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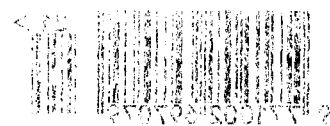
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护患沟通英语

Constipation 便秘

Conversation

Nurse: Mrs. Walker, did you go to the toilet tonight?

Patient: Yes, I did. But I had some problems with my bowels.

Nurse: Oh, what was your bowel movement like?

Patient: I just passed a few hard lumps. It hurt a lot to go to the toilet.

Nurse: I see. You take a laxative every night, don't you?

Patient: Yes. I take some tablets every night. They usually work well. I don't know why I am having all these problems now.

Nurse: You've been taking some painkillers lately for your back pain, haven't you? They can make you constipated.

Patient: Oh, I didn't know that. Can you give me something to help me go to the toilet?

Nurse: Sure. I can give you some suppositories tonight. They will help make your stool softer and easier to pass.

Patient: All right. I don't like them much, but constipation is very unpleasant.

Nurse: No, it certainly isn't very comfortable. Try to drink a bit more water as well. That will help you, too.

Patient: All right. I'll drink more water if it will help me.

NOTES

constipation [kɒnstɪˈpeɪʃ(ə)n] 便秘 n.

bowel ['baʊəl] 肠 n.

bowel movement 排便

lump [lʌmp] 块, 块状 n.

laxative ['læksətɪv] 泻药 n.

painkiller ['peɪnkɪlə] 止痛药 n.

constipated ['kɒnstəˈpetɪd] 患便秘症的 a.

suppository [səˈpəzəˌtɔːri] 栓剂 n.

Acute Confusion in the Elderly 老年突发性意识模糊

A carer discusses sudden changes in a resident who is confused (意识模糊的 a.) and hallucinating (产生幻觉的 a.).

Language used: Discussing changes, talking about causes.

Carer: Seana, can I talk to you about Mrs. Littlewood? She's really confused all of a sudden.

Nurse: Mrs. Littlewood? Which room is she in?

Carer: Jessie Littlewood. She's in Room 18, next to Mrs. Jones.

Nurse: Okay. Yes, I know her. What's the problem?

Carer: Well, she's not making sense at all. I asked her if she wanted some lunch and she became quite aggressive (有攻击性的 a.). She told me to get out of her room.

Nurse: I see. She is usually quite calm.

Carer: Yes, that's why I was a bit worried and the other thing is that she seems to be seeing things, you know, hallucinating.

Nurse: What? You mean she's seeing things that aren't there.

Carer: Yeah, that's right. She keeps saying that her mother is having a cup of tea with her and that I should leave them alone. But her mother isn't there obviously.

Nurse: Right. I checked her urine yesterday and it was okay. What about her bowels (排便)? Is she constipated (便秘的 a.)? Sometimes constipation can make elderly residents confused.

Carer: No, she hasn't had any problems with her bowels. She has her bowels open every day.

Nurse: All right. There is another cause of confusion in the elderly. Sometimes a change in medication causes problems. Let me check Mrs. Littlewood's drug chart.

Nurse: Oh, yes. That's right.

Nurse: The doctor changed her painkillers this week. She started taking a painkiller with codeine (可待因 n.) two days ago.

(摘自“医护英语”微信公众号)