



NEW ERA ENGLISH
FOR CAREERS

新时代职业英语专业篇

医护英语

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Passage reading

Extensive reading

Fun reading

Why is it important to know your family health history?

Ways of communication in obtaining a health history

My heart was replaced last year!

Why is it important to have a physical examination every year?

How is blood pressure taken?

I have broken everything!

Collecting samples for laboratory testing

What is a blood test?

Bad news and good news

How to be a good nurse in the emergency room

What you should know about oxygen therapy

What is my problem, doctor?

What does a surgical nurse do?

The impact of AI on nursing: five key takeaways

Who was getting discharged?

10 steps to a healthy pregnancy

The Community Health Record

So serious!

1

UNIT

Health history collection

WARMING UP

LISTENING AND SPEAKING

MANUAL READING



Learning objectives

After completing this unit, you will be able to:

- assess patients' experience of pain
- collect vital data during a health history assessment
- inform patients about the importance of family health history collection
- effectively communicate with patients in order to obtain their family health histories

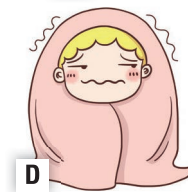
PASSAGE READING

EXTENSIVE READING

FUN READING

WARMING UP

Match the following pictures with the terms.



- | | |
|---|--|
| <input type="checkbox"/> 1 shiver | <input type="checkbox"/> 5 stomachache |
| <input type="checkbox"/> 2 running nose | <input type="checkbox"/> 6 rash |
| <input type="checkbox"/> 3 cough | <input type="checkbox"/> 7 dizzy |
| <input type="checkbox"/> 4 headache | <input type="checkbox"/> 8 nausea |

LISTENING AND SPEAKING

Pre-listening and listening tasks

Words & Phrase

General Words

painful /'peɪnfl/ *adj.* 痛苦的, 疼痛的, 令人不快的

scared /skeəd/ *adj.* 害怕的

Medical Words

appetite /'æpɪtaɪt/ *n.* 食欲, 胃口

gastritis /gæ'straɪtɪs/ *n.* 胃炎

nauseous /'nɔ:ziəs/ 恶心的, 想呕吐的

vomit /'vɒmɪt/ *v.* 呕吐

Phrase

emergency room 急诊室

Note

疼痛是一种与组织损伤或潜在组织损伤相关的感觉、情感、认知和社会维度的痛苦体验。这是国际上对疼痛的最新定义。这个定义让我们知道疼痛是一种体验, 一种主观的感受。根据心理学的原理, 人们发明了很多测量疼痛的工具, 以此来了解人的“疼痛程度”。目前最常用的工具是疼痛数字模拟量表 Numerical Rating Scale (NRS)、疼痛语言评价量表 Verbal Rating Scale (VRS) 和面部表情疼痛评估量表 Wong-Baker Faces Pain Rating Scale (WBFPRS) 等。

Pre-listening

- 1 Pair work: What questions may be used when you ask about signs and symptoms of a patient with stomach diseases? Share your thoughts with a partner.
- 2 Group discussion: Share your experiences of pain as mentioned in the chart below with other members of your group.

Numerical Rating Scale (NRS)

Severity (Scale)	No pain	Mild pain	Moderate pain	Severe pain
Sharp	0	1-3	4-6	7-10
Dull	0	1-3	4-6	7-10
Compressed	0	1-3	4-6	7-10

Listening

Listen to the conversation.

A patient comes to the hospital with suspected gastritis. A nurse asks him about his signs and symptoms...



After-listening and speaking tasks

Task 1 Vocabulary Match the kinds of pain with their explanations.

Column A

- 1 acute
- 2 chronic
- 3 dull
- 4 sharp
- 5 compressed
- 6 constant

Column B

- a continuous
- b coming quickly and very serious
- c long-lasting
- d not sharp
- e shooting or stabbing
- f pressed tightly

Task 2 Listening comprehension Pair work: Listen to the conversation and share your answers to the questions below with a partner.

- 1 What brings the patient to the hospital?
- 2 What type of pain does the patient have?
- 3 How does the patient grade his pain?

Task 3 Extended exercise Role-play: Complete the following conversation with the sentences, and practice the conversation with a partner.

- a. how would you grade your pain now?
- b. How long have you been feeling this pain for?
- c. Is there any position that makes it feel better?
- d. Is there anything that makes it worse?
- e. What's the pain like?

P=patient
N=nurse

P: I've got an awful pain in my stomach.

N: **1** _____

P: It started at about 4 o'clock this morning. Is my condition very bad? I'm very afraid.

N: Don't be afraid. You will be OK! **2** _____

P: It's hard to say. It's terribly painful.

N: Oh, on a scale of 1 to 10, with 10 the worst, **3** _____

P: I think it is about 7. I'm really in a lot of pain and feel scared.

N: Don't worry. I'll help you. **4** _____

P: Whenever I move, it gets worse.

N: **5** _____

P: Whenever I lie still, it gets better.

Pre-reading

Pair work: What aspects do you think should be covered when you are going to ask the health history of a patient? Share your thoughts with a partner.

Reading

Major components of a health history

Identifying data	<ul style="list-style-type: none">• Age, gender, job, and marital status (usually get from the patient, but can also from family members, friends, letters of referral, or medical records)
Chief complaint(s)	<ul style="list-style-type: none">• One or more symptoms or concerns causing the patient to seek care
Present illness	<ul style="list-style-type: none">• Amplify the chief complaint and describe how each symptom developed• Patient's thoughts and feelings about the illness• Relevant portions of the Review of Systems• Medications, allergies, smoking and drinking habits, which are frequently related to the present illness
Past illness	<ul style="list-style-type: none">• Childhood illnesses• Adult illnesses with dates for at least four categories: medical, surgical, obstetric/gynecologic, and psychiatric• Health maintenance practices such as immunizations, screening tests, lifestyle issues, and home safety
Family illness	<ul style="list-style-type: none">• Outlines or diagrams of age and health, or age and causes of death, of brothers, sisters, parents, and grandparents• Specific illnesses in the family, such as hypertension, coronary artery disease, etc.

Personal and social history	<ul style="list-style-type: none"> Educational level, family of origin, current household, personal interests, and lifestyles
Review of Systems	<ul style="list-style-type: none"> Common symptoms related to each major body system

Words & Phrase

General Word

amplify /'æmplɪfaɪ/ v. 详述

Medical Words

allergy /'ælədʒi/ n. 过敏症

artery /'ɑ:təri/ n. 动脉

gynecologic /,ɡamɪkə'lədʒɪk/ adj. 妇科的

hypertension /,haɪpə'tenʃn/ n. 高血压

obstetric /əb'stetrɪk/ adj. 产科的

referral /rɪ'fɜ:rəl/ n. 转诊

Phrase

coronary artery 冠状动脉

Note

Review of Systems: 系统回顾。了解和使用“系统回顾”的问题对于初学者来说通常是一个挑战。初学者可以考虑按照“从头到脚”的顺序来提问。大多数“系统回顾”的问题都与症状有关，但有时临床医生也会问有关肺炎或肺结核等疾病的问题。



MANUAL READING

After-reading tasks

Grammar Note

第三人称单数: 用于一般现在时的句子, 当主语为第三人称单数 (he/she/it/不可数名词/单个人名) 时, 动词词尾需发生相应变化, 大致有以下几种形式:

1. 一般情况下, 直接在动词词尾加 -s, 例如: get → gets, take → takes;
2. 以 s, sh, ch, x, o 结尾的动词, 在词尾加 -es, 例如: teach → teaches, fix → fixes, go → goes;
3. 以辅音字母加 -y 结尾的动词, 变 y 为 i, 再加 -es, 例如: study → studies, try → tries;
4. 不规则变化, 例如: have → has, be → is。

Task 1 Vocabulary Match the words in Column A with their explanations in Column B.

Column A

- 1 allergy
- 2 gynecologic
- 3 hypertension
- 4 artery
- 5 coronary

Column B

- a abnormally high blood pressure
- b relating to or denoting the arteries which surround and supply the heart
- c relating to the branch of medicine which deals with the functions and diseases specific to women and girls
- d the tubes in your body that carry blood from your heart to the rest of your body
- e a damaging immune response by the body to a substance

Task 2 Reading comprehension Decide whether the following statements are true (T) or false (F).

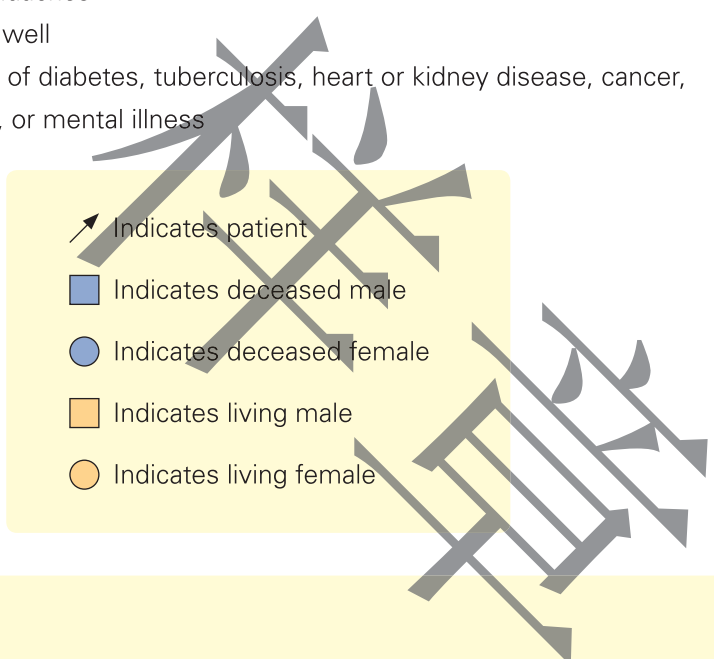
- 1 The age, gender, occupation and marital status are the data identified in the health history.
- 2 There is no need to take note of the childhood illnesses of the patients.
- 3 Adult illnesses need to be listed with dates for at least three categories.
- 4 Smoking habits are not often related to the present illness.
- 5 Relevant portions of the Review of Systems are also needed in the health history.

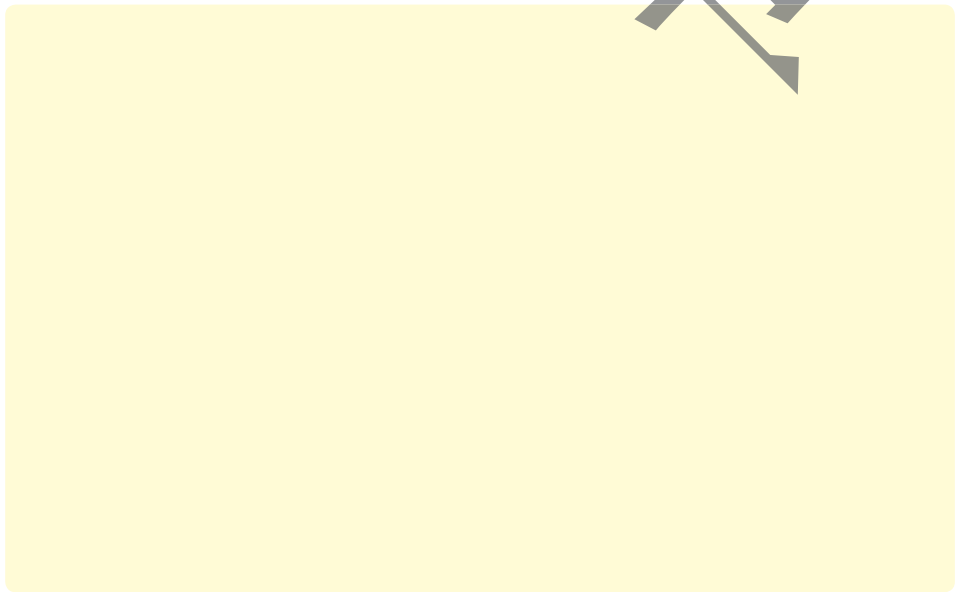
Task 3 Grammar Fill in the blanks with the correct form of the words in brackets.

- 1 Everyone _____ (know) what he really likes.
- 2 She often _____ (have) lunch at 12 am.
- 3 His uncle usually _____ (go) to work by bus.
- 4 He _____ (brush) teeth every morning.
- 5 Kitty _____ (watch) TV every day.

Task 4 Group work Work in groups and design a diagram to show the family health history based on the information below.

- Father died at the age of 43 in a train accident
- Mother had varicose veins (静脉曲张), headaches, and died at the age of 67 of a stroke
- One brother, 61, with hypertension, otherwise well
- Another brother, 58, well except for mild arthritis
- One sister, died in infancy of unknown causes
- Husband died at age 54 of a heart attack
- Daughter, 33, well except for migraine headaches
- Son, 31, with headaches
- Another son, 27, well
- No family history of diabetes, tuberculosis, heart or kidney disease, cancer, anemia, epilepsy, or mental illness

- 
- ↗ Indicates patient
 - Indicates deceased male
 - Indicates deceased female
 - Indicates living male
 - Indicates living female



Pre-reading

Group discussion: Do you think it's important to know your family health history? Share your thoughts with other members of your group.

Reading

Why is it important to know your family health history?

- 1 Do you know what the family health history is? It is a record of health information about a person and his/her close relatives, including information from three generations of relatives, such as parents, aunts and uncles, children, brothers and sisters, nieces and nephews, grandparents, and cousins.
- 2 Family members have many factors in common, including their genes, environment, and lifestyles. These factors indicate that some medical conditions may run in a family. Health care professionals can determine whether an individual, other family members, or future generations may be at an increased risk of developing a particular condition according to disorders among relatives.
- 3 A family health history can identify people with a higher-than-usual chance of having common disorders, such as hypertension, heart disease, stroke, certain cancers, and diabetes. A combination of genetic factors, environmental conditions, and lifestyle choices influenced the disorders.
- 4 Knowing one's family health history allows a person to take steps to reduce his/her risks. Because people are at an increased risk of some disorders, health care professionals may recommend more frequent screening starting at an earlier age. Health care providers may also encourage testing or regular checkups for people with an inherited medical condition. Additionally, the lifestyle without smoking and drinking alcohol helps many people lower their chances of developing heart disease and other common illnesses.
- 5 The easiest way to get information about a family health history is to talk to relatives about their health. A family gathering could be a good time to discuss these issues, such as whether they had any medical problems, and when they occurred.

In addition, obtaining medical records and other documents (such as obituaries and death certificates) can help complete a family health history. It is important to keep this information up-to-date and to share it with a health care professional regularly.

Words & Phrase

General Words

certificate /sə'tɪfɪkət/ *n.* 证明书
disorder /dɪs'ɔ:də(r)/ *n.* 疾病, 失调
identify /aɪ'dentɪfaɪ/ *v.* 认出, 识别
obituary /ə'brɪtʃuəri/ *n.* 讣告

Medical Words

diabetes /daɪə'bi:tɪz/ *n.* 糖尿病
gene /dʒi:n/ *n.* 基因
screening /'skri:nɪŋ/ *n.* 筛查
stroke /strəʊk/ *n.* 中风

Phrase

health care 卫生保健



PASSAGE READING

After-reading tasks

Task 1 Vocabulary Find and circle the words and the phrase from the boxes.

gene

health care

stroke

diabetes

screening

h g d i s z u x g s
q e i j t x y c f c
w n a k u c t v d r
e e b l s v r b s e
r o e m t b e n a e
t p t n r h w m q n
y a e o o n c k w i
y s s p k p q a e n
u d g q e o a l r g
i f h r v i z j r e

Task 2 Reading comprehension Answer the questions according to the passage.

- 1 Which family members should be included in the record of your family health history?

- 2 What factors do family members have in common?

- 3 How can you lower your chances of contracting some common illnesses?

- 4 What is the easiest way to get information about your family health history?

- 5 What's the main idea of the passage?

Grammar Note

介词又称为前置词，表示它后面的名词或代词与句子其他成分的关系，在英语表达中起着“穿针引线”的重要作用。常见的介词有：in, on, with, by, for, at, about, under, of 等。这是英语中的一个小家族，成员不多，但用法灵活，功能强大，使用频率高，使用范围广，同一个介词可以表达多种意义，如时间、地点、方式、原因、数量等。

Task 3 Grammar Complete the sentences with correct prepositions.

- 1 Families have many factors _____ common, including their genes, environment, and lifestyles.
- 2 A family health history can identify people _____ a higher-than-usual chance of having common disorders.
- 3 Health care professionals can determine whether an individual, other family members, or future generations may be _____ an increased risk of developing a particular condition according to disorders among relatives.

Task 4 Translation Translate the following sentences into English.

1 症状和体征有很多相似点。(in common)

2 中医用脉搏识别一些病症。(identify... with)

3 我们一定要采取措施，确保这样的事不再发生。(take steps to)



Pre-reading

Pair work: Choose the questions that can be asked in obtaining a health history and share your thoughts with a partner.

- 1 How are you feeling today?
- 2 Do you smoke?
- 3 Do your family have the same disorder?
- 4 Is there anything that I can do for you?
- 5 What medicines are you allergic to?

Reading

Ways of communication in obtaining a health history

- 1 How to communicate with a patient in obtaining a health history? All health history interviews begin with the nurses introducing themselves to the patients and explaining their role in providing the patients' health care. Nurses explain why the interviews are being conducted and the processes involved in order to prepare patients and to enhance their comfort in sharing health-related information. The nurse uses a range of questioning and other communication techniques to collect information for the physical examination and the subsequent provision of the patient's health care.
- 2 Questioning is an important communication skill used by nurses during the health history interviews. There are two kinds of questions:
 - 3 Open-ended questions are widely used and encourage a detailed multi-word response. They are useful when a nurse wishes to collect general data about a patient's symptoms, their health-related values, attitudes, their current health-related practices, the socioeconomic, cultural and other factors that may have impact on their health, and their willingness and ability to make health-related changes.
 - 4 Closed-ended questions encourage a one- or two-word answer, and are useful in collecting information about a specific topic, to clarify information gathered during open-ended questioning and in urgent situations.
 - 5 In addition to questioning, there are a variety of

other communication strategies useful in collecting data from a patient. These skills include:

- acknowledgement and encouragement
- active listening
- clarifying
- empathy
- restatement
- summarizing

- 6 In communication with patients, it is important for nurses to realize that people are not always direct in saying what they mean. Nurses must be conscious of picking up on “cues”. There are some cues seen commonly in health care settings:

A patient

- may use indeterminate statements
- may use neutral statements
- may describe psychological symptoms
- may be unclear or evasive about the symptoms or concerns they experience
- may be vague or indirect when answering questions

- 7 If a nurse identifies one of these cues, he/she should ask the patient in a respectful and sensitive manner to further explore the topic.

Reading Strategy

列举法和举例法

文章主题就好比为“灯塔”。论据在“灯塔”周围集结,通过列举法和举例法的方式呈现,并且按逻辑顺序排好阵型。一篇例子充分、结构合理的篇章由此形成。

Words

General Words

clarify /'klærəfaɪ/ *v.* 使更清晰易懂, 澄清

empathy /'empəθi/ *n.* 同感, 共鸣

obtain /əb'teɪn/ *v.* 获得

restatement /ri:'steɪtmənt/ *n.* 重述

socioeconomic /səʊsiəʊ,i:kə'nɒmɪk/ *adj.* 社会经济学的

Medical Words

psychological /'saɪkə'lɒdʒɪkl/ *adj.* 心理的

sensitive /'sensətɪv/ *adj.* 善解人意的, 体恤的

Note

问询症状小技巧。在采集健康史的过程中,采用有效的提问方法是非常重要的,例如:开放结尾式问题:护士在进行心理护理时可采用此方式,诱导患者说出自己的观点、想法和感受。这类问题回答范围广泛,使患者能宣泄内心真实情感,达到心理的平衡,例如:“这次发病是什么原因?”这样使患者有较大的自主权,同时护士也能获取大量信息,使心理护理更有针对性。封闭结尾式问题:这种提问方式将答案限定了,患者只能做“是”或“否”的回答,例如:“您家中有人患糖尿病吗?”护士通过这种方法,就能在很短的时间内获取所需的信息。

EXTENSIVE READING

After-reading tasks

Task 1 Vocabulary Fill in the blanks with the correct form of the words from the boxes.

conduct

comfort

collect

current

clarify

cue

- 1 Nurses explain why the interviews are being _____, and also the processes involved.
- 2 The aim of this explanation is to prepare patients and to enhance their _____ in sharing health-related information.
- 3 _____ health-related practices is one of the contents in a health history.
- 4 Closed-ended questions are useful in collecting information about a specific topic, to _____ information gathered during open-ended questioning and in urgent situations.
- 5 There are some _____ seen commonly in health care settings.
- 6 Nurses always use open-ended questions to _____ information.

Task 2 Reading comprehension Put the following questions in the corresponding categories.

- 1 What illness does your sister suffer from?
- 2 Is there anything that I can do for you?
- 3 What is your occupation?
- 4 Do you have any health insurance?
- 5 May I know your name?
- 6 What did you eat before you started to feel this way?
- 7 What kind of pain is it, sharp, dull, or compressed?
- 8 How are you feeling today?
- 9 What are your symptoms?
- 10 What are your eating habits?

open-ended questions

closed-ended questions

Task 3 Summary Complete the sentences according to the passage.

- 1 Questioning occurs in two equally-important parts: _____ and _____.
- 2 Open-ended questions are _____ used and encourage a detailed _____ response.
- 3 Closed-ended questions encourage a(n) _____ answer, and are useful in collecting information about a(n) _____ topic.

My heart was replaced last year!

Fitness center applicants at my hospital are asked about their medical problems. A man wrote "None" on the application form where he was asked whether he had any cardiac problems. When a huge surgical scar was noticed on his chest, he was asked, "What is that?" "I used to have problems with my heart, but it was replaced last year," the man answered.



Question: Did the man have any cardiac problems?

My Learning Log

Words & Phrases The words and phrases I have learned in this unit are:

Grammar The grammar points I have learned in this unit are:

Reading Strategy The reading strategy I have learned in this unit is:

Report I have learned the major components of a health history. They are:

<input type="checkbox"/> Identifying data	<input type="checkbox"/> Chief complaint(s)
<input type="checkbox"/> Present illness	<input type="checkbox"/> Past illness
<input type="checkbox"/> Family illness	<input type="checkbox"/> Personal and social history
<input type="checkbox"/> Review of Systems	

Answer Yes. But he might be lying or have misunderstood.