

上海市外文学会主编英语系列丛书之——

# 护理英语(中级)

English for Nursing Science (Intermediate Level)

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护理英语(中级)

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# 前 言

改革开放以来,尤其是中国加入世贸组织之后,医学领域的国际交流日益频繁。越来越多的医护人员走向世界,与此同时,随着外资的进入,国内医疗市场的竞争日趋激烈,医护人员提供国际化医疗服务的机会也在与日俱增。医学人才市场需要大批的复合型高级医学人才(医学专业知识+熟练的英语交际能力),无疑,持有国际认可的医学、护理证书的人才将具有更大的竞争力。正是为了适应这一新的形势,我们编写了《护理英语》这套系列教材。

医学英语有其特殊性和复杂性,如何有效地掌握医学英语以适应 21 世纪对医学人才的要求,一直是困扰许多医生和护士的难题。本书编者长期从事医学英语教学的研究与实践,深知医学英语学习的艰难所在。因此,在本书的编写过程中,我们十分重视教材的科学性与实用性,按照英语学习的规律组织语言材料,循序渐进,层层提高;同时以基本医学知识,基础护理技能为主线,强调护理英语听说读写技能的训练,循循善诱,使学习者易学易懂。

全书分初级、中级和高级三册。本书为系列教材第二册——《护理英语(中级)》。《护理英语(中级)》共分 10 个单元,每个单元设听、说、读、写及学习提高五个部分,内容紧扣临床护理学主题。考虑到医护人员医学英语写作的需要,《护理英语(中级)》加强了句子、段落及短文的写作训练。此外,本书每个单元后的学习提高部分具有相当的参考价值:情景对话部分围绕特定主题展开,有利于读者模仿并学以致用;构词分析部分选取常用医学词汇,有利于读者把握学习医学专业词汇的捷径;此外还有国际护理考试简介部分,涉及美国执业护士制度、应试策略、答题技巧等各个环节,有利于读者对国际护理考试有一个初步的了解。这样做,目的在于帮助读者复习巩固已有的语言知识,同时适当扩大医学专业词汇量,迅速提高护理英语的运用能力,为参加国际护理资格证书考试打下良好的基础。

本书读者的对象为渴望提高医学护理英语水平,并有志参加国际护理资格证书考试的各级各类医护工作者和在校学生。为方便读者使用,本书配有课文录音光盘。

本书由上海市外文学会会长、上海市科技翻译学会会长卢思源教授担任主审,朱琦副教授担任主编,朱琦、韩玲辉参加编写,郭隽华主任医师担任医学顾问。在本书的编写过程中,卢思源教授始终给予悉心的指导,编者在此深表谢意。

由于编者水平有限,疏漏与不足之处在所难免,恳请广大读者和各位同仁批评指正。

编 者

2004 年 7 月

于上海二医西苑

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# UNIT 1



## Focus Listening Roles and Functions of the Nurse



### New Words

approach /ə'prəʊtʃ/ *n.* 方法; 途径

professional /prə'feʃənl/ *n.* 专业人员

protector /prə'tektə/ *n.* 保护者

injury /'ɪndʒəri/ *n.* 伤害

legal /'li:gl/ *adj.* 法律的, 法定的

supervise /'sju:pəvaɪz/ *v.* 监督; 管理

organize /'ɔ:gənaɪz/ *vt.* 组织

rehabilitator /ˌri:ˈhəbɪlɪteɪtə/ *n.* 使之身心康复的人

maximal /'mæksɪml/ *adj.* 最大的; 最高的

therapeutic /ˌθerə'pjʊ:tɪk/ *adj.* 治疗的



Listen to the following carefully. Please do not read it while listening.

Care Giver. The nurse helps the patient recover through the healing process. She looks after the patient carefully. By doing so, she helps the patient regain his well-being.

Decision Maker. Before she takes any action, the nurse decides the best approach for the individual patient. These decisions can be made alone, with the patient and family, or with other health care professionals.

Protector. The nurse tries to create a safe environment. She helps to prevent the patient from injury and protects the patient from possible unfavorable effects in the

treatment. The nurse should also protect the patient's human and legal rights.

Manager. The nurse should be responsible. She supervises other health care workers, manages the practice setting and organizes activities.

Rehabilitator. Illness or disability brings about changes on the part of the patient. The nurse should teach and help the patient to cope with the changes. In this way, the nurse helps the patient's return to maximal functioning.

Comforter. The nurse cares for the patient through psychological support. The patient needs help in reaching therapeutic goals.

Communicator. The nurse plays a very important part in promoting communication among the people. Such communication helps to meet the needs of patients, families, and communities.

Teacher. The nurse explains ideas and facts about health care to the patient. Attention should be made to offer individualized teaching. Teaching may be formal or informal.



## Notes to the passage

**1 Before she takes any action, the nurse decides the best approach for the individual patient.** 护士采取行动之前,应该为每个病人决定最佳(治疗)方案。

before 引导从句,表示主句的动作发生在从句动作之前。before 看起来简单,但在实际运用中并不简单。

首先,before 引导的从句不可用否定式谓语。汉语往往可说“在他没来之前”,英语则不可说“before he did not come”,只能说“before he came”或“before he comes”。

其次,翻译 before 时间从句时,不可拘泥形式。例如:

I had waited an hour before he appeared.

这种句子与其译为“在他到来以前我已经等了一个钟头了”,倒不如按原文次序译为“我等了一个小时,他才来”还好一些。下面这个句子更应当这样翻译:

“I had gone some distance before I missed my watch.”

走了相当远的路程,我才发现手表丢了。

**2 Attention should be made to offer individualized teaching.** 应该注意提供适合个人需要的教育。

主语是动作执行者的句子叫主动句,主语是动作接收者的句子就是被动句。例如“*We all love him.*”(我们大家热爱他。)这是个主动句。如说“*He is loved by all of us.*”(他被我们大家热爱着。)这句话在汉语中不大自然,在英语中却用得比较普遍。英语被动句的使用,概括起来说,有下面两种情况。

1) 不知道或者很难说出动作执行者是谁,例如:

The book has already been translated into many foreign languages.

这本书已经译成了几国外语。

2) 由于修辞的需要,或者是谈话的侧重点在于被动者,或者是由于礼貌而不愿说出动作执行者等。例如:

The meeting has been postponed till Friday.

会议延期到星期五举行。(侧重点为“会议”)

It is hoped that you will have a chance to visit China again.

希望您有机会来中国访问。(出于礼貌)



## Exercises

### 1 Retell the passage with the help of the following.

- 1) act as a care giver, decision maker and protector — take care of — win back his well-being — find out the best therapy — provide a safe environment for the patient — avoid possible unfavorable effects in the treatment —
- 2) act as a manager and rehabilitator — supervise other health care workers — organize activities related — changes caused by illness or disability — teach and help the patient to deal with the changes — return to normal functioning —
- 3) act as a comforter and communicator — achieve therapeutic goals with psychological support — promote communication among the people — interpret ideas and facts about — offer teaching to the patients —

### 2 Listen again and tell whether the following statements are true(T) or false(F).

- 1) According to the passage, the nurse who plays a very important role in the medical treatment can even take the place of the doctor.
- 2) The reason why we say the nurse is the care giver is that she cares for the patient through psychological support.
- 3) The nurse can decide the best approach for individual patient alone.
- 4) The nurse acts as a protector of the patient by creating a safe environment, in which the patient can get back his well-being.
- 5) It is also the nurse's responsibility to supervise health care workers.
- 6) The rehabilitation job includes teaching and helping the patient to cope with the changes in their lives resulted from the illness and then to return to maximal functioning.
- 7) The nurse should communicate with the patient in order to meet their needs and help them to reach therapeutic goals.
- 8) The nurse should also tell the patient the entire medical treatment in a formal way.



## Focus Speaking Nursing in Health and Illness



### New Words

ignore /ɪg'nɔː/ *vt.* 忽视

emphasize /'emfəsaɪz/ *vt.* 强调

interrelationship /,ɪntə'reɪ'leɪʃnʃɪp/ *n.*  
相互关系

spiritual /'spɪrɪtʃʊəl/ *adj.* 精神上的

define /dɪ'faɪn/ *vt.* 定义

definition /,defɪ'nɪʃn/ *n.* 定义

identify /aɪ'dentɪfaɪ/ *vt.* 识别, 鉴别

potential /pə'tenʃl/ *adj.* 潜在的, 可能的

regain /rɪ'geɪn/ *v.* 恢复

psychosocial /,saɪkəʊ'səʊʃəl/ *adj.*

社会心理的(指社会环境影响下的  
个人心理变化)

adapt /ə'dæpt/ *vt.* 使适应



Read the following carefully, and talk something about the passage.

In the past, most people thought that health meant the opposite of disease or the absence of disease. There are two problems with this idea. It ignores states of health between disease and full health, and it emphasizes the physiological aspect of a person. Those people thought that the body could only be either ill or healthy. They usually ignored the complex interrelationships among a person's five aspects: physiological, emotional, intellectual, social, and spiritual aspects.

Health professionals must define health and illness. Health care workers should stick to the definitions. At the same time, they should take into consideration a patient's basic human needs.

On the other hand, people also have different ideas about basic human needs and illness. They often react in different ways to illness. The nurse needs to understand both how patients react to illness, and how basic human needs can best be met. The nurse

also identifies actual and potential risk factors. These factors might cause a person to fall ill. Nurses work to promote health and prevent illness. Their activities help the patient to regain health and keep a high level of health. Nursing care includes understanding the patient's psychosocial, cultural, and economic backgrounds. In this way, the nurse can help the patient to keep and promote health, prevent illness, and adapt to changes that illness produces.



## Notes to the passage

### 1 Those people thought that the body could only be either ill or healthy. 那

些人认为,身体不是患病就是健康,两者必居其一。

Either...or 句型既可用于肯定句,也可用于否定句。在肯定句中的意思是“或者……或者……”、“不是……就是……”;在否定句中的意思是“无论……或者……,都不……”、“既不……又不”。如果是连接两个主语,句中的谓语应与最近的一个保持一致关系。举例如下:

Please either come in or go out. Don't stand there in the doorway.

请你或是进来,或是出去。不要站在门口。

It is not to be forgotten, or forgiven either.

那是既不当忘记,也不当原谅的。

Either this or that is OK.

这个或那个都可以。

### 2 At the same time, they should take into consideration a patient's basic

human needs. 与此同时,他们必须考虑病人的基本的人性需求。

本句因为宾语 a patient's basic human need 太长,为了平衡句子结构,将 into consideration 提前,这种情况也叫复合宾语倒装。有些句子习惯上用倒装语序。例如:

He made his meaning clear.

他把他的意思讲得清清楚楚。

### 3 In this way, the nurse can help the patient to keep and promote health,

prevent illness, and adapt to changes that illness produces. 这样,护士就能帮助病人保持并且促进健康,预防疾病并适应疾病带来的种种变化。

注意 adapt 的用法,adapt 常用作及物动词,后跟介词 to,解释“使适应;使适合”。例如:

He adapted himself to the cold weather.

他适应了寒冷的天气。

When they moved to Canada, the children adapted to the change very well.

移居加拿大后孩子们很能适应变化。

adapt 作及物动词,后面还可接介词 from,解释“改编;改装”。例如:

Here is a letter adapted from DEAR ABBY, on Philadelphia Bulletin, published on March 9, 1973.

这里摘登一封《亲爱的爱碧》的信,刊登在一九七三年三月九日的《费城公报》上。

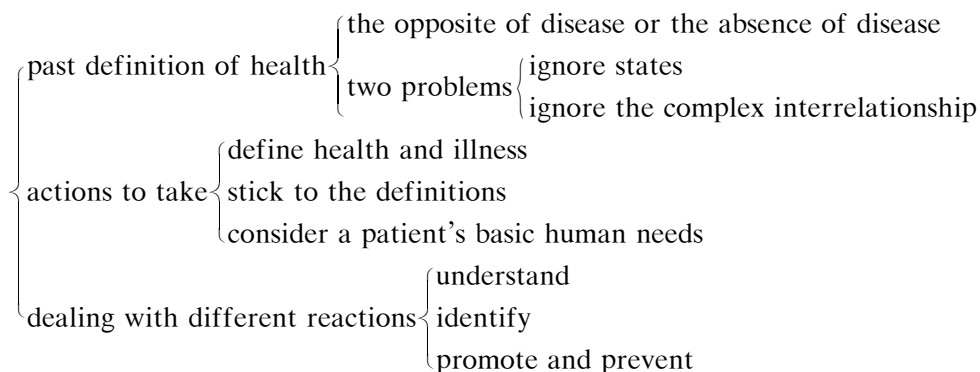


## Exercises

### 1 Answer the following questions.

- 1) What is the main idea of the passage ?
- 2) What did people think about health in the past ?
- 3) Is this opinion correct ? Why ?
- 4) Which aspects are mentioned in the passage about the complex interrelationships of a person ?
- 5) What should the health care worker do according to the definition of health ?
- 6) Why should nurses find different reactions of patients to illness ?
- 7) How should nurses deal with patients' different reactions ?
- 8) Can you tell the aim of the nurse's work ?

### 2 Talk something about nursing in health and illness with the help of the following outline.





## Focus Reading Other Health Care Team Members



### New Words

license /'laɪsəns/ *vt.* 许可; 特许

assistant /ə'sɪstənt/ *n.* 助手, 助教

therapist /'θerəpɪst/ *n.* (特定疗法的)  
治疗医师

vary /'veəri/ *vi.* 改变; 变化

pharmacist /'fɑ:məsɪst/ *n.* 药剂师

formulate /'fɔ:mjʊleɪt/ *vt.* 配制  
(药物)

dispense /dɪ'spens/ *vt.* 分发

pharmacology /,ɪfɑ:mə'kɒlədʒɪ/ *n.*  
药理学

resource /rɪ'sɔ:s/ *n.* 资源



### Read the following passage carefully and do the exercises.

**Physician.** A physician, usually, is well trained. He has earned a degree of Doctor of Medicine and has passed a licensing examination. Most physicians give themselves to their practice of medicine. Nurses work together with physicians. They are under the doctor's direction.

**Physician Assistant.** Physician assistants have medical training and work under the direction of physicians in hospitals, clinics, and private offices (they do not practice in Canada). Nurses work with them as they do with physicians.

**Therapist.** Therapists are licensed to help in the examination and treatment of patients in special ways. Their education is different but usually includes a 4-year program. Nurses work together with them and evaluate their work.

**Pharmacist.** Pharmacists are licensed to formulate and dispense drugs. They may have a Bachelor of Science degree or a doctorate in pharmacology. Pharmacists provide valuable information to nurses about drugs and their use and effects.

**Social Worker.** Social workers are trained to advise and refer patients to

appropriate agencies. They have either bachelor's or master's degrees. Nurses work together with them to find out the best resources for the patient.



## Notes to the passage

**1 Nurses work together with physicians. They are under the doctor's direction.** 护士与医师一起工作并接受医生的指导。

under 可以与某些名词搭配,构成多种固定搭配。

① under discussion

在讨论中

The problem is under discussion.

这个问题正在讨论中。

② under construction

在建设中

There is a new music hall near here under construction.

附近正在建造一座新的音乐大厅。

③ under the circumstances

在这种情况下

I planned to leave the next day but under the circumstances I decided to stay another night.

我原计划第二天离开的,但在这样的情况下,我决定又住了一夜。

④ under the care of

在……的管理下

The storehouse is under the care of a retired worker.

仓库由一个退休的老工人管理。

**2 Therapists are licensed to help in the examination and treatment of patients in special ways.** 治疗医师持有执照,以特定的方式帮助检查和治疗病人。

注意本句用 to + 动词原形表目的,这是应用最广泛的目的状语表达形式。不定式的逻辑主语通常就是句子中的主语。如果另有主语,则可在不定式前加上“for + 逻辑主语”。举例如下:

I stood aside for her to enter.

我站到旁边去,是为了让她进入。



## Exercises

**1 Define the following terms**

1) physician —

- 2) therapist —  
3) pharmacist —

**2 Listen to the passage again. While listening, please choose the best one from the following to show your comprehension of the passage.**

- 1) The difference(s) between physician and physician assistants include(s) that \_\_\_\_\_.
- a) physician assistants haven't been well trained  
b) physician assistants haven't passed the licensing examination  
c) nurses supervise physician assistants' work  
d) physician assistants can't practice
- 2) Physician assistants can be found in \_\_\_\_\_.
- a) clinics  
b) hospitals  
c) private offices  
d) all the above
- 3) According to the passage, if you want to be a physician, you should \_\_\_\_\_.
- a) have a doctor degree in pharmacology  
b) be a physician assistant first  
c) have a degree of Doctor of Medicine and pass a licensing examination  
d) obtain the license to be a therapist
- 4) In the sentence "therapists are licensed to help in the examination and treatment of patients in special ways", the phrase "are licensed to" can be replaced by \_\_\_\_\_.
- a) are authorized to  
b) are free to  
c) are assigned to  
d) are forbidden to
- 5) The job of a pharmacist is to \_\_\_\_\_.
- a) tell the use of drugs  
b) explain the effects of drugs  
c) give information about patients  
d) both a and b
- 6) In the last paragraph there is a phrase "refer patients to appropriate agencies". Here "refer ... to" means \_\_\_\_\_.
- a) send ... to  
b) change ... to  
c) consult  
d) inquire
- 7) It is a must that social workers \_\_\_\_\_.
- a) give advice to the nurses  
b) find out the best resources for the patients  
c) have a master degree  
d) all of the above
- 8) Which of the following statements is true according to the passage?
- a) Pharmacists work only in clinics.  
b) Each therapist is educated in a 4-year program.

c) A nurse is the executant of a physician's direction.

d) To be a social worker, you should be a medical student first.

注释:

executant *n.* 执行者



## Focus Writing Sentence Patterns(1)

在《护理英语(初级)》中,我们学习了某些动词句型和形容词句型。要知道,英语中还有各种特殊的句子结构。这些特殊的句子结构很难找到对应的汉语结构来加以说明。下面我们学习第一种特殊句型。

用 *it* 作主语的特殊句型:

*it* 是代词,常用来代替刚刚提到过的一个人、一件物或一件事。在造句时,我们经常要考虑结构的平衡问题,尤其是当句子主语是不定式、名词或从句时,如用 *it* 来代替,句子的结构就会显得平衡。先看一些涉及不定式的句型:

用 *it* 代替不定式作主语的句型

a) *It + be + adj. + to infinitive*

例如:

*It is nice to be back home!*

回家真好!

*Is it possible to have the bicycle repaired?*

是否有可能请人修一修自行车?

*It is difficult for us to finish the work today.*

我们今天完成这个工作是困难的。

*Is it worthwhile to discuss the question again?*

这个问题值得再讨论一下吗?

b) *It + be + n. + to infinitive*

例如:

*It would be a pity not to accept your invitation.*

很遗憾,不能接受你的邀请。

*It is a mistake to give up the plan without consulting the doctors concerned.*

不咨询一下有关的医师就放弃这个计划是错误的。

c) *It + v. + o. + to infinitive*

例如:

*How much time does it take to get there by bus?*

坐公共汽车去那儿要花多少时间?

*It moved us to tears to hear her sing the song.*

听到她唱这首歌,我感动得流下了泪水。



## Exercise

### Put the following into English.

- 1) 有可能治愈这种病吗?
- 2) 戒烟对你来讲很为重要。
- 3) 早晨散散步对病人会有好处。
- 4) 真遗憾,我不能到医院来看你。



## Further Study

### 1 Situational Dialogue: Appendicitis

Nurse: Hello. What brought you to the emergency room?

Patient: I've got severe pains in my belly. I feel vomitous. It's awful.

Nurse: When did it start?

Patient: It started last night.

Nurse: Has the pain moved?

Patient: No. It concentrates in my upper belly.

Nurse: Is it there all the time?

Patient: No. It just comes and goes, but now it's really killing me!

Nurse: Have you had any diarrhea?

Patient: No, I haven't had a bowel movement for two days.

Nurse: Is this regular for you?

Patient: No, I usually have it once a day.

Nurse: How about all this nausea and vomiting?

Patient: Well, it's gotten better. Last night I was vomiting about every 2 hours, soon after the pain began.

Nurse: Have you had a temperature?

Patient: Last night I took my temperature. It was 38°C.

Nurse: Show me where it hurts most right now.

Patient: Just here.

Nurse: Please lie down. Let me examine your abdomen. Do you feel any pain when I press here? Does it hurt you when I withdraw my hand suddenly? I think that you have appendicitis. You should undergo an operation.

Patient: Is it serious?

Nurse: Don't worry. Let's ask the doctor for his advice.

生词注释:

1) vomitous /'vɒmɪtəs/ *adj.* 想要呕吐的

2) vomit /'vɒmɪt/ *vi.* 呕吐

3) appendicitis /ə'pendɪ'saɪtɪs/ *n.* 阑尾炎,盲肠炎

## 2 Word Formation

1) man(u): 手

amanous: 无手的

a + man + ous

|            |            |  
无          手          ……的

bimanous: 有两只手的

bimanual: 用两只手的

manumit: 释放,解放

maintenance: 保持;保存

2) mega: 大

megacephalous: 大头的

mega + cephal + ous

|            |            |  
大          头          ……的

megapod: 大脚的

megascopic: 肉眼可见的;放大的

megaspore: 大孢子

megascope: 大显微镜,粗视显微镜

3) melan: 黑

melanism: 黑色素过多;黑变病;黑化

melan + ism

|            |  
黑          表疾病

melanuria: 黑尿症

melanosis: 黑变病

melanin: 黑色素

melanian: 黑色人种的

4) memor: 记忆

remembrance: 回忆;记忆;记忆力

re + member + ance

|            ↓            |  
再          memor 记忆          名词后缀

memory: 记忆;记忆力;回忆;纪念

memorial: 记忆的;纪念的

immemorial: 无法追忆的;远古的

commemorative: 纪念性的

### 3 An Introduction To NCLEX(1)

#### 美国护理教育

根据美国联邦政府统计,随着战后婴儿潮人口逐渐老化,未来二十年全美需要八十多万名个护士人力。在美国当护士,年薪介于四万—七万美元,且工作轻松,又受到尊重,而且还可以办绿卡移民美国。

在美国当护士,你需要有美国的护士执照(RN)及工作签证(Visa)。护士的薪水及生活指数每个州都不一样,同时,因为每个州的法律规定不同,所以要参加的考试也不一样。外籍考生的报考条件为:外籍考生必须在其本国拥有一级护士执照,并受过全面的护理教育。政府认可的高中毕业;政府认可、至少2年的护理专科学校毕业,并已从事过内科、外科、妇科/新生儿科、小儿科和精神科护理的理论与临床实习。有政府认可的一级护士执业许可证并且通过 CGFNS 及 TOEFL 考试。某些州(占80%以上的州)的护士局,要求在美国之外地区受非英文护理教育的护士,先取得 CGFNS(Commission on Graduates of Foreign Nursing Schools)机构颁发的“护士资格证书”,以此作为参加注册护士执照考试的先决条件。美国有一些州的护士局要求外籍护士,英文 TOEFL 分数线在550分以上,才可以参加注册护士执照考试。而华人集中的加州及纽约州没有这项规定。外国护士在审核资格后,可以直接报考国际护理考试。所以,在初期决定考执照时,就要考虑将来的工作地点,选择适合的考试。

美国护士的分级说明。在美国,护理工作共有护士助理、职业护士及注册护士三种。

护士助理(Nurse Aide) Certified Nursing Assistant-CNA: 相当于国内的护工、护理人员。护士助理的主要工作在于照顾病人的生活和住院护理,例如洗澡、更换床单、翻身、量体温、量血压、呼吸及脉搏,也可以到病人家中从事以上工作。根据法律的规定,助理护士并不能从事发药、打针及任何的无菌技术护理工作。

有执照的职业护士(LP/N/LVN) Licensed Practical and Licensed Vocational Nurses: 相当于中国的护士。执照职业护士主要在美国的医院或老人护理中心等地方工作,并在注册护士(RN)的监督及指导下,提供初级护理工作,执行并完成由RN所制定的护理计划。工作职责比较偏重于护理技术方面,比如伤口护理,无菌技术,发药打针等方面。法律规定,LVN不能作评估和分析,也不能做静脉注射。

注册护士(RN) Registered Nurse: 美国的注册护士(RN)占护士人数的大多数,注册护士需要两年至四年的大学或社区大学教育,并通过 NCLEX-RN 考试,取得该州执照后,才能从事护理工作。