

はしがき

米国の看護学専門誌 *American Journal of Nursing* (1900 年創刊) に *Reflections* という名称のコラム欄が誕生したのは 1983 年のことです。「リフレクション」(reflection) とは、一般的には「内省、省察」と訳されますが、看護の分野では「日々の看護実践に対する客観的な振り返り」を指します。同誌のこのコラム欄に掲載される短いエッセイは、大半が看護師によるものですが、そのほかの医療従事者、患者やその家族も執筆しています。誕生と同時に大人気を博したこのコラム欄に掲載されたエッセイは、*Reflections on Nursing: 80 Inspiring Stories on the Art and Science of Nursing* (2017) として刊行されました。本書は、この書籍に収録された 80 編から選りすぐった 15 編のエッセイをもとに作成した、主に看護学生向けの英語学習用テキストです。

各 Unit の構成は次のようになっています。

WARM UP

Vocabulary & Pronunciation

本文に出てくる単語の意味を確認して、発音を練習します。

READING

医療・看護分野の単語・重要表現については本文右側に注が付けてあります。一般的な単語・重要表現や構文については脚注が付けてあります。

Essay [Part 1] エッセイの出だしを読み、**Check the situation** で場面を確認してください。

Essay [Part 2] エッセイの続きを読み、**Reading Comprehension** で本文の内容を確認してください。

EXERCISES

Dictation & Translation

音声を聴いて英文の空欄を補充し、完成した英文を日本語に直す問題です。注で取り上げた重要表現を確認してください。

EXERCISES

Word Order & Translation

日本語を参考にして英文を作る問題です。注で取り上げた重要表現や構文を確認してください。音声を聴いて英文を確認することも可能です。

Nursing Terms and Expressions

看護の分野で重要な単語や表現を確認する問題です。

Column

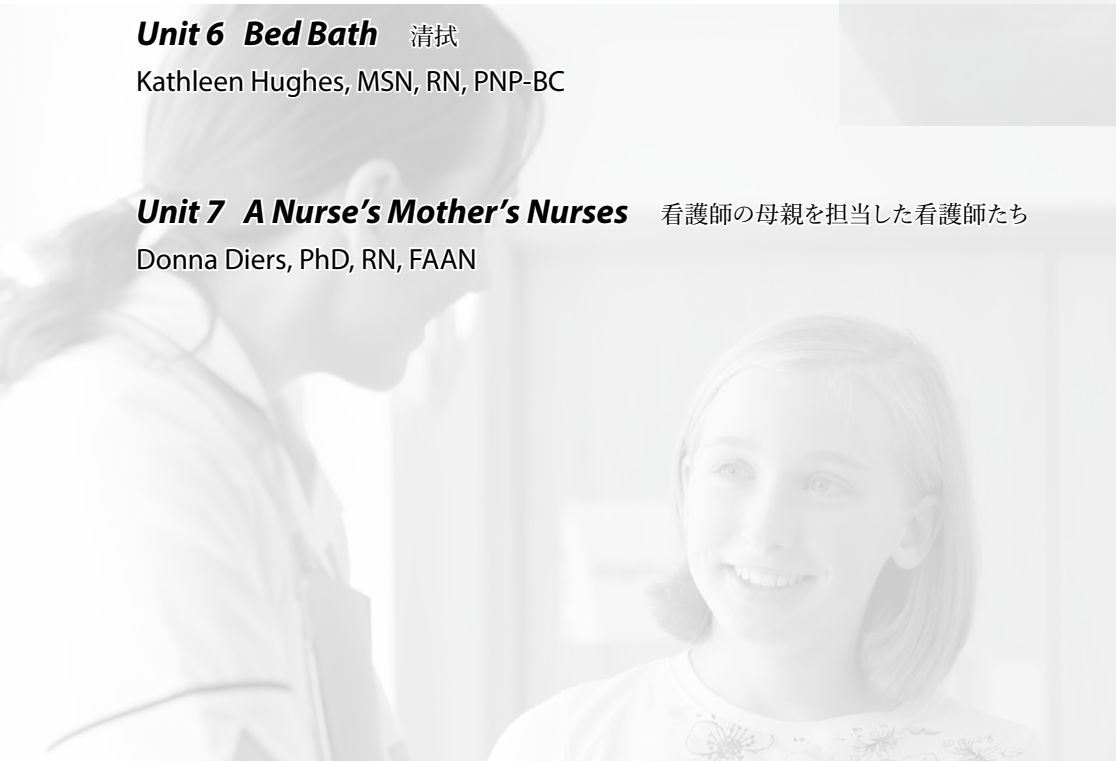
医療や看護の分野の「ことばと文化」を取り上げています。

収録されたエッセイが看護職者をめざすみなさんの心に響き、本書がみなさんの英語学習に少しでも役立つことを願っています。

2022 年秋
編著者

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資格・略称一覧

以下はエッセイを記した米国の看護師たちの資格・略称です。

ASN	Associate of Science in Nursing
BSN	Bachelor of Science in Nursing
CNOR	Certified Nurse Operating Room
CNS-BC	Clinical Nurse Specialist-Board Certified
CPN	Certified Pediatric Nurse
CPNP	Certified Pediatric Nurse Practitioner
CRNP	Certified Registered Nurse Practitioner
FAAN	Fellow of the American Academy of Nursing
MA	Master of Arts
MD	Doctor of Medicine
MEd	Master of Education
MPH	Master of Public Health
MS	Master of Science
MSN	Master of Science in Nursing
PCCN	Progressive Care Certified Nurse
PhD	Doctor of Philosophy
PMH-NP	Psychiatric Mental Health-Nurse Practitioner
PNP-BC	Pediatric Nurse Practitioner-Board Certified
RN	Registered Nurse
RN-BC	Registered Nurse-Board Certified

Unit 1
No Regrets

There is such a thing as a good death.

Arlene Koch, RN



次の英語の意味に合う日本語を下から選びなさい。また、音声を聴いて発音しなさい。

- | | | | |
|----------------|-------|---------------|-------|
| 1. bowel | _____ | 2. abdomen | _____ |
| 3. guarantee | _____ | 4. anticipate | _____ |
| 5. deteriorate | _____ | | |

保証する, 腹部, 衰える, 予想する, 腸

エッセイの出だしを読んでみましょう。

Ray Troyan was curled in the fetal position, rocking back and forth. A severely perforated bowel caused him so much pain that on a 1-to-10 scale, he rated it a 20. He was 87 years old and had been admitted 48 hours earlier with chest pain, but now the
5 pain was localized in his abdomen. His daughter, Kathryn, had been called in during the night. Neither of them had slept.

Ray had to make a choice. If he chose surgery, it would have to be done immediately. Not having surgery would mean death. Ray's age and the magnitude of the surgery were two
10 factors working against him. The surgeons couldn't guarantee a good outcome.

Medical and Nursing Notes

fetal position 胎児型姿勢

perforated 穿孔した, 穴のある

admit 入院させる

chest pain 胸痛

localized 局所的な

surgery 手術

surgeon 外科医

outcome 結果, 転帰

Notes

- (l. 1) be curled からだを丸くする, 丸くなって寝る (l. 1) back and forth 前後に, 左右に
 (l. 2) so ~ that ... 非常に~なので... (l. 3) on a 1-to-10 scale 1からの10の10段階で
 (l. 8) immediately 直ちに (l. 9) magnitude 大きさ (l. 10) work against ~ ~に不利に働く

Check the situation

Q1 レイ・トロイアンの激痛の原因は？

Q2 レイ・トロイアンの手術を困難にしている2つの要因は？

After Ray's pain was under better control, he lay stretched out on the bed, holding Kathryn's hand. They were deep in conversation, as if no one else in the world existed. There was no other family member to help them make this decision. I left them alone while I checked on my other patients; when I returned to Ray's room, he told me that he and Kathryn decided there would be no surgery.

He said it was an easy decision, and he was at peace with God. He'd lived a great life surrounded by the people he loved, and he had no regrets. If it was his time, it was his time. Kathryn appeared calm, strong, and remarkably comfortable with this decision. Whenever I asked if either of them needed anything, she always declined, saying, "No, I'm fine, thanks." Once I shoed her out to take a short walk to stretch her legs. She reluctantly went only after I promised to stay with Ray until she returned. I worried about her. I wasn't sure she understood what the next 24 hours would be like for her father.

The most valuable care I could give him was comfort. These would be his last hours on earth, and I wanted to make sure they were peaceful ones. I knew that as long as I kept his pain under control, Kathryn would be able to withstand the ending. After a few hours, Ray remained sleepy but alert. His condition worsened much faster than I'd anticipated, and although I was glad he wouldn't linger and suffer, I felt sad for the short time he and Kathryn had left.

When my 12-hour shift ended, I was asked to stay an additional four hours. Tired from such a busy day, I knew there was no one else to fill in. Ray deteriorated quickly; his

under control 管理されて、抑制されて

check on ~ ~の様子を確認する

alert 頭が冴えて、機敏な

Notes

- (l. 1) stretched out 手足を伸ばして (l. 2) be deep in conversation 話し込んでいる
- (l. 3) as if ~まるで~であるかのように (l. 8) at peace 心が安らいで
- (l. 9) live a great life 素晴らしい人生を送る (l. 11) remarkably 著しく (l. 13) decline 断る
- (l. 14) shoo 追い立てる (l. 15) reluctantly ししぶしぶ (l. 19) on earth この世で
- (l. 19) make sure ~間違いなく~するようにする (l. 20) as long as ~ ~する限りは
- (l. 21) be able to ~ ~することができる (l. 21) withstand 耐える, 持ちこたえる
- (l. 24) linger 生きながらえる (l. 27) additional 追加の (l. 28) fill in 代役を務める

vital signs fell, and his extremities became cold and mottled. He didn't respond to voice or touch. His lung sounds were coarse and audible without a stethoscope. He showed no outward signs of pain.

vital sign (複数形で) バイタルサイン (呼吸数, 脈拍数, 体温, 血圧など)
 extremity (複数形で) 両手両足
 lung 肺
 stethoscope 聴診器

5 It had been just Ray and Kathryn for years now. Ray's wife, Wilma, had died from cancer three years before. It was a long, harrowing illness. They'd been married 57 years. By evening I felt close to Ray and Kathryn, like they were becoming a part of my own family. I told Kathryn I would be her father's nurse

die from ~ ~が原因で死ぬ
 cancer がん

10 until 11:30 PM. She seemed relieved.

Shortly after 11 PM, Ray took his final breaths and was gone. Kathryn was there, telling him it was all right to go. He didn't fight his death; he let it consume him peacefully. It was only then that Kathryn cried. We stood at his bedside hugging.

take one's final breath 息を引き取る

15 I left Kathryn alone with her father. It was important that she have the time with him to say good-bye. When she was ready to go, she thanked me for all that I had done for her father, even though I had played such a small part in this once-vital man's last days. When I got home that night, I was at

20 peace with how that long day turned out. I, too, had no regrets.

Notes

(l. 1) mottled まだらの (l. 2) coarse 粗い (l. 3) audible 聞き取れる (l. 3) outward 外側から見た
 (l. 7) harrowing 痛ましい (l. 10) relieved ほっとした (l. 13) consume 使い尽くす
 (l. 13) It is only then that ~ その時になって初めて~ (l. 16) be ready to ~ ~する準備ができている
 (l. 18) even though ~ ではあるが (l. 18) once-vital かつて生き生きしていた (l. 20) turn out ~ 結局~となる

Reading Comprehension

次の英文が、本文の内容と一致する場合は T、一致しない場合は F を選びなさい。

1. (T/F) Ray and Wilma decided not to have the surgery.
2. (T/F) Arlene (the writer) stayed with Ray while Kathryn was taking a short walk.
3. (T/F) Arlene tried to keep Ray's pain under control.
4. (T/F) Ray's wife died from cancer when she was 57 years old.
5. (T/F) When Ray died, Kathryn didn't cry at all.

音声を聴いて英文の空欄に適語を記入しなさい。また、完成した英文を日本語に直しなさい。

1. She was walking _____ in the room.

2. It was difficult to keep my feelings _____.

3. Could you _____ for Mary while she's sick?

4. Are you _____ go yet?

5. I still look fat, _____ I've been exercising regularly.

日本文の意味に合うように、() 内の語句を並べかえて英文を作りなさい。

1. 我が家の子どもたちはとても疲れていたの、車の中で眠り込んでしまった。
(were / they / the car / that / our children / asleep / so / in / fell / tired).

2. 私たちは健康的で幸せな暮らしを送る方法を学んだ。
(life / and / live / learned / happy / to / healthy / how / we / a).

3. 問題点がない限りは、私たちはその仕事を金曜日までに終わらせるはずだ。
(we / Friday / are / should finish / long / by / as / no problems / there / as / the work).



LEARN MORE

Nursing Terms and Expressions

次の日本語の空欄に入る語を下から選びなさい。

うつ病, 関節炎, 心臓発作, 喘息, 糖尿病, 認知症, 脳卒中, 肺炎

1. My grandfather has **arthritis** in his knees.
私の祖父は膝の _____ を抱えている。
2. My sister suffers from **asthma** and must use an inhaler.
私の妹は _____ に苦しんでいるので、吸入器を使わなければならない。
3. He has had **diabetes** since childhood but controls it with insulin.
彼は子どもの時から _____ だったが、インシュリンでコントロールしている。
4. The most common form of **dementia** is Alzheimer's disease.
最もよくある種類の _____ は、アルツハイマー病だ。
5. She suffered from **depression** after losing her job.
仕事を失った後、彼女は _____ に苦しんだ。
6. She had a mild **heart attack** but won't need an operation.
彼女は軽い _____ を起こしたが、手術は必要ないだろう。
7. My grandmother nearly died of **pneumonia**.
私の祖母は _____ で死ぬところだった。
8. I looked after my mother after she had a **stroke**.
母が _____ を起こした後、私は母の世話をした。

Column

世界的な糖尿病の脅威に対して1991年に制定されたのがWorld Diabetes Day(世界糖尿病デー)です。2006年には国連によって正式に認められました。インスリン(insulin)を発見したSir Frederick Bantingの誕生日である11月14日が、このWorld Diabetes Dayとなっています。

さて、このdiabetesという語をまだ知らない、小児糖尿病で入院中の女の子が、自分の余命が長くないと勘違いしてしまったというエピソードがあります。その子の耳には、diabetesが“die of beeties”(「beetiesが原因で死ぬ」と聞こえていたのです。もちろん、“beeties”という名前の病気はありません。