# UNIVERSITA' DEGLI STUDI DI VERONA

Corso di Laurea in infermieristica

Inglese scientifico

Nursing English- Communication Skills
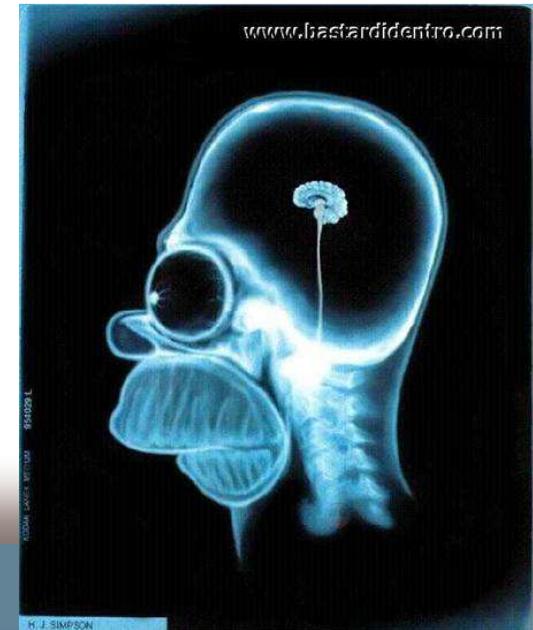
How to read, understand, translate
Nursing English

obiettivi

- **Sviluppare competenze nella lettura e comprensione di materiale specialistico in inglese**

- **Consolidare conoscenze grammaticali e sintattiche della lingua inglese**

- **Costruire e memorizzare un glossario dedicato**

- **Apprendere le tecniche di comunicazione attiva per comprendere, elaborare, esprimere e memorizzare contenuti scientifici in lingua inglese**

Tecniche di comunicazione

- **Comprensione**
- **Sintesi**
- **Parafrasi**
- **Traduzione**
- **Rielaborazione ed uso**

metodologia

- **Lettura orientata alla ricerca dei significati**
- **Individuazione delle aree di contenuto**
- **Titolazione delle parti con parafrasi**
- **Individuazione delle parole chiave**
- **Analisi logica e grammaticale**
- **Esercizi di comprensione in italiano e in inglese**
- **Traduzione espressiva**
- **Traduzione referenziale**

materiale

- **Articles and Abstracts on nursing**
- **Materiale fornito dal docente**
  - **Linee guida per la comprensione testuale**
  - **Manuale di grammatica**
  - **Glossari specialistici**

approach

- **What do I need to improve ?**
  - **Reading and comprehension**
  - **Listening and comprehension**
  - **Speaking**
  - **Writing**
  - **Vocabulary**
  - **Grammar**
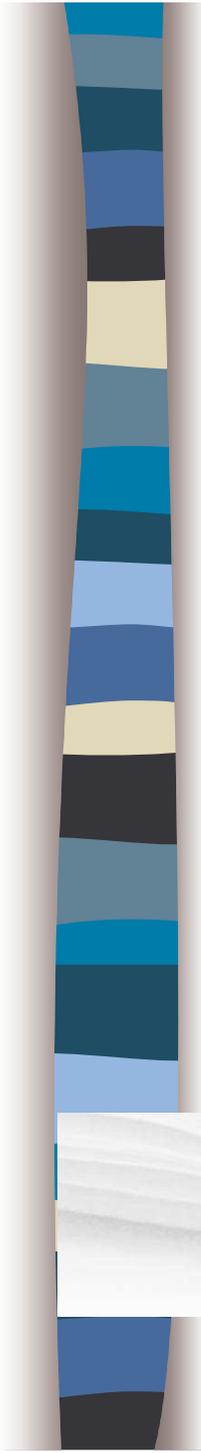
Self-improvement plan

– **Each student should write and express his/her aims regarding the course .**

- ....
- ....
- ....
- ....
- ....

Let's start

I have deliberately made the choice of dealing with reading skills and dialogue skills in order to develop:

- **Thematic re-search skills**
- **Comprehension and active paraphrase skills**
- **Vocabulary enrichment**
- **Grammar structure building**
- **Translation's techniques**
- **Writing comprehension skills**
- **Communication skills: speaking and listening**

inglese scientifico
mod introduttivo

Loredana Pancheri

Reading skills
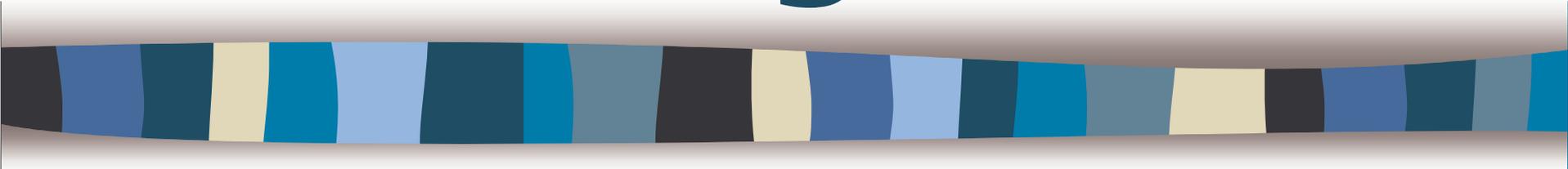
Nursing literature
Abstracts and articles

Ma di cosa si tratta ?

But what are we dealing with ?
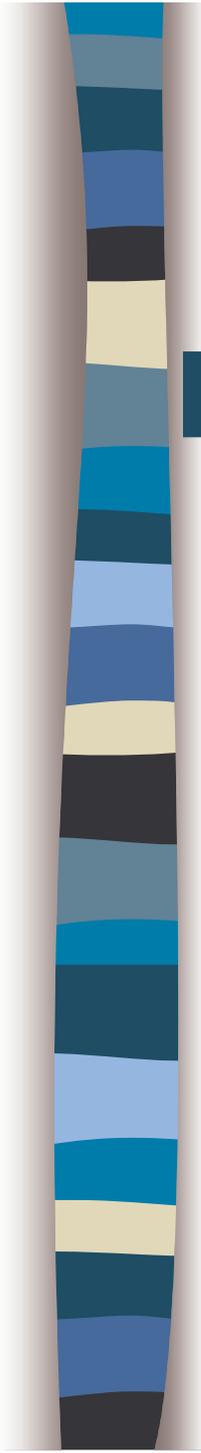
Nursing, research, and the evidence

Proviamo a comprendere in italiano e in inglese la terminologia
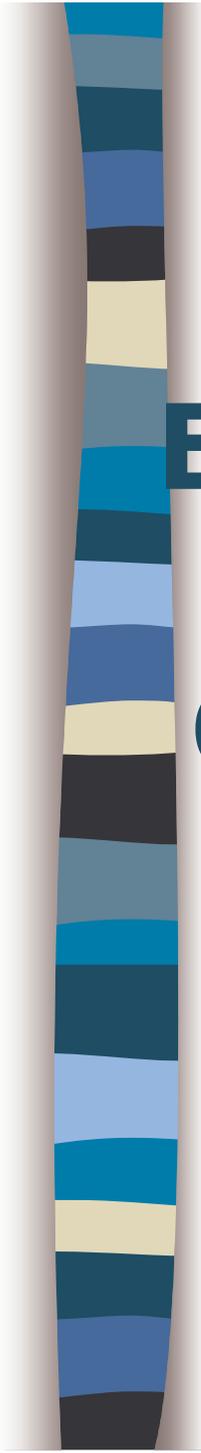
Evidence-based Nursing

Che cos'è l'EBN?
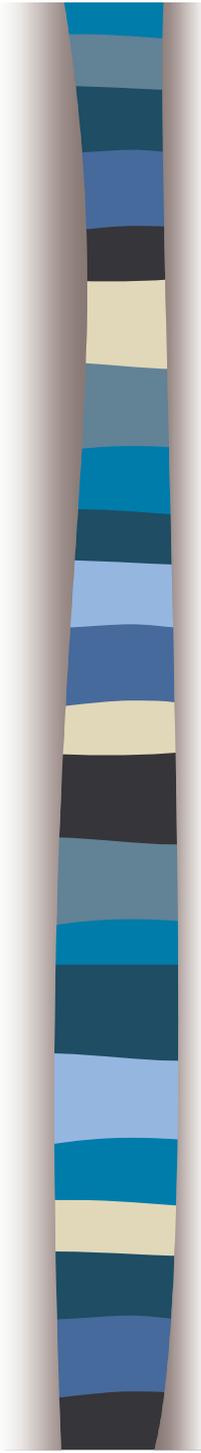
"La cosiddetta evidence-based nursing consiste nell'integrare nella pratica infermieristica quotidiana le prove d'efficacia scientificamente piú fondate fra quelle disponibili, tenendo conto delle conoscenze teoriche e delle esperienze pratiche dell'infermiere, delle aspirazioni del paziente e delle risorse disponibili".
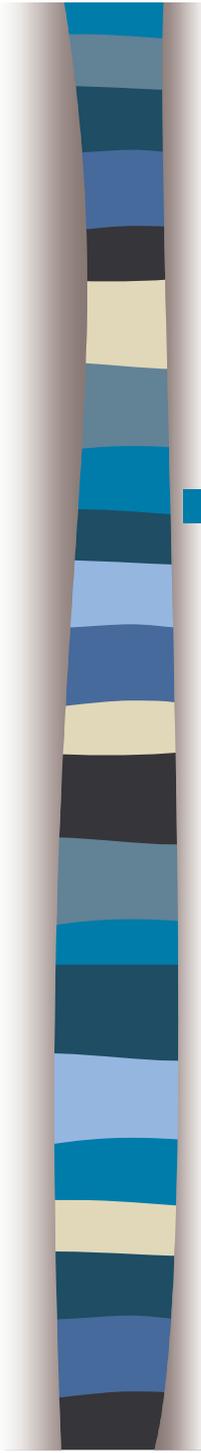
Quali funzioni svolge l'EBN:

- agevolare i processi decisionali nell'assistenza infermieristica, fornendo (quando sono disponibili) conoscenze scientifiche fondate e accertate;
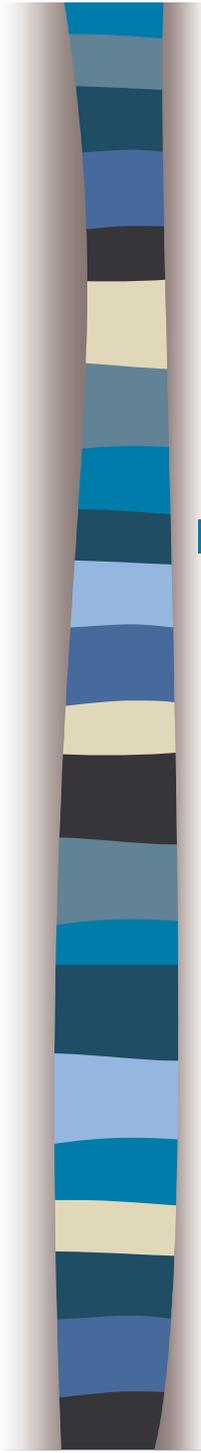
Quali funzioni svolge l'EBN:

- indurre il personale infermieristico a porsi quesiti clinici rilevanti;
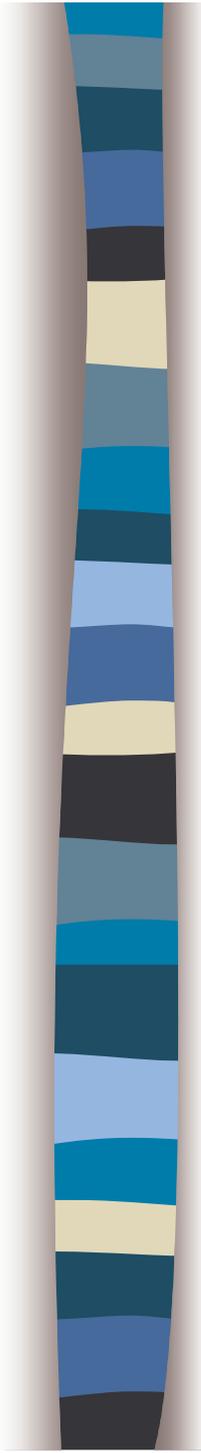
Quali funzioni svolge l'EBN:

- promuovere lo sviluppo e stimolare la verifica periodica di criteri e linee guida in base a studi empirici quantitativi e qualitativi;
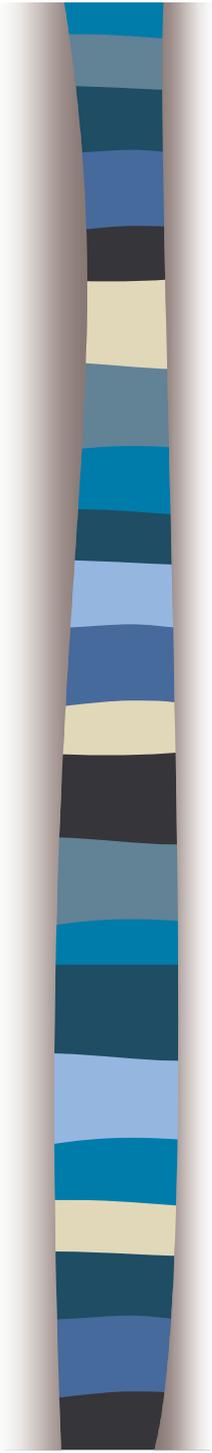
Quali funzioni svolge l'EBN:

aiutare l'infermiere a trovare piú velocemente risultati scientifici, ad ordinarli, verificarli e valutarne la rilevanza reale.

Nursing, assistenza
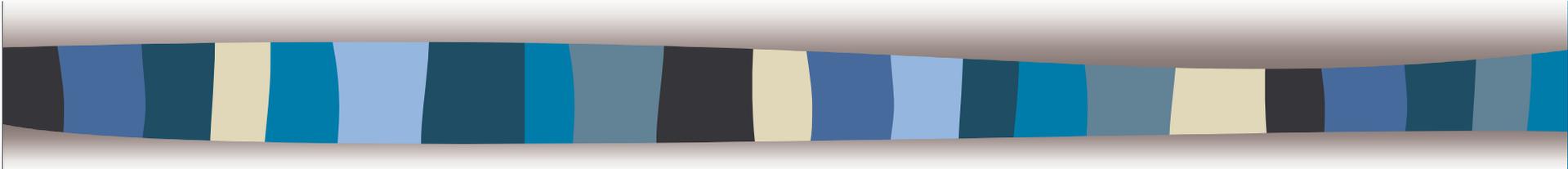
Comprendiamo bene questi termini
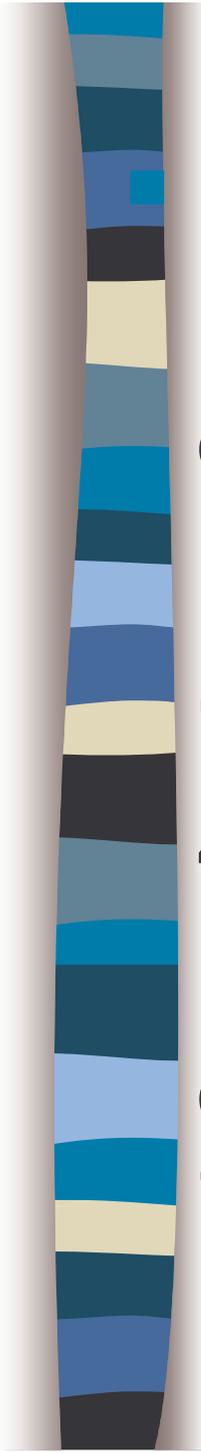
Le sei fasi dell'EBN:

1. comprendere il **compito da affrontare**, ossia qual è il problema assistenziale da risolvere;
2. formulare un **quesito**;
3. eseguire in base al quesito una **ricerca bibliografica**;
4. compiere una **valutazione critica** dei risultati;
5. recepire tali risultati nella pratica clinica quotidiana;
6. eseguire una **verifica degli esiti pratici riscontrati**.
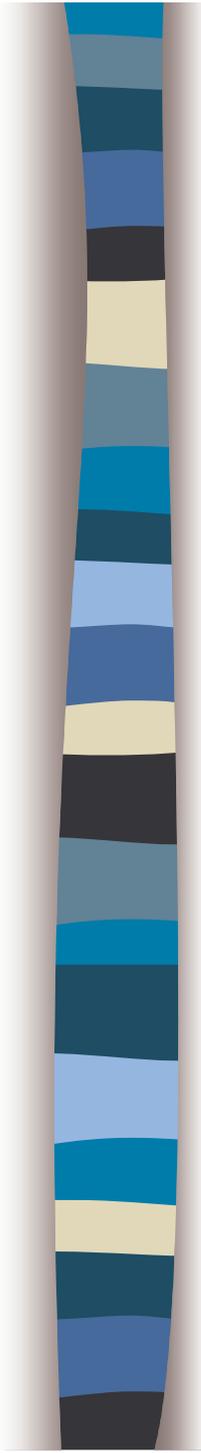
definizioni

L'**assistenza infermieristica** o **nursing** è una disciplina focalizzata nell'assistere e prendersi cura degli individui, le famiglie e le comunità per ottenere, riottenere e mantenere salute e funzionalità ottimali.
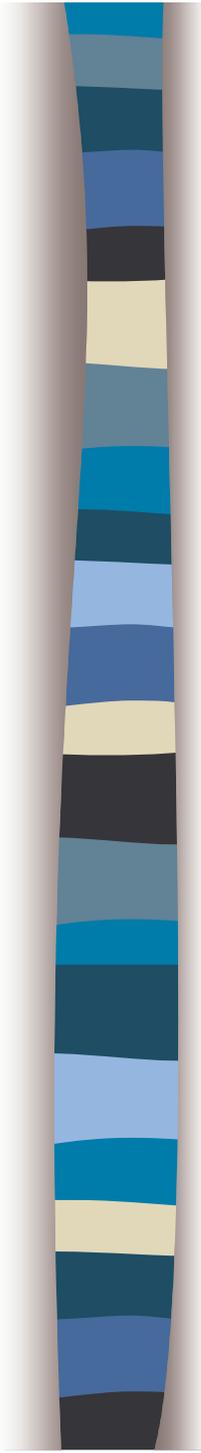
definizioni

L'assistenza è la disciplina che consente al professionista adeguatamente formato di rilevare e rispondere al bisogno di salute attraverso l'utilizzo della strategia del problem solving. Il processo di assistenza consiste nella presa in carico dell'individuo che presenti un bisogno di salute.
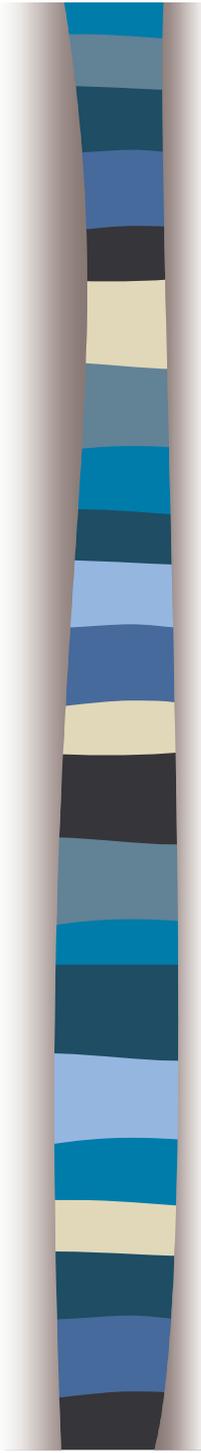
definizioni

Oggi più che di *assistenza infermieristica* si parla di **Processo di assistenza**. È generalmente considerato come un approccio sistematico di *problem solving* che viene utilizzato nell'assistenza infermieristica individualizzata. È utilizzato dagli infermieri per identificare e trattare le risposte umane a problemi reali o potenziali
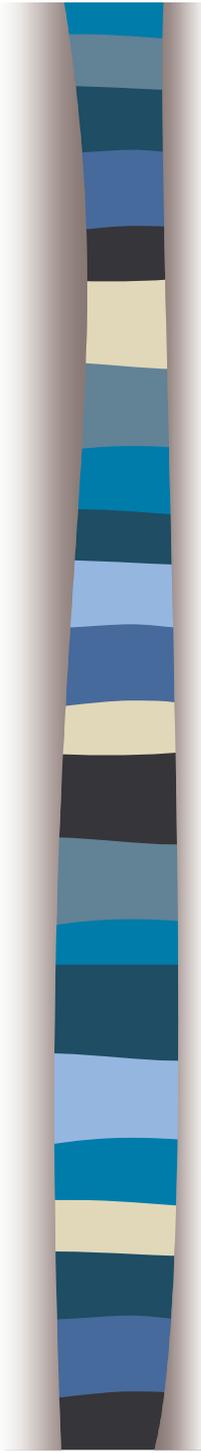
Fasi del Processo di assistenza

Accertamento:
Diagnosi:
Problemi collaborativi:
Identificazione degli obiettivi:
Pianificazione:
Attuazione:
Valutazione:
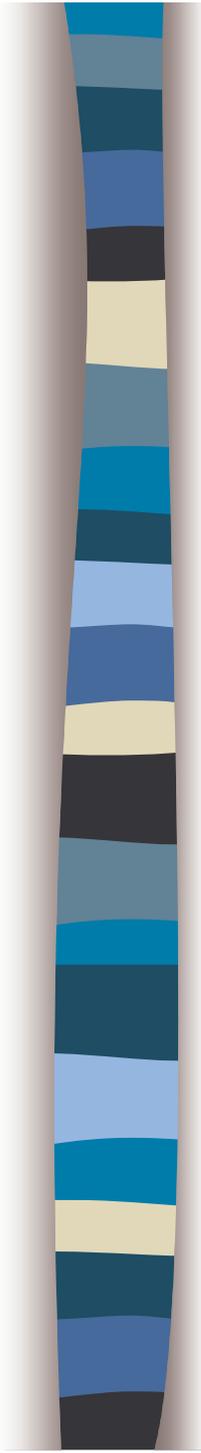
Fasi del Processo di assistenza

Accertamento/Assessment:
nel processo di nursing l'accertamento è la raccolta sistematica di dati soggettivi e obiettivi, con lo scopo di esprimere un giudizio infermieristico clinico su un paziente.
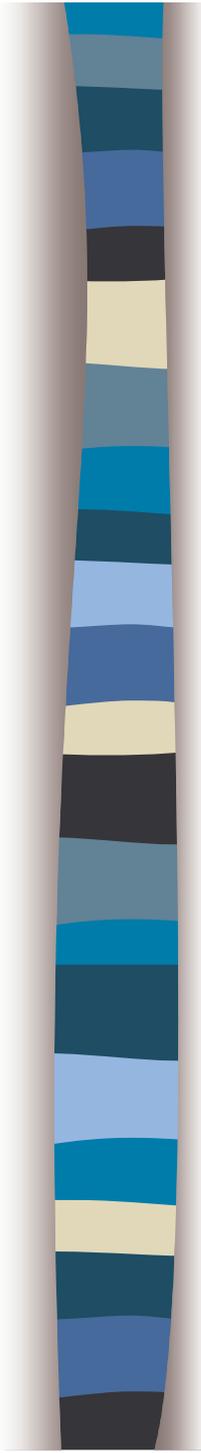
Fasi del Processo di assistenza

Diagnosi/Diagnosis
diagnosticare le risposte umane a dei problemi di salute reali o potenziali, è la seconda fase del processo. Le diagnosi sono gli atti clinici dell'identificazione dei problemi ma anche la definizione di tali problemi.
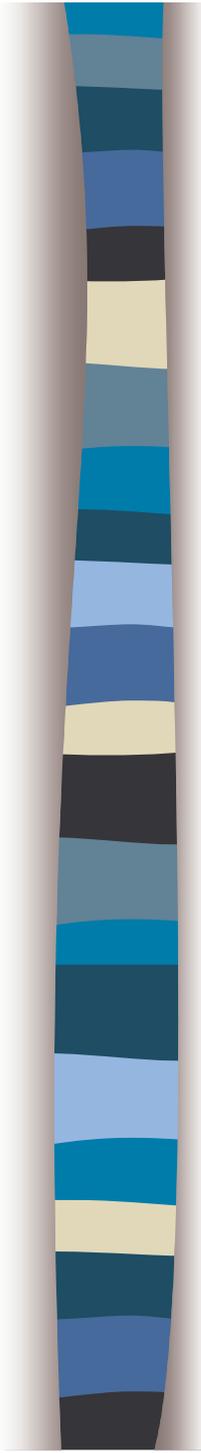
Fasi del Processo di assistenza

Problemi collaborativi/collaborative: problema che l'infermiere deve riconoscere e risolvere in collaborazione con le altre figure sanitarie.
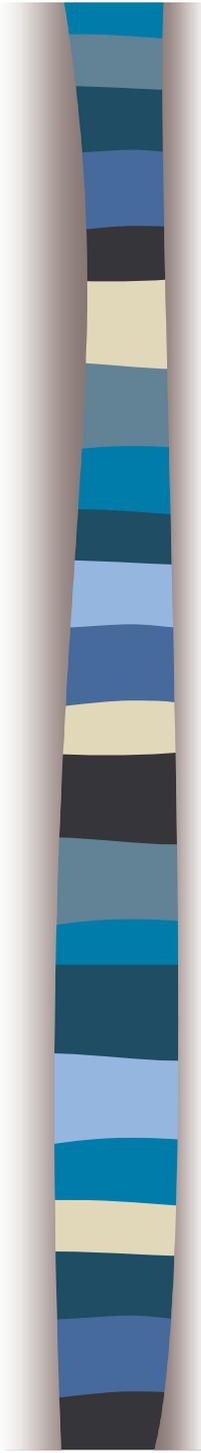
Fasi del Processo di assistenza

Identificazione degli obiettivi/aims:
questa è una fase integrale, che porta a considerare i problemi e a usare i punti di forza del paziente nella pianificazione degli interventi.
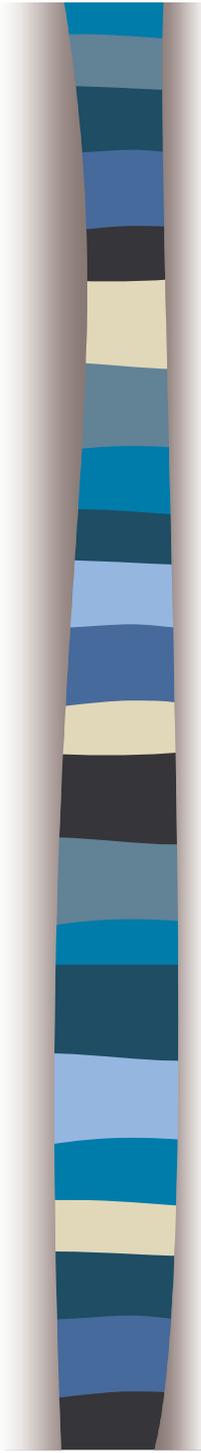
Fasi del Processo di assistenza

Pianificazione/Planning:
questa fase riguarda la preparazione di un piano di assistenza che sovrintende e coordina le attività dell'equipe nell'erogazione dell'assistenza.
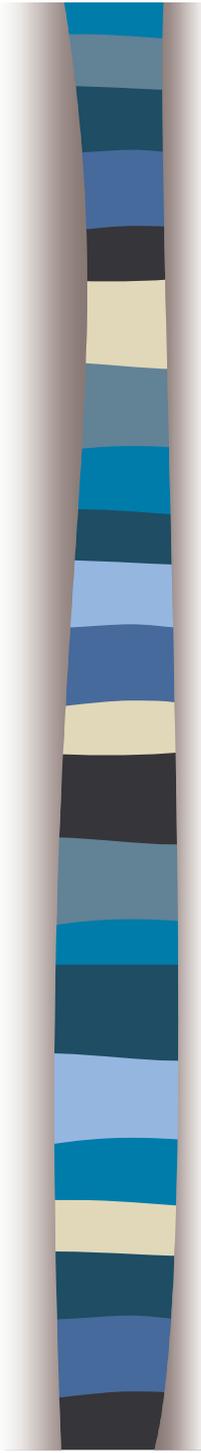
Fasi del Processo di assistenza

Attuazione/Realization/

Implementation:
questa è la fase attiva del processo di nursing. È l'inizio reale del piano e il riconoscimento delle azioni infermieristiche e delle risposte del paziente a queste azioni.
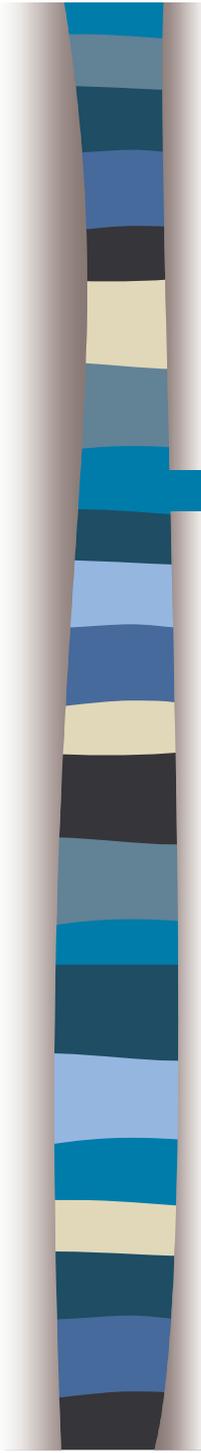
Fasi del Processo di assistenza

Valutazione/evaluation:
si riferisce al giudizio: l'infermiere scopre perché il piano di assistenza è stato un successo o un fallimento. L'infermiere valuta le reazioni del paziente agli interventi e giudica se l'obiettivo è stato raggiunto.

And now ... English
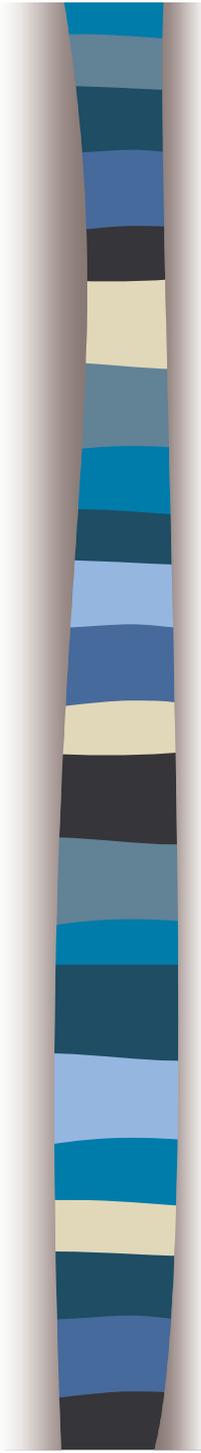
Patient care is part of a nurse's role.

Nurses use the nursing process to

- assess,

- plan,

- implement and

- evaluate

patient care.
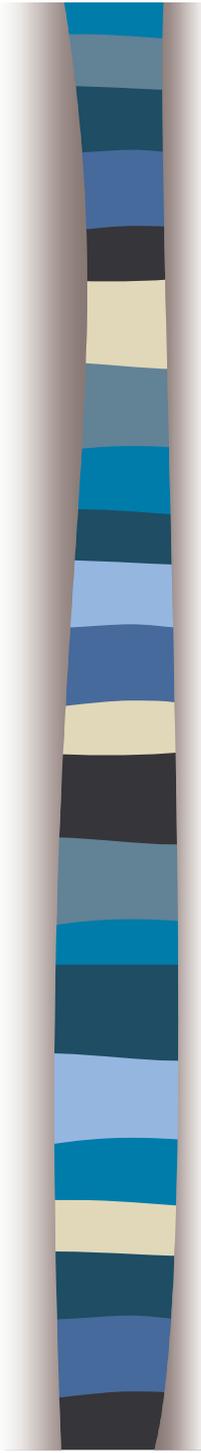
Patient care is founded in critical thinking and caring in a holistic framework.

Nursing care is increasingly framed in best practice, which is the application of evidence-based concepts to patient problems in a particular setting.

Florence Nightingale is recognized as the first nurse researcher.
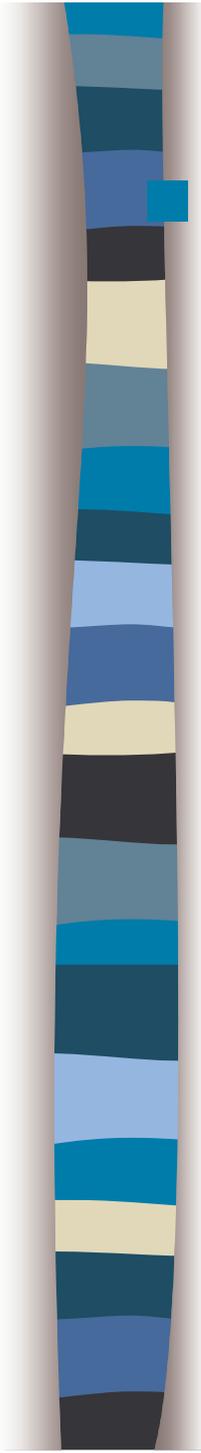
A **nurse** is responsible—along with other health care professionals—for the treatment, safety, and recovery of acutely or chronically ill/injured people, health maintenance of the healthy, and treatment of life-threatening emergencies in a wide range of health care settings.
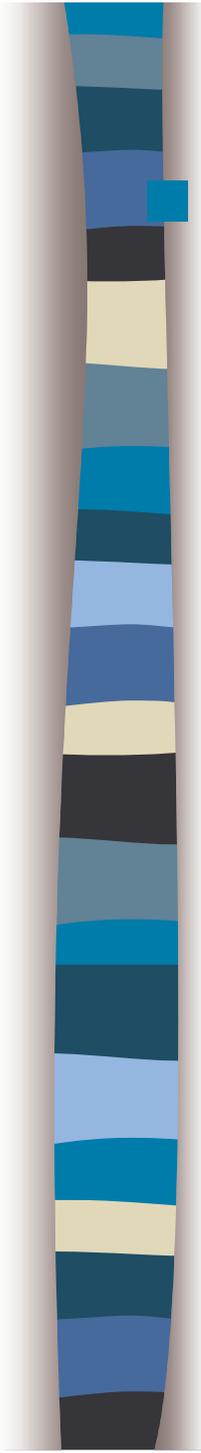
Nurses may also be involved in medical and nursing research and perform a wide range of non-clinical functions necessary to the delivery of health care. Nurses also provide care at birth and death.
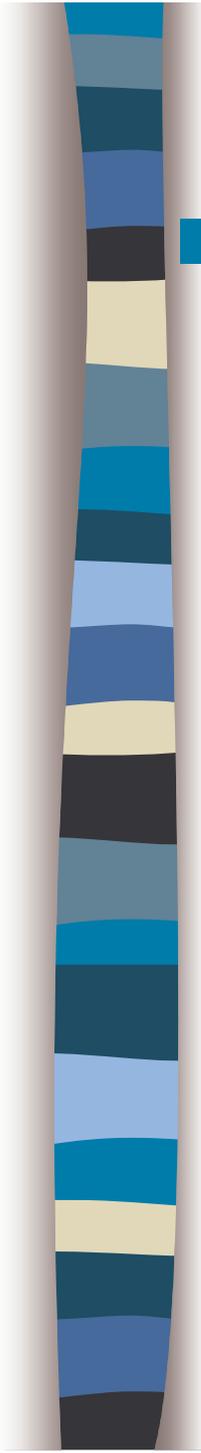
- **Nursing** is a profession focused on assisting individuals, families, and communities in attaining, maintaining, and recovering optimal health and functioning.
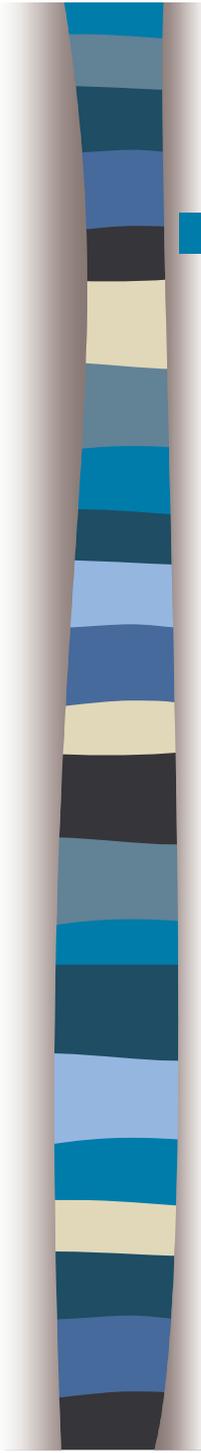
- Modern definitions of nursing define it as a science and an art that focuses on promoting quality of life as defined by persons and families, throughout their life experiences from birth to care at the end of life.
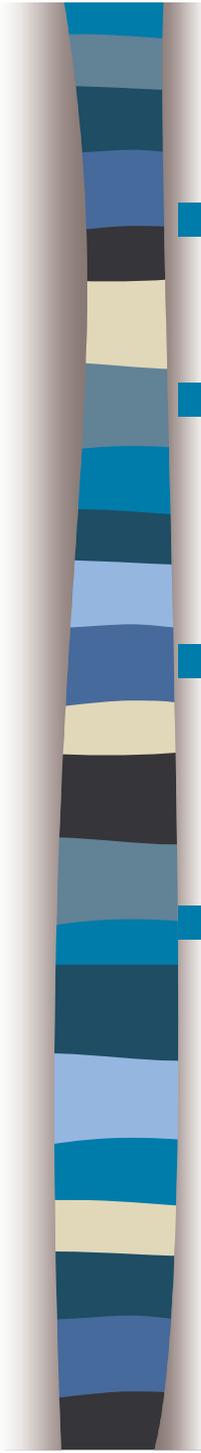
- **Nursing practice** is the actual provision of nursing care.
- In providing care, nurses are implementing the nursing care plan which is based on the client's initial assessment.
- This is based around a specific nursing theory which will be selected as appropriate for the care setting.
- In providing nursing care the nurse uses both nursing theory and best practice derived from nursing research.
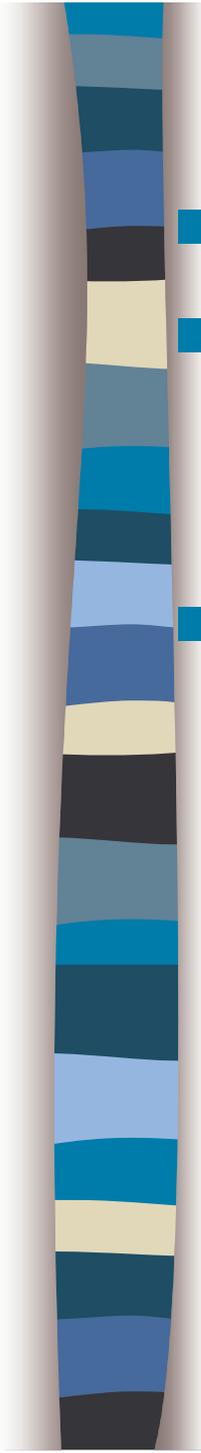
Assessment

- is the gathering of information about a patient's physiological, psychological, sociological, and emotional status.

- Assessment is the first stage of the nursing process in which the nurse should carry out a complete and holistic nursing assessment of every patient's needs.
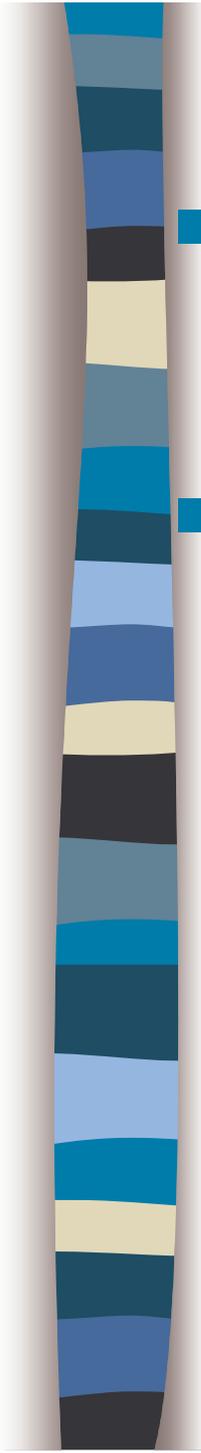
- **Nursing research** is the term used to describe the evidence used to support nursing practice.

- Nursing, as an evidence based area of practice, has been developing since the time of Florence Nightingale to the present day, where many nurses now work as researchers based in universities as well as in the health care setting.
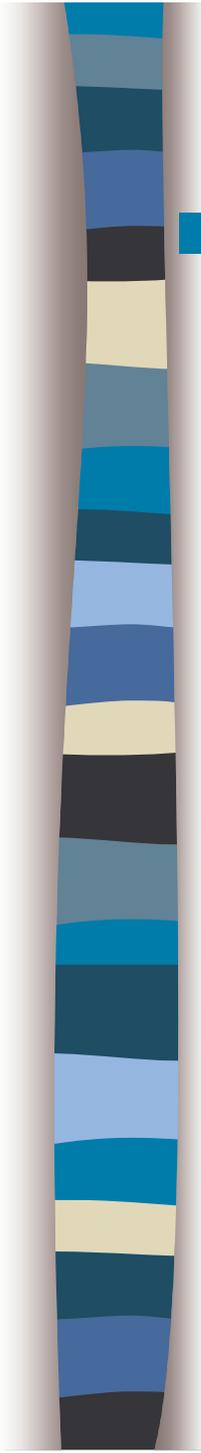
■ **Nurse education** places emphasis upon the use of evidence from research in order to rationalise nursing interventions..
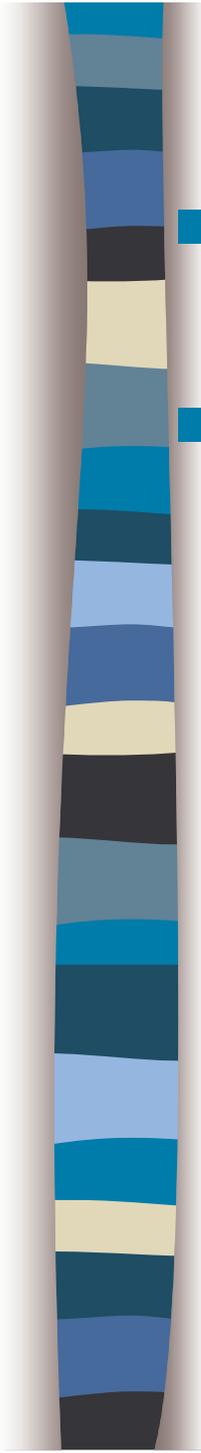
- **Nursing research** falls largely into two areas:

- *Quantitative research*, is based in the paradigm of logical positivism and is focused upon outcomes for clients that are measurable, generally using statistics. The dominant research method is the randomised controlled trial.
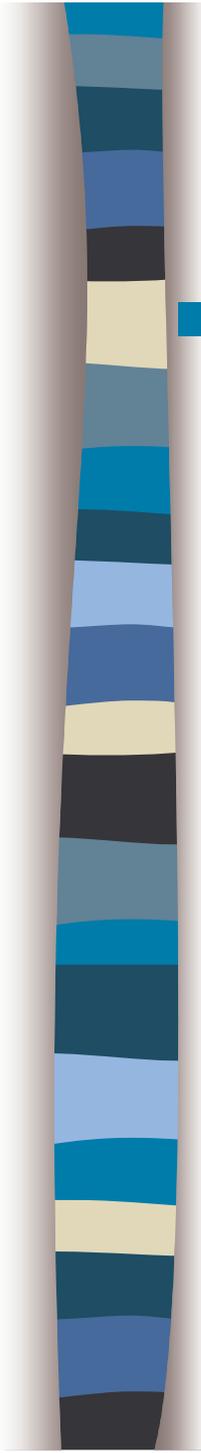
- *Qualitative research*, is based in the paradigm of phenomenology, grounded theory, ethnography and others, and examines the experience of those receiving or delivering the nursing care, focusing, in particular, on the meaning that it holds for the individual. The research methods most commonly used are interviews, case studies, focus groups and ethnography.
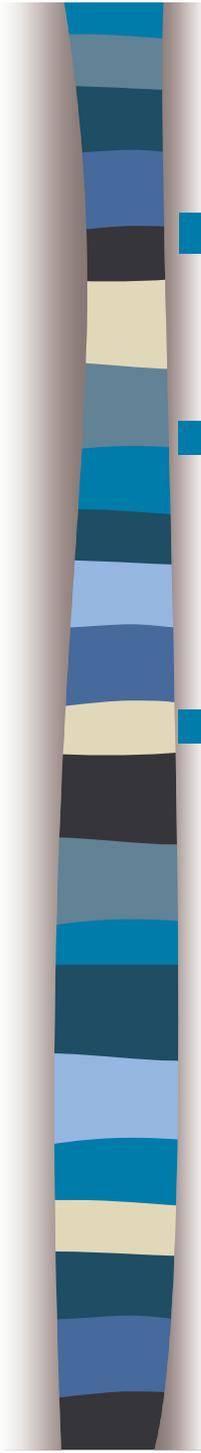
- **Qualitative research** is a field of inquiry that crosscuts disciplines and subject matters.

- Qualitative researchers aim to gather an in-depth understanding of human behavior and the reasons that govern human behavior.

- Qualitative research relies on reasons behind various aspects of behavior.
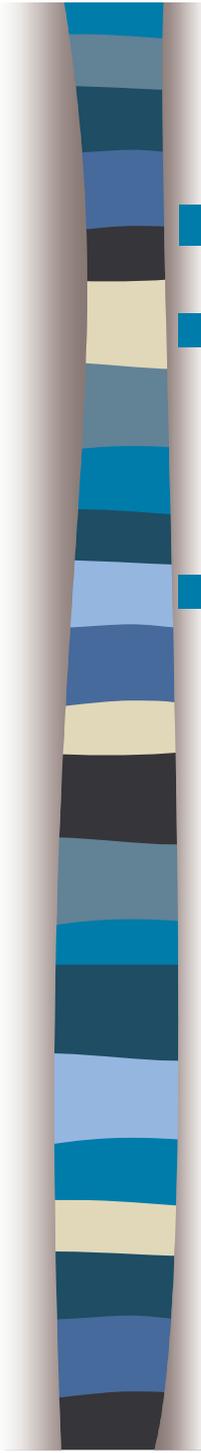
Qualitative research

- Simply put, it investigates the *why* and *how* of decision making, not just *what*, *where*, and *when*.

- Hence, the need is for smaller but focused samples rather than large random samples, which qualitative research categorizes data into patterns as the primary basis for organizing and reporting results.
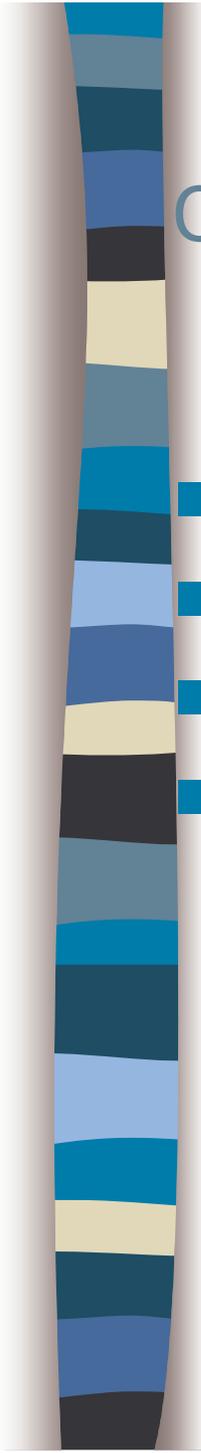
Qualitative researchers typically rely on the following methods for gathering information:

- participation in the setting
- direct observation
- in depth interviews
- analysis of documents and materials

Some distinctive methods are the use of focus groups and key informant interviews.
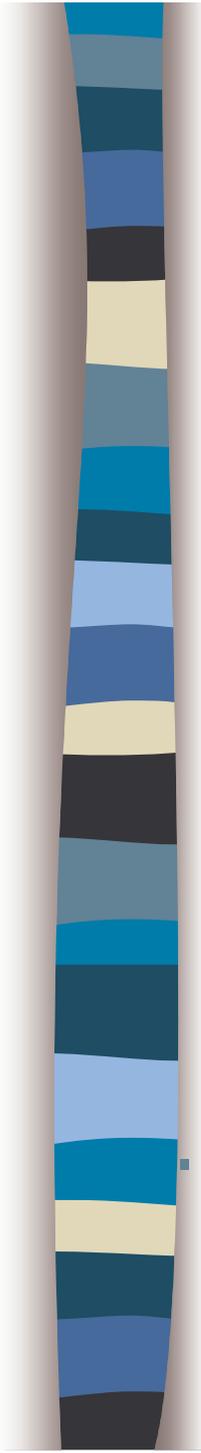
Evidence-based medicine categorizes different types of clinical evidence and ranks them according to the strength of their freedom from the various biases that beset medical research.

For example, the strongest evidence for therapeutic interventions is provided by systematic review of randomized, double-blind, placebo-controlled trials involving a homogeneous patient population and medical condition.

The studies are then published in the form of
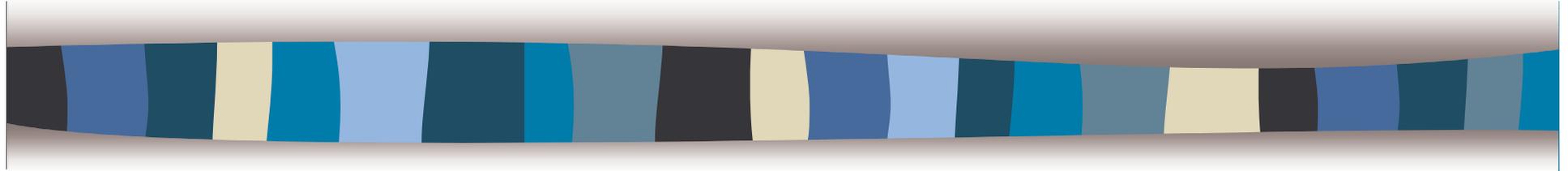
Articles and abstracts

WHAT IS A STRUCTURED ABSTRACT ?
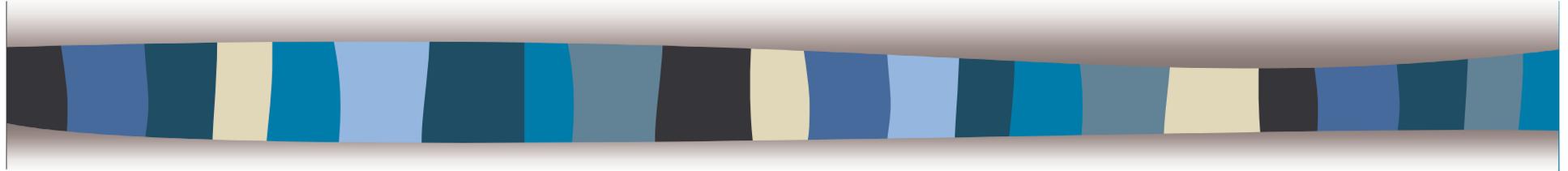
structured abstracts organize their summaries of publications with the following headings:
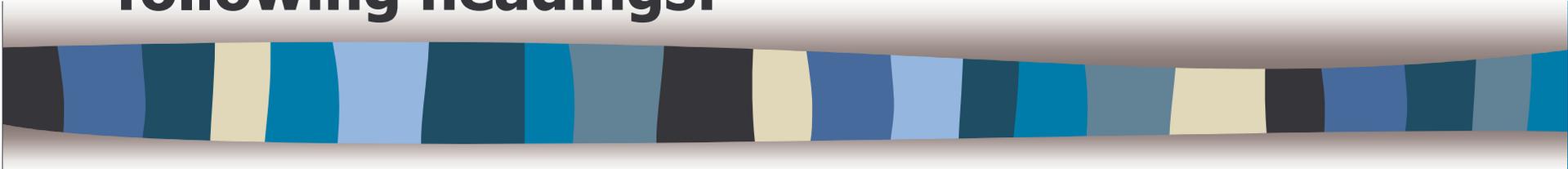
OBJECTIVE

METHODS

RESULTS

CONCLUSIONS

Context

Background

Aims
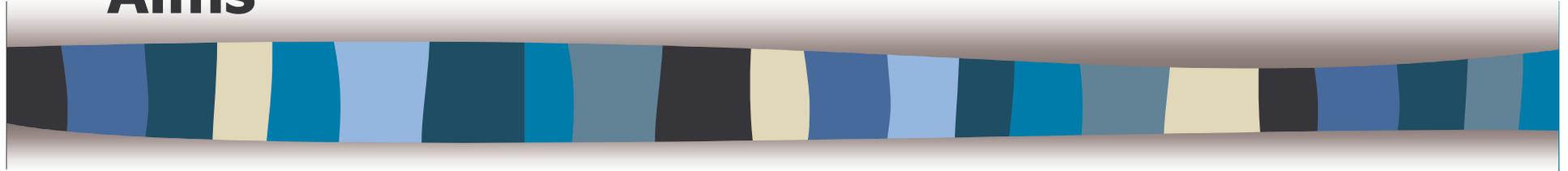
Findings

Interpretation

Design

Population

Setting
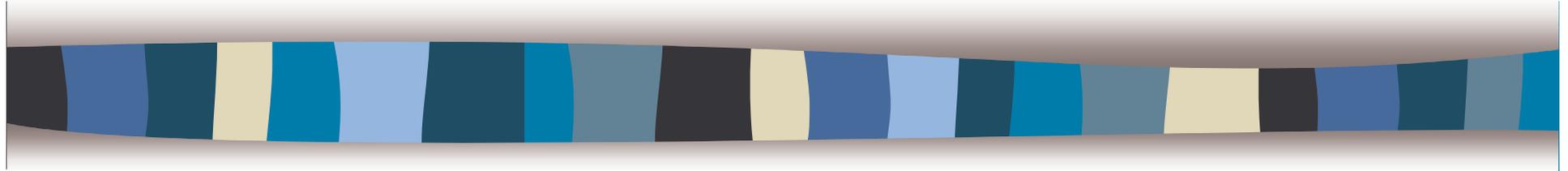
Participants

Intervention (method)

Main Outcome Measures.

advantages of structured abstract

- advantages for searching
- quickly extracting needed information

Active reading
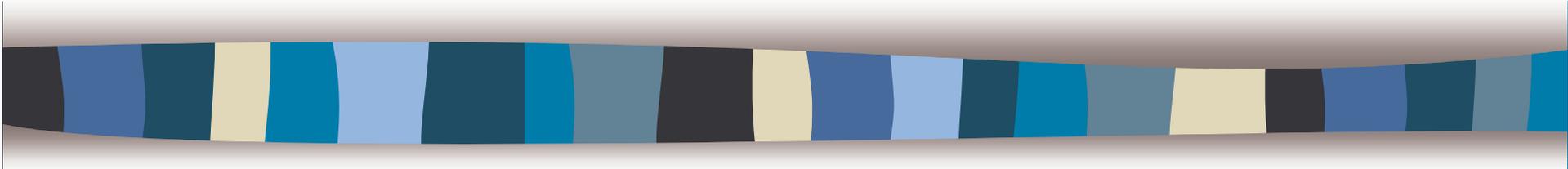
Meaning-oriented reading

Article reading
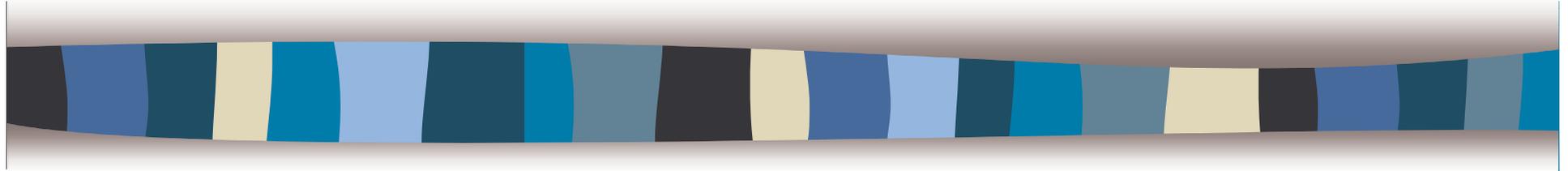
Step by step guide
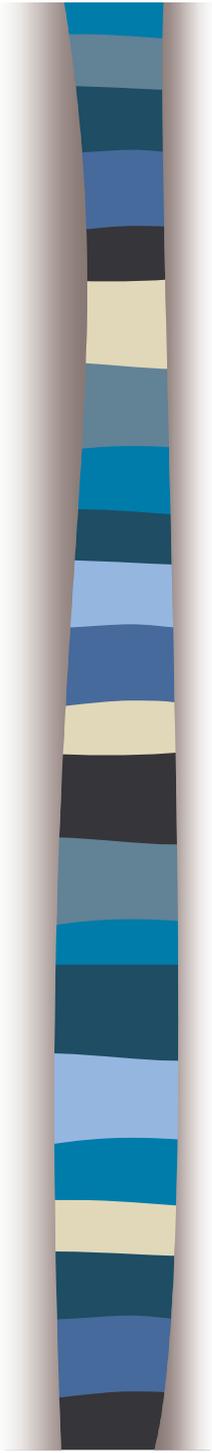
Active reading

Active reading is a communication process
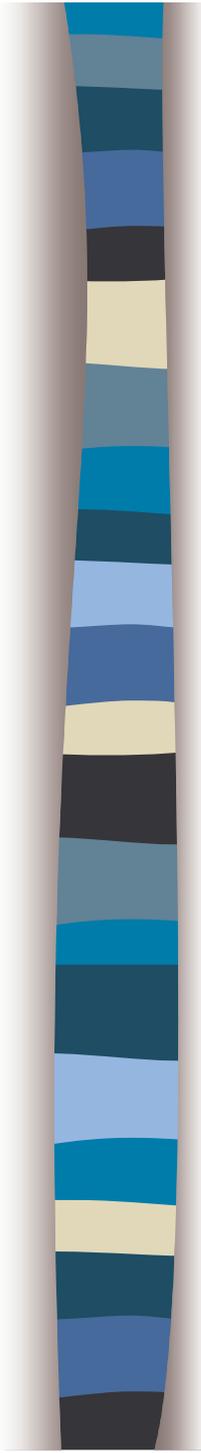
Active reading

A communication process is an active learning process
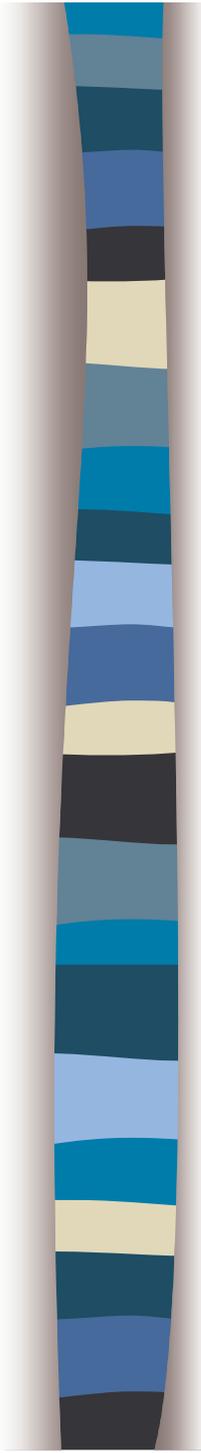
Active reading

- **When we read we need to look for meanings in the text**
  - **Finding them**
  - **Understanding them**
  - **Memorizing them**
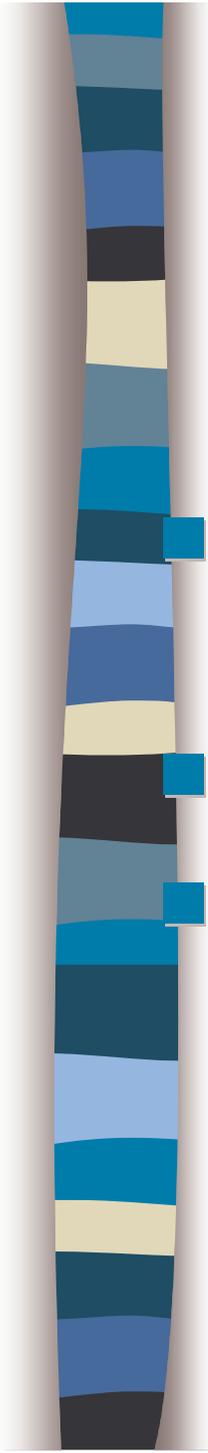
Remember that

- **Identify words on a page doesn't make someone a succesfull reader!**

- **Only when words are understood and become ideas and thoughts, you are truly reading.**

inglese scientifico
mod introduttivo

Loredana Pancheri
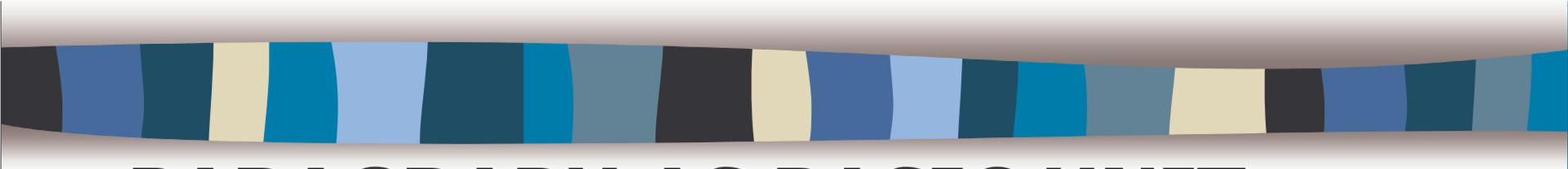
PARAGRAPH AS BASIC UNIT

NOT WORDS !
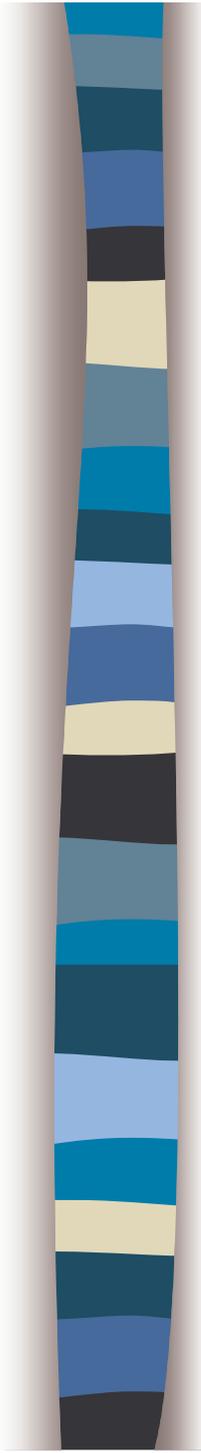
The basic unit of thought

- **Perhaps one of the best ways to improve your reading ability is**

to learn to read <u>paragraphs</u> effectively
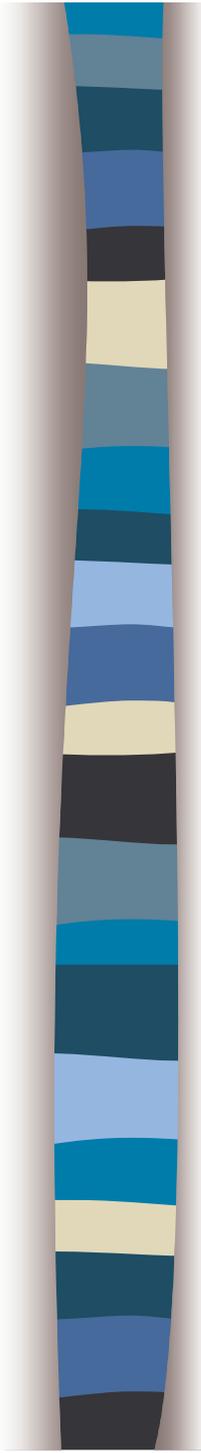
How to proceed

1. **Reading and translate the titles of the article**
2. **Draw a chart of the article**
3. **Read and translate the keywords**
4. **Read through the abstract**
5. **Decide whether you need to go on with the reading of the article**
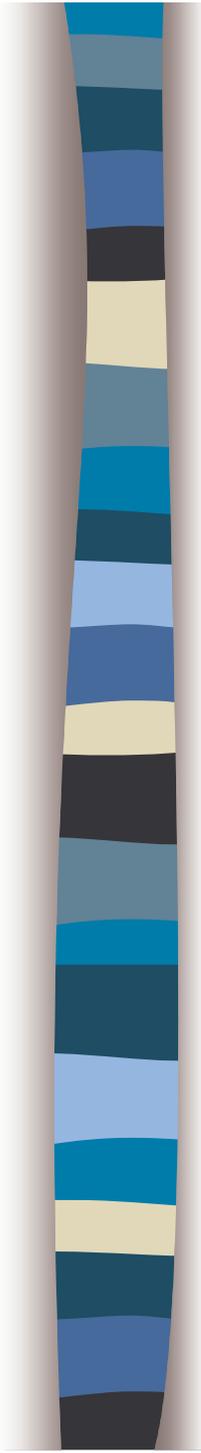
How to proceed

1   Read and translate the titles, it will help to identify the topic.

2   Recognize the text pattern and organisation: they will signal how the info will be presented.

Recognize the *structure* of the article

➡ **1)**.....................................

➡ **2)**.....................................

➡ **3)**.....................................

➡ **4)**.....................................

➡ **5)**.....................................

# Recognize the structure of the article
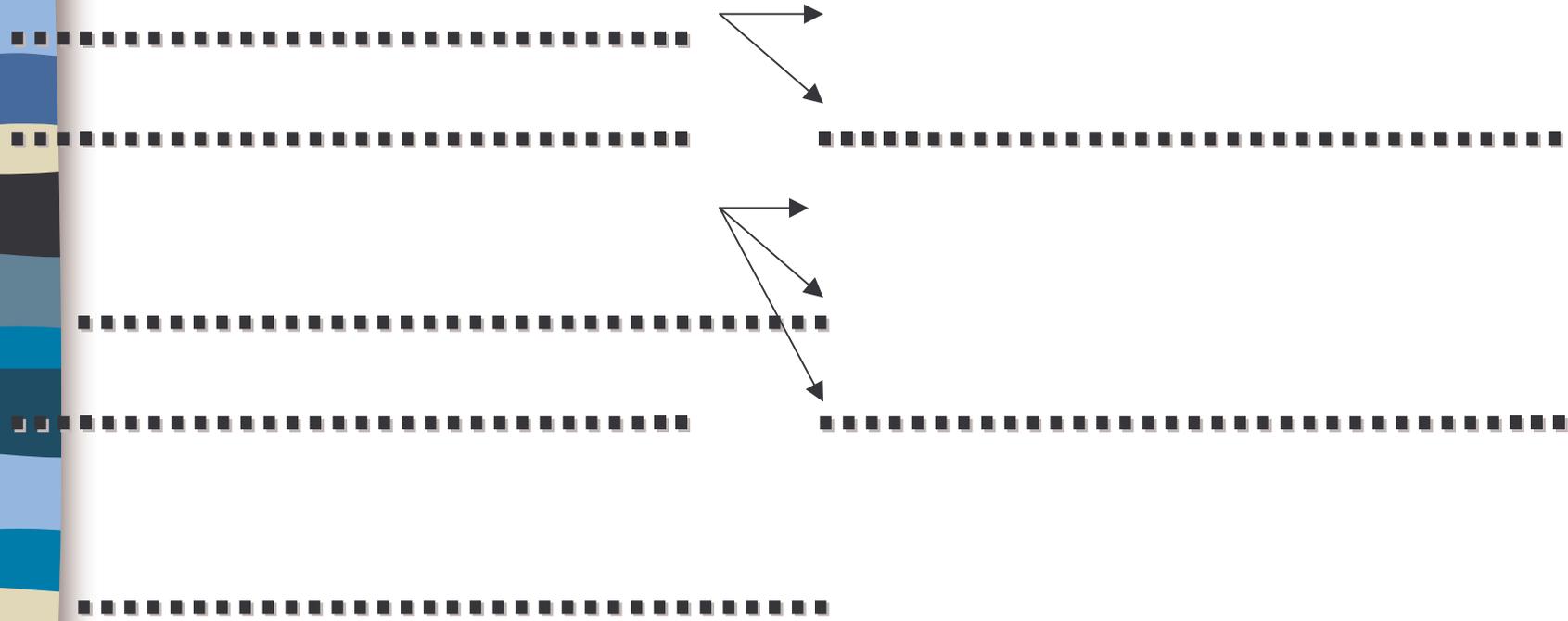
Why is visual a powerful tool ?
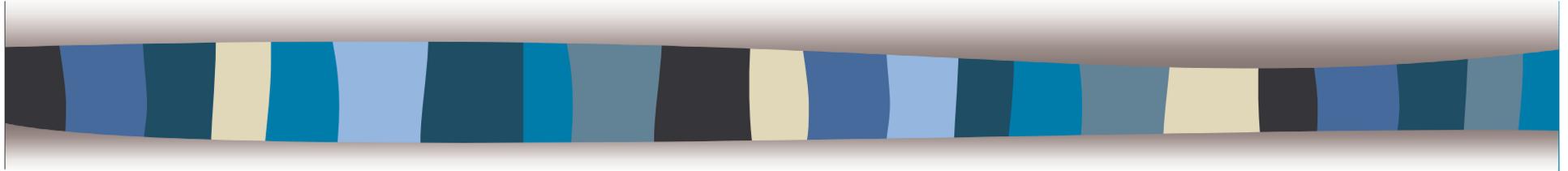
Converting Words Into Pictures

- **The human brain is divided into two hemispheres;**
  - **left and right.**

CEREBRAL CORTEX

CORPUS CALLOSUM

LIMBIC SYSTEM

CEREBELLUM

PITUITARY

THALAMUS

HYPOTHALAMUS
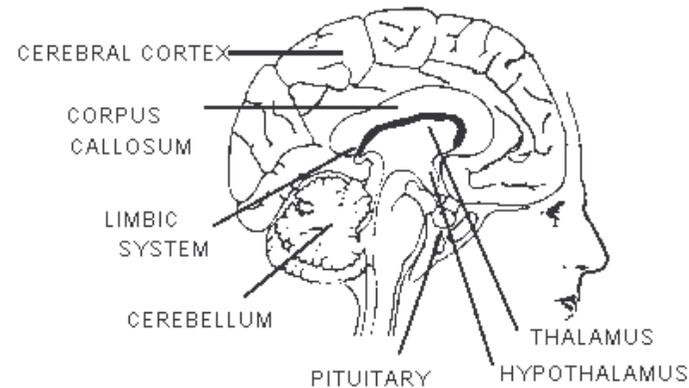
- **Each hemisphere has specialized capabilities and each processes different types of information.**
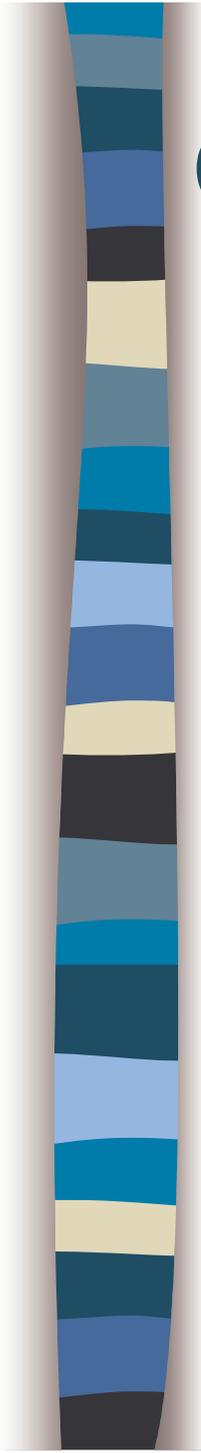
Converting Words Into Pictures

- **The left hemisphere operates in a rational, analytical manner**

  – **It processes verbal information.**
  – **It is the seat of language and logical thinking.**
  – **It organizes and categorizes information.**
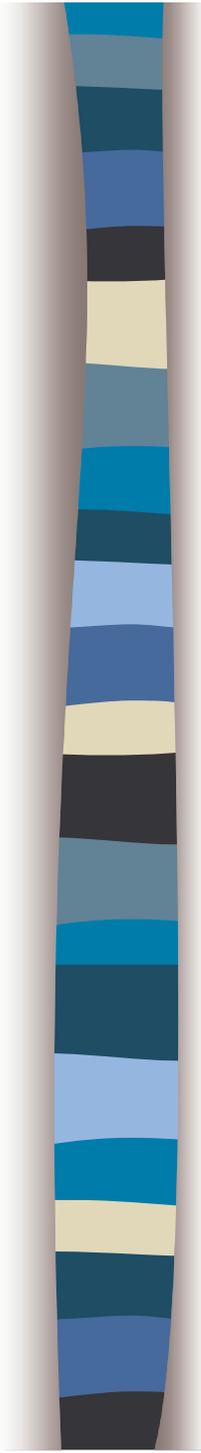
Converting Words Into Pictures

- **The right hemisphere operates in an intuitive, holistic manner**

  - **It processes visual and spatial information**
  - **It is the seat of creativity and imagination**
  - **It combines separate elements to form coherent wholes**
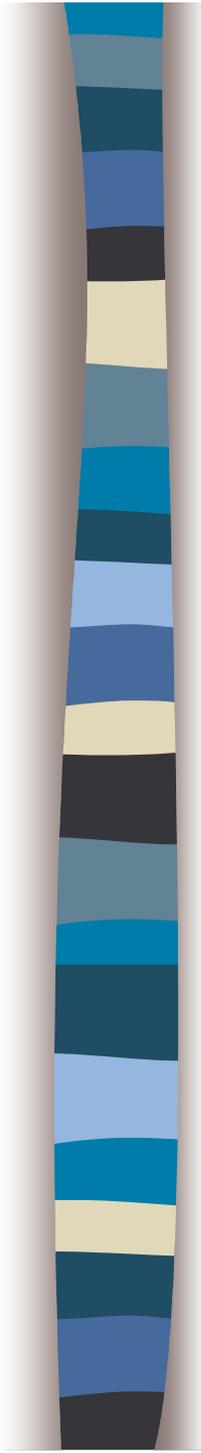
Left-brain skills "words"

- **Note taking**
- **lecturing**
- **reading**
- **analytical thought**
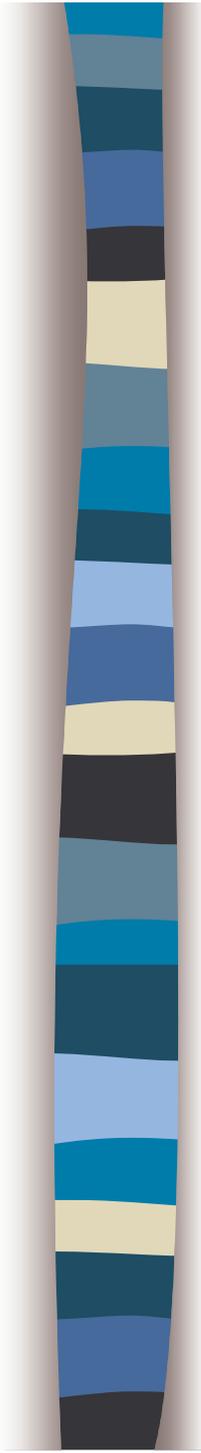
Right-brain skills "visual"

- **Recognizing**
  - **patterns**
  - **configurations**
  - **shapes**
  - **forms**
- **intuitive thought**
- **visualization**
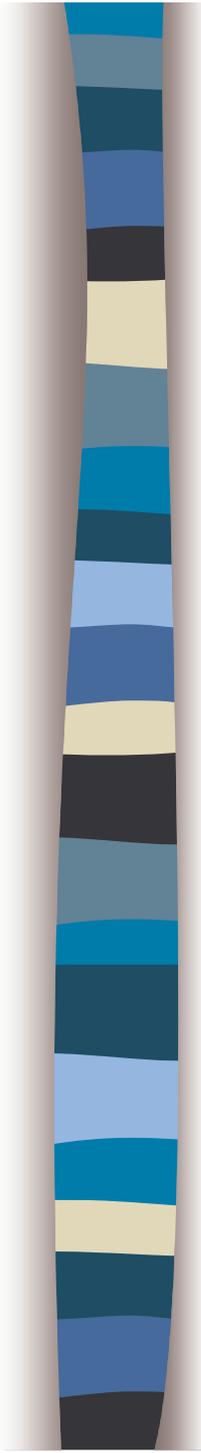
Verbal and visual skills together

- **Thinking pictorially**
- **focusing on the whole instead of on separate parts**
- **trusting intuition**
- **taking advantage of both of the ways in which the brain makes learning possible**

Like a puzzle

- **Every piece has significance and meaning if we keep in mind the complete drawing**
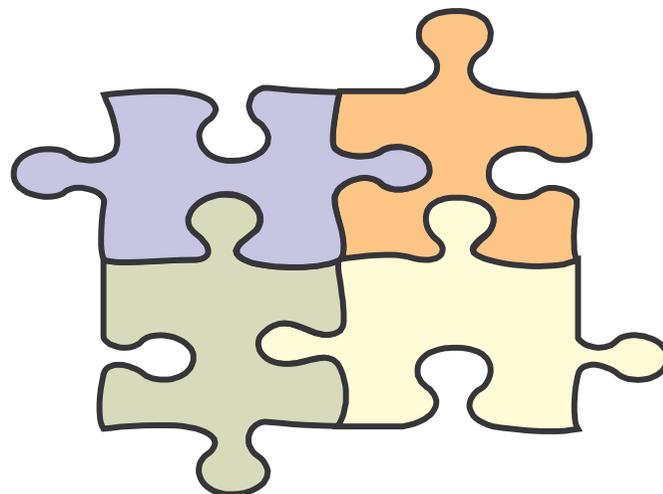
We need to put pieces together
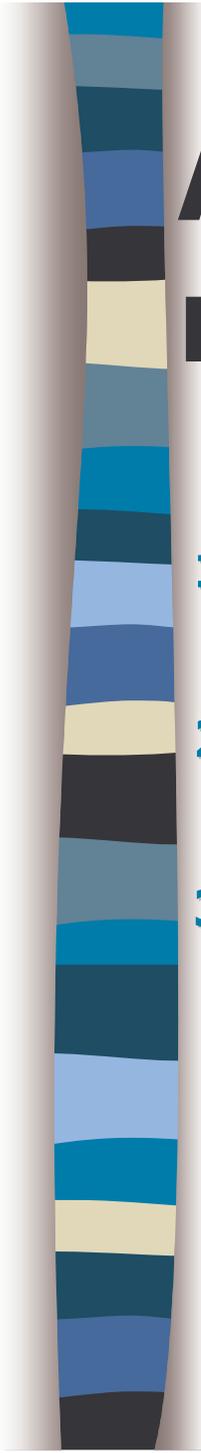
Article reading and comprension

1. **Read through the pages underlying the words and expressions you do not know**
2. **Write a title with paraphrases for each part of the abstract**
3. **When you meet some parts which are difficult to understand while reading even if every word is clear , then….**
   YOU NEED TO TRANSLATE THAT PART

Why translate ?

1. **It is the best way to use grammar**
2. **It is the best way to verify my comprehension**
3. **It is a precious help for the memorization of contents**
4. **It is reading and understanding out loud**

Translation techniques

1. **Look up and check the meaning of the words you need in the dictionary**

2. **Detect which parts of the sentence is:**

   1. **Parte soggetto**
   2. **Predicato verbale**
   3. **Parte complemento**
   4. **Frasi relative /secondarie**
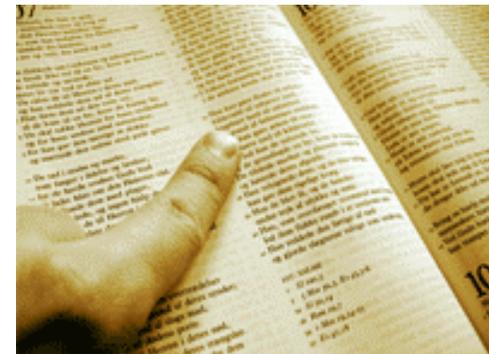
Translation techniques

Parte soggetto

1. **Nouns/sostantivi**

1. **Adjectives**
    sempre davanti
    possono essere più di uno
    possono essere composti
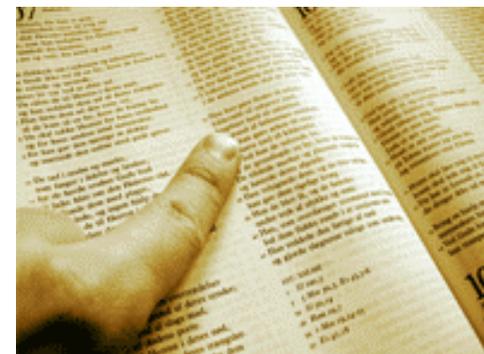
Translation techniques

Predicato verbale

Auxiliary
Verbs
  Modo e tempo
  attivo/passivo,transitivo/intransitivo/
  riflessivo)
adverbs

inglese scientifico
mod introduttivo

Loredana Pancheri
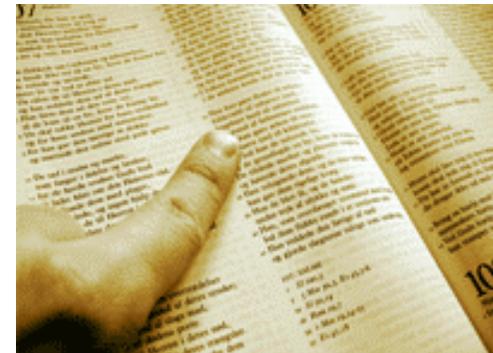
Translation techniques

- **Parte complemento**
- **Frasi relative /secondarie**
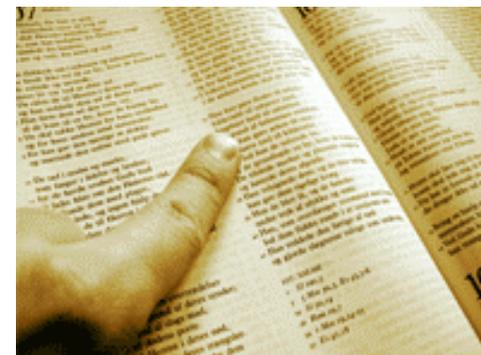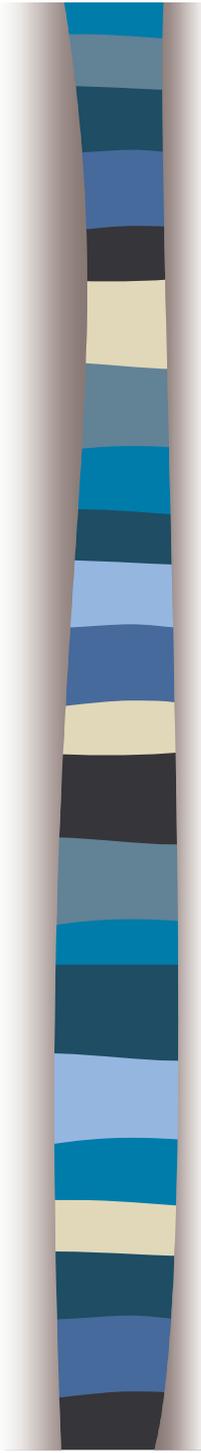
Going on with the reading...

1. **In this way you will realize how your reading time will be productive and active:**

   You fix contents and

   You memorize them

   allowing your learning process to go on with the information that follow and will be added to what is already understood

Vocabulary storage

While reading, underlying and working with dictionaries and meanings,

it is important to write a list of terms with their translations and examples which do belong to the text itself.

At the end you will have a glossary which is specific and theme-centred.

Grammar corner
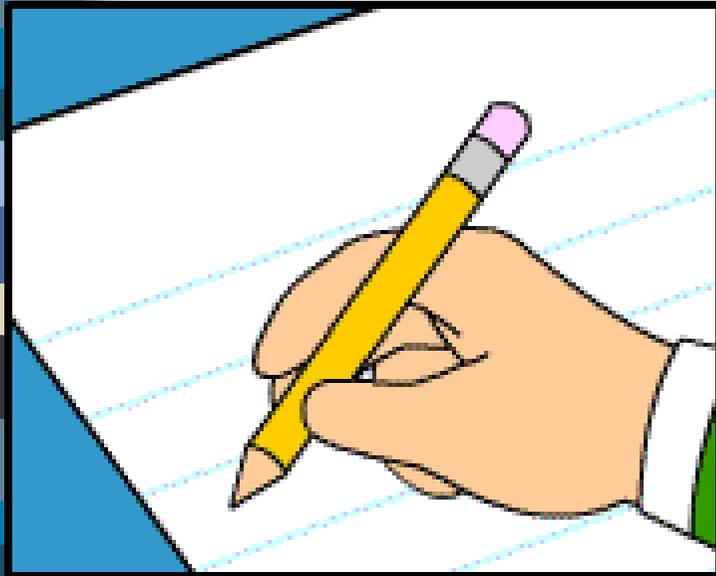
see the *Dispensa*

Manuale di Grammatica per Italiani
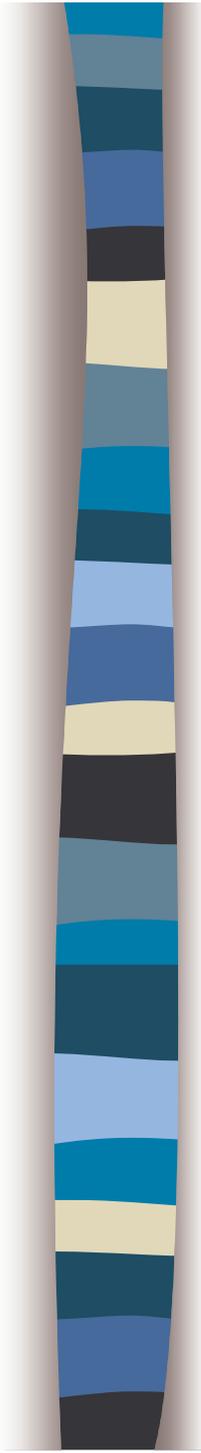
«Se sai leggere devi capire; se sai scrivere devi sapere qualcosa; se sei in grado di credere devi comprendere; quel che desideri dovrai saperlo fare; se esigi non otterrai niente, e se hai esperienza devi renderti utile."

Goethe
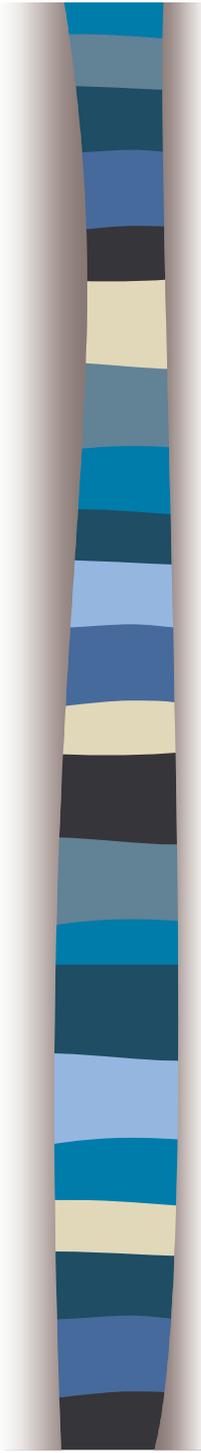
Identifying structure

Five common types of structure used in scientific texts are:

1. **Generalization: the extension or clarification of main ideas through explanations or examples**
2. **Enumeration: listing of facts**
3. **Sequence: a connecting series of events or steps**
4. **Classification: grouping items into classes**
5. **Comparison / contrast: examining the relationships between two or more things**
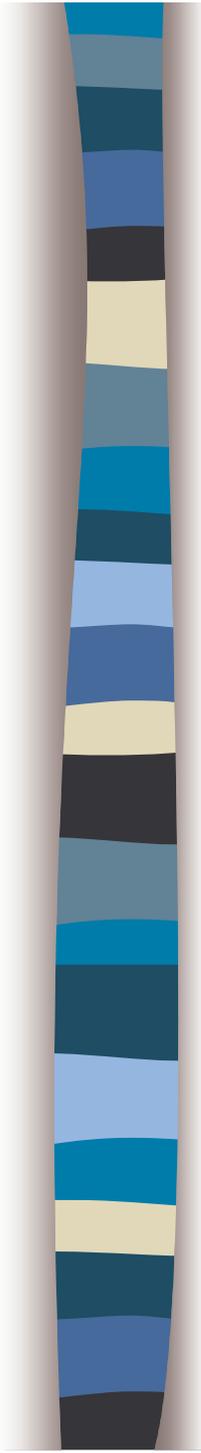
ANTICIPATE THE ORDER

- **Anticipating the order in which the material will be presented helps you put the facts into perspective and to see how the parts fit into the whole.**
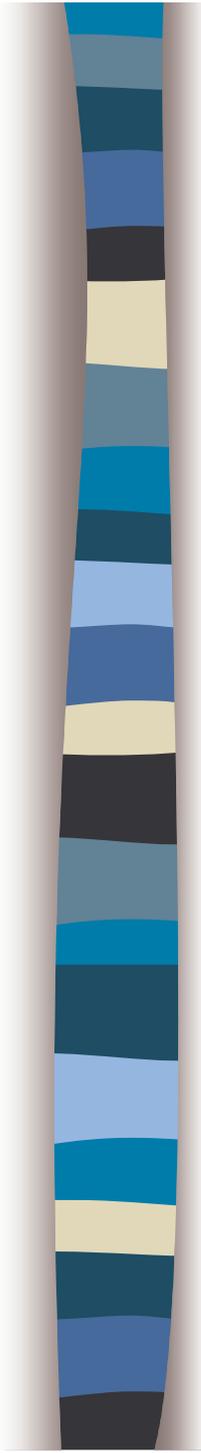
ANTICIPATE THE ORDER

- **For example, if the selection begins by indicating that there are four important components , you are alert to look for four key phrases to mark and remember.**
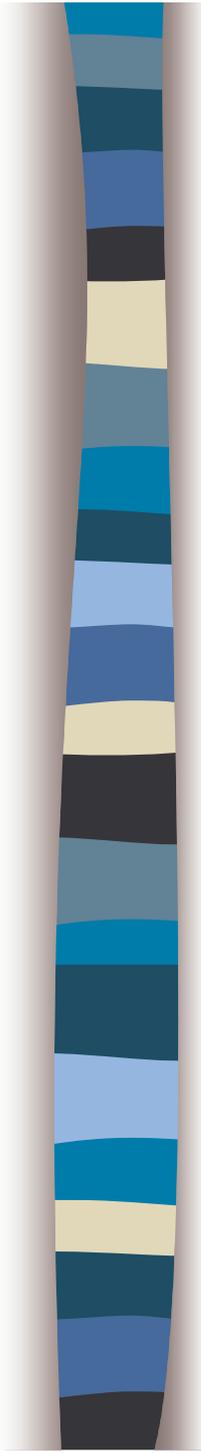
ANTICIPATE THE ORDER

■ **For material that shows cause and effect, you need to anticipate the linkage and note the relationship.**
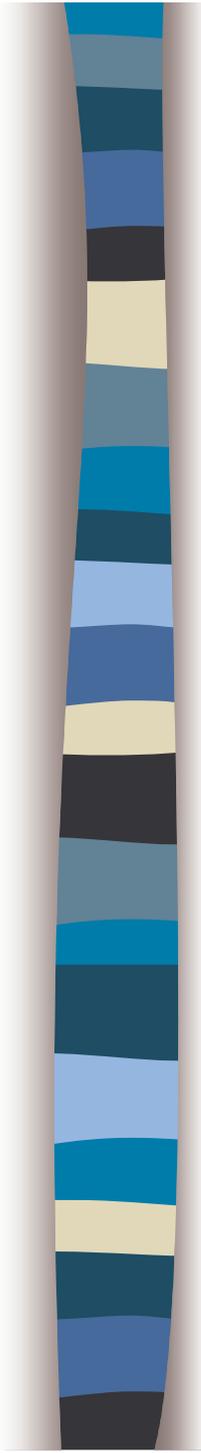
SIGNAL WORDS

- **help in identifying the particular type of pattern when listing:**
  - **in addition**
  - **another**
  - **for example**
  - **also**
  - **several**
  - **a number of**
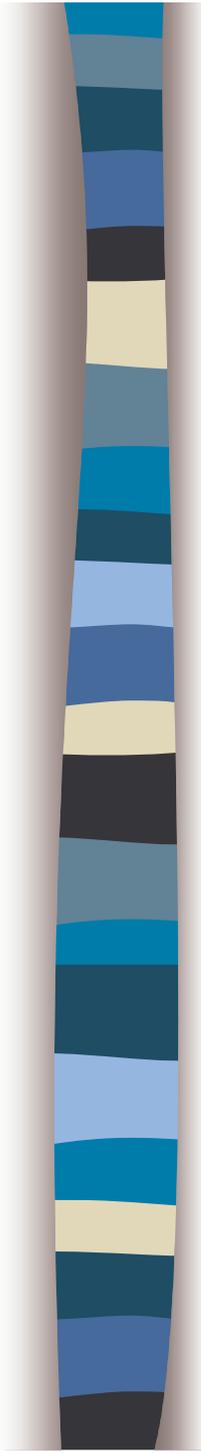
SIGNAL WORDS

- **help in identifying the particular type of pattern when describing**
  - **is defined as**
  - **means**
  - **is described as**
  - **is called**
  - **refers to**
  - **term or concept**
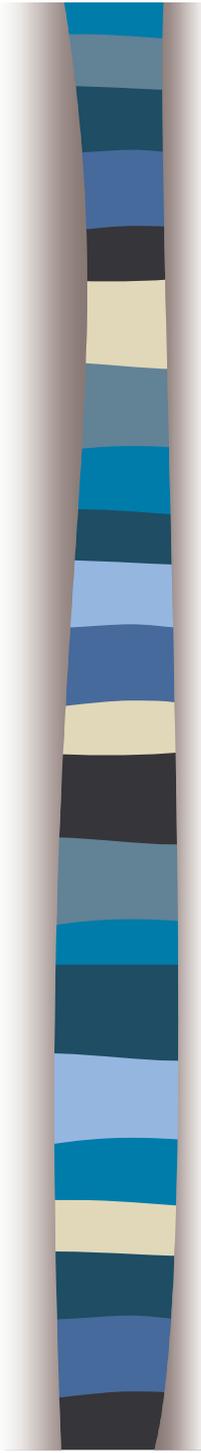
SIGNAL WORDS

Signal words often used for chronological order or sequence are:

- **first, second, third**
- **before, after**
- **when**
- **later**
- **until**
- **at last**
- **next**
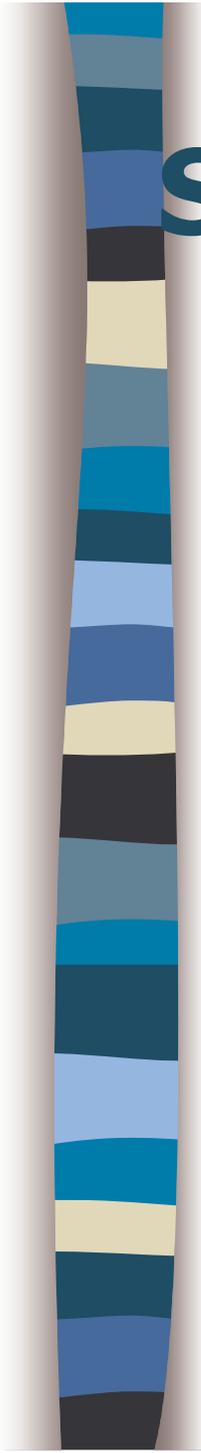
SIGNAL WORDS

Signal words often used for comparison-contrast are:

- similar, different
- on the other hand
- but
- however
- bigger than, smaller than
- in the same way
- parallels
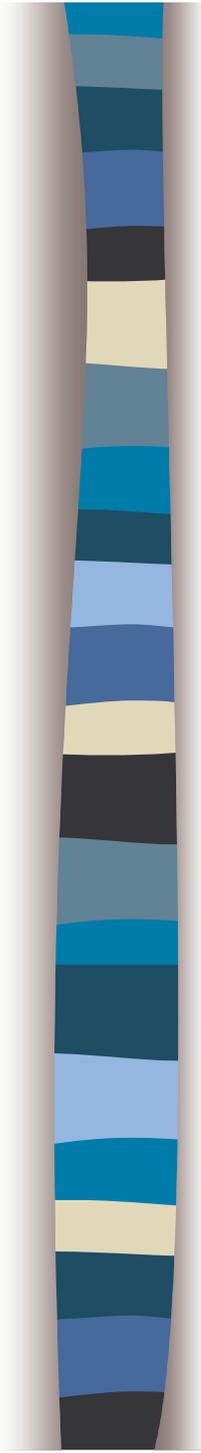
CAUSE AND EFFECT

Signal words often used for cause and effect are:

– **for this reason**

– **consequently**

– **on that account**

– **hence**

– **because**