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新核心 高职行业英语

MEDICAL ENGLISH

总主编 丁国声

医学英语:

临床与康复 (第二版)

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编写说明

“随着经济社会的发展,中国社会对康疗服务的需求将出现‘井喷’现象。”然而,目前全国各类康疗技术人员不到2万人,康疗人才的匮乏是制约中国康疗医学事业发展的“瓶颈”。

我国的康疗专业在很大程度上是舶来品,主要的设备和诊断技术都来自美国国家和澳大利亚,因而外语能力对康疗师技术水平的提高有很大的助推作用。为了提高康疗专业学生的英语水平和就业层次,我们分别对4类人群进行了问卷调查和访谈:1. 康疗专业在校生;2. 从事康疗工作的治疗师;3. 康复医院和社区;4. 有过康疗经历的外国人。调查结果表明,康疗英语的主要用途应该体现在:病例交流、文献阅读、治疗师和患者的对话,以及诊断书及相关手续的编写4个方面。而学生的主要需求集中在专业词汇和口头交际能力的提升上。

在调研的基础上,重庆城市管理职业学院、重庆医药高等专科学校、重庆三峡医药高等专科学校的教材编写组成员最终确定了单元选题、单元内容和侧重点,主要表现在:

1. 单元主题紧紧围绕康疗工作开展的常见病诊断与治疗,如:感冒、口腔保健、骨伤治疗、中医按摩、中医针灸、影像检查等;心脑血管疾病;老年病诊治;作业治疗(OT)和物理治疗(PT)等。

2. 教材内容突出“主题+任务”的教学模式,除专业和常见词汇学习外,专门设计了一个任务模块,进行听说训练,满足康疗人员与病患交流的需要,帮助学生体验工作过程,提升职业能力。

3. 开发了多媒体课件和配套资源包,结合传统教学,利用计算机技术、网络技术、多媒体和数据库技术,开发多媒体课件和配套资源包。

4. 帮助学生完成职业的养成,教材的配套网络资源除习题外,还配套了医学词汇的词根和词缀表,学生可以通过自学,掌握医学专业词汇和表达方式,逐渐进行职业化过渡。

编写框架

《医学英语：临床与康复》以康疗工作的主要内容作为选题依据,由简到难,以常见病到作业和物理治疗不断加大工作强度和难度,从治疗师和助理治疗师的角度,将疾病咨询、手续办理、诊断、治疗、康复等具体内容包括进去。通过10个单元的训练,让学习者熟悉治疗师和助理治疗师的具体工作内容和要领,为进一步的职业化做准备。具体内容包括:

1 Focus on the Topic 话题讨论

这部分内容由5个启发性问题组成,旨在帮助学生尽快熟悉单元主题,对单元所涉及的话题形成思考。

2 Vocabulary Study 词汇练习

这部分内容为词汇练习,所列单词均为后续阅读材料中的高频词汇,通过练习,旨在帮助学生掌握一定主题下的专业词汇。

3 Reading I 阅读材料1

这部分内容包含了一篇500~700字的阅读材料,并配套了与文章相关的主旨题、细节题和开放式的讨论题,旨在帮助学生理解文章内容和拓宽话题。

4 Task-driven Practice 任务训练

这部分内容以听说能力训练为主,围绕主题,该部分设计了一组任务,旨在帮助学生提高职业场景下的交际能力,为职业养成打基础。

5 Reading II 阅读材料2

这部分内容包含了一篇300~400字的阅读材料,并配套了与文章相关的词汇和问答题,可以作为拓展阅读材料。

6 Writing 写作练习

这部分内容是根据阅读材料2进行的拓展练习,同时,教材使用者还可以进行创新性写作,根据提示信息完成治疗方案、诊断记录、转院记录等应用型写作训练。

7 Achievement Test 成效检测

这部分内容是根据单元重点设计的检测练习,学习者可以在本教材的网络资源包完成训练。

本书适合高职高专临床医学类的临床医学、口腔医学、针灸推拿、中西医结合、中医骨伤专业,医疗技术类的医学检验技术、医学影像技术、口腔医学技术、康复治疗技术专业学生使用,也适合于康复医院、社区、养老院的员工培训。

本教材由重庆城市管理职业学院孙雪梅教授任主编,重庆医药高等专科学校王炎峰副教授、重庆三峡医药高等专科学校江晓东副教授和重庆城市管理职业学院张庆刚副教授任副主编,具体编写工作如下:

第1单元:重庆三峡医药高等专科学校周德纯,第2单元:重庆三峡医药高等专科学校江晓东,第3单元:重庆三峡医药高等专科学校陶倩,第4和第5单元:重庆医药高等专科学校王炎峰,第6单元:重庆医药高等专科学校周裕婧,第7和第10单元:重庆城市管理职业学院张庆刚,第8单元:重庆城市管理职业学院李鑫,第9单元:重庆城市管理职业学院孙雪梅。

孙雪梅教授进行了全书的设计和审校工作。

在编写过程中,本教材精选了一些网站和刊物的电子出版物作为参考和引用,我们已经在相关资料进行了备注说明;另有一些出版物由于作者不详和具体链接无法查证而没有一一列明。在此,我们对上述参考作者表示崇高的敬意和感谢。

在本书的前期调研中,得到了重庆城市管理职业学院康复治疗技术专业带头人许晓惠教授以及该专业的叶海霞老师的大力支持和帮助,在此一并感谢!

编者

2013年12月



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Unit 1

Common Cold & Flu

Focus on the Topic



Predict

1. When do you often get a cold?
2. What might be the symptoms when you have caught a cold?
3. When do you often catch a flu?
4. Could you tell us the symptoms of a flu?
5. Do you know what usually may cause a cold or flu?

Fun Facts

In 1510, the first outbreak of flu in human history occurred. It started in England and soon spread to Spain, France as well as the whole Europe.

1918 flu pandemic was the most horrible epidemics. It was also known as Spanish flu and killed over 500, 000 people throughout the world.

In 2003, SARS (severe acute respiratory syndrome) broke out in the world. It existed in China for a relatively long time and Chinese government challenged the bad luck.

Source: http://en.wikipedia.org/wiki/2009_swine_flu_outbreak

Vocabulary Study

1. Match the words in column A with their definitions in column B.

A	B
(1) contagious	a. necessary for living
(2) organism	b. saliva
(3) complication	c. growth of bacteria
(4) vital	d. spreading by contact
(5) nausea	e. new development of illness
(6) culture	f. collection of pus formed in the body
(7) bacterial	g. difficulty in breathing
(8) abscess	h. living being
(9) sputum	i. feeling of sickness or disgust
(10) dyspnea	j. of bacteria

2. Fill in the blanks with the words listed in the above exercise. Change word forms if necessary.

(1) Chicken pox is a _____ disease so we should stay away from those who have suffered from it.

- (2) Early pregnancy is often accompanied by _____.
- (3) I think I have an _____ on my gums. When I chew something, it hurts.
- (4) The curing process enhances meat flavor and improves shelf life by retarding _____ growth.
- (5) Culturing _____ is a very common way to confirm the disease of TB (tuberculosis 肺结核).
- (6) To _____ liquid coughed from lungs is a very common way to confirm the disease of TB.
- (7) The economy is not a mechanical device but a living _____.
- (8) One symptom of the common cold is _____.
- (9) The police have found a _____ clue to the murder so punishment is waiting for the criminal.
- (10) Acute dilatation of the stomach is a rare _____.

3. Complete the following sentences based on the Chinese in the brackets.

- (1) Jack caught a common cold. The medical term of this disease is just an _____ (上呼吸道感染).
- (2) I have got a fever and _____ (咽喉灼痛) so I think I had better consult the doctor.
- (3) For some patients, antibiotics can cause _____ (过敏反应) that may be fatal.
- (4) Living or working in the polluted air for a long time may lead to _____ (支气管炎).
- (5) Has the doctor told you the _____ (典型的症状) of the disease?
- (6) Overweight people probably have a sign for _____ (高血压).
- (7) These antibodies _____ (对抗) the measles virus.
- (8) Many doctors told me this disease has many _____ (并发症).
- (9) We can hardly find an effective way to deal with _____ (鼻塞), so in most cases, we just let it be.
- (10) Common sense would suggest that _____ (咳嗽和打喷嚏) spread the common cold.
- (11) Decongestants and nasal sprays can help _____ (减轻症状).
- (12) It is a contagious illness that can be caused by a number of _____.

(不同类型的病毒).

- (13) _____ (细菌性并发症) that arise from common cold are treated with antibiotics.
- (14) If you have asthma, chronic bronchitis, or emphysema, _____ (你的症状会更严重) for many weeks even after your cold has gone away.
- (15) Overusing antibiotics has led to the growth of several strains of common bacteria that have become _____ (对抗生素有耐药性).

Reading One

Common Cold

Common cold, also known as an upper respiratory tract infection, is a **contagious** illness that can be caused by a number of different types of viruses. Because of the great number of viruses that can cause a cold and because new cold viruses develop, the body never builds up resistance against all of them. For this reason, colds are a frequent and recurring problem.

Symptoms of a common cold include nasal stuffiness and drainage, sore throat, hoarseness, cough, and perhaps a fever and headache. Many people with a cold feel tired and achy. These symptoms typically last from 3 to 10 days.

Colds often get better within a few days to weeks, whether or not you take medication. However, a cold virus can pave the way for other **infections** to invade the body, including sinus or ear infections, and **bronchitis**. If you have **asthma**, **chronic bronchitis**, or **emphysema**, your symptoms may be worsened for many weeks even after your cold has gone away.

People with a cold blow or touch their noses and then touch someone else who then becomes infected with the virus. Additionally, the cold virus can live on objects such as pens, books, and coffee cups and can be acquired from such objects. While common sense would suggest that coughing and sneezing spread the common cold, these are actually very poor mechanisms for spreading a cold.

Generally, **antibiotics** are not useful for treating a cold. Antibiotics only work against illnesses caused by **bacteria** and colds are often caused by viruses. Not

only do antibiotics not help, but they can also cause **allergic** reactions that may be fatal. Further, using antibiotics when they are not necessary has led to the growth of several strains of common bacteria that have become resistant to antibiotics. For these and other reasons, it is important to limit the use of antibiotics to situations in which they are necessary. Sometimes, an infection with bacteria can follow the cold virus. Bacterial complications that arise from common cold are treated with antibiotics.

Several treatments that can ease the symptoms associated with a common cold exist. **Decongestants** and nasal sprays can help reduce symptoms. People with heart disease, poorly controlled high blood pressure, or other illness should contact their physician prior to using these medications. Additionally, OTC (over the counter) nasal sprays should not be used for more than three days because the nose can become dependent on them and a worse stuffy nose will result when they are discontinued. (413 words)

► Read for Main Ideas

Circle two correct answers to complete each sentence.

1. Which diseases may worsen the symptoms of colds even after your cold has disappeared?

A. Chronic bronchitis.	B. Emphysema.
C. High blood pressure.	D. Tuberculosis.
2. What might be the better ways to ease the symptoms related to a common cold exist?

A. Antibiotics.	B. Decongestants.
C. Eating spicy food.	D. Nasal sprays.

► Read for Details

Complete the following sentences with the words from the reading.

1. Common cold is a _____ illness that can be caused by a number of different types of _____.
2. As the body never builds up resistance against all of viruses. Colds are a _____ and _____ problem.
3. People with a cold blow or touch their noses and then touch someone else who

then becomes _____ with the virus. Additionally, the cold virus can live on _____.

4. _____ are not useful for treating a cold. Antibiotics only work against illnesses caused by _____ and colds are often caused by viruses.
5. _____ and _____ can help ease symptoms of common colds.

► Make Inferences

Work with a partner. Read each sentence. Write T (true) or F (false). Then share your answer with the class.

1. The body can build up resistance against all of cold viruses.
2. A cold virus can lead up to other infections to invade the body.
3. There aren't poor mechanisms for spreading a cold.
4. Antibiotics are effective in treating a cold.
5. People with heart disease, poorly controlled high blood pressure, or other illness shouldn't inform their doctors before using medications.

► Express Opinions

Do you think the common cold is a very serious disease? Check (✓) your answer. Then choose a reason or add your ideas. Share your answer with your partner.

— Yes, I am very afraid of it.

1. Nasal stuffiness almost makes me seem to be dying.
2. Sore throat lets me lose appetites.
3. I always feel lonely as it is infectious.
4. It causes much inconvenience in daily life.

— No, it is just a common disease.

1. It only lasts a short time, probably for one week.
2. Occasional common cold can stronger our bodies' immune system.
3. As long as we take care, it will not cause some other more serious diseases.
4. It does not do much harm or damage to our health.

Task-driven Practice

Listening

Task 1 Listen to the audio clip “A patient is here” and answer the questions below according to what you heard in the audio clip.

1. What is the patient?

2. What is troubling the young man?

3. Is family medical history closely related to the patient’s disease?

4. According to the doctor, what illness is the patient most probably suffering from?

5. What physical exams are suggested by the doctor?

Task 2 Listen to the audio clip again, and then decide whether the following statements are true (T) or false (F).

- | | |
|--|--------------------------|
| 1. The young man has had a bad cough for 4 days. | <input type="checkbox"/> |
| 2. The patient is not sure whether he has a fever. | <input type="checkbox"/> |
| 3. The patient has got flu but it is not serious. | <input type="checkbox"/> |
| 4. The infected airway might be the cause for the patient’s disease. | <input type="checkbox"/> |
| 5. X-ray check and the blood test are ways to confirm pneumonia. | <input type="checkbox"/> |

Task 3 Listen to the audio clip for the third time, and put in order the procedure of the expressions. Write down the letter before each sentence in the blanks.

() → () → () → ()

- A. Knowing about the patient’s job and family history.
B. Asking the existence of symptoms.

- C. Providing advice on healing the illness.
- D. Listening to the chest with stethoscope.

 Speaking it out

Read the following dialogues, choose one proper sentence in the Suggested Expressions to fill in the blanks. Then make a dialogue as requested by the Tasks by making use of the Suggested Expressions with your partner.

1. Could you please tell how Mary got the flu started in your own words?

Mary has a headache and a bad cough. She feels fatigue and she has been like this for quite a few days. Today, she went to the hospital to see the doctor.

Doctor: Good morning. _____?

Mary: Good morning, doctor. I have a terrible headache.

Doctor: All right. _____.

Mary: Yesterday I had a running nose. Now my nose is stuffed up. I have a sore throat. And I'm afraid I've got a temperature. I feel terrible.

Doctor: Don't worry _____. First let me take a look at your throat. Open your mouth and say "ah".

Mary: Ah ...

Doctor: Look, _____. And your tongue is thickly coated. You have all the symptoms of flu.

Mary: What am I supposed to do then?

Doctor: A good rest is all you need, and _____. I'll write you a prescription.

Mary: Thank you very much.

Doctor: That's all right. Remember to take a good rest.

Mary: I will. Goodbye, doctor.

Suggested expressions

- (1) What's troubling you?/What's wrong with you?
- (2) (Tell me) how it got started./Do you know how it started?
- (3) Let me give you an examination./I'd have to exam you.
- (4) Your throat is flamed./You get flamed throat.
- (5) Drink more water/Have as much water as you can.

Task

You work as a nurse in the outpatient department of the hospital. Jack has been ill with the flu and he comes to consult the doctor but the doctor is not here in the office. Now you are required to ask Jack about his symptoms.

2. What factors may probably cause the flu?

3 days later, Mary felt much better. She happened to meet the doctor on the bus home. They sat nearby and the doctor gave her some advice on how to prevent the flu.

Mary: Hi, how are you, doctor?

Doctor: Not bad, thanks, and you?

Mary: I am much better now. Thank you for your help in the hospital last week.

Doctor: You are welcome. Recently, the weather is greatly changed, so _____.

Mary: Yes, I think so but I do not know how I can prevent it.

Doctor: Well, first, you should _____ and at times open the door to _____. Second, try to do more exercises to _____. Third, you had better _____. In a word, you must reduce the possibility to get infected by viruses.

Mary: Oh, I see. But the environment is getting worse.

Doctor: I can never agree with you more. Atmospheric haze covers more and more area nowadays, and it is easy to cause respiratory system diseases.

Mary: Yes. I get this kind of news quite often. Then what shall we do?

Doctor: Besides the environmental management from the government, we have to keep clean and good living habit. That's why I suggest you keep clean and avoid crowded places.

Mary: I am sure your advice is of great value for me. Thanks again.

Doctor: You are welcome.

Suggested expressions

- (1) It is likely for people to catch the flu.
- (2) Keep our room clean/keep clean for the surrounding.
- (3) Let the fresh air come in/have enough fresh air.
- (4) build up you body/keep strong.
- (5) avoid crowded places/not get into the crowd.

Task

It is Sunday and you are going to the health care center. Today you will go present the causes of respiratory system diseases. As the temperature changes greatly, you plan to tell her how to prevent the flu.

Reading Two

Walking Pneumonia

“Walking **pneumonia**” sounds that it could be a character in a sci-fi horror flick. Although this form of infectious pneumonia can make you miserable, it's actually the least scary kind of pneumonia. That's because it's a mild pneumonia and does not generally require **hospitalization**. In fact, you could have walking pneumonia and not

even know it. Here is information about what causes this illness, how it spreads, and what you can do to avoid it.

What is walking pneumonia?

Walking pneumonia is a non-medical term to describe a mild case of pneumonia. It can also be called a typical pneumonia because the disease is different from more serious cases of pneumonia caused by typical bacteria.

Pneumonia is a disease of the lungs that often results from a lung infection. Lots of things can cause pneumonia, including bacteria, viruses, **fungi**, chemicals, inhaled food, and other **infectious** agents, such as **mycoplasma**.

Walking pneumonia is often the result of a lung infection from a bacterial **microorganism** called *Mycoplasma pneumoniae*.

People who have walking pneumonia are seldom confined to bed or need to be hospitalized. Some may even feel well enough to go to work and carry on with other regular routines, just as they might with a cold.

Who gets walking pneumonia and how is it spread?

People who live and work in crowded places, such as schools, homeless shelters, and prisons have a higher risk of contracting the disease. That's because walking pneumonia is contagious. It's spread when someone comes in contact with droplets from the nose and throat of someone who has it. That commonly happens when the person with walking pneumonia sneezes or coughs.

Cases of walking pneumonia are most common in the late summer and fall. But infections can occur with no particular pattern throughout the year. And, even though the disease is contagious, it spreads slowly. The contagious period in most cases lasts less than 10 days. Researchers also think it takes prolonged close contact with an infected person for someone else to develop walking pneumonia. Still, there are widespread outbreaks every four to eight years. When those outbreaks occur, walking pneumonia can account for as many as one out of every two cases of pneumonia.

What are the symptoms of walking pneumonia?

Symptoms generally appear 15 to 25 days after exposure to the mycoplasma and develop slowly over a period of two to four days. Symptoms include cough that may come in violent **spasms** but produce very little mucus, mild flu-like

symptoms such as fever and chills, sore throat, headache, tiredness and lingering weakness that may persist after other symptoms go away. Some people with walking pneumonia may also have an ear infection, anemia, or a skin rash. (451 words)

Writing

1. Complete the following sentences according to the text.

- (1) Walking pneumonia is the least scary kind of pneumonia. It's a mild pneumonia and normally does not require _____.
- (2) Walking pneumonia can also be called _____ because the disease is different from more serious cases of pneumonia caused by _____.
- (3) People _____, such as schools, homeless shelters, and prisons have _____ of contracting the disease.
- (4) Cases of walking pneumonia are most common in _____. But _____ can occur with no particular pattern throughout the year.
- (5) According to the researchers, it takes _____ with an infected person for someone else to develop walking pneumonia.

2. Expand

Fill in the blanks according to what you read from the passage. Try to do it in your own words.

Topics	Descriptions
Causes of pneumonia	
Symptoms of walking pneumonia	
Difference between walking pneumonia and pneumonia	
Who gets walking pneumonia	

3. Create

Nurse Marry had a patient with appendicitis in the ward. The patient had just been operated. He felt pain and anxious. After discussion with the doctor, Mary made a plan as the following. Read the plan carefully and design an imitated one with the requirement of the following task.

A nursing plan of recovery from appendectomy

Nursing diagnosis	Nursing objective	Nursing measures
Anxiety: associate with lacking knowledge of appendicitis	The patient's anxiety is alleviated or remitted.	Console the patient. Instruct the patient to acquire the knowledge about appendicitis.
Pain: associate with appendicitis and incision of appendectomy	The patient feels the pain has been eased or remitted.	Make the patient occupy semi-reclining position. Keep the incision dry. Give anodyne to the patient.
Potential complications: bleeding, infection of incision	The complications can be discovered duly.	Administer antibiotics to the patient.

Task Finish the plan according to the reference materials.

A Nursing Care Plan for Colds

Nursing diagnosis	Nursing objective	Nursing measures

Materials for reference:

nasal flaring

presence of discharges (whitish yellow and semi- thick in appearance)

After 2~4 hours of nursing intervention, the client will demonstrate improvement of breathing pattern.

Independent Nursing Actions:

Placed the client in semi-fowlers using pillows.

Encouraged to increase fluid intake.

Advised to take citrus fruits.

Achievement Test

After learning the unit, you are required to finish Test 1 in supplementary material.