



医护英语水平考试办公室 组织编写

医护英语水平考试(METS) 指导与训练

护理类 第三级

[主审] 王 蕾 [主编] 王 莘



人民卫生出版社
PEOPLE'S MEDICAL PUBLISHING HOUSE



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护理类 第三级

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前言

医护英语水平考试(护理类)(Medical English Test System, METS)是面向国内各医学院校护理专业在校生及医疗机构中从事护理工作者的外语考试。为了帮助考生们熟悉考试新题型,明确考试重点,作好考前复习,在METS办公室的组织下,我们以METS各级别考试新大纲和近几年的全真试题为依据,结合历年参加英语医护水平考试人员外语水平的实际情况,精心编纂了这套《医护英语水平考试(METS)指导与训练》(护理类)。

本套书的编者长期从事医学英语教学研究与实践,深知医学英语的特殊性。在编写过程中,科学性与实用性始终是编者关注的焦点,也是本套考试用书两个突出的特点。

首先,《医护英语水平考试(METS)指导与训练》(护理类)以提高考生的护理操作技能和护理用英语为双重主线编写,内容与形式紧扣METS各级别考试及临床护理主题的要求,紧紧围绕考纲设计,强调实用性;选材新颖,按照医学英语的学习规律组织语言材料,循序渐进,并力图反映最新的医学科技发展状况。需要特别指出的是,本套书中用到的全真试题试卷为METS办首次对外解密,模拟题均选自METS考试试题库,因此本套书和METS考试具有非常高的共时效度。

其次,为了提高针对METS考试备考的指导性,本套考试用书除了向考生提供听力、阅读和写作等各考题大项的应试技巧外,还以最近几年的考试真题为样本,对各分项进行了逐项剖析,并给出了每项试题的测试重点及应试指导建议。同时本套书还配有若干套全真试题及详解、模拟试卷练习和答案,听力部分配有录音原文,供考生复习与自测。相信通过本套书的学习,考生们不仅能提高METS考试的应试能力,还可以真正提高自己的医护英语水平。

本套书为全国医护英语水平考试(护理类)辅导用书,读者对象兼顾有志参加METS考试的医学院校护理专业在校生及在职医护人员。本套书讲解详细,可作为医护英语考试培训班的教材使用,亦非常适合用于考生自学。

这套《医护英语水平考试(METS)指导与训练》(护理类)共分三册,分别为第一级、第二级、第三级考试的配套训练用书。本书为第三册,内容包括METS第三级考试说明, METS第三级考试各题型专项训练及解题技巧、真题试卷及模拟题详解三套(含听力原文及解析),模拟题练习三套(含听力原文、光盘及答案)等。

本书的编写还得到了外籍专家Linda Perkins和Anika Al Shura的大力帮助,在此一并致以诚挚的谢意。

编者

目 录

一、METS（护理类）第三级考试说明

I. 听力2

METS听力专项训练

Part 1 信息匹配2

Sample 13

Sample 25

Part 2 信息判断7

Sample 17

Sample 29

Part 3 多项选择 11

Sample 1 12

Sample 2 14

Part 4 填写表格 17

Sample 1 17

Sample 2 20

II. 阅读 21

METS阅读专项训练

Part 1 信息匹配 22

Sample 1 22

Sample 2 25

Part 2 多项选择 28

Sample 1 29

Sample 2 32

Part 3 信息判断 35

Sample 1 35

Sample 2	38
Part 4 补全短文	41
Sample 1	41
Sample 2	44
Part 5 完形填空	46
Sample 1	46
Sample 2	49
III. 写作	52
METS 写作专项训练	
Sample 1	52
Sample 2	54

二、真题及模拟题详解

试卷1	58
试卷2	83
试卷3	110

三、模拟题练习

模拟试卷1	136
模拟试卷2	157
模拟试卷3	180

METS（护理类） 第三级考试说明

METS（护理类）第三级是METS考试三个级别中的最高级别。根据《医护英语水平考试考试大纲（护理类）》的要求，通过该级别考试的考生要“能理解在日常生活、学习或医护工作中遇到的语言材料；能就某些较专业的医护话题与他人进行交流；能理解医护专业教材或医护论文；能就某些较专业的医护话题撰写概要，或表达自己的观点，如总结病案讨论的主要内容或撰写论文摘要等。其医护英语水平能基本满足高级医护岗位在涉外交往中对英语的要求。”

METS（护理类）第三级考试笔试时间为120分钟，满分为100分。笔试由三部分构成：

I. 听力，II. 阅读，III. 写作。整份试卷原始分数为85分。各部分测试内容及答题要求如下：

I. 听力(Listening)

听力测试由4项任务组成，共25道试题，每题1分，共25分。METS（护理类）第三级考试（笔试）采用了分数加权的办法，对各部分题目的原始分数分别给予不同的权重。听力部分占100分权重的30%，所需时间约为30分钟。

应试技巧

1. 考生要注意提前熟悉考试题型，掌握每种题型的特点。METS第三级听力测试题型主要有四种，信息匹配、信息判断、多项选择和填写表格。每一种题型的特点和具体解题技巧将在下文中详细介绍。

2. 拿到试卷后，充分利用正式放音前的时间、播放答题指导的时间和播放正式的听力文本之前的时间空隙时间，快速浏览题干的重点信息，划出关键词，对对话主题作出粗略的猜测和推断，并尽力联想这段话题的相关医学词汇。若选项中出现不同的人名、地名、数字、时间或年代以及相似的词汇时，应做快速比较。

3. 在听的过程中要进行要点记录，避免有些重点一闪即过。可利用符号、图示、缩写或自己的书写习惯等方法迅速记录听力要点以促进有效记忆。在听音过程中，要眼、耳、手并用，先将答案标在试卷上，待听力考试结束后，再将答案转涂到答题卡上。

4. 医护英语三级考试的词汇量非常大，几乎每个学生都会遇到不熟悉的词汇和短语，考生遇到生词，不应过分拘泥于此，应坚持把句子听完，尽量捕获主要信息。再根据听得懂的内容，通过题干、选项、上下文以及自己的专业知识进行猜测。即使有些生词很关键，但在不得已时也不得不放弃。考试过程中，有许多考生会因为“录音不等人”而紧张。其实，听力考试每分钟阅读的字数和停顿时间有严格的限制，无论出现什么情况，考生都应尽量跟上试题节奏，越是听不懂越要避免紧张。

5. 听力考试进行时，可先将答案标在试卷上，切忌边听边涂，否则会使听题效率大打折扣。听力考试结束后，考生共有5分钟时间将答案转涂到答题卡上。

METS听力专项训练

Part 1 信息匹配(5题)

本部分内容为5个对话选段，听力文本（约60~80字）来自日常医护交际活动。每组对

话持续时间约 30 秒，对话后有 3 秒钟的时间供考生答题，录音播放两遍。考生根据听到的内容辨识重要的或特定的信息，与给出的信息进行匹配。该部分所需时间约为 7 分钟。

解题技巧

本部分素材多为医患、护患或医护间的会话片段。考生根据听到的内容从 6 个备选项中选出 5 个选项进行匹配。本部分内容主要为患者对病情的描述或医护人员对患者情况的转述等。

虽然从新大纲 2010 年制订并开始使用至今，历年真题中这个部分出现的会话都只有一个话轮（即一个人的不间断叙述），但信息量（特别是医学信息量）与二级同题型相比大很多。作答这类题时，考生首先应在正式放音开始前迅速浏览 6 个句子，读懂题干，划出关键词，以确保在听力过程中能够将相同信息进行快速匹配。

这部分三级听力考试的难度还体现在：①题干和会话片段中会呈现更多的医学术语，一般亦可将其视作关键词；②由于英语的构词手段和句子结构的多样性，题干不会是简单的听力材料中的结构或关键词的原词重现，题干呈现的往往是听力材料中相同信息的同义重现。因此，考生平时应注意积累相同信息（尤其是医学术语等专业词汇或短语结构）的不同表达法，听音时务必及时、准确地捕捉到关键词，并迅速找到与该对话选段中关键信息重合的那个备选项。如果有不会的生词，应学会用自己能理解的部分，结合专业知识对难点进行猜测，以作出恰当的选择。

以下为 2011 年 6 月和 12 月的真题考题两套。

Sample 1

Questions 1-5

- You will hear five extracts from the conversations in a hospital.
- For questions 1-5, choose from the list A-F to show which case is being talked about. Each letter can be used only once. There is one extra letter which you do not need to use.
- You will hear each recording twice.

Case 1 1

A The patient is going to have a biopsy.

Case 2 2

B The patient is suffering from psychosis.

Case 3 3

C The patient will undergo eye operation.

Case 4 4

D Medications will not get rid of the symptoms.

Case 5 5

E The patient is diagnosed with cancer.

F The patient is having an eyesight examination.

解析

第一小节是信息配对题，考生在听完每一个病例描述后，需要选出对该病例的正确概述。

1. D. 本题的关键是要听懂第一句，此句的意思是“有多种药物可用，但它们只能控制你的症状，而不能摆脱症状”。此意和选项D相符。

2. A. 本题的关键也是要听懂第一句，此句的意思是“进行活检 (biopsy) 有时会出血”。根据此意可以判断出病人要去做活检。故选A。

3. E. 根据描述，病人无疑 (no doubt) 患有癌症。最好做子宫切除术 (hysterectomy)，因为它优于放疗和化疗。故选E。

4. C. 对话中两次提到眼睛，并提及麻醉剂 (anaesthetic)，所以可以推断出病人要做眼科手术。故选C。

5. F. 根据描述，病人需要反复作看 (look) 的动作，所以可以推测出病人在作视力检查。故选F。

Script:

Conversation 1

Yes, Mrs. Oswald, there are medications available, but they will only control your symptoms, they won't get rid of the problem. Psychotherapy takes much longer, but it can sometimes cure. The third choice is ECT—electro-convulsive therapy. Many people are against it, but it can be highly effective and some patients, who have tried everything else, say it is the only thing to shine a light in their darkness.

Conversation 2

There can sometimes be bleeding with a biopsy, Mr. de Jong. This is because an incision has to be made. We have to cut it open and get a sample of the tissue. There can be bleeding, but that's rare—about one in every two thousand. There's also a small danger of infection, but we do our best to prevent this.

Conversation 3

There is now no doubt that it's cancer and a hysterectomy—the surgical removal of your uterus—would be the best chance for survival. We can't cure it so it's best to cut it out. We feel it's the best treatment option at this stage. Better than radiation or chemotherapy.

Conversation 4

I have to give you a local anaesthetic. Do you know what that is? No. Hussein, could you help me here? I want you to explain to your mother that I want to give her something to make her eye numb so that I can get this thing out of her eye. Explain this

to her, make sure she understands, and ask her if it's OK. Tell her that I'm not going to use a needle, but she must keep very still.

Conversation 5

Right, so I'm going to hold my finger in front of your nose, like this...about ten centimeters. Now I want you to look at the wall behind, please. OK, now look at my finger...and at the wall again. That's fine. Now keep looking at my finger...I'm going to move it towards your nose...and out again—keep looking at it—in...and out...right, that's fine. Now, can you cover one eye...

Sample 2

Questions 1-5

- You will hear five extracts from the conversations in a hospital.
- For questions 1-5, choose from the list **A-F** to show which case is being talked about. Each letter can be used only once. There is one extra letter which you do not need to use.
- You will hear each recording twice.

Case 1 **1**

Case 2 **2**

Case 3 **3**

Case 4 **4**

Case 5 **5**

- A** The patient has been unconscious for several hours.
- B** The patient is suffering from persistent cough and fever.
- C** The patient will undergo kidney operation.
- D** There is a mass in the left breast of the patient.
- E** The patient is suffering rapid breathing.
- F** The patient suffers from episodic headaches.

解析

第一小节是信息配对题，考生在听完每一个病例描述后，需要选出对该病例的正确概述。

1. **A**. 该病人陷入昏迷状态 (lapse into unconsciousness)，并持续了几个小时。故选 **A**。
2. **E**. 该病人因为肺部感染而呼吸急促 (a fast respiratory rate)，这与选项 **E** 的含义相吻合。故选 **E**。
3. **B**. 本题中的患者是一个五岁小女孩，她的症状有打喷嚏 (sneeze)、鼻塞 (nasal

obstruction)、咽痛 (sore throat) 和持续干咳 (persistent and non-productive cough)。该病人还出现结膜炎 (conjunctivitis)、红肿 (swelling) 以及畏光 (photophobia) 的症状。在过去几天, 该病人一直发热, 并且当天体温达到 103 °F。答案B的描述与此吻合, 故选B。

4. D. 体检显示该病人左侧乳房 (left breast) 的上半部分靠近外侧有一质硬、无痛、大小为 2 cm × 2 cm 的包块 (mass)。故选D。

5. F. 病人 Mrs. Wilson 患有严重的前额头痛 (frontal headache), 通常是在紧张时发作, 持续 1~2 个小时, 休息或服用阿司匹林都不能缓解症状。根据前两句的描述可判断答案为F (病人患有阵发性头痛)。

Script:

Conversation 1

Mr. Roe is a 43-year-old office worker who apparently was in good health up to this morning. He tripped over an object, hit his head, and lapsed into unconsciousness lasting for a few hours. He seems to have been lucid for a few hours and was able to take a bus downtown. Then he was found slightly confused and after coming here lapsed into unconsciousness.

Conversation 2

I'll just explain to you what's happening with your husband's breathing. Mr. Sims has a fast respiratory rate at the moment, which is caused by the lung infection he's had for the past few weeks. He has very labored inspiration and expiration, which is why I've given him some oxygen.

Conversation 3

This is a five-year-old female who was apparently in good health until about four days prior to admission. At that time she began to sneeze and to complain of some nasal obstruction and a sore throat. Her cough was persistent and non-productive. The patient also has conjunctivitis with swelling and photophobia. She has had a fever for the past few days, and today it was 103 °F.

Conversation 4

Mrs. Evans is well developed, well nourished, and appears to be her stated age. Physical examination shows a firm, fixed 2 cm × 2 cm painless mass in the upper outer quadrant of the left breast. There is slight skin retraction over this area. No nipple retraction, erosion, or discharge. There is no edema or injection over the site. The right breast is without masses. The chest is clear. The rest of the physical exam is not remarkable.

Conversation 5

Mrs. Wilson is 50 years old and has had severe frontal headaches for the past five days. The headache comes on mostly when she gets nervous, lasting for one to two

hours and not relieved by rest or aspirin. She has a history of headaches of five years' duration, but none as bad as the present ones. There is no nausea or vomiting accompanying the headaches. Over the past two weeks she has had blurred vision. There is no past history of convulsions or syncope.

Part 2 信息判断 (8题)

本部分为一组长对话, 听力文本 (约300词) 来自日常医护交际活动, 持续时间约3分钟, 对话后有3秒钟的时间供考生答题, 录音播放两遍。考生根据听到的内容辨识重要的或特定的信息, 对相关事实性信息作出正误判断。该部分所需时间约为7分钟。

解题技巧

本部分素材多为医护人员之间或是医护人员与病患及家属之间的对话。内容可涉及医疗护理的方方面面, 如对病人病情和病程发展的描述、药物使用中的注意事项、医疗器材的操作方法、治疗和护理过程的解释说明等。题型为判断对错题。

与二级信息判断题相比, 三级这部分考试的难度仍然体现在信息量大、医学术语多和表达多样性上 (实际操作中, 往往题干中的结构与听力材料中越接近, 越有可能在某些细节上有出入)。

除了PART 1解题技巧中提到的几点外, 作答这类问题的基本原则是, 注重题干中的细节和关键词, 在听力片段中寻找相近的表达方式, 若两遍录音都没有听到某题干中的信息或关键词, 切勿妄加推断, 在无直接事实依据的情况下, 切勿主观地推断为正确或不正确, 应该选择Not Mentioned。

以下为2011年6月和12月的真题考题两套。

Sample 1

Questions 6-13

- You will hear an extract from a conversation between a doctor and a patient.
- Are the following statements "Right" or "Wrong"? If there is not enough information to answer "Right" or "Wrong", choose "Not Mentioned."
- You will hear the recording twice.

6 It is the first time that Dr. Williams has met Mrs. Walters in recent years.

A Right B Wrong C Not Mentioned

7 Dr. Williams has taken over Dr. Horsburgh's practice for several years.

A Right B Wrong C Not Mentioned

8 Mrs. Walters' house is located on the High Street.

A Right B Wrong C Not Mentioned

- 9 According to her memory, Mrs. Walters stayed with her father after she got married.
A Right B Wrong C Not Mentioned
- 10 Mrs. Walters starts to lose her memory after her retirement.
A Right B Wrong C Not Mentioned
- 11 Mrs. Walters can exactly remember her age.
A Right B Wrong C Not Mentioned
- 12 The calendar on the wall helps Mrs. Walters to recall the year.
A Right B Wrong C Not Mentioned
- 13 Mrs. Walters is diagnosed as having senile dementia.
A Right B Wrong C Not Mentioned

解析

第二小节是信息判断题，考生在听完医生和病人之间的对话后，对所给的信息进行分析判断。

6. B. 根据 Dr. Williams 的讲述，他见过病人 Mrs. Walters 好多次了 (I've met you many times before)。而题干的意思是“这是近年来 Dr. Williams 首次见到病人 Mrs. Walters”。故选 B。

7. A. 根据描述，Dr. Horsburgh 已经退休多年，他的岗位由 Dr. Williams 接替。故选 A。

8. A. 医生问病人住在 the High Street 多久了，病人答一定有好多年了。可以推断出病人的家就位于 the High Street。故选 A。

9. B. 根据该病人的叙述，婚前和父亲住在 North High Street，但在婚后搬到了这儿。题干的意思是“婚后仍然和父亲待在一起”。故选 B。

10. C. 题干的意思是“病人在退休之后开始失忆”。根据对话，该病人有失忆症状，但何时开始的，对话中未提及。故选 C。

11. B. 该病人虽然记住了自己的生日，但是算不清自己的年龄。题干的意思是“她能够记住自己的确切年龄”。故选 B。

12. A. 该病人看到了墙上的日历 (calendar)，才知道当时的年份。recall 的意思是“回忆起、记得”。故选 A。

13. C. 题干的意思是“病人被诊断为患有老年痴呆症”。对话中主要涉及医生向病人提问，并没有作出明确诊断。故选 C。

Script:

Doctor (Man): Hello, Mrs. Walters. How are you today?

Patient (Woman): Oh, I'm fine, very well, thank you.

Doctor (Man): You know who I am, don't you?

Patient (Woman): Now, let me see now. I know your face, but I can't quite place who you are. I think I know. I think I should know who you are.

Doctor (Man): Well, I'm Dr. Williams. I've met you many times before, you know.

- Patient (Woman):** Oh, you're the doctor. Well I remember old Dr. Horsburgh quite well, but I don't remember seeing him recently.
- Doctor (Man):** No, Dr. Horsburgh's been retired for several years. I took over his practice and I've seen you before. Maybe you don't recall that. Have you been here long?
- Patient (Woman):** Where, where do you mean?
- Doctor (Man):** In this house, have you been here long?
- Patient (Woman):** Oh, I've been here some time I think.
- Doctor (Man):** Do you remember where this is? Where is this place?
- Patient (Woman):** This'll be the High Street, isn't it?
- Doctor (Man):** Yes, this is the High Street. How long have you been living in the High Street?
- Patient (Woman):** Oh, it must be a good number of years now. I, my father used to stay down in North High Street of course, and I used to stay with him, but when I got married I moved up here. Oh, that must be a good number of years, I can't quite remember the time.
- Doctor (Man):** Do you remember when you were born? What was the year of your birth? Can you remember that?
- Patient (Woman):** Oh, yes. I was born in 1933.
- Doctor (Man):** Well, very good, Mrs. Walters, how old will you be now, do you think?
- Patient (Woman):** Oh, I've retired now. I must be about 67, I think, I'll be about 67. Sorry, I'm not sure.
- Doctor (Man):** Well, there's no doubt the years go by. What year is it this year? Do you know that?
- Patient (Woman):** Well, this'll be about 2011 now, I suppose.
- Doctor (Man):** Fine, very good, and how do you know that?
- Patient (Woman):** The calendar on the wall says 2011.
- Doctor (Man):** Yes, you're right. What month are we in?
- Patient (Woman):** Oh, now let me see. It'll be, the... I can't, can't remember, doctor.
- Doctor (Man):** Do the days not mean a great deal to you now that you're not working? Well, tell me, is it summer or winter?

Sample 2

Questions 6-13

- You will hear an extract from a conversation between a ward nurse and a patient.
- Are the following statements "Right" or "Wrong"? If there is not enough information to answer "Right" or "Wrong", choose "Not Mentioned."
- You will hear the recording twice.

- 6 High blood pressure is responsible for the increase of kidney disease.
A Right B Wrong C Not Mentioned
- 7 In kidney disease, there is a build-up of toxic waste products in the blood.
A Right B Wrong C Not Mentioned
- 8 Oliguria is a symptom of end stage renal failure.
A Right B Wrong C Not Mentioned
- 9 Fluid retention indicates that the filtration system of the kidneys has failed.
A Right B Wrong C Not Mentioned
- 10 If the kidney disease is untreated, the nephrons stop working altogether and no urine is passed at all.
A Right B Wrong C Not Mentioned
- 11 End stage renal failure can be treated.
A Right B Wrong C Not Mentioned
- 12 The symptoms of kidney disease appear immediately.
A Right B Wrong C Not Mentioned
- 13 Heart disease is the major cause of death for all people with chronic kidney disease.
A Right B Wrong C Not Mentioned

解析

第二小节是信息判断题，考生在听完病房护士和病人之间的对话后，对所给的信息进行分析判断。

6. C. 题干的意思是“高血压导致肾病增加”。而在整篇对话当中，根本没有提到高血压问题。故选C。

7. A. 题干的意思是“若患有肾病，有毒废物会在血液中堆积”。根据护士的描述，肾病患者无法将血液中的有毒废物过滤出去。故选A。

8. B. 题干的意思是“少尿是晚期肾衰竭的症状”。而根据护士的描述，少尿是早期肾衰竭的症状。故选B。

9. A. 本题的意思是“体液滞留表明肾脏的过滤系统已经停止工作”。根据护士的描述，肾病患者无法将血液中的有毒废物以及多余水分过滤出去，从而导致手脚水肿。故选A。

10. A. 题干的意思是“若肾病未得到治疗，肾单位就完全不起作用了，从而导致无尿可排”。此意与护士的描述相吻合，故选A。

11. B. 根据护士的描述，肾病患者到了晚期肾衰竭就无法治疗。故选B。

12. B. 护士叙述早期的肾病可能无症状。此意与题干的意思不吻合，故选B。

13. C. 题干的意思是“心脏病是导致所有慢性肾病患者死亡的主因”。而在整篇描述当中，根本没有提到心脏病问题。故选C。

Script:

Mr. Zelnic: What happens if the kidneys stop working properly?

- Nurse:** If the kidneys stop working properly, renal, or kidney, disease could be the result. Um, kidney disease is also called renal disease. The nephrons in the kidneys don't function properly and your kidney becomes damaged.
- Mr. Zelnick:** You mean the filtration tubes?
- Nurse:** Ah, yes. The nephrons filter out the waste products in the blood. If the nephrons don't filter properly, the waste products aren't removed. Eventually, toxic levels of waste products build up in the blood.
- Mr. Zelnick:** What about the urine?
- Nurse:** At first, the output of urine drops.
- Mr. Zelnick:** You mean what I've had? I pass very little urine at the moment.
- Nurse:** Yes. It's called oliguria—when there's a low output of urine. Oliguria can be a symptom of the early stage of renal failure. If the kidney disease is untreated, the nephrons stop working altogether and no urine is passed at all. That's called anuria, which means no urine.
- Mr. Zelnick:** Wouldn't that be serious?
- Nurse:** Yes, it is. Um, if your kidneys stop working completely, your body can't get rid of extra water and waste products. Because your kidneys aren't filtering out waste products or excess water, your hands or feet may swell; this build-up of fluid is called oedema. Ah, you may also feel lethargic because your blood hasn't been cleaned and can't function properly. This stage is known as end stage renal failure. Unfortunately, there's no treatment at this stage of kidney disease. People with end stage renal failure have to go on dialysis or perhaps even have a renal transplant.
- Mr. Zelnick:** So how does the doctor know what's going on with my kidneys?
- Nurse:** You may not have any symptoms during the early stages of kidney disease, but there's a blood test which you'll have to check how well the nephrons are filtering. We also do a simple urine test to check for proteinuria, or protein in the urine. It's called a...

Part 3 多项选择 (7题)

本部分为一组长对话, 听力文本 (约300词) 来自日常医护交际活动, 持续时间约4分钟, 对话后有3秒钟的时间供考生答题, 录音播放两遍。考生根据听到的内容辨识重要的或特定的信息, 理解隐含的意义以及归纳中心思想, 从所提供的3个选项中选择1个最佳答案。该部分所需时间约为9分钟。

解题技巧

本部分素材为医护人员之间或是医护人员与病患或家属之间的对话。内容为对患者病情的描述、医疗器材的操作、诊疗护理操作过程的解释说明等。题型为选择题。