

英汉对照 辅助教材

医学与自我保健

——当代医学英文选 100 篇

Selected Readings in Contemporary English 100

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ZHEJIANG UNIVERSITY PRESS
浙江大学出版社

图书在版编目(CIP)数据

医学与自我保健: 英汉对照 / 赵家琰主编. —杭州: 浙江大学出版社, 2007.1

ISBN 978-7-308-05088-3

I. 医... II. 赵... III. ①英语—汉语—对照读物②保健—普及读物 IV. H319.4: R

中国版本图书馆 CIP 数据核字 (2006) 第 159617 号

内容提要

本书是为我国中高级英语学习者掌握医学英语的阅读能力编写的, 旨在协助读者适应当代自我保健医学新阶段的需要。

本书以自我保健医学为核心, 尤以现代“文明病”即生活方式病为重点, 精选当代医学英文百篇, 分为四部分: 医疗设施篇、预防保健篇、基础医学与护理篇、临床医学与康复篇。每篇选文均有译文及英语和汉语两种注释。

本书贴近生活, 知识信息量大, 理论深入浅出; 英语文字简明通俗, 文体体裁多样, 并辅以插图; 加之英汉对照、详加注释。因此, 读者一书在手, 犹如有了一本当代医学英语的百科全书, 既可作为我国医护学生和出国医用英语培训班的辅助教材和自学读本, 又可供医务人员、出国留学学生及海外华人参考, 还可用作非卫生专业人士的自我保健指南。

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|------|---|
| 责任编辑 | 诸葛勤 阮雪梅 |
| 封面设计 | 张作梅 |
| 出版发行 | 浙江大学出版社
(杭州天目山路 148 号 邮政编码 310028)
(Email: zupress@mail.hz.zj.cn)
(网址: http://www.zjupress.com) |
| 排 版 | 浙江大学出版社电脑排版中心 |
| 印 刷 | 杭州浙大同心教育彩印有限公司 |
| 开 本 | 787mm×960mm 1/16 |
| 印 张 | 20.25 |
| 字 数 | 550 千字 |
| 版、印次 | 2007 年 1 月第 1 版 2007 年 1 月第 1 次印刷 |
| 印 数 | 0001—3000 |
| 书 号 | ISBN 978-7-308-05088-3 |
| 定 价 | 28.00 元 |

序

随着人类社会与文明的发展，当代医学已由临床医学—预防医学—康复医学—保健医学进入了自我保健医学阶段。那么，这个医学新阶段有哪些特点呢？从澳大利亚来看，有以下 5 个方面：

- 开展广泛的自我保健宣传运动：由政府各级卫生部门、各种医学组织协会、医药公司、医院诊所、学校、社区以及报纸电台发动，宣传自我改善生活方式，增强体质，营造健康和谐的社会大环境，以预防各种常见病和“文明病”（即生活方式病）。
- 构筑两级防治“文明病”的卫生防御网：对高血压、冠心病、糖尿病、肥胖症、癌症等严重威胁人民健康与生命的疾病，组建两道防线，由医院专科医生与社区全科医生共同联防，综合治理致病的危险因素。
- 建立免费肿瘤病普查和老年病看护制度：前者如对大肠癌、子宫癌和乳腺癌，提供定期普查；后者如对老年性痴呆患者，通过澳联邦、州或自治区或社区的护理服务部门，保障在家或养老院看护。
- 设立公共医学课程、自我保健课程和公共保健护士职位：公共医学（community medicine），旧称社会医学，是研究群体健康与疾病发展趋势与需求的医学分支科学，同研究个体疾病与健康的医学有别。上世纪 90 年代，公共医学列入医学院校必修课；卫生保健（health）是州立职业进修学院的热门课目。公共保健护士则包括保健员、家庭助产士、家庭护士。
- 兴起一股中医治疗与研究的回归自然热：上世纪 90 年代后期，中澳在北京签署中医合作协议，墨尔本皇家理工大学设立中医系。本世纪初，澳大利亚维多利亚州议会通过《中医注册条例》，中医在海外立法，澳洲中医师达 9 万人。我国与西方国家的中医学书刊、影像资料在澳畅销。

总之，“21 世纪是一个大健康时代，人类将追求心理、生理、社会、环境的完全健康。中国正面临着第二次卫生革命的战略转折”（何鲁丽《登上健康快车》序“追求健康就是追求文明进步”，北京出版社 2002 年 8 月第 1 版）。

第二次卫生革命的战略转折,贯穿一个基本思想,即“以人为本”,“人人享有卫生保健是全球的永恒目标”(世界卫生组织);倡导一个全新理念,即健康是金,增进健康靠自己。

本书正是为了适应当代自我保健医学新阶段的需要、适应我国英语学习者掌握今日医学英语的阅读能力而编写的。就编写特色而言,体现于下述方面:

- 内容上,全面系统,涵盖预防、医疗、保健、康复等医药卫生各个领域,而以自我保健医学、防治“文明病”为重点。
- 文字上,实为 21 世纪医学英语之代表作:浅显确切,鲜明易懂,全书洋溢着民众语言的生命气息,展示出信息时代应用文体的发展趋向。
- 编排上,分医疗设施篇、预防保健篇、基础医学与护理篇、临床医学与康复篇等四部分;选文排列顺序,主要按医学内容体系,兼顾英语文字难易和各篇衔接,凡可能情况下,将相关内容的选文连锁编排,以利学习巩固。
- 翻译上,力求正确、通顺,像医生话语;译文采取英汉对照,便于读者阅读理解。
- 注释上,每篇选文均有英语和汉语两种注释。英语注释,诠释常用词语和惯用语;汉语注释,解说背景知识和语法词汇并指导篇章阅读与写作。

本书贴近生活,知识信息量大,理论深入浅出;英语文字简明通俗,文体体裁多样,并辅以插图;加之英汉对照、详加注释。因此,读者一书在手,犹如有了一本当代医学英语的百科全书,既可作为我国医护学生和出国医用英语培训班的辅助教材和自学读本,又可供医务人员、出国留学生及海外华人参考,还可用作非卫生专业人士的自我保健指南。可以说,本书是根据我国医学生的外语教学实际、运用最新应用语言学理论、选用最新资料所取得的成果,并从教材编写的角度,反映了我国医学外语教育的发展轨迹。

40 多年来,作者目睹医学发展的 5 个阶段、身经我国数十年医学外语教育的变化。上世纪 60 年代初,我从南京大学英语专业毕业分配到原名苏州医学院的外语教研室任教。第一堂英语课用的教材,是上海第二医学院谢大任、梁梦非编的《临床医学英语选》。这套教材编写的路子,是根据翻译/语法教学法原则,效仿苏联医学英语教本模式,从英文医学教科书,如《西氏内科学》(*Cecil Textbook of Medicine*)、《克氏外科学》(*Davis Christopher Textbook*

of Surgery) 中选材的。1965 年, 全国医学外语教育会议, 对教材进行改革, 医学院校普遍采用上海复旦大学董亚芬编的《英语》——供非英语专业用的课本。1972 年, 为适应医学生的外语教学需要, 我给本院学生编了医学英语讲义。此后与教研室同事合编了《临床医学英文选》、《基础医学英文选》和《放射医学英文选》, 分别于 1979、1980 和 1981 年由商务印书馆和原子能出版社出版。至此, 我国医学外语教育与教材的路子, 一直是“紧密结合专业”, 从英美经典医学教本中选材, 进行语法为重的教学。上世纪 80 年代后期, 我再度任医学外语。当时医学生和医学研究生的外语教育跟上了时代步伐, 医学院校大多采用全国统编教材——《大学英语》, 采取以语言交际法为主的综合教学法, 并安排了专业阅读阶段。1989 年, 我组织江苏省医学院校编写了两册试用教材《临床医学英语选读》, 由东南大学出版社出版。从该书书题即可看出, 医学英语教材仍未跳出“为临床医学服务”这个框子, 选材也没能摆脱大部头医学书。

上世纪 90 年代中期, 我赴澳任教, 时值医学进入自我保健医学新阶段。授课之余, 欣然发现无版权的免费英语卫生保健资料图文并茂、比比皆是, 遂着意收集, 今年初已达数百。这些资料虽大多出自无名氏手笔, 但作者均为本专业人士, 皆由澳大利亚医学权威组织或医药公司印制, 其中相当一些还一再修订。由于这些资料面向社区公众, 文字通俗生动, 全无那些权威著作的书卷气。所以, 本书各篇均注明资料出处, 以记载当地医学动态及无名作者的贡献。

20 年前, 国学大师、北京大学东语系教授季羨林先生指出, 外语教学力求使学生尽快地阅读原文, 领他们一道尽早地投入语言和知识的海洋, 是调动学生积极性和主动性的一个根本而有效的方法(季羨林“外语教学漫谈”, 《外语界》1986 年第 4 期)。

结合专业阅读外语原著, 对于医学生和医务人员说, 不仅能提高外语能力, 还能增加专业知识, 工作中派上用处。“文革”期间, 有些大学生顶住“读书无用论”的压力, 硬是从课堂英语字母起家, 掌握了基本语法; 接触十来篇简易英语医学文章后, 就抱起上千页英文版《西氏内科学》硬啃。那时候, 三年级便临床实习, 他们结合医疗实践阅读有关章节, 一年下来, 居然读下百页, 为阅读英语医学书刊打了基础, 在医疗上也收到立竿见影的效

果。如今的学习和工作条件，比起那个医学生在昏暗的医院灯光下苦读、外科医师喝粥做手术的蹉跎岁月，则是天渊之别了。

令我欣慰的是，当年学子今日大多医学界栋梁，旧日同事多已步入花甲或古稀之年。民谚说：“六十不稀奇，七十小弟弟。”是的，按世界卫生组织的人寿标准，七十岁只是中老年。当今太平盛世，为国人长寿开辟了美好前景，健康地活到一百岁——这一人类梦寐以求的理想，已非幻境，在我国、在海外已由一批普通百姓实现了。

“他山之石，可以攻玉。”据澳大利亚有关机构调研，澳洲年轻人普遍要求医生把医务重点放在自我保健及生活方式咨询上。对于国人而言，本书可一书二用，在学习今日实用英语的同时，增加当代医学与保健知识，一箭双雕，何乐而不为？谨以本书献给我国医学界、医学外语界的既往同仁和未来读者。

付梓之际，感谢浙江大学出版社给我重返医学英语讲台、上千人大课的机会；感谢澳大利亚霍姆斯格伦学院(Holmesglen Institute of TAFE)英语专家海伦·詹金斯博士(Dr. Helen Jenkins)热情答复我的咨询。然而，本书涉及知识面广，又仓促完稿，谬误不当之处甚多，诚请读者指正。

赵家琰 方爱伦

2007年元月

Section 1 Medical Services

第 1 部分 医疗设施篇

1. Your Health Care Centre The Eastern Region Health Centre was originally established in 1964. A primary focus and core activity of the Centre is the provision of medical care to people who live and work in the Sea Beach and surrounding areas. The doctors of the Centre work as part of a team *with a commitment to (= pledging themselves to) the principles of community health. The doctors of this practice are *involved in (= sincerely concerned) the supervision of doctors in training and ongoing medical education. General practitioners The *general practitioners (See Note 1) aim to provide the best possible care for: § Family medical problems § Preventative health problems § Industrial/Occupational injuries and illnesses § Palliative care § Minor surgery § Immunisation § Drug & alcohol problems Appointment system Please ring 97532468 for an appointment. Every effort will be made to accommodate your preferred time. Emergencies will always be *given priority (= considered before other cases) and our reception staff will attempt to contact you if there is any unforeseen	1. 您的卫生保健中心 东区卫生保健中心成立于 1964 年, 现今工作的重点是为海滨地区城镇居民提供医疗保健服务。 本卫生保健中心的医师齐心协力从事医务工作, 为社区居民增进健康, 积极参与指导受培训的医生并进行医学普及教育。 全科医师 *全科医师(见注释 1)在以下几方面努力提供最佳医疗保健服务: § 家庭医疗问题 § 预防保健问题 § 职业病与工伤 § 姑息保健(使病人暂时缓解症状) § 小手术 § 免疫 § 吸毒和酗酒问题 预约制度 预约请致电 97532468。我们尽量满足您所提出的就诊时间。急诊优先, 万一预约的就诊时间需要延迟或预约的医师被叫走, 我们的接待人员
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delay or *your doctor (= your family doctor) has been called away. Longer consultation times are available, so please ask our receptionists if you require some extra time. If the interpreter service is required please inform us at the time of the booking.

General practitioners provide home visits *if required every weekday (= if they are required any day of the week except Saturday and Sunday) and also provide care to people in nursing homes.

Centre hours

Eastern Region Health Centre—Sea Beach Site

General practitioners are available every day of the year.

Monday to Friday 8.00 a.m.—8:00 p.m. (By appointment except in emergencies)

Saturday, Sunday and Public Holidays: 9:00 a.m.—12:00 noon (No appointment necessary)

Phone: 97532468

After hours

For after hours service, ring 97534888 and* you will be given the number of the locum service.

Other services

Pathology

The Centre provides this service as part of our comprehensive health program.

Specialists

Specialist services include:

§ Obstetrics and gynaecology

§ General surgery

§ Psychiatrist

Phone calls

Doctors in the practice may be contacted during normal surgery hours. If the doctor is with a patient a message will be taken and you will be advised by the reception staff when it is likely that the doctor will

会与您联系。如需要较长的就诊时间, 请预约时向我们的接待人员提出。如需译员服务, 也请预约时告知。

如果病人需要, 全科医师可提供工作日内家访, 并为敬老院(私人疗养院)的年老体弱者实施保健服务。

卫生保健中心门诊时间

东区卫生保健中心——海滨地区

全年每天有全科医师服务。

周一至周五上午 8 点至晚上 8 点(急诊例外, 但须预约)

周六、周日和法定假日: 上午 9 点至中午 12 点(不用预约)

电话: 97532468

下班后服务时间

下班后服务时间, 请拨打 97534888, 我们提供临时代理服务电话号。

其他服务

病理学

病理学服务是本中心全面保健计划的一部分。

专科服务

专科服务包括:

§ 妇产科

§ 普外科

§ 精神病科医师

电话

开业医生可在通常手术时间内打电话联系。如果医生正在看病, 可电话留言。接待人员将通知您医生的回电时

return your call. Your call will always be put through to the doctor in an emergency. Complementary medical practice The Centre offers a range of services that complement medical practice as follows: § Antenatal classes § Healthy eating § Home nursing § Diabetes education § Interpreters: Chinese, Italian, Spanish, Serbian, Macedonian/Croatian, and Vietnamese. People with Special Needs *Should you have (= If you should have) any special needs, please discuss them with the receptionist or *your doctor (= you family doctor).	间。您的来电直通医生的急诊电话。 辅助医疗服务项目 本医疗保健中心提供的一整套辅助医疗服务项目有： § 婴儿出生前培训班 § 合理膳食 § 家庭护理 § 糖尿病教育 § 译员服务： 汉语，意大利语，西班牙语，塞尔维亚语，马其顿语/克罗地亚语和越南语(注：Serbian, Macedonian/Croatian 为前南斯拉夫三种语言，马其顿语和克罗地亚语差别不大，这两族人可用本族语沟通，故用斜线表示。) 特殊需要的病人 如有特殊需要，请与挂号处接待员或家庭医生联系。
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Notes

- 1) 本文节选自澳大利亚墨尔本某地区卫生保健中心印制的单位介绍资料，原名和电话号均已改动。在英、澳、新西兰等国，卫生保健工作分全科医师(**general practitioners**)和专科医师(**specialist services**)两级服务。

全科医师是承担一级卫生保健的主要医师。病人初患病或慢性病有新变化，首先去诊所和卫生保健中心求诊，若病人无须请专家会诊或转送医院专科治疗(二级保健)，即由保健机构进行诊治。

澳大利亚的公共卫生事业实行两种体制结合：私人开业医生提供初级门诊和专门保健，即全科医师(**general practitioners**)一级服务；国家管理的公立医院和私立医院提供全面医疗服务，即专科医师(**specialist services**)二级服务。同时发展多样化医疗保健和社区保健，其中包括保健站和家庭保健。本书选文 1 至 4 介绍这三种卫生保健设施。

- 2) 本文被动句式有 10 处之多，是情况介绍的文字特色，例如：

The Centre *was originally established* in 1964.

Every effort *will be made to* accommodate your preferred time.

Emergencies *will always be given priority*.

Your call *will always be put through to* the doctor in an emergency.

Our reception staff will contact you if *your doctor has been called away*.

Doctors *may be contacted* during normal surgery hours.

注意被动态的时态、情态动词和短语动词用法及其修饰语的词序。

- 3) 本文标题“Your Health Care Centre”(您的卫生保健中心), 文中“your doctor”都用了第二人称“your”, 令人萌发亲切的自主感, 反映出当代英语国家卫生机构的企业文化。关于医用英语面向顾客的口语化特点, 参看选文 2 注 2。

2. Your Direct Line to Matters of the Heart	2. 心脏资讯电话服务
Your heart in good hands (See Note about the abstract) Heartline is your direct line to information about heart disease and stroke. Heart foundation trained professionals can give you vital information about risk factors, nutrition and healthy eating, exercise, blood pressure, cholesterol, smoking cessation and heart surgery. Also available are booklets on these topics and details about relevant support programs (= Booklets on these topics and details about relevant support programs are also available). Heartline, trusted information on heart health The Heart Foundation, Australia's most credible heart health organisation, has just introduced Heartline (1300362787). *It's (=It is) a new telephone service that *offers (=provides) professional information about dealing with heart disease and stroke. For the cost of a local call, you can obtain information on issues *like (= such as) risk factors, nutrition and healthy eating, exercise, blood pressure, blood cholesterol, smoking cessation and heart	*您的心脏问题由专家处理(关于本摘要参看注释) 心脏咨询专线是有关心脏疾病和脑卒中资讯的直通电话线。澳大利亚心脏基金会培训的专业人员, 能为您提供有关心脏的重要资讯, 其中包括: 心脏疾病的危险因素、营养与合理膳食、运动、血压、胆固醇、戒烟以及心脏手术等方面, 并可提供关于这些题目及相关支持项目的小册子。 心脏咨询专线, 提供心脏卫生的可靠咨询 澳大利亚最值得信赖的心脏卫生机构——心脏基金会最近采用了心脏咨询专线。这是一种新型的电话服务, 专门提供有关心脏疾病和脑卒中专业性资讯。 只要花费当地的一个电话费, 就能得到有关心脏问题的种种咨询, 比如危险因素、营养与合理膳食、运动、血压、胆固醇、

surgery. You can even learn about relevant support programs, and request information booklets on any of these topics.

The Heart Foundation's trained professionals at the call centre are there to *turn to (= appeal someone for support) when you need comprehensive information. The support they provide can help you ensure that you and your heart enjoy full quality of life.

The Heartline number, connecting hearts to a helping hand

Your Heartline card is your direct line of support on all matters of the heart. *Simply (=Just) detach your card from this brochure and use it to obtain the information you need, when you need it.

The Heartline call centre is *open (= ready) during business hours in all states, and is available for the cost of a local call, from anywhere in Australia. Please remember that Heartline is an information service, and not an emergency or diagnostic service. In an emergency, call 000 direct, or for diagnosis, you should refer to your *GP (= general practitioners).

Helping to save lives

For over 40 years, the Heart foundation has supported research into heart disease and stroke, the causes, prevention and treatment. *The good news is that (= The recent notable information is that) the risk of dying from heart disease and stroke has more than halved *ever (= at all) this time, and *if we all simply enjoyed healthy eating, exercised regularly and gave up smoking, thousands more people could be saved (= I wish we all enjoyed health eating, exercised regularly and gave up smoking, and thousands more people could be saved).

So, for the information you need to make positive lifestyle choices, *give Heartline a call (= telephone/ring

戒烟以及心脏手术等。您还能获悉相关支持项目的资讯,并可索取有关这些题目的小册子。

如果需要详细资料,在咨询专线中心工作、经心脏基金会培训的专业人员能及时排忧解难,确保您和您的心脏享受高质量的生活。

心脏咨询电话号把您的心脏与专家连在一起

心脏咨询专线卡是咨询所有有关心脏问题的直通电线。只要把本资料所附的心脏咨询专线卡取下,需要时就可以获得您想知道的资讯。

心脏咨询专线中心在各州的营业时间营业,在澳大利亚的任何地点,只要支付当地的一个电话费就能接通。切记心脏咨询专线是一种资讯服务,不是急诊或病情诊断服务。急诊要拨打 000 直通电话;诊断要找全科医师。

救死扶伤

40 多年来,澳大利亚心脏基金会一直支持着有关心脏疾病和脑卒中及其病因与防治的研究。好消息是,现今由于心脏病和脑卒中危险因素死亡的,减少了一半以上;要是我们所有人都能注意合理膳食、经常运动并戒烟,那么,千万条生命就能得到挽救。

为了您需要的资讯并选择良好的生活方式,请拨打心

Heartline). *And you can be confident (=Also, you can be confident that) it comes from Australia's most reliable source on matters of the heart, the Heart Foundation.

脏咨询专线电话。请放心，我们的资讯都是来自澳大利亚有关心脏问题、最可靠的信息源——心脏基金会。

Notes

- 1) 本文选编自澳大利亚心脏基金会印制的关于心脏咨询专线宣传资料。澳大利亚的临床医学设有种种专业基金会。澳心脏基金会是普及心脏教育与研究成果的权威机构。
- 2) 由于是宣传广告资料，本文尽显口语特色：
 - § 缩约式：
It's (= *It is*)
 - § 省略连词 *that*:
And you can be confident (*that*): 您可以对……充满信心
 - § 口语句:
Simply (只要) detach your card from this brochure; *The good news is that...*: 好消息是……
 - § 大量日常词语:
如动词 *offer* (提供); 前置词 *like* (像); 形容词 *open* (营业中的); 副词 *simply* (只消); 动词短语 *give a call* (来个电话)
 - § 用第二人称，指读者、顾客:
如短文 1，注释 3 所述，本文标题“*Your* direct line to matters of the heart”及文中“*you*”，“*your* Heartline card”等等，均属与顾客谈话的用法。
- 3) 开头一段可作为写作摘要效仿。原文斜体编排，标题是“Your heart in good hands”(您的心脏问题由专家处理)，写法颇有讲究。*in good hands*= *in the care of someone reliable and trustworthy*，为澳式口语。2004 澳洲大选之际，现任总理就对澳洲人鼓动说，要把政府掌握在像他那样值得信赖的人手里。

3. Women's Health Nurse Practitioners: Our Role and Services We Offer

Nurse practitioners have been providing sexual and reproductive health *services (See Notes) to *well (= healthy) women and men in the community since 1990. These services are available in Community Health Centres, Family Planning Clinics, outpatient hospital departments and General Practitioner clinics.

3. 妇女卫生正式护士的职责与服务

自 1990 年以来，妇女卫生正式护士一直在为社区的健康男女提供着性与生殖卫生服务。在社区卫生保健中心、计划生育诊所、医院门诊部 and 全科医师诊所都设有这

The doctors of the Centre work as part of a team *with a commitment to (= pledging themselves to) the principles of community health. The doctors of this practice are *involved in (= sincerely concerned) the supervision of doctors in training and ongoing medical education.

Who are nurse practitioners?

Nurse practitioners in sexual and reproductive health are experienced Registered Nurses (Division 1) with post-gradual qualifications in sexual and reproductive health. We are governed by standards of *practice (= medical practice) and are required to participate in on-going education to maintain our *expertise (= expert skill and knowledge). This also *entitles us (= gives us a right) to be registered as Pap test providers.

What types of service do nurse practitioners offer?

Nurse practitioners understand that there are many social, emotional and cultural tissues that can *affect (= brings about a change to) people's health. We are *committed (= under obligation for people) to offering services that meet individual needs. The services available from a nurse-based clinic include:

- § Health assessment and counselling
- § Pap tests
- § Pregnancy counselling
- § Information on sexually transmitted diseases (STDs)
- § Gynaecological health
- § Contraceptive counselling
- § Mid-life issues
- § Breast health, including BSE
- § Continence advice
- § Sexuality issue
- § Support & referral on violence and abuse issues
- § Information on fertility/infertility

Appointments of approximately 30 minutes

种服务部门。社区卫生保健中心的医生团队合作，对大众健康负责。医生的实践工作包括训练和继续教育。

正式护士要有什么资格与技能？

性与生殖卫生正式护士，具备性与生殖卫生专业研究生资历，是有经验的注册护士（一级）。正式护士按医护标准从事护理，并为适应护理业务需要不断参加培训以提高专业技能，因而也具有涂片检查注册护士的资格。

正式护士提供哪些服务项目？

由于许多社会、文化和感情上的问题会影响人们的身心健康，所以我们正式护士有责任提供满足个人需要的多种护理服务。护理诊所的服务项目包括：

- § 健康评估与咨询
- § 涂片检查
- § 妊娠咨询
- § 性传播疾病资讯
- § 产妇健康
- § 避孕咨询
- § 中年问题
- § 乳房健康, 包括乳房健康教育
- § 节制性欲咨询
- § 性能力问题
- § 支持并转诊遭受暴力与伤害的病例
- § 生育/不孕症资讯

求诊者可预约 30 分钟左右

allows time to discuss other issues that may be *of concern (= concerned). Where necessary nurse practitioners will also provide assistance in accessing other services.	右时间, 以讨论本人关心的其他问题。正式护士视情况需要, 并可协助其他类型的护理服务。
Why would I want to see a nurse practitioner? A nurse practitioner works as part of the health care team. Each member of this team, such as doctors, physiotherapists and podiatrists, has particular skills. Often people prefer to see a nurse because they appreciate the extra time a nurse provides to discuss questions and explore issues in more detail. Some women simply *prefer seeing (or prefer to see = like better) another woman for their sexual and reproductive health care.	为什么愿找正式护士看病? 正式护士是作为卫生保健组的成员进行工作的。本组每一成员, 例如医生、理疗医生和足病医生, 都各具专业技能。人们常愿意找护士看病, 因为护士能提供分外时间同病人比较详细深入地商讨有关问题。有一些妇女只不过是愿意找女医护人员看病, 就诊性卫生与生殖系统卫生方面的问题。
Apart from services what else can a nurse practitioner provide? Nurse practitioners have a broad range of skills, which we share with our community. Our work often *involves us (= includes us as a necessary part) *in health awareness campaigns, educational talks, participation in community development projects and support for local community initiatives (See Notes). Please contact us if we can be of any help to you or your organisation.	除了妇女卫生, 正式护士还可以提供哪些服务? 正式护士具有广泛的专业技能, 可用来为社区服务。护士工作常需要参与“增进居民健康意识”运动、卫生教育讲座, 社区发展项目, 以及支持当地社区的种种倡议活动。如果个人和组织需要护理人员协助, 请与我们联系。

Notes

- 1) 本文选编自澳大利亚维多利亚州妇女卫生护士协会(Women's Health Nurse Association of Victoria)印制的宣传资料。

在澳大利亚和英国, 护士生必须在全国护士协会承认的医院接受一定时期的培训, 通过考试合格, 才能获得国家录用助理护士资格和国家注册护士资格。本文介绍了对正式护士的资格要求。

- 2) 语言要点

§ 名词 services (复数)指 medical/nursing services 或 departments (医疗/护理的服务项目或部门)

§ 动词 involve 的两种用法:

a) involve someone in something (使参与): Our work often *involves us* in health

awareness campaigns.

b) be involved in something (参与……): The doctors are *involved in* the supervision of doctors in training.

§ 介词 in 后接复数宾语:

Our work often *involves us in* health awareness *campaigns*, educational *talks*, *participation* in community development projects *and support* for local community initiatives. (最后一段第二句) 介词 *in* 后有 4 个宾语(画线斜体), 即要求护士参与的 4 项服务。注意医用英语这一难点。

- 3) 本文仍为卫生服务机构的宣传资料, 但文章语气、标题与前两篇略有不同, 采取自我介绍方式, 用第一人称 *we*, *our* 代表本单位; 标题用“*Our* Role and Services *We* Offer”。

4. Royal District Nursing Service

There's no place like home

At Royal District Nursing Service (RDNS), we believe that one of the best places to receive health care is in the comfort and safety of your own home. That's why we **provide* professional home nursing care to thousands of people every day throughout Melbourne and the Mornington Peninsula (See Note about the word “provide”).

Twenty-four hours a day, every day of the year, we deliver a range of home nursing services with compassion, kindness and respect.

A tradition of caring

Royal District Nursing Service **was* established in 1885 as a charity to care for the sick poor in their own homes. Ever since, we **have* been dedicated (=have devoted ourselves) to providing care to people in the place that they feel most secure, independent and in control—their home. We are still a non-government charity (See Notes), and today, RDNS is the largest provider of home nursing in Australia, as well as the largest employer of district nurses. (See Note about the use of the Tense)

4. 罗亚尔区护理服务社

世上家最好

罗亚尔区护理服务社, 现今为墨尔本和莫宁顿半岛的所有地区提供专业家庭护理, 原因何在? 因为我们认为, 世上接受保健护理的一个最好之地, 莫过于既安全又舒适的自己家里。

我社一年 365 天, 一天 24 小时, 怀着关爱、善心与尊重给病人送去一系列的家庭护理服务。

关爱的传统

罗亚尔区护理服务社成立于 1885 年, 最初是个慈善机构, 专门看护生病在家的贫穷病人。从那时以来, 我社就一直从事家庭护理, 因为病人认为, 家是世上最安全自由的个人领地。现今我社仍然是非政府的慈善团体, 然而已是澳大利亚家庭护理的最大供应者, 地区护士的最大雇用单位。

Health, independence and choice

Royal District Nursing Service is committed to improving the health and independence of our clients by providing both general and specialised home nursing and healthcare services. Meeting our clients' physical health needs is always our first priority. To do this best we believe it is important to work closely with clients, as well as their families, *carers (= persons who takes care of others) and other health providers. We also believe that our clients should have on-going information and choice about their nursing care.

How we can care for you

We employ qualified nurses who are trained in all areas of general nursing. However, we understand that your personal needs are specific and unique. Therefore, our nurses can personally assess your needs and *tailor (= design for a particular need) a service just for you. This may even include working with other health care services to ensure you receive the care you need.

Our services

Royal District Nursing Service is committed to providing care for anyone in our community with a genuine home nursing need, in particular, *the aged and frail (= the aged and frail people). In addition, we provide specialist nursing in the following areas:

- § Cystic fibrosis
- § Complex technical care e.g. intravenous therapies
- § Diabetes
- § Haemophilia
- § Continence
- § HIV/AIDS

增进患者健康，促进生活自理，提供可选择的护理服务

罗亚尔区护理服务社的职责，是通过普通的和专门化家庭护理与保健服务增进患者健康，促进生活自理。我社始终优先考虑患者的健康要求。为了提供最佳护理，我们认为同患者、病人家属、照看人员和其他保健人员保持密切合作，有着重要意义；还认为患者也要对自己的进展情况及护理方式提出意见和建议。

我社如何护理

我社雇用经普通护理各科培训合格的护士。由于我们理解患者的护理需求各不相同，我社护士能酌情予以满足，这也包括与其他保健人员合作，确保个人需要的护理。

护理服务项目

罗亚尔区护理服务社的职责，是根据家庭护理的实际需要为社区的每一位居民提供服务，特别是为年老体弱者上门服务。此外，我社还提供下述专门化服务：

- § 囊肿性纤维变化(胰纤维性囊肿病)
- § 复杂的技术护理，如静脉内疗法
- § 糖尿病
- § 血友病
- § 节制性欲
- § 人体免疫缺损病毒/艾滋病

§ Stomal therapy § Wound management § Palliative care § Personal care § Nursing care for those recently discharged from hospital In addition, we provide some physiotherapy and social work support services for our clients. Help is *just around the corner (See Notes) Royal District Nursing Service offers nursing care that will meet your needs in the comfort of your home. Operating from twenty centres across Melbourne and the Mornington Peninsula, we are just a phone call and short car trip away. If you think we can help you or a loved one, call us today on 95365222 or visit us at www.rds.com.au. After Hours Telephone Support Service: 93790577	§ 造口术治疗(对人工造口进行护理) § 伤口处理 § 姑息护理(使病人缓解症状) § 私人护理 § 对近期出院病人护理 我社还对患者提供理疗和一些社会服务(如帮助做家务、送饮食上门等)。 救援就在家门口 罗亚尔区护理服务社能满足您的服务要求——在您自己舒适的家里为您提供护理服务。 我社所属的 20 个护理中心遍布墨尔本和莫宁顿半岛,只需要打个电话或短程驾车。如您本人或家属需要护理,即致电: 95365222, 或上网: www.rdns.com.au。营业时间以后, 请拨打查询电话: 93790577。
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Notes

- 1) 本文选编自澳大利亚罗亚尔区护理服务社(Royal District Nursing Service)印制的宣传资料。在西方国家, 专业护理人员上门服务已成为卫生保健事业的组成部分, 罗社即为一例。
- 2) 语言要点
 - § 如同前 3 篇, 本文也用了下列动词介绍单位情况:
was *established* in...; is *committed* to doing...; *meet* your needs; *offer/provide* services
注意动词 *provide* 及其搭配的介词: provide something *to/for* someone; provide someone *with* something
 - § 本文仍是口语体, 但用了较多的长句和复合句:
例如: we believe/understand *that*...; that's *why*...; we employ qualified nurses *who*...; *if* you think...
 - § 用了英语谚语和习语:
There's *no place like home*: [谚语]世上家最好, 类似“金窝、银窝, 不如家里