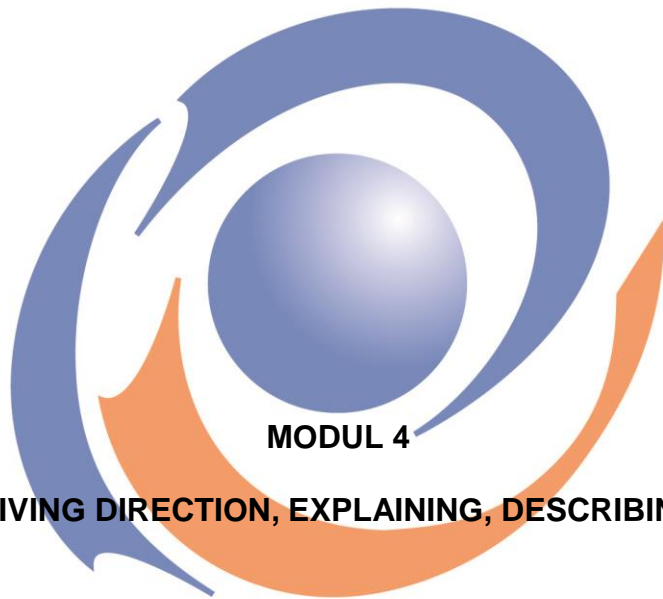




NURSING ENGLISH

(NSA 633)



MODUL 4

GIVING DIRECTION, EXPLAINING, DESCRIBING

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GIVING DIRECTION, EXPLAINING, DESCRIBING

A. Kemampuan Akhir Yang Diharapkan

After completing module 4, students will be able to:

1. Students will be able to understand and applicate how to give the direction to the patients
2. Students will be able to understand and applicate how to explain something that related the nursing care to the patients
3. Students will be able to understand and applicate how to describe the nursing care

B. Uraian dan Contoh

a. Giving Direction

Giving direction is one of competence that nurse must be posses. Nursing intervention needs the direction, clearly, accurately, and relevance.

For example:

1. You'd better sit down, madam
2. After that, you need to do the pre admissio n test.
3. Before the test you must be fasting
4. When you get the results, please come back here.
5. The laboratory is down the hallway

Practice the dialogue

(1) In the laboratory

P: Good morning, I'm Rini. This is the note from the registration office

N: Thank you Mister...

P: Rini... Rini Dahlan

N: Mr Dahlan... Right. Now, Mr. Dahlan... you take this (note) to the gentleman in that room

P: I see

N: You will have a urine test. When it's done, you'll go to the lady in the opposite room.

P: Alright. What did I do there?

N: She will do the blood test

P: Thank you

N: Welcome

(2) In the Ward

N: Good afternoon Mrs Ani, how are you?

P: Good afternoon Nurse. I am fine, but I still feel pain in my surgery site.

N: Oh really, how pain is it? You can say number 1 to 10 to represent the pain scale. Number 1 is not pain and number 10 is a severe pain.

P: Maybe my pain is in number 4.

N: Owh, it is a moderate pain. Let me check your stomach (surgery site)

P: Alright.

N: Your stitches are fine. Don't worry. If you are in pain, you could practice the relaxation technique by taking a deep breathing technique.

P: How I could do that?

N: You can adjust your position by sitting in 30 or 40 degrees. Then, you could try to take a deep breath slowly through nose. Hold it for a second, and exhale slowly through your mouth. Do it twice or three times. It could help you to focus on your breathing and reduce your pain.

P: Okay let me try (practice a deep breathing technique)

N: What do you feel?

P: I feel so comfortable

N: Good! You did great!

P: Thanks Nurse.

N: Welcome

b. Explaining

Explaining is used to explain something about information questions.

You need to use some conjunction words such as: and, but, or, then, after that, because, for example etc.

For example:

1. Let me tell you this...
2. Generally speaking, smoking is harmful
3. However, they should maintain balanced diet.
4. This will give you a lot of energy
5. Because milk contains a lot of energy.

Practice the dialogue:

(1) A patient afraid will be examined by doctor

P: Nurse, what's going to happen there?

N: First, the doctor will ask you detailed questions.

P: About what?

N: About your health... and any illness you may have had.

P: Then?

N: The doctor will physically examine you.

P: With my cloths on?

N: Well you may need to take off most't your clothing.

P: But...?

N: You can ask to be examined by a doctor of the same sex as yourself.

P: Oh Okay.

(3) Explaining about the advantages of physical activity

P: Nurse, I am so worry

N: What do you worry about?

P: I have adjusted my eating but my blood glucose levels keep higher

N: Owh really? Do you get exercise?

P: Oh no, I won't do that.

N: Why? It is good for you.

P: It makes me sick. I feel dizzy after do exercise.

N: Well, I will be happen if you do heavy physical activity.

P: Yes, I run about 30 minutes last time

N: It is so dangerous if you don't take any food before. How about try walking step by step, maybe you can try walking for 15 minutes a day and add more minutes if you are ready.

P: Yeah, I think it's a good idea.

N: Yes, 15 minutes walk a day and you could reach the target of physical activity recommendation in reducing your blood sugar level.

P: Okay nurse, let me try that.

N: Great!

c. Describing

The function of describing is focused on describing something, such as instruments, part of the body, diseases, and procedures of intervention.

For example:

1. How is she?
2. She doesn't look very good (seriously ill)
3. How was it? (How was the operation?)
4. It went very well
5. The theatre was very cold though.

Practice the dialogue:

(1) The condition of patient

S: How is you little patient?

N: His throat is swollen and he's got temperature.

S: Do you think it's just infection?

N: I guess so...the secondary viral infection after the flu

S: I see... So, nothing serious.

N: Well looks better than yesterday, but I'd better watch out

S: He's a happy kid.

N: You're right. He's a lovely boy

(2) Describe the function of nasogastric tube to the patients' family

N: Good morning, I am nurse Siska.

S: Good morning nurse.

N: I would like to explain the procedure that help to maintain patients' nutrition intake.

S: Why we could do that?

N: Well, the patient is unconscious now, so the patient may not maintain the oral intake. Therefore, we should do this procedure.

S: Let me know how the procedure is given?

N: This procedure is called nasogastric tube intervention. This procedures use a catheter that will be inserted to patients' stomach through nose. Furthermore, we feed the patient by entering the liquid food through the tube.

S: Oh, I see. Okay, let us do that.

C. Latihan

1. Patient: My blood sugar is high. What should I do?

Nurse:

Patient: It's difficult to adjust my diet. But, I'll try then.

- a. It's better for you to eat sweet food
- b. It's better for you to adjust your food
- c. It's better for you to drink softdrink
- d. It's better for you to have candy

2. Patient: I'm afraid to check my blood sugar.

Nurse:

Patient: Oh yes, You are right, it may help me to know my sugar level to adjust my diet

- a. Let me tell you that it will hurt you
- b. Let me tell you that it helps you to know your blood sugar level
- c. Let me tell you that your finger will be bleeding
- d. Let me tell you that it will bother you

3. Patient: What do you think about wound? Does it get infection?

Nurse:

Patient: Oh It's good, my wound is normally cured

- a. Your wound is infected because there are slough and it is smelling
- b. Your wound is not normal because it's full of necrotic
- c. Your wound is normal. It is granulated well and there is no necrotic
- d. Your wound is ugly and it need to debridement

D. Kunci Jawaban

1. B
2. B
3. C

A. Daftar Pustaka

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