

英語総合教材

# English for Nursing Students

看護系学生のための総合英語

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NAN'UN-DO

***English for Nursing Students***

by

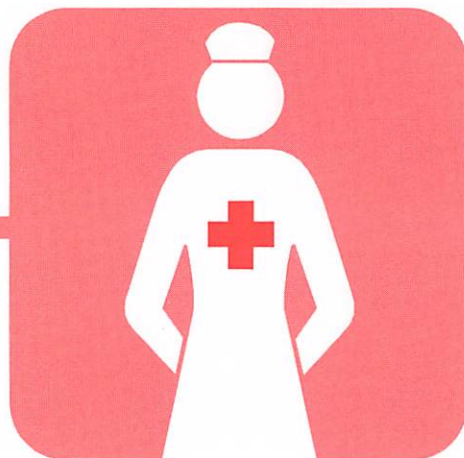
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# はしがき

本書は、看護学の現場からの新鮮かつわかりやすい読み物と会話、それを基にした役に立つ練習問題、楽しみながら自然に英語で話せるLET'S TALKから成っています。看護系学生が興味を持ちながら、将来必要な英語の4技能を無理なく身につけることができるように工夫してあります。

## <本書の構成>

### 1. Reading Text

現在、米国の医系大学Family Nurse Practitioner科の主任教授である Dr. Marilyn W. Edmunds が日本の学生のために書き下ろしたものです。平易な英語と共に丁寧な注釈をつけましたから、無理なく看護の基本を理解することができます。内容を理解した後、是非テープを利用して音読の練習をし、速読速解を心がけて、最後は音声のみで理解できるようにしてください。

- ⊕ **Vocabulary:** 看護系学生が使用するであろう語彙を選んであります。繰り返し発音して身につけてください。
- ⊕ **Questions & Answers:** 段階をおって本文の理解を確認するようにしてあります。最後に自分で質問を作って、クラスの皆で答えるようにしてみましょう。
- ⊕ **Grammar & Usage:** すでに身につけている基本的な文法を再確認するためのものです。

### 2. Dialogue

- ⊕ **Dialogue A:** Dr. Edmundsの書き下ろしたものです。実際ナースが遭遇しそうな会話になっています。CDをよく聴いて内容把握の後、CDの音声のみで理解できるようにしてください。
- ⊕ **Dialogue B:** Dr. Edmundsの書き下ろしを学生が練習しやすいように一部変えたものです。また、右端に談話構成が書いてあります。英文をかくして構成だけ見て言えるようにするのもよい練



習です。

- **True or False:** Dialogue Aの内容についての簡単なセンテンスを聞き取り、判断する練習です。書き取りに使用するのもよいでしょう。
- **Dialogue Practice:** Dialogue Bの基本的な文型を練習した後、パートナーと練習します。
- **Vocabulary:** 看護系学生が使用するであろう語彙を選んであげてあります。繰り返し発音して身につけてください。

### 3. LET'S TALK

看護系学生に必要な語彙を、将来ありうる場面で楽しく練習できるようになっています。従来の医系語学教材に欠けていると思われるもので、コミュニケーション能力開発をめざすものです。

巻末に、**2**、**3**で使用した表現をまとめた Useful Expressions を載せました。活用してください。

本書は4人の共同作業でできました。上記のDr. Edmundsは読み物と Dialogueの書き下ろしを、Paul Price氏はLET'S TALKの制作と英文の添削を、引地岳雄氏は読み物の注釈と添削、大瀧は企画編集と練習問題その他を担当いたしました。

本書出版にあたってはたくさんの方々の御協力をいただきました。特にDr. Edmundsの英文執筆に際して御助力いただいたMs. Christy Crowther, MSに深く感謝します。また、さし絵を描いていただいた前田印刷の作田和美さん、金沢医科大学付属看護専門学校生徒の坂井美和さん、道下由香さん、そして最後に、本書出版に際して種々ご尽力くださった南雲堂編集長の青木泰祐氏、および大井理江子さんに心から感謝いたします。

1998年4月

大瀧祥子



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# WHAT IS A NURSE?

## 1. What Is a Nurse?



Nursing is a process to assist people in improving their health. Nurses primarily deal with two groups of people: the sick, who need someone to help them when they cannot care for themselves, and the well, who need education to help them stay well. Nursing focuses on “caring” for patients, not “curing” them.

The nursing process guides the action of nurses. First, the nurse assesses the patient’s problem. Because one’s health is based upon many things, nurses must make a total or “holistic” assessment. This requires them to consider not only physical problems, but also mental, spiritual, cultural, financial, or social factors that may be influencing the patient. Once they understand the patient’s

problems, nurses help make a plan for solving the problems. Next, the nurse works with the patient to carry out the plan. This may require working with other health care providers, or the patient's family, or using the resources in the community. Finally, the nurse must evaluate whether the problem is solved or not. Many problems require work over a long time. Thus, good communication skills and a trusting relationship between nurse and patient are very important.

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**Notes:** 看護は人々の健康増進を助ける一過程だが、その内容は…?

**process** 「過程」 ある手順をふむ過程または方法 **assist people in ...** 「人々が…するのを助ける」 **primarily** 「本来」 **the sick** 「病人」 the + 形容詞は〈…な人々〉を意味する **care for ...** 「…を看護する」 **the well** 「健康な人々」 **stay well** 「健康なままでいる、健康を維持する」 **focus(es) on ...** 「…することに焦点をしぼる、…することに専念する」 **nursing process** 「看護過程」 事前評価、看護計画、実践、事後評価と進む看護の道筋 **problem** 「問題」 だが、ここでは病気や症状のこと **holistic** 「全体論的」 次の文に説明がある **health care providers** 「ヘルスケア提供者、医療関係者」 **carry out ...** 「…を実行する」 **resources** 「(人的、物的) 資源」 **trusting relationship** 「信頼関係」



## 2 + Vocabulary

Match the similar expressions.

- |             |     |                |
|-------------|-----|----------------|
| 1. well     | ( ) | a. of the body |
| 2. sick     | ( ) | b. of the mind |
| 3. assess   | ( ) | c. healthy     |
| 4. physical | ( ) | d. ill         |
| 5. mental   | ( ) | e. evaluate    |



## ⊕ Questions & Answers

1. 2. Choose the best answer.
3. 4. Answer in English.
5. Make your own question.

1. What does nursing focus on?
  - a. caring for patients
  - b. curing patients
  - c. educating patients
2. What do nurses first do to solve patients' problems?
  - a. They carry out a plan.
  - b. They make an assessment.
  - c. They make a plan.
3. What factors may influence patients?

\_\_\_\_\_

\_\_\_\_\_

4. What do nurses finally do to solve patients' problems?

\_\_\_\_\_

\_\_\_\_\_

5. Your question \_\_\_\_\_

\_\_\_\_\_

Answer \_\_\_\_\_

## ⊕ Grammar & Usage

Fill in each blank with one word from the list below. Use each of them only once.

[ once      because      when      although      till ]

1. (            ) you cannot sleep well, this medicine will help you rest.
2. Don't worry. I will stay here (            ) you fall asleep.
3. (            ) you start a plan, you should not change it.
4. (            ) it was difficult to carry out the plan by herself, Beth had to ask for help.
5. (            ) Tom had a hearing problem, he managed to graduate at the top of his class.

## 2. What Kind of Things Do Nurses Do?



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### Dialogue A

<A: Girl B: Nurse>

看護師志望の少女が知り合いのNurseに出会って…。

A: Do nurses just do what the doctor tells them to do?

B: No. We do work with doctors. But there are many things only nurses do to help patients get well.

A: What kind of things do nurses do?

B: Nurses spend a lot of time with patients. Through information about their concerns and problems, we can help decide what will be most helpful to them in their recovery.

A: But you mostly work with sick people in the hospital, don't you? You give them baths and make them take medicine, right?

B: Well, we do all those things. However, we also teach people in schools or offices about risks to their health and how to stay well.

A: Maybe I'll be a nurse when I grow up. I would like to help people get better when they are sick.

*Notes:* **concern** 「懸念、心配」 **medicine** 「薬」、「医学」の意味もある **risk** 「危険性、おそれ」



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### Dialogue B

<A: Nurse B: Mr. Brown>

職場のNurseが工場で働くBrownさんに…。

A: Hi. It looks like your wrist is hurting you.

B: Yes. It hurts a lot.

A: Have you sprained it?

B: I'm not sure. In the morning it's fine. But by the time I leave it's pretty swollen. And at night it hurts a lot.

A: Well, maybe you should give it a rest every couple of hours and put an ice pack on it.

B: Good idea. Thanks a lot.

間接的な質問

答え

直接的な質問

答え

示唆

同意、感謝

*Notes:* **wrist** 「手首」(p.90の図参照) **sprain** 「(足首、手首などを)くじく、捻挫する」  
**by the time** ～ 「～までには」 **every couple of hours** 「2時間毎に」

4 **+** True or False (Dialogue A)

Listen and write what you hear. Then circle T (true) or F (false).

1. \_\_\_\_\_ T / F
2. \_\_\_\_\_ T / F
3. \_\_\_\_\_ T / F
4. \_\_\_\_\_ T / F
5. \_\_\_\_\_ T / F

**+** Dialogue Practice (Dialogue B)

1. Substitute the words shown below or follow the instructions.

- ▶ sentence: **It looks like your wrist is hurting you.**

(p.90の図参照)

1. your foot → \_\_\_\_\_
2. your knee → \_\_\_\_\_
3. your shoulder → \_\_\_\_\_
4. you are getting well → \_\_\_\_\_

- ▶ sentence: **Have you sprained it?**

1. he → \_\_\_\_\_
2. break → \_\_\_\_\_
3. 肯定文 → \_\_\_\_\_
4. 否定文 → \_\_\_\_\_

2. Practice the dialogue.

6 **+** Vocabulary (Dialogues A and B)

Choose the word that means the same as the expression on the right, as it is used in the text.

- |                 |   |
|-----------------|---|
| 1. medicine ( ) | a. damage by sudden twisting              |
| 2. hurt ( )     | b. bigger than normal                     |
| 3. wrist ( )    | c. substance used for treating disease    |
| 4. sprain ( )   | d. cause pain                             |
| 5. swollen ( )  | e. the joint between the hand and the arm |

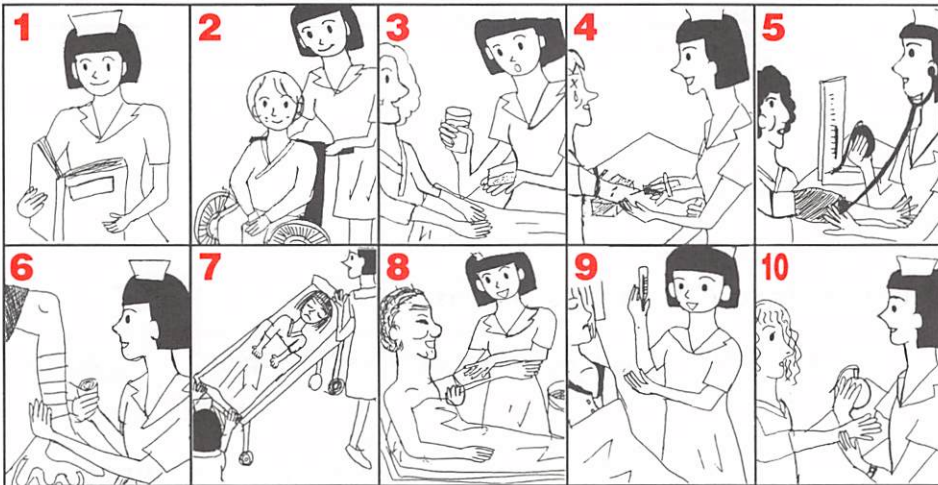
### 3. LET'S TALK: Things That Nurses Do

#### ⊕ What do nurses do?

1. Nurseのすることをできるだけ書き出してみましょう。

2. 次にNurseのすることの例があります。関係のある絵の番号を書き入れましょう。

- checking the blood pressure ( )
- taking the temperature ( )
- giving medicine ( )
- giving a bed-bath ( )
- giving an injection ( )
- pushing a person in a wheelchair ( )
- carrying a patient on a stretcher ( )
- changing bandages ( )
- looking at a chart ( )
- taking the pulse ( )



7 3. CDを聴いて発音しましょう。

**+ What are the nurses doing? (Pair Work)**

1. よく似ているけれど少しずつがう絵A, Bがあります。あなたとパートナーとどちらかちがう絵を選びましょう。
2. 選んだ絵の10人の患者とその周りの様子を英語でメモしましょう。
3. 例にならって各々の絵の患者とnurseの様子の違いについてパートナーと交互に話し合ひましょう。

[例]

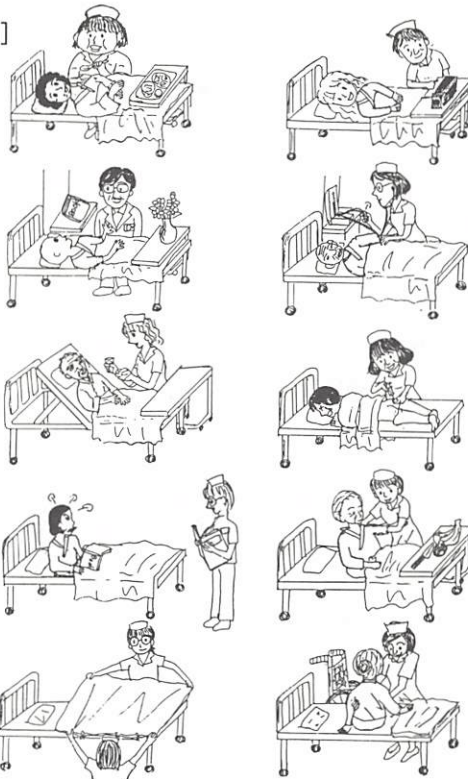
A: A big nurse is feeding a patient. The patient's lying in bed. She has black hair.

B: In my picture, a small nurse is carrying food to a patient. The patient's young and is sitting up in bed. Another nurse is....

A: In my picture....

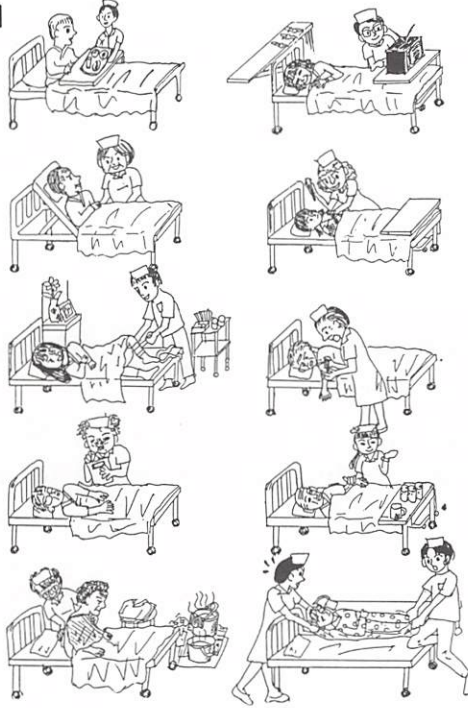
**A**

[例]



**B**

[例]



**+** Dialogue Practice

1. 次のB～Hについて、Aにならって過去形を書きましょう。

- |                                 |                |
|---------------------------------|----------------|
| A. to check your blood pressure | <u>checked</u> |
| B. to switch on the TV          | _____          |
| C. to make the bed              | _____          |
| D. to take some medicine        | _____          |
| E. to examine your foot         | _____          |
| F. to have an injection         | _____          |
| G. to feed a baby               | _____          |
| H. to take your pulse           | _____          |

2. 次の例のイタリックの部分をかえて、パートナーと dialogue をしてみましょう。(一方は上記のA～D、他方はE～Hを使用)

[例] A: When was the last time you *went to the hospital?*  
 B: *One week ago.*

[参考] two days ago / last week / last year / yesterday / last night /  
 this morning / never / I don't remember