



“十四五” 职业教育国家规划教材

新核心 高职行业英语

MEDICAL ENGLISH: NURSING

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医护英语

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编写说明

护理专业被教育部、卫生部等六部委列入国家紧缺人才专业,予以重点扶持。按照卫生部要求,我国医院的医生和护士的比例应是1:2,重要科室医生和护士的比例应是1:4。而目前全国1:0.61的医护比例远远达不到卫生部的要求,与1:2.7的国际水平相差很大,与发达国家1:8.5的比例相差更远。

护士就业主要分布在综合医院、专科医院、急救中心、康复中心和社区医疗服务中心,从事临床护理、护理管理工作。随着社会和经济的发展,护理行业就业出现了多元化,而国际化的发展对护士英语交流能力的要求不断提高。为了提高护理专业学生的英语水平和就业层次,我们分别对三类人群进行了问卷调查和访谈:① 护理专业在校生;② 从事护理工作的护士;③ 有过护理经历的外国人。调查结果表明,护理英语的主要用途体现在病情交流、文献阅读、护士和病人的对话、病例及相关手续的编写四个方面。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、邢台医学高等专科学校、重庆医药高等专科学校的教材编写组成员最终确定了本书的单元选题、单元内容和侧重点,主要表现在:

(1) 单元主题紧紧围绕常见护理工作展开,如:日常护理、常规检查、术前术后护理、药物治疗、母婴护理、接收住院、病人营养与膳食护理、老年健康护理、急救护理等。

(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,满足护理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

本教材以护理工作的主要内容作为选题依据,由易到难,从日常护理到急救护理,从护士的角度,将病案咨询、手续办理、诊断、治疗等具体内容包括进去。通过10个单元的训练,让学习者熟悉护士的具体工作内容和要领,为进一步的职业化做准备。每个单元分七个部分,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 One 阅读材料1

这部分包含了一篇400~700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,拓宽话题。

4. Task-driven Practice 任务训练

这部分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场场景下的交际能力,为职业养成打基础。

5. Reading Two 阅读材料2

这部分包含了一篇300~500词的阅读材料,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,学习者可以通过教材的网络资源包完成训练。

本教材适合高职高专临床医学类的临床医学、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、护理专业的学生使用,也适合于康复医

院、急救中心、康复中心、社区医疗服务中心的员工培训。

本教材由重庆城市管理职业学院孙雪梅教授和邢台医学高等专科学校的王月贞教授担任主编；重庆医药高等专科学校王炎峰副教授、周裕婧老师、重庆城市管理职业学院李磊老师、邢台医学高等专科学校的陈丽芳老师任副主编；邢台医学高等专科学校的陈宁老师，重庆城市管理职业学院的贾忠会、金莹、文欣莉、龚小艳、何林静等老师任编委。上述教师完成了全部教学资料的收集和编写工作。孙雪梅教授进行了全书的设计和审校工作。

在编写过程中，精选了一些网站和刊物的电子出版物作为参考和引用，我们已经对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、邢台医学高等专科学校、重庆医药高等专科学校相关专业教师的大力支持和帮助，在此一并感谢！

编 者



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Unit 1

Daily Nursing Care

Focus on the Topic



Predict

1. What is a nurse?
2. Do you think nurse is a good profession?

3. Do you want to be a nurse? Why or why not?
4. What are the different types of nurses?
5. What are the daily works of a nurse in a hospital?

Fun Facts

International Nurses Day (IND) is celebrated every year all around the world on 12th of May to commemorate the birth anniversary of the Florence Nightingale and to mark the contributions nurses make towards people's health.

Nurses Day was first proposed by the Dorothy Sutherland (an officer from the U.S. Department of Health, Education and Welfare) in the year 1953 and first proclaimed by the President Dwight D. Eisenhower. And it was first celebrated by the International Council of Nurses (ICN) in the year 1965.

(Source: <http://www.indiacelebrating.com/events/international-nurses-day>)

Vocabulary Study

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

A	B
(1) clinic	a. give, dispense
(2) administer	b. watch and direct
(3) supervise	c. private hospital
(4) register	d. officially record
(5) advanced	e. discover the nature of (a disease)
(6) intravenous	f. into or connected to a vein
(7) emotional	g. relating to the emotion
(8) nutritional	h. at a more difficult level
(9) prescribe	i. relating to nutrition
(10) diagnose	j. advise or order the use of (a medicine or remedy)

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

- (1) _____ the salve (药膏) to the sunburned area with a cotton swab.
- (2) He is being treated at a private _____.
- (3) I don't know exactly which department I should _____ with.
- (4) This drug should only be taken under the _____ of a doctor.
- (5) My doctor said the problem was more _____ than physical.
- (6) _____ drug users are at particular risk of contracting the disease.
- (7) If your urine specimen shows the presence of bacteria, you'll be _____ antibiotics.
- (8) Children require proper _____ to grow and develop.
- (9) The lab has recently been updated to allow for more _____ courses.
- (10) His condition was _____ as some sort of blood disorder.

3. Complete the following sentences based on the given Chinese.

- (1) The organization dispenses free _____ (卫生保健) to the poor.
- (2) Vasculature imaging plays _____ (重要作用) in clinical medicine.
- (3) _____ (临床的) trials of the anti-cancer drug have produced encouraging results.
- (4) The government provided emergency _____ (医疗援助) to the typhoon victims.
- (5) I've asked to be referred to a _____ (专家) about my back pain.
- (6) They neglect the loved ones who _____ (关心) them, and also their health.
- (7) Cancer patients need a lot of _____ (情感支持).
- (8) What are the normal working hours for a _____ (注册护士)?
- (9) I tried every _____ (治疗方法) the doctor suggested.
- (10) What are the requirements for nursing _____ (资格证)?
- (11) A diet lacking in _____ (营养价值) will not keep a person healthy.
- (12) You must _____ (给药) them slowly, allowing the child to swallow between sips.
- (13) _____ (静脉的) infusions are also used to administer medications.
- (14) Why traditional Chinese medicine chooses the wrist to _____ (诊断)?

(15) There she underwent additional surgery and four hours a day of _____
(强化理疗).

Reading One

What Does a Nurse Do?

Nurses play significant roles in hospitals, clinics and private practices. They make up the biggest health care occupation in the United States. Nursing job duties include communicating between patients and doctors, caring for patients, **administering** medicine and **supervising** nurses' aides.

Nurse Types and Education

Among the most common nursing careers are licensed practical nurses (LPNs), licensed vocational nurses (LVNs), registered nurses (RNs) and advanced practice nurses, who have different titles, such as clinical nurse specialist (CNS) or nurse practitioner (NP).

LPNs and LVNs are entry-level nurses who work under the supervision of RNs and have comparable job duties. They are typically required to have completed a 1-year nursing program available through community colleges, technical schools, high schools and hospitals. They must also pass the National Council Licensing Examination for Practical Nurses (NCLEX-PN) and obtain **licensure** to legally work in the field.

RNs must complete a diploma, associate's degree or bachelor's degree program in nursing and pass the National Council Licensing Examination for Registered Nurses (NCLEX-RN) to obtain licensure. Advanced practice nurses typically need to have completed a registered nursing program, earned RN licensure and gained experience working as RNs prior to enrolling in Master of Science in Nursing (MSN) or Doctor of Nursing Practice (DNP) program.

RNs who have not yet earned Bachelor of Science in Nursing (BSN) degree can consider enrolling in RN-to-BSN programs or earning bachelor's degrees in other subjects since a bachelor's degree is required to gain admission to graduate degree programs. Combined programs that award both BSN and MSN degrees may also be considered. Graduate certificate programs are options for RNs and advanced

practice nurses who would like to **specialize** in particular areas of nursing.

Nursing Job Duties

Although degrees of responsibility vary between nursing levels, job duties are principally similar. Daily duties involve activities such as:

- Administering medications;
- Managing **intravenous** (IV) lines;
- Caring for patients;
- Observing and recording patients' conditions;
- Communicating with doctors;
- Providing **emotional** support to patients and their families;
- Advising patients on how to self-administer medication and physical therapy;
- Educating patients and the public on disease management, **nutritional** plans and medical conditions.

Because nurses may choose to specialize in specific types of treatments, health conditions, patient populations or body systems, specific job duties can vary amongst specialties. Advanced practice nurses can work independently and have additional job duties, such as **prescribing** medications, examining patients and making **diagnoses**. (413 words)

► Read for Main Ideas

Circle two correct answers to complete each sentence.

1. What are the different types of nurses?
A. Licensed practical nurses. B. Registered nurses.
C. Practicing physician. D. Professional pharmacists.
2. What are the job duties of a nurse?
A. Caring for patients. B. Operate a surgery.
C. Administering medicine. D. Give anesthesia.

► Read for Details

Complete the following sentences with the words from the reading.

1. Nurses play significant roles in _____, _____ and private practices.
2. Among the most common nursing careers are _____, _____, _____ and advanced practice nurses.

3. Although _____ vary between nursing levels, job duties are principally similar.
4. Daily duties of a nurse involve providing emotional support to _____ and _____.
5. Advanced practice nurses can prescribe medications, examine patients and _____.

► Make Inferences

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

- | | |
|--|--------------------------|
| 1. Nurses play important roles in hospitals. | <input type="checkbox"/> |
| 2. LPNs and LVNs have different job duties. | <input type="checkbox"/> |
| 3. RNs should pass NCLEX-PN for working legally in the hospital. | <input type="checkbox"/> |
| 4. Nurses provide emotional support to both patients and their families. | <input type="checkbox"/> |
| 5. All types of nurses can't work independently. | <input type="checkbox"/> |

► Express Opinions

Do you think being a nurse is amazing? Check (✓) your answer. Then choose a reason or add your ideas. Share your answer with your partner.

— Yes, I want to become a nurse in the future.

1. It is a respected profession.
2. You can help people through hard times in their lives.
3. There is a lot of camaraderie among healthcare workers.
4. You may get great pay, generous benefits and bonus.

— No, I want to choose other professions.

1. Patients do not always want or appreciate your help.
2. You will be exposed to all types of germs and viruses.
3. You will see sad or tragic situations.
4. You may have to work nights, weekends and holidays.

Task-driven Practice



Listening

Task 1 Listen to the audio clip and answer the following questions according to what you heard in the audio clip.

1. Who is the doctor?

2. What is the man's problem?

3. Does the man need urgent care?

4. Why is not next Monday available to the man?

5. When will the patient see 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 patient has never seen Doctor Jensen. | <input type="checkbox"/> |
| 2. The patient had a physical examination with Doctor Jensen last year. | <input type="checkbox"/> |
| 3. The patient is feeling fine these days. | <input type="checkbox"/> |
| 4. The patient needs urgent care. | <input type="checkbox"/> |
| 5. The patient schedules an appointment for next week. | <input type="checkbox"/> |

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

() → () → () → ()

A. Decide which doctor to visit.

- B. Greet each other.
- C. Set the time for seeing the doctor.
- D. Express appreciation.

 Speaking it out

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

1. Could you tell how to make an appointment with the doctor?

A patient is at the registration office of your hospital. Talk to the patient and help him/her to fill in the registration form.

Nurses: Good morning.

Patient: Good morning.

Nurse: _____?

Patient: In fact, I don't know exactly. I feel like vomiting.

Nurse: _____?

Patient: Since last night.

Nurse: Well, have you ever been here before?

Patient: No, this is my first visit.

Nurse: OK. In that case, you have to fill in this registration card. Your age, gender, address and things like that.

Patient: No problem. Here is my registration card. Which department should I register with?

Nurse: _____. The registration fee is 5 yuan.

Patient: Here you are. Thank you for your help.

Nurse: You are welcome.

Suggested Expressions

1. What's troubling you? / What seems to be the problem?

2. How long have you had the problem? / Since when have you been feeling like this?
3. I think you should go to the Department of Gastroenterology. / I think you should go to the Digestive System Department.

Task

You work as a nurse in the outpatient department of a hospital. Suppose a patient calls to pre-register at your hospital. You are required to answer the call and help the patient to register.

2. What is the patient's problem?

You are the nurse who works in the ward of the hospital. A patient rings the bell and needs your help. Ask him / her for the problems and help him / her to solve them.

Nurse: _____?

Patient: I think I might have a fever. It's so cold in here!

Nurse: Here, let me check your forehead.

Patient: What do you think?

Nurse: Your temperature seems raised. _____.

Patient: How do I raise my bed? I can't find the controls.

Nurse: Here you are. Is that better?

Patient: Could I have another pillow?

Nurse: Certainly, Here you are. _____?

Patient: No, thank you.

Nurse: OK, I'll be right back with the thermometer.

Patient: Oh, just a moment. Can you bring me another bottle of water, too?

Nurse: _____.

Suggested Expressions

1. What can I do for you? / Can I help you, sir?
2. Let me get a thermometer to check. / Please put the thermometer under your arm.
3. Is there anything else I can do for you? / Do you need any other service?
4. Certainly, I'll be back in a moment. / Sure, I'll be back soon.

Task

You work in the ward of the hospital. Suppose you are making the morning round, make a conversation with the patient and get the information of the patients. For example, you may take the patient's vital signs such as temperature or blood pressure.

Reading Two

Nursing Process

The nursing process is a problem-approach that enables the nurse to provide care in an organized scientific manner. The nursing process consists of basically five steps. It is based on a nursing theory developed by Ida Jean Orlando in 1958. The diagnosis phase was added later.

The common thread uniting different types of nurses who work in varied areas is the nursing process — the essential core of practice for the registered nurse to deliver **holistic**, patient-focused care.

Assessment

An RN uses a systematic dynamic way to collect and analyze data about a client, the first step in delivering nursing care. Assessment includes not only physiological data, but also **psychological**, sociocultural, spiritual, economic, and life-style factors as well. For example, a nurse's assessment of a hospitalized patient

in pain includes not only the physical causes and **manifestations** of pain, but the patient's response — an inability to get out of bed, refusal to eat, **withdrawal** from family members, anger directed at hospital staff, fear, or request for more pain medication.

Diagnosis

The nursing diagnosis is the nurse's clinical judgment about the client's response to actual or potential health conditions or needs. The diagnosis reflects not only that the patient is in pain, but that the pain has caused other problems such as anxiety, poor nutrition, and conflict within the family, or has the potential to cause **complications** — for example, **respiratory** infection is a potential hazard to an **immobilized** patient. The diagnosis is the basis for the nurse's care plan.

Planning

Based on the assessment and diagnosis, the nurse sets measurable and achievable short- and long-range goals for this patient that might include moving from bed to chair at least three times per day; maintaining adequate nutrition by eating smaller, more frequent meals; resolving conflict through counseling, or managing pain through adequate medication. Assessment data, diagnosis, and goals are written in the patient's care plan so that nurses as well as other health professionals caring for the patient have access to it.

Implementation

Nursing care is implemented according to the care plan, so continuity of care for the patient during **hospitalization** and in preparation for discharge needs to be assured. Care is documented in the patient's record.

Evaluation

Both the patient's status and the effectiveness of the nursing care must be continuously evaluated, and the care plan modified as needed.

Characteristics of Nursing Process

The nursing process is a cyclical and ongoing process that can end at any stage if the problem is solved. The nursing process exists for every problem that the individual, family or community has. The nursing process not only focuses on ways to improve physical needs, but also on social and emotional needs as well. (444 words)

Writing

1. Complete the following sentences according to the text.

- (1) The nursing process is _____ that enables the nurse to provide care in an organized scientific manner.
- (2) An RN uses a systematic dynamic way to _____ about a client, the first step in delivering nursing care.
- (3) Based on the assessment and diagnosis, the nurse sets measurable and achievable _____ goals for this patient.
- (4) Both the patient's status and the _____ must be continuously evaluated.
- (5) The nursing process not only focuses on ways to improve physical needs, but also on _____ needs as well.

2. Expand

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

Topics	Descriptions
What is nursing process?	
Five phases of nursing process	
Characteristics of nursing process	

3. Create

Read the note about a patient's admission education. Use the information to leave a message for Mrs. Smith. Write the message in about 100 words.

ADMISSION EDUCATION	
Patient: Mrs. Smith Ward: 10	Date of Admission: Nov. 20, 2016 Bed: No. 2

(Continued)

ADMISSION EDUCATION

Notes:

The washing room: at the end of the corridor

The nursing station: opposite to the room

Need help: press the call button

Want to go out: let the nurse on duty know

Point to Note:

Don't eat anything until the nurse gets your blood sample tomorrow morning.

Achievement Test

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