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Книга подготовлена на материалах, заимствованных исключительно из источников, изданных в Великобритании, и не содержит ни одной английской фразы или выражения, созданных искусственно, т.е. на основе перевода

Предисловие

Настоящее издание представляет собой учебное пособие, составленное на основе руководства по уходу за пациентами, проходящими курс лечения.

Материалы, содержащиеся в пособии, основаны на практических рекомендациях по уходу за больным, разработанных специалистами англоязычных стран, и приводятся в их оригинальном изложении на английском языке. В связи с этим, они могут представлять профессиональный интерес для медицинских работников, которые совмещают работу в лечебном заведении с преподавательской деятельностью, в т.ч. и с участием иностранных студентов.

С целью обеспечения возможности использования данного пособия преподавателем в ходе подготовки различных учебных материалов на английском языке на основе перевода специалисты издателя выделили в английском тексте полезные фразы и терминологические словосочетания, снабдив их русским переводом. При этом их систематизация была осуществлена в алфавитном порядке и приводится в виде предметного указателя слов и выражений на русском и английском языках в конце данного издания, а профессиональное редактирование выполнено специалистами в области медицины.

По мнению авторов, данное пособие может оказать существенную помощь специалистам при подборе английских эквивалентов в процессе последующей работы, связанной с переводом специальных материалов с русского языка на английский.

По твердому убеждению авторов, необходимость издания данного и других пособий подобного назначения в значительной степени обусловлена отсутствием на рынке необходимых справочных материалов и может быть оправдана возникновением даже самых минимальных положительных тенденций в усилении внимания к проблеме практического освоения иностранного языка для его применения специалистами в процессе их профессиональной деятельности.

GENERALLY speaking, our aim in nursing is to observe the ordinary everyday rules of health, and since if these were intelligently observed fewer illnesses would occur, we will commence by considering these briefly.

EVERYDAY RULES OF HEALTH

Cleanliness. — This covers care of the excretory organs.

Care of the Skin. — In order that the skin may function efficiently the surface must be kept clean so that the pores do not become clogged and unable to excrete. For this purpose a **daily bath** should be taken¹, and if possible a **cold bath**¹ as well, as this has a tonic effect, and a **good brisk rub**² afterwards will **encourage circulation**³ and therefore the **activity of the pores**⁴. There is no need to be frightened of the prospect of a cold bath; a really cold bath should be worked up to gradually. Start by **having a cold douche**⁵ about 98° F. (37° C) after a hot bath—gradually reduce the temperature one degree each day until you reach 60° F. (16° C) and then reduce the temperature of the bath to 98° F. (37° C) and gradually to 60° F. (16° C) or below if you can stand it. By this process there are very few people who cannot take cold baths. Any roughness or soreness of the skin should be treated as this encourages the entry of germs. Roughness of the hands can be treated with some glycerine compound—there are many preparations on the market and different skins react to different applications. Irritating rashes caused by heat or perspiration may be treated with Calamine lotion. Always report any unusual rash or abnormality of the skin to a doctor and do not attempt home treatment.

Care of the Kidneys. — The kidneys deal with the nitrogenous waste of the body which accrues chiefly through the digestion of protein. It is advisable therefore, to ensure proper functioning of the kidneys, not to overload them with protein, that is to say, do not eat too much meat of the red variety, and keep to a well-balanced diet. The kidneys need plenty of irrigation to clear them out and to this end plenty of water should be drunk, between meals if possible. Try and cultivate the habit of drinking three or four glasses of water a day. Weak tea may count as fluid for this purpose, but remember that milk is a food and does not take the place of water.

Care of the Bowels. — If the bowel becomes loaded with faeces which are not expelled, it continues to absorb poisons from the putrefying material. The unabsorbed residue of the food, by the time it reaches the large intestine is filled with bacteria, and in extreme constipation a fatally toxic condition can be reached through the absorption of these bacteria. Generally speaking, the **bowels** should **move**⁶ once a day, but some people in normal health **have** more frequent **motions**⁶ and some only once in two days. The most necessary thing is to acquire a regular routine in this respect.

Fresh Air.—This is most important in health and disease. Not only is fresh air essential for the proper aeration of the lungs, but by its cooling action on the skin it plays an important part in preserving the balance between heat production and heat loss.

In this way it **stimulates the body's vital activities**¹ and improves the circulation and appetite. In any living-room or sick-room **continuous ventilation** should be **ensured**² and **direct draughts**³ avoided — it is the latter and not the former which causes chill. Direct draughts may be prevented by the use of **screens**⁴ or curtains. One method of avoiding a draught is to raise the lower sash of the window and place a board across it. The air then enters between the two sashes in an upward direction.

Fog should always be excluded from the young child's room and the sickroom.

Under the heading of Fresh Air, clothing should be considered since this controls the currents of air to the body. Clothing should be uniformly distributed, and should not restrict movement. Warmer clothing is required for thin, delicate people than for the robust. Woollen clothing is more suitable for cold and wet because it is non-absorbent, whereas cotton clings close when wet and does not retain warmth. Cotton, linen or artificial silk are suitable for warm weather. It is best to wear as little clothing as one can and to acclimatize oneself gradually to wearing less, as if fresh air can circulate freely over the skin it is in itself a protection against chill. Children brought up to wear one or two light woollen garments in winter and almost nothing in the summer soon acquire a good resistance against colds.

Exercise.—This is invaluable in toning up the whole body and stimulating a good circulation. Since it is the circulation which carries the food products necessary for the building up and repairing of the tissues, it can readily be understood how necessary it is that there be a good supply of blood to all parts of the body. Exercise, like cold baths and fresh air, should not be undertaken suddenly and violently if one is not accustomed to it. Walking is one of the best exercises and a daily brisk walk **in the fresh air**⁵ will keep one fit when it is impossible to embark on any form of sport. In addition to this, deep **breathing exercises**⁶ before an open window are a great help in resisting disease, and exercises for all the muscles of the body will ensure a good figure and give a sense of well-being and confidence, thereby providing an excellent mental tonic as well. It is impossible to deal here with the different exercises which may be undertaken in this way, but there are quantities of books and magazines on the market which deal with these in detail. Swimming and tennis are both good in that they are not too violent, and tend to develop all muscles. People over middle age, or suffering from heart trouble, should only take exercise after consultation with their doctor as to how much they may do. A hard and fast rule cannot be laid down, as some people over forty are in perfect physical condition and some far under that age have to take great care.

Rest.—Given suitable intervals of rest, the body has very great powers of endurance, but without rest, and particularly without sleep, it very quickly gives out. Each person should know their own requirements in this respect, since these vary greatly, due partly to a difference in glandular secretions, as well, of course, to the type of life they lead. Generally speaking, adults require about 8 to 9 hours' sleep in 24 hours, and children 11 to 12 according to their ages. It is during sleep that the body is able to repair the damage done through continual activity during the day. The vitality of the body varies at different times in the 24 hours, for example, in the early morning it is at its lowest and it is therefore considered that sleep taken before midnight is more valuable. Sleep in the daytime does not make up for lack of sleep at night, although in cases of illness or convalescence a rest in the middle of the day aids recuperation.

RULES FOR SICK NURSING

Having dealt with the elementary rules of health, we will now endeavour to apply these to the nursing of sick people, but first of all it may be as well to enumerate briefly the qualities to be aimed at in one who has, temporarily or permanently, the care of sick people.

Observation is an essential quality in anyone having anything to do with illness. Changes in temperature, face and expression, posture, etc., all have implications and should be reported to the doctor. Do not, however, let a patient know he is being watched, or it will irritate him, and do not be fidgety. Observation is an acquired quality and becomes automatic in time. From this will come an understanding and anticipation of the patient's needs.

Sympathy is a quality which cannot be acquired, but it arises largely from an understanding of the feelings of the patient and of the illness from which he is suffering. Quiet sympathy is to be desired, the chattering or gushing variety is merely superficial and intensely aggravating to one who is ill.

Confidence is inspired by a gentleness and firmness of touch combined with a quiet assurance. Cheerfulness will help in this and is very good medicine, but it must not be a too hearty or unfeeling cheerfulness. Never be impatient nor let it appear that any task is a nuisance, or that any symptom or aspect of the disease is abhorrent to you. If you flinch the patient will flinch too and be very embarrassed and uncomfortable.

Accuracy is absolutely essential. Always be accurate in observing and reporting all details, in measuring and giving all medicines, in taking temperature and pulse, and in everything you are required to do. The doctor's instructions must be carried out to the letter; if you are doubtful ask him, but take no responsibility on yourself. Remember, too, that your neglect of what may appear to you small details may cost the patient his life.

Quietness.—People who are ill are intensely susceptible to noise. Do not burst in upon an ill person suddenly, and move quietly about the room. Especially must you do this when nursing children; you may do irreparable harm to the child's mind by giving it sudden unexpected pain. Children have a great deal of courage and respect you if you treat them as adults. Explain to them reasonably why the pain is necessary and generally they will respond.

ARRANGEMENT OF THE SICK-ROOM

Environment has a very important effect on a patient's condition. For this reason a bright, sunny room should be chosen, preferably south-east. Sick people tend to wake early and enjoy the early morning sun, and if the room is full south the afternoon sun is apt to be too bright and over-heating. **Arrange the bed so that**¹ the patient's eyes are shaded from glare; if **blinds** have to be **drawn**² this has a depressing effect and prevents free ventilation. **The head of the bed**³ should be against the wall and not the side, as the latter arrangement prevents the circulation of air round the bed. An occasional change of the arrangement of the sickroom gives some variety, and may be appreciated when the patient is getting better.

The windows of a sick-room should be large, and in reasonable weather should be open top and bottom. When this is not possible the air should be changed occasionally by opening wide both door and windows, covering the patient warmly meanwhile, and letting the air circulate freely for about ten minutes. Be sure that the windows are clean so that the light rays are not cut off. Remember to avoid draughts: raise the lower sash and place a board across it. The air then enters between the two sashes in an upward direction.

Item No.	Russian Word/Phrase	English Equivalent
1	Цвета, оказывающие успокаивающее воздействие (на больного)	restful quiet shades
2	Прикроватная тумбочка	a locker
3	Предметы первой необходимости	immediate needs
4	Свежая питьевая вода	fresh drinking water
5	Средство повышения активности нервной системы	a nerve tonic
6	Хранить <i>что-л.</i> в закрытом (недоступном) месте (чтобы не попадалось на глаза)	to keep <i>smth</i> out of sight
7	Светить в глаза пациенту	to fall on the patient's eyes
8	Добавлять (убирать) <i>что-л.</i>	to add (remove) <i>smth</i>
9	В зависимости от	according as
10	Состояние здоровья пациента	condition of the patient
11	Застилание постели	bed-making
12	Односпальная кровать	a single bed
13	Осуществлять уход и лечение больного	to nurse the sick
14	Остов кровати	a bedstead
15	Колесико (<i>в передвижной кровати</i>)	a castor
16	Для дополнительного удобства	for preference
17	Матрац	a mattress
18	Набитый волосом (ватой, соломой)	to be stuffed with hair (wool, straw)
19	Сменное покрывало (<i>которое легко моется</i>)	a washable cover
20	Подушка	a pillow
21	Набитый пухом (пером)	to be stuffed with flock (feather)

All hangings and mural decorations should be removed from a sick-room, with the exception of one or two pictures, and there should be as little furniture as possible as this only forms a medium for the accumulation of dust and dirt. The wall covering should preferably be light in colouring with **restful quiet shades**¹.

Flowers are greatly appreciated and help to brighten the room. See that the water is changed once a day and all dead or dying flowers immediately removed. At night all flowers and plants must be removed as they use up the air and give off impurities. There should be a **locker**² by the bed containing the patient's **immediate needs**³. Have as little on top of it as possible—one vase of flowers, smelling salts or eau-de-Cologne, and always **fresh drinking water**⁴ and fruit drinks. Also fresh fruit, particularly of the juicy variety such as oranges, grapes and pears, should be at hand where they are allowed. Sometimes pure barley-sugar to suck is permitted and the sugar acts as a **nerve tonic**⁵. All medicines and appliances should be **kept out of sight**⁶.

When artificial light is required see that it is shaded and does not **fall on the patient's eyes**⁷.

The temperature of the room should be about 60° to 65° F. (16° C to 18° C) and the room should be heated by a coal-fire if possible as this aids the ventilation by creating a draught up the chimney for the removal of foul air. **Add or remove**⁸ blankets, hot-water bottles, etc., **according as**⁹ the temperature and **condition of the patient**¹⁰ demand. There can be no hard and fast rule in this respect.

CARE OF THE PATIENT

Bed-making¹¹.—**Single beds**¹² are the most convenient for **nursing the sick**¹³. They should not be too low, as constant bending down to a lower level is very tiring. The **bedstead**¹⁴ should be easy to clean and disinfect, such as iron with wire springs, and **castors**¹⁵ should be large and have rubber tyres **for preference**¹⁶. The **mattress**¹⁷ may be **stuffed with hair, wool, or straw**¹⁸, but not feathers. Hair is the best as it is non-absorbent and light in weight. It should be covered with a **washable cover**¹⁹. Two **pillows**²⁰, one of **flock**²¹ and one of **feathers**²¹, are used as a rule, but any number may be required if the patient is being propped up. The flock pillows are firmer for purposes of support and should form the foundation pillow or pillows. Care must be taken always to have a soft one on top.

Item No.	Russian Word/Phrase	English Equivalent
1	Льняное белье (<i>постельное</i>)	linen
2	Верхняя простыня (<i>которую застилают поверх нижней простыни, расположенной на матрасе или клеенке</i>)	a drawsheet
3	Нижняя простыня (<i>которую подстилают на матрас или клеенку</i>)	a bottom sheet
4	Застилать (простыни) с натяжкой и без складок	to keep (sheets) tight and flat
5	Заправлять (простыню) с одного или с другого края кровати	to tuck (sheets) in one side or the other
6	Заплаты на верхней простыне	patches in the drawsheet
7	Предохранять от загрязнения	to avoid soiling (<i>sth</i>)
8	Стирка противопоказана (<i>чему-л.</i>)	washing spoils (<i>sth</i>)
9	Удалять (вытирать) пятна	to mop out stains
10	Стеганое одеяло	a quilt
11	Служить долго (<i>в смысле расходоваться экономно</i>)	to be used with economy
12	Обращаться бережно	to exercise care
13	Аккуратно складывать	fold <i>sth</i> neatly
14	Сморщивание (простыни)	creasing (of sheets)
15	Испачканный (<i>в т.ч. пятнами</i>)	stained
16	В стирку	to the laundry
17	Медицинская клеенка	a mackintosh
18	Свертывать в рулон	to roll up
19	Складывать (<i>напр., вдвое, вчетверо и т.д.</i>)	to fold
20	Застилать постель	to do bed-making
21	В ногах (<i>о кровати</i>)	at the end of the bed
22	Чувствовать себя достаточно хорошо	to be well enough
23	Быть неспособным (<i>делать что-л.</i>) по состоянию здоровья	to be too ill (<i>to do sth</i>)

Two sheets are used; **linen**¹ is the most suitable material. A **drawsheet**² is placed over the **bottom sheet**³, made of double soft sheeting or cotton twill, as it feels warmer and absorbs perspiration. It should be at least one yard longer than the width of the bed. It must be **kept very tight and flat**⁴ and the long end should always be **tucked in on one side or the other**⁵, not equally distributed on both sides. There must never be any **patches in the drawsheet**⁶.

Blankets should be of the soft woolly sort, as they are the warmest, and preferably white in colour. They should always be covered. Care should be taken to **avoid soiling**⁷ these as **washing spoils**⁸ them; small **stains** can be **mopped out**⁹. Thin, old blankets should be placed next to the patient.

Quilts¹⁰ should be washable and can **be used with economy**¹¹ if **care is exercised**¹². Sheets and quilts should be **folded neatly**¹³ when bed-making to avoid undue **creasing**¹⁴, and napkins or diet cloths should be used during meals especially when feeding helpless patient and children; this will help to preserve the cleanliness of the bed linen. Badly **stained**¹⁵ linen should always be removed and rinsed in cold water before it is sent **to the laundry**¹⁶.

A long **mackintosh**¹⁷ is necessary, and a short mackintosh is sometimes placed under the drawsheet. Mackintoshes should always be **rolled up**¹⁸ or hung, and never **folded**¹⁹, nor placed near a radiator. Pin pricks spoil them and oil perishes them. The short mackintosh under the drawsheet should be of the same width; if it extends beyond the drawsheet above it looks untidy, if below it is uncomfortable.

When possible, **bed-making** should **be done**²⁰ by two people. A chair is placed **at the end of the bed**²¹ and the clothes placed on it. It is important that all bed-clothes should be well aired; cover the patient with a warm blanket for a few minutes while this is being done. Bed linen must be frequently changed and if the patient **is well enough**²² to get out and sit on a chair for a few minutes this is easy. If the patient **is too ill**²³ to be moved much, proceed as follows:

Item No.	Russian Word/Phrase	English Equivalent
1	Стоять по обе стороны кровати	to stand on each side of the bed
2	Выдергивать края простыни из-под матраца со всех сторон	to untuck the linen all round
3	Придерживать (рукой)	to hold (<i>sth</i>)
4	Извлекать (<i>что-л.</i>) движением вниз и в направлении к (<i>чему-л.</i>)	to remove (<i>sth</i>) downwards towards (<i>sth</i>)
5	В ногах (<i>о кровати</i>)	the foot of the bed
6	Стряхивать <i>что-л.</i> (<i>напр.</i> , крошки) с кровати	to brush <i>sth</i> out of the bed
7	Распрямлять, разравнивать <i>что-л.</i>	to straighten <i>sth</i>
8	Заправить (т.е., подоткнуть <i>под низ чего-л.</i>)	to tuck in
9	Потянуть на себя и подкатить поближе к (<i>кому-л.</i> , <i>чему-л.</i>) с натяжением	to roll <i>sth</i> close to <i>sb</i> by drawing it up
10	Повернуть пациента на другой бок	to roll the patient to the other side
11	Брать пациента под руку	to take the patient by an arm
12	Держаться за <i>чьи-л.</i> плечи	to grasp <i>sb</i> by shoulders
13	Взбивать подушки	to shake up pillows
14	Усаживать больного в удобное положение	to support the patient into a comfortable position
15	Поворачивать пациента на бок	to turn the patient on side
16	Производить визуальный осмотр спины	to attend to the back
17	Поворачивать больного на бок	to roll a patient on to his side
18	Вытягивать с другой стороны	to withdraw on the far side
19	Подстилать (простыню) под лежащего больного в направлении сверху вниз	to insert (a sheet) from above downwards
20	Нижняя часть тела	a lower trunk
21	Исключать возможность сползания с <i>чего-л.</i> (из сидячего положения)	to prevent from slipping down <i>sth</i>
22	Пролежень	a bed sore
23	Надувной круг (камера)	an air ring
24	Надутый наполовину	to be half blown up
25	Тереться обо <i>что-л.</i>	to rub on <i>sth</i>
26	Водяная подушка	a water pillow
27	Ортопедическая кровать	a fracture bed
28	Для того, чтобы поверхность кровати была ровной и твердой	to keep the bed level and firm

One person **stands on each side of the bed**¹. **Untuck the soiled linen all round**² and remove the top bed-clothes, neatly folding them, until you come to the last blanket. **Hold**³ this blanket over the patient as with the other hand you **remove** the sheet underneath it **downwards towards**⁴ **the foot of the bed**⁵. The first assistant rolls the patient gently towards whichever side has the least drawsheet tucked in. The second assistant untucks the draw-sheet, undersheet, and mackintosh, **brushing** all crumbs, etc., **out of the bed**⁶ and **straightening**⁷ the undersheet and mackintosh tucks them in firmly. She then **tucks in**⁸ the end of the draw-sheet and **drawing up** the rest of it **rolls it close to**⁹ the patient. **The patient** is then **rolled gently to the other side**¹⁰, while the drawsheet is pulled through and, the undersheet and mackintosh having been straightened, tucked firmly and tightly in. Each assistant then **takes the patient by an arm**¹¹, the patient **grasping** the nurses **by the shoulders**¹², and together they gently raise him, while with their free hands they **shake up** and straighten the **pillows**¹³. The patient is then **supported back into a comfortable position**¹⁴, and the upper sheet replaced, holding it over the patient as the blanket is withdrawn towards the feet. The upper bed-clothes may now be replaced and tucked in neatly, but not too tightly to cause discomfort. It saves further disturbance if, while the patient is **turned on his side**¹⁵ for the drawsheet to be pulled through, the back is **attended to**¹⁶ as referred to later.

Changing Undersheet and Drawsheet.—Remove top bed-clothes as before, leaving patient covered with one blanket. **Roll patient on to his side**¹⁷. Untuck sheet, mackintosh and draw-sheet on one side and roll in three rolls up close to the patient's back. Place rolled clean undersheet beside them and tuck it in on this side of the bed. Tuck in the mackintosh on the same side, also the clean drawsheet. Roll patient on to clean drawsheet and **withdraw** soiled rolls **on the far side**¹⁸, at the same time pulling through the clean sheet, the mackintosh and the clean drawsheet and tucking them in.

If the patient cannot be rolled over, the clean undersheet is **inserted from above downwards**¹⁹ by one nurse, while the other nurse raises in turn his head on the pillow, then his shoulder and chest and finally his **lower trunk**²⁰. If the patient is sitting up and is fairly strong he raises himself on his hands while the sheet is inserted under him.

If a patient has to sit up in bed it helps **to prevent him from slipping down**²¹ the bed if a flock pillow, in a mackintosh cover, is rolled in a draw-sheet and drawn under the knees. The ends are then twisted and tucked under the mattress.

When a patient is in bed for a long time, great care must be taken to prevent **bed sores**²² from pressure, and **an air ring**²³ will probably be necessary. This should be **half blown up**²⁴ and inserted in a washable cover. A small pillow under the ankles may help to keep the heels from **rubbing on**²⁵ the bed and getting sore.

Rheumatism Bed.—A patient who is suffering from rheumatism or kidney disease is nursed between blankets which are placed between the sheets. A **water pillow**²⁶ should be used instead of an air ring, and cradle used to keep the bed-clothes from touching painful joints. A cradle may be improvised by using a stool or small table, or any suitable articles which the household provides.

Fracture Bed²⁷.—For fractures long boards are placed under the mattress and over the springs **to keep the bed level and firm**²⁸. A cradle will also be needed for such cases.

Hot-water Bottles.—These should be of rubber, filled with hot (about 180° F. (82° C)) and not boiling water, and the air carefully expelled. They should be placed in a flannel cover and never be put next to the patient if he is unconscious or asleep. Next to the first blanket is a good place for them.