

卫生类 A 级阅读判断

第十一篇: Disease, Diagnosis, Treatment and Prevention 【生病, 诊断, 治疗与预防】

Disease may be defined as the abnormal state in which part or all of the body is not properly adjusted or is not capable of carrying on all its required functions. There are marked variations in the extent of the disease and in its effect on the person.

In order to treat a disease, the doctor obviously must first determine the nature of the illness—that is, make a diagnosis. A diagnosis is the conclusion drawn from a number of facts put together. The doctor must know the symptoms, which are the changes in body function felt by the patient; and the signs (also called objective symptoms) which the doctor himself can observe. Sometimes a characteristic group of signs (or symptoms) accompanied a given disease. Such a group is called syndrome. Frequently certain laboratory tests are performed and the results evaluated by the physician in making his diagnosis.

Although nurse do not diagnose, they play an extremely valuable role in this process by observing closely for signs, encouraging the patient to talk about himself and his symptoms, and then reporting this information to the doctor. Once the patient's disorder is known, the doctor prescribes a course of treatment, also referred to as therapy. Many measures in this course of treatment are carried out by the nurse under the physician's orders.

In recent years physicians, nurses and other health workers have taken on increasing responsibilities in prevention. Throughout most of medical history, the physician's aim has been to cure a patient of an existing disease. However, the modern concept of prevention seeks to stop disease before it actually happens—to keep people well through the promotion of health. A vast number of organizations exist for this purpose, ranging from the World health Organization (WHO) on an international level down to local private and community health programs. A rapidly growing responsibility of the nursing profession is education individual patients toward the maintenance of total health—physical and mental.

文章中文翻译:

生病、诊断、治疗与预防

所谓生病,即部分或整个身体不能够正常调节,或不能够维持应有的功能。疾病的程度及其对人体的影响都存在着明显的差异。

为了治疗疾病,医生当然首先要给疾病定性,即诊断。诊断是基于一系列症状所做出的结论。医生必须通晓症状,即病人所感受到的自身功能的变化;且了解体征(也称客观症状),这些是医生可以亲身观察到的。有时一组典型的体征(或症状)伴随着某一疾病。这样的一组体征(或症状)就叫作综合病征。医生在作出诊断时,经常都要做某些实验室检查,并对检查结果进行评估。

尽管护士不负责诊断,但是她们密切监视病人体征,鼓励病人讲述其本身情况及症状,而且将所得信息汇报给医生,在整个过程中发挥着极其重要的作用。一旦知道了患者的病情,

医生就确定疗程（也称为疗法），其中许多治疗措施都是在医生指示下由护士去执行的。

近些年来，广大医生、护士以及其他保健工作者在预防方面承担着越来越多的责任。贯穿大部分医学史，医生都是治疗病人的现有疾病，但是现代的预防理论却寻求制止疾病于未然，即通过促进健康使人们不生病。为了这个目的，从国际级的世界卫生组织一直到地方社区的医疗机构构成了一个庞大的卫生机构。医护行业迅速增加的责任就是教育每个病人保持全面健康，即身体的和心理的健康。

