

6. Subcutaneous Injection

皮下注射法

【Case 病例】

Bed 5, Helen Nima, female, 55 y/o, business woman.

5床, 诺玛·海伦, 女, 55岁, 商人。

Increasing thirst, polydipsia, polyuria and fatigue for about two months, was admitted due to “Type 2 Diabetes”.

因口渴、多饮、多尿、疲乏约2个月, 拟“2型糖尿病”收入院。

Doctor's order: Novolin-R 8 units H tid 30mins before a meal

医嘱: 诺和灵-R 8U H tid 餐前30分钟

【Dialogs for Nursing Action 护理操作会话】

Nurse: Hello, I'm your nurse, Ms. Chen. Would you tell me your full name?

你好, 我是你的护士, 陈姑娘。能告诉我你的全名吗?

Patient: Hello, Ms. Chen. I'm Helen Nima.

你好, 陈姑娘。我叫诺玛·海伦。

Nurse: Do you know your diagnosis?

你知道你得的是什么病吗?

Patient: Recently I've been feeling very thirsty and passing a lot of urine. I've lost weight despite my good appetite, and I feel tired all the time. My doctor told me that I had suffered Diabetes.

最近我总觉得口渴, 小便很多。尽管食欲很好, 我的体重却减轻了, 而且整天都觉得累。医生说 I 得了糖尿病。

Nurse: Yes. Diabetes is a chronic disease. At the present time, it can't be cured, however, it can be controlled. Besides sticking to a special diet and having some regular exercise, insulin injection is one of the important treatment options. Your doctor ordered Novolin-R injection for you. It is one kind of insulin.

是的。糖尿病是种慢性病。目前还没有治愈的办法, 但可以控制病情。除了坚持控制饮食和定期运动外, 胰岛素注射是很重要的治疗方法之一。医生给你开了诺和灵-R注射, 这是一种胰岛素。

Patient: Thank you!

谢谢!

Nurse: Since insulin can cause hypoglycemia, you need to prepare your meal before injection. Is your lunch ready now?

因为注射胰岛素会导致血糖过低, 所以注射前必须准备好饭。你现在有午餐了吗?

Patient: Yes, it is ready.

准备好了。

Nurse: Good. Do you feel dizzy now?

很好! 你现在头晕吗?

Patient: No.

没有。

Nurse: Now, please roll up your sleeve and show up your upper arm. I am going to

clean your skin and you will feel a little cold.

现在请卷起袖子, 露出你的上臂, 我给你消毒一下皮肤, 你可能会觉得有点凉。

Patient: That will be fine.

好的。

Nurse: I' m going to insert the needle. You will feel a little prick. Please don' t move your arm. Ok, it' s all done.

我准备进针了, 会有一点儿痛, 请你的手不要动。好, 针打完了。

Patient: Thank you! Ms. Chen.

谢谢你! 陈姑娘。

Nurse: You are welcome. Don' t forget to have your lunch 30mins later. If you are not feeling well such as feeling dizzy or sweating, please inform us immediately.

不用谢。别忘了 30 分钟后吃午餐。如果感到有头晕、出冷汗等不适, 请立即通知我们。

Patient: I know.

知道了。

Nurse: Is there anything I can do for you now?

还有什么需要我帮助的吗?

Patient: Nothing else, thanks!

暂时没有了, 谢谢!

Nurse: Have a good rest, hope you recover soon!

好好休息, 祝你早日康复!