the clock 昼夜

take turns 轮流 (值班)

alert *a.* 机灵的

Intensive Care Unit (ICU) 监护抢救室

monitor *vt.* 监视

Comprehension check: Choose the best answer.

- The physicians in a hospital are \_\_\_\_\_.  
A. main roles of the medical staff  
B. unimportant members of medical staff  
C. teachers of other staff  
D. doctors and nurses
- In the patients' opinion \_\_\_\_\_ is particularly important.  
A. the physicians  
B. the surgeons  
C. the dentists  
D. the nursing staff
- Caring for the sick requires a great deal of \_\_\_\_\_.  
A. treatment  
B. medicine  
C. patience and concern  
D. time and space
- Nurses in a hospital ward must meet the patients' needs \_\_\_\_\_.  
A. with the help of others  
B. under the supervision of the head nurse  
C. ordered by the head nurse  
D. under the supervision of the other doctors
- Nurses must \_\_\_\_\_ because their service must be around the clock.  
A. work day and night  
B. do shift work  
C. work during the night  
D. work during the day
- \_\_\_\_\_ must be monitored at all the time.