

本集内容

Taking the stress out of surgery 虚拟现实技术帮助减轻病人手术中的焦虑

学习要点

有关“surgery（手术）”的词汇

边看边答

What can the patient see when they are on the operating table?

文字稿

Austin Mills is being **prepped** for surgery after he was knocked off his bike by a car a few weeks ago. He's wearing a virtual reality headset to distract him as he's injected with a **localised anaesthetic**, which means he'll be awake throughout his operation.

奥斯汀·米尔斯正在**接受术前准备**。因为几周前，他骑自行车时被一辆汽车撞倒。他戴着一个虚拟现实头盔，以分散他的注意力，因为他的手术是**局部麻醉**，也就是说他在整个手术过程中都会是醒着的。

Dr Susan Hutchinson, Consultant anaesthetist

Many patients don't want to hear anything or see anything in theatre. And even if I tell them that there's going to be no pain, they're very worried about being awake in the theatre environment. So in the past, we would use **sedation** to make them sleepy or drowsy and with the VR we don't need to do that because effectively with sound and sight gone – and they're in their own little world, they can have nothing at all.

苏珊·哈钦森 麻醉主任医师

“许多病人不想听到或看到手术室里的任何东西。即使我告诉他们不会感到疼痛，他们还是很担心在手术室的环境中醒着。所以在过去，我们会用**镇静剂**让他们昏昏欲睡，而现在有了虚拟现实，我们不必那样做，因为声音和视觉消失了，他们在自己的小世界里，可以不需要任何镇静药物。”

The only thing Austin will see and hear while on the **operating table** is the exotic location of his choice.

奥斯丁在**手术台**上唯一能看到和听到的就是他选择的异域风情。

Voice of Austin Mills, patient

My shoulder moves occasionally to sort of bring me back to reality – but I’ve had no feeling, or whatever, of the actual surgery itself. It’s just, I feel like I’m just sitting by a mountain lake and every now and again somebody tugs on my arm.

奥斯汀·米尔斯 病人

“我的肩膀偶尔会动一下，把我带回到现实中去，但我对手术本身没有任何感觉。只是，我觉得我就是坐在山湖边，时不时会有人拉我的胳膊。”

Orthopaedic surgeon Shamim Umarji is leading this trial in the use of VR headsets.

骨科医生沙米姆·尤马尔吉领导这项使用虚拟现实头盔的试验工作。

Shamim Umarji, Consultant Orthopaedic Surgeon

If you wheel a patient through to this environment, it’s pretty stressful. And they’re fully awake. They can hear the drills and the conversations that are happening around them, and it’s a stressful environment. Virtual reality is undoubtedly quite an immersive phenomenon.

沙米姆·尤马尔吉 骨科主任医师

“如果你把病人推到这种环境中，他们会很焦虑，而且他们还是完全醒着的。他们能听到电钻声，还有周围的对话，这是一个让人充满焦虑的环境。虚拟现实无疑给人们提供了一种令人身临其境的感觉。”

Austin Mills, patient

I was really excited when Doctor Umarji approached me and asked me to be part of it, and yeah, it’s been a huge success so I’m really, really happy with it. Apart from my arm that I can’t feel, I feel completely normal.

奥斯汀·米尔斯 病人

“当尤马尔吉医生找到我并邀请我参加这项试验的时候，我非常激动，是的，这是一个巨大的成功，所以我非常满意。除了我的手臂没有感觉之外，其它一切正常。”

Currently, this technology is being used for patients **undergoing** hand or arm surgery, but it’s hoped it could be extended to other types of operations.

目前，这项技术只被用于**接受**手或手臂手术的病人，但希望此技术的运用在未来能扩展到其它类型的手术。

词汇

prepped 为（患者）做手术准备

localised anaesthetic 局部麻醉

sedation 镇静剂

operating table 手术台

undergoing 经受（令人不快的事情）

视频链接

<https://bbc.in/37Jk7tF>

问题答案

They can see and hear the exotic location of their choice.