

群馬県立県民健康科学大学大学院
看護学研究科看護学専攻（博士前期課程）
平成31年度 社会人特別選抜試験問題

外国語試験問題

群馬県立県民健康科学大学大学院

問題 次の英文を読み、後に続く各問に答えなさい。

<omit the former part>

How does pursed lip breathing work?

Pursed lip breathing should be practiced until it becomes second nature. It's most effective when you're focused or relaxed. Here's how to practice.

- ① 1. Sit with your back straight or lie down. Relax your shoulders as much as possible.
2. Inhale through your nose for two seconds, feeling the air move into your abdomen. Try to fill your abdomen with air instead of just your lungs.
3. Purse your lips like you're blowing on hot food and then breathe out slowly, taking twice as long to exhale as you took to breathe in.
4. Then repeat. Over time, you can increase the inhale and exhale counts from 2 seconds to 4 seconds, and so on.

What is pursed lip breathing used for?

- ② Pursed lip breathing improves the lung mechanics and breathing all at once, meaning that you don't have to work as hard to breathe well. This is particularly helpful for people who have lung conditions that make it more difficult for them to breathe. These conditions can include obstructive*1 lung disease, such as asthma, and restrictive*2 lung disease, such as pulmonary fibrosis*3 (PF), which is a type of interstitial lung disease*4 (ILD).
- ③ Pursed lip breathing is also used as part of treatment for chronic obstructive pulmonary disease (COPD). People with this condition have severely declining lung function and breathing ability. The disease progresses to overinflated lungs and reduced ability to exhale air. It can make breathing so difficult that it impacts the quality of the person's life.
- ④ There are significant health benefits for people with COPD who practice pursed lip breathing. One study found that pursed lip breathing reduced dynamic hyperinflation*5 in people with COPD. It also significantly improved their exercise tolerance*6, breathing patterns, and arterial oxygen.
- ⑤ COPD can only be delayed, and the damage can't be repaired once it happens. For that reason, breathing exercises to improve lung function are essential. They can make

breathing significantly easier.

Why do pursed lip breathing?

Pursed lip breathing can help improve and control your breathing in several ways, including:

- relieving shortness of breath by slowing the breath rate
- keeping the airways open longer, which decreases the work that goes into breathing
- improving ventilation by moving old air (carbon dioxide) trapped in the lungs out and making room for new, fresh oxygen

In addition to the lung benefits you can get from pursed lip breathing, it can also lead to overall relaxation. By taking consistent, deep breaths, you can calm the central nervous system, which has a relaxing effect on your entire body. This can help reduce stress and anxiety.

<omit the last part>

[出典 : Pursed Lip Breathing, Medically reviewed by Stacy Sampson, DO on June 3, 2017 — Written by Ana Gotter, Healthline Newsletter.

<https://www.healthline.com/health/pursed-lip-breathing>]

- 注) *1: obstructive 閉塞性の
*2: restrictive 拘束性の
*3: pulmonary fibrosis 肺線維症
*4: interstitial lung disease 間質性肺疾患
*5: dynamic hyperinflation 動的肺過膨張
*6: exercise tolerance 運動耐容能

問1 下線部①～⑤を和訳しなさい。

問2 pursed lip breathing によりどのような効果が期待できるか。本文中で述べられている内容を 100 字程度で要約しなさい。

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平成31年度 社会人特別選抜試験
外国語試験問題 解答用紙1

受験番号	氏名

問1

①

②

③

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外国語試験問題 解答用紙2

受験番号	氏名

問1 (つづき)

④

⑤

問2

100字

※得点

注 意 事 項 (外国語試験)

- 1 外国語の試験時間は、9時20分～10時50分です。
- 2 英和辞典の持ち込み及び使用を認めます（付箋等が貼られていないもの）。ただし、電子辞書の使用は認めません。
- 3 試験問題用紙の表紙が願書提出時の選抜区分（「社会人特別選抜」）であることを確認してください。
- 4 問題用紙は2枚、解答用紙は2枚です。
- 5 すべての解答用紙の所定の欄に、必ず受験番号・氏名を記入してください。
- 6 解答は、すべて解答用紙に記入してください。ただし、※印欄には記入しないでください。
- 7 問題用紙・解答用紙に不鮮明な部分や汚れなどがある場合は、声を出さずに手を挙げて、監督員の指示に従ってください。
- 8 試験中に質問や用便などの用件がある場合も、声を出さずに手を挙げて、監督員の指示に従ってください。
- 9 試験開始後、30分間は途中退場を認めません。30分経過後、途中退場する場合は、監督員の指示に従い、解答用紙を監督員に提出したのち退場してください。
- 10 問題用紙・解答用紙を持ち帰ることはできません。
- 11 不正行為や、他の受験生に迷惑となる行為をした場合は、退場させることがあります。