

救援英语

Rescue English

主 编 / 王发强 崔学军



人民军医出版社

PEOPLE'S MILITARY MEDICAL PRESS

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内 容 提 要

本书针对地震、海啸、洪涝等灾害救援工作的需要,以英汉两种语言介绍了救援工作的相关知识和技术方法。包括现场急救、伤病员转送、医院诊治等基本技能,灾害分类、应急方案、人员集结、器材配备等组织管理和常用英语对话,以及救援医学英语词汇、灾害管理相关术语和救援组织名称英汉对照。本书内容实用,阐述简明,主要供开设本课程的医学院校使用,亦适合相关专业人员和管理人员学习参考。

前 言

救援医学是在世界灾害频发、全球一体化的大背景下产生的。自 20 世纪后期以来,地震、海啸、洪涝、火灾、环境污染、意外伤害、疾病流行、恐怖袭击、核泄漏等各类灾害频发,并在全球范围内有继续恶化的趋势,严重影响了人类的生存与发展。在这种国际化的大背景下,中外联合搜救,或走出国门进行国际救援的概率越来越高。因此,救援人才的培养,不仅要定位于国内救灾、处突、安保等任务的完成,还要着眼于人才国际化的需求和当前国际救援日益频繁的国际形势,保证培养出的救援医学人才能够担负国际联合救援、国际反恐联合作战和维和救援等任务。这不仅是对救援医学知识的挑战,也突出了英语作为基本交流沟通手段的重要性。因此,英语的学习不再只是为了应付考试就万事大吉了,而是成为一种交流、沟通的需要,也是能够成功、高效地执行救援任务的必备素质。

救援医学领域存在着各国之间术语不统一、不规范的现象。在国际联合救援任务中,术语的不统一、不规范,严重制约着救援任务贯彻的及时性和实效性。针对这种现象,世界卫生组织出台了一系列的章程和规范用语,为术语的进一步统一和规范提供了良好的条件。毋庸置疑的是,提高英语水平是推进这一过程的根本前提。因此,本着既要使我们的救援医学人才拥有较强的医学救援专业知识,又要让他们能够满足国际协作日益频繁的要求,适应国际化的人才建设模式,我们以世界卫生组织关于救援的许多章程和规范为蓝本,从中选取了一些具有针对性的英语学习材料,并集合许多勤勉优秀的救援一线人员和英语专业人员,历时一年时间,精心编写了本书,旨在为培养具有较强英语综合应用能力和应用专业知识进行英语沟通的救援人才尽一份绵薄之力。

全书共分三部分,具体内容如下:第一部分侧重英汉两种语言解读现场急救的诸多医学术语、灾害救援医学基本技能、现场急救的几种处置方法以及一些常用对话;第二部分侧重英语综述各种灾害、灾害发生时的应急预案及行动方案、人员集结、物资配备等情况,并通过汶川地震、海地地震等案例的综合分析,帮助救援医学管理人员更好地制定灾害应急预案、行动方案等;第三部分侧重医学救援术语、灾害管理相关术语和救援组织名称英汉对照。

本书在编写过程中,虽然殚精竭虑,力求完美,但由于时间仓促及水平有限,纰漏之处在所难免,欢迎各界人士批评指正。

编 者

2011 年 5 月

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Section One 第一部分

Part I On-site Medical Treatment 现场急救医学

1.1 Introduction to On-site Medical Treatment 现场急救简介

On-site medical treatment is to take immediate medical action on the spot to prevent greater harm to the patient when a disaster happens. The main objective of on-site medical treatment is to save lives, reduce injuries. Fortunately, most on-site medical procedures are not complicated and can be performed by someone with related rescue training.

现场急救就是灾害发生时需要立即进行医疗处理以防止对病人产生更大伤害。急救的主要目的是抢救生命,减少伤残。幸运的是,大多数急救措施并不复杂,只要接受过相关训练的人都会操作。

What are warning signs of a medical emergency? Warning signs include fainting, bleeding, difficulty breathing, paralysis, vomiting blood, change in mental status, etc. One of the most serious emergencies is when an individual has stopped breathing. Asphyxia, electrocution, drowning, heart attack, or some other causes might cause people to stop breathing. Brain damage is likely to occur after only four minutes without oxygen. What shall we do to prevent it from happening? To prevent brain damage or death, artificial respiration must be started immediately in case of need.

需要急救的病症有哪些警示性体征? 警示性体征有昏迷、出血、呼吸困难、麻痹、吐血、意识不清等。最危险的情况之一是病人停止呼吸。窒息、触电、呛水、心肌梗死或其他原因都可能引起呼吸停止。只要停止供氧 4min, 大脑就可能受损伤。我们该做些什么来避免这种情况发生? 为了避免大脑损伤或脑死亡, 必要时必须立刻进行人工呼吸。

Another example is severe bleeding (hemorrhaging), especially from a main artery. To deal with bleeding, you must press at the site of bleeding, or apply a tourniquet care, however, you must reduce pressure from time to time to prevent gangrene.

另一例子是严重大出血, 特别是主要动脉大出血。必须紧压出血处, 或使用止血带。但是, 还必须注意经常松动紧压处以免发生坏疽。

Another common emergency is choking by foreign bodies. The rescuer had better clutch the victim from behind and sharply presses with his clutched hands until the foreign object is

impelled out of the trachea.

另一个常见的急症是被异物堵塞气道。施救者最好从后面抱紧患者,并用双手用力压患者的胸部直到异物被挤出气管。

Shock is a condition that accompanies many medical emergencies, which is always serious and can be fatal. Severe injuries to the head rank among the most serious emergencies. If the skull is fractured or the victim suffers a brain concussion, the brain can be irreparably damaged. Whatever we do on-site is only the first step. The treatments and medical care followed are also very important.

休克是一种伴随许多医疗急症的情况,非常严重并可致命,头部的严重损伤属于最严重的急症。如果头颅骨折或病人有脑震荡,可能出现不可挽救的损伤。在任何现场急救中我们所做的仅仅是第一步,随后的治疗和护理也是非常重要的。

1.2 Expressions of On-site Medical Treatment 现场创伤急救用语

1.2.1 Airway 通畅气道

1. Foreign body in respiratory tract 呼吸道异物
2. Foreign bodies cause airway obstruction (FBAO) 异物梗阻气道
3. Techniques for the establishment of airway 气道通畅技术
4. The tongue and epiglottis obstruct the pharynx 舌与会厌阻塞气道
5. Head tilt-chin lift maneuver 仰头举颏法
6. Jaw-thrust maneuver 推举下颌法
7. Foreign bodies may lodge in the trachea 异物可能留在气管里

1.2.2 Stop Bleeding 止血

1. Stanch a cut 给割伤伤口止血
2. The cut is bleeding 伤口在流血
3. He was bleeding badly 他流了很多血
4. He is bleeding from the mouth 他口中流血
5. He was bleeding at the nose 他的鼻子在流血
6. He could not stem the bleeding 他流血不止
7. My son is bleeding very badly! 我的儿子流血流得很厉害!
8. What's wrong with your mouth? It's bleeding! 你的嘴怎么了? 在流血啊!
9. If a person is bleeding badly, you must try to stop the bleeding. 如果流血很多,你必须尽力给他止血。
10. The nurse tied off his bleeding finger. 医生结扎住了他流血的手指。
11. Fortunately, he is out of danger. But he's bleeding terribly. 幸好他脱离危险了,只是他血流得很厉害。

1.2.3 Bandage 包扎

1. An open wound 没有包扎的伤口
2. Bound up their wounds 包扎他们的伤口
3. Winding the bandage on his finger 用绷带包扎他的手指
4. She put a dressing on the mangled toe. 她包扎砍伤的脚趾。
5. To apply a bandage to his wounded leg 用绷带包扎他的伤腿
6. He wound a bandage round his arm. 他用绷带包扎胳膊。
7. The doctor bound the wound with gauze. 医生用纱布包扎伤口。
8. The wound was taped up. 伤口用绷带包扎起来。
9. The wound was bound up by bandage. 伤口用绷带包扎着。
10. Disinfect the wound before you bandage it up. 伤口包扎之前应先消毒。
11. To untie or unfasten bindings 解开或松开包扎
12. The doctor tied up the wound. 医生把伤口包扎好了。
13. You must bathe that wound before you bind it up. 包扎伤口之前必须先清洗。
14. He put a bandage over the cut. 他对伤口进行了包扎。
15. Tom returned to the camp to dress his injuries. 汤姆返回营地去包扎他的伤口。
16. Do you know how to bandage an injured arm? 你知道如何包扎受伤的胳膊吗?
17. Nevertheless you could have bandaged his cuts. 你仍然可以用绷带包扎他的伤口。
18. The doctor bandaged up his broken ankle. 医生把他受伤的脚踝包扎起来。
19. You shall have your leg bandaged. 你的腿要用绷带包扎起来。
20. The surgeon bandaged up his injured head. 外科医生把他受伤的头部包扎起来。
21. His burn has been dressed. 他烧伤的地方已经敷药包扎好了。
22. His injured arm was tightly strapped up. 他受伤的手臂已妥善地包扎好了。
23. She put a dressing on the wound. 她给伤口敷上包扎绷带。
24. To wrap (a patient) in a pack. 用纱布包扎(病人)。
25. I dressed his cut hand. 我给他包扎砍伤的手。
26. She wound a bandage round my wounded arm. 她用绷带包扎我受伤的手臂。
27. Injuries are observed but consist in small lacerations or puncture due to the presence of glass debris and nails. 由于玻璃碎片和钉子而导致的割伤或刺伤也时有发生。

1.2.4 Fracture 骨折

1. Fracture; Break in a bone, caused by stress. 骨折: 由外力引起的骨骼断折。
2. The medical term for a broken bone is a fracture. 医学上称骨头破裂为骨折。
3. A complete fracture is when the bone comes apart. 完全骨折是指骨头分成了好几块。
4. The fracture may not be accompanied by obvious bone deformity. 骨折也可能没有明显的骨变形。
5. Another kind of break is an open or compound fracture. 另一种骨折是袒露的或者叫

有创骨折。

6. He had two broken ribs and a fractured skull. 他两根肋骨被折断,头颅骨折。

7. I think his right femur may be broken. 我看,他可能是右侧股骨骨折。

8. The fracture of his left leg is very serious. 他的左腿骨折情况很严重。

9. His son suffered from a fractured pelvis. 他儿子出现骨盆骨折。

10. The doctor will set your broken leg. 医生将给你骨折的腿正骨。

11. Pressure variations in the hip joint after femoral neck fracture 股骨颈骨折髋关节内压力变化

12. Fractures of the nose may be associated with sepal fractures and hematomas. 鼻骨折可伴有中隔骨折和血肿。

13. Diagnosis and manual restoration of traumatic fracture on nose 鼻部骨折的诊断与复位

14. Fracture of orbital floor is a kind of special orbital fracture. 眶底骨折是一种特殊类型的眼眶骨折。

15. Bone from an orbital floor fracture may cause an intraocular foreign body. 眶底骨折的碎骨可能引起眼内异物。

16. Orbital fracture restitution combined with dacryocystorhinostomy 眶壁骨折整复联合泪囊鼻腔吻合术

17. The fracture caused him intense pain. 骨折给他造成了剧烈的疼痛。

18. Nursing of patients with femoral neck fracture 股骨颈骨折病人的护理

19. Nursing of burn patients complicated by fracture 烧伤合并骨折病人的护理

20. Your left thumb suffers a comminuted fracture. 你左手的拇指是粉碎性骨折。

21. Health education for femur fracture patients after discharged from hospital 股骨骨折病人的出院健康教育

Part II Conversations on Treatment When Casualties Transferred to Rear Hospitals 后方医院处理后送伤员病情会话

2.1 Sentences Commonly Used by Medical Personnel 医务 会话常用语

2.1.1 Inquiring Patient's Conditions 询问病情

1. What's the matter? 什么事?
2. What seems to be the trouble? 你哪里不舒服?
3. What's troubling you? 你哪里不舒服?
4. What seems to be the problem? 你哪里不舒服?
5. What's your complaint? 什么病?
6. What can I do for you? 我能为你效劳什么?
7. Is there anything wrong? 有什么不对劲吗?
8. What exactly is wrong? 到底有什么不对劲呢?
9. What symptoms does he have? 他有什么症状?
10. Is there anything particularly unusual? 有什么特别不一样的吗?
11. In what way are you feeling sick? 你感觉怎样不舒服?
12. What seems to be bothering you? 你感觉怎样不舒服?
13. Tell me what your problem is. 告诉我哪里不舒服。
14. Where does it hurt? 你哪里痛?
15. What hurts you? 你哪里痛啊?
16. When did it happen? 是什么时候发生的?
17. Since when has it hurt? 受伤多久了?
18. Since when? 从什么时候?
19. When did this start? 从什么时候开始的?
20. Do you have a fever? 你发热吗?
21. Do you have a cold? 你着凉了吗?
22. Do you have severe headaches? 你头痛得厉害吗?
23. Do you have a sore throat? 你喉咙痛吗?
24. Do you feel chilly? 你觉得冷吗?
25. Do you feel nauseous? 你想吐吗?
26. Do you have diarrhea? 你腹泻吗?

27. Have you ever coughed up blood or bloody phlegm? 你曾咳出血或痰中带血吗?
28. Have you passed blood in your urine? 你小便带血吗?
29. How is your appetite? 你食欲如何?
30. Can you walk? 你能走路吗?
31. Do you have any allergies? 你有什么过敏反应吗?
32. When did the pain start? 你什么时候开始痛的?
33. Which tooth is troubling you? 你哪颗牙不好?
34. What's wrong with your ear? 你的耳朵怎么了?
35. Since when have you been feeling like that? 什么时候开始有这种感觉的?
36. How long have you been hurt? 你受伤多久了?
37. How long has it been this way? 这样多久了?
38. What did you eat yesterday? 你昨天吃了什么东西?
39. Have you taken any medicine for it? 你吃过什么药吗?
40. Do you feel tired? 你感觉疲倦吗?
41. Are you feeling sick? 你感到恶心吗?
42. Any vomiting? 有没有呕吐?
43. Are you feeling all right? 你感觉好吗?
44. Are your bowels regular? 你的大便正常吗?
45. Do you cough? 你咳嗽吗?
46. Do you feel short of breath sometimes? 你有时觉得气急吗?
47. Do you have any appetite? 你吃东西有胃口吗?
48. Do you have any difficulty breathing? 你呼吸有困难吗?
49. Does it hurt? 这里痛不痛?
50. Have you had any chronic diseases in the past? 你过去有没有得过慢性病?
51. Is this cut still painful? 伤口还疼吗?
52. Did you suffer from an allergy? 你有过敏史吗?
53. It is not serious. 病情不严重。
54. Don't worry. 别担心。
55. There is nothing to worry about. 不必顾虑。
56. How far pregnant are you? 你怀孕多久了?
57. How are you feeling now? 现在感觉如何?
58. How is your rheumatism? 你风湿病怎样了?
59. What sort of pain do you get there? 是哪种痛?

2. 1. 2 Statement of Patient's Conditions 病情描述

1. He has pain in his teeth and jaw. 他的牙齿和下巴疼痛。
2. He has some problems with his teeth. 他牙齿有问题。
3. The tooth hurts only when he bites down on it. 他咬东西时, 牙齿就痛。
4. His gums are red and swollen. 他的牙床红肿。

5. His tongue is red and sore all over. 他的舌头到处红和痛。
6. His breath smells bad and he has a foul taste in his mouth. 他口里有怪味。
7. His gums do bleed. 他牙床有出血。
8. He has some sore swellings on his gum and jaw. 他的牙床和下巴肿痛。
9. He has sore places on and around the lip. 他的嘴唇和周围都很痛。
10. There are cracks at the corners of his mouth. 他的嘴角破了。
11. There are some discolored areas inside on his tongue. 他舌头里边有些地方颜色怪怪的。
12. His blood pressure is really up. 他的血压很高。
13. He has noticed frequent urination, increased thirst and unexpected tiredness. 他发觉常常小便, 非常口渴和更加疲倦。
14. It is a chest pain that gets worse when he bends over or lies down. 他弯腰或躺下时, 胸部疼痛加重。
15. He has noticed excessive sweating and unexplained tiredness. 他体会到过度的出汗和难以解释的疲倦。
16. He has a sharp pain in one area of his spine. 他的脊椎某部位刺痛。
17. He has pain in other joints including hip, knee and ankle. 其他关节疼痛包括髋关节、膝关节和踝关节。
18. His eyes seem to be bulging. 他觉得眼睛有点肿胀。
19. He has double vision. 他视物重影。
20. He feels there is a film over his eyes. 他觉得眼里有种薄膜似的东西, 挡住视线。
21. His vision in the right eye blurred. 他右眼视物不清。
22. He has had some earaches lately. 他近来耳朵有点痛。
23. He has a repeated buzzing or other noises in his ears. 他耳朵常有嗡嗡的声音。

2.1.3 Examination 检查

1. Let me take a look in your ears, first. 首先, 让我看一下你的耳朵。
2. Now let me examine your nose. 现在让我检查你的鼻子。
3. Look right at me, please. 请看着我。
4. Now open your mouth. 现在张开你的嘴。
5. Open it just as widely as you can. 尽量把嘴张大。
6. I'm not going to do anything to hurt you. 我不会使你感到疼痛。
7. Lift your tongue up to the roof of your mouth. 把你的舌头抬到上腭。
8. Now let your tongue down. 现在把你的舌头放下来。
9. Just breathe easily through your mouth. 只用嘴轻轻地呼吸。
10. Please say, "Ah". 请说“啊”。
11. Now I want to look in your throat with my mirror. 现在我要用喉镜检查你的咽喉。
12. Would you come toward me just a little? 稍向我靠近一点儿好吗?
13. Stick your tongue way out. 把你的舌头伸出来。

14. Look up to the ceiling and your arms out. 向上看天花板,两手臂伸直。
15. You need a thorough examination. 你需要做一个全面检查。
16. Let me look at your chest for a moment; take a big breath, please. 让我检查一下你的胸部,请大口呼吸。
17. Take a deep breath in and hold your breath. 深吸气,屏住气。
18. Breathe through your mouth. 用嘴呼吸。
19. Would you help me to slip this off so that I can listen to his heart? 您帮我解开他的衣服,我听听心脏好吗?
20. I'm just going to have a look in your back passage to make sure everything is all right. 我要检查一下你的肛门,以保证不出问题。
21. Please unbutton his shirt and loosen his belt. 请解开他的上衣扣子,松开腰带。
22. Please point to the most painful area in your abdomen. 请指出腹部最疼的地方。
23. Turn over and curl yourself into a ball with your bottom right over the edge of the couch. 转过身去,蜷缩身体,使臀部放在床边上。
24. Please lie on your tummy. 请面朝下趴着。
25. Turn him over and let him lie on his back. 把他转过身来仰卧着。
26. Bend your knees. 屈膝。
27. Lean forward. 前倾。
28. Get off the couch and stand up. 下床站立。
29. I'll do a rectal examination, please undress and lie in a knee-chest position. 我给你做直肠检查,请脱掉裤子,跪着趴下。
30. Now I'm going to perform an abdominal puncture. Don't worry, as it is just like an injection. 现在给你做腹腔穿刺。别怕痛,就像打针一样。
31. A blood test is necessary. 需要查个血。
32. Any pain here? 这里痛吗?
33. Breathe deeper, please. 深呼吸。
34. Cough. Now again. 咳嗽,再咳嗽。
35. Does it hurt here? 这里痛吗?
36. Does it hurt when I press here? 我压这儿时痛吗?
37. Does it hurt when I touch it here? 我碰的这里痛吗?
38. I'm going to take a throat culture so we'll know for sure. 我要做个咽部细菌培养以便确定病情。
39. Let me check your lungs and heart. 我查一下你的肺和心脏。
40. Let me listen to your heart and lungs. 我听一下你的心肺。
41. I'll first take your blood pressure. 我要首先给你测个血压。
42. Now breathe in. A deep breath. 吸气,深吸一口气。
43. Roll her sleeves up, please. 请把她袖子卷起来。
44. The gums are swollen. 牙龈肿了。
45. There's some respiratory murmur in your heart. 你的心脏有呼吸期杂音。