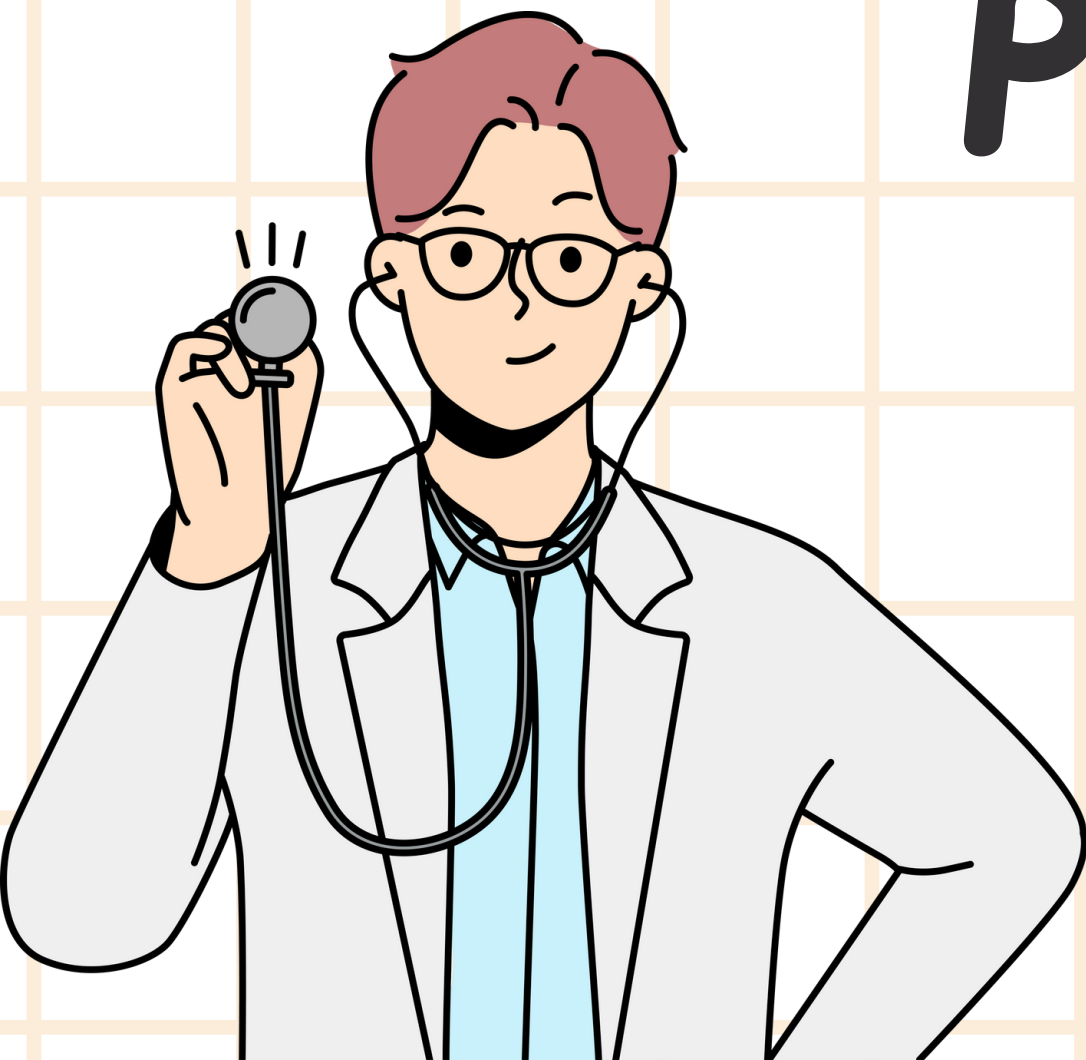


ENGLISH FOR MEDICAL PROFESSIONALS



Samuel Aaron Carey
R2
Centro de Salud Rafalafena
Tutora: María José Monedero

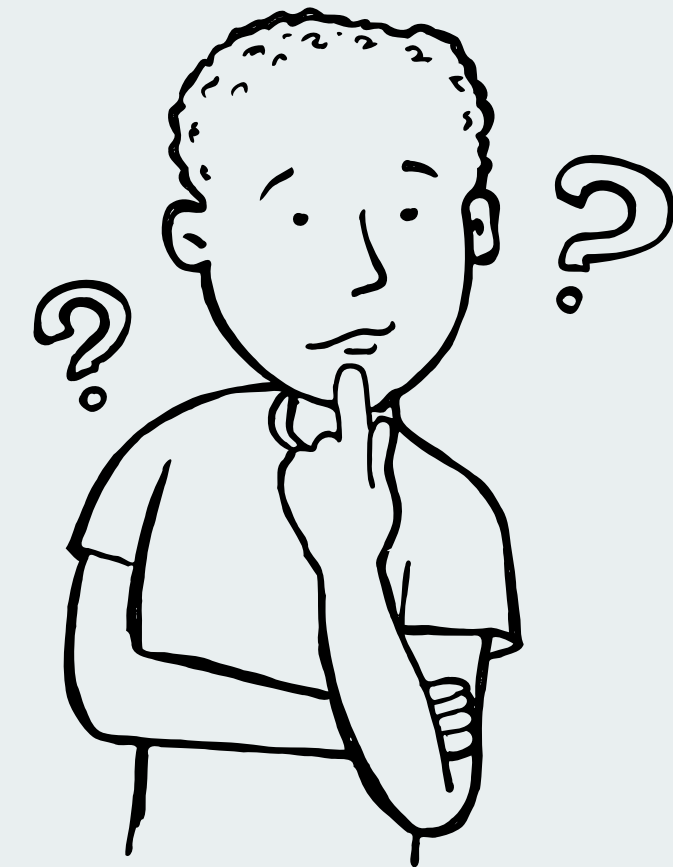


CONTENTS

- A few reminders
- Greetings and reintroductions
- Reason for the visit
- Antecedents
- Specific types of consultation: cardiovascular, respiratory, genitourinary, musculoskeletal, skin, digestive
- General and specific physical examinations
- Other tests
- Non-pharmacological and pharmacological treatments
- Referrals
- Saying goodbye
- Follow-up appointment
- Nursing
- Final thoughts and recommendations

A FEW REMINDERS Y CURIOSIDADES

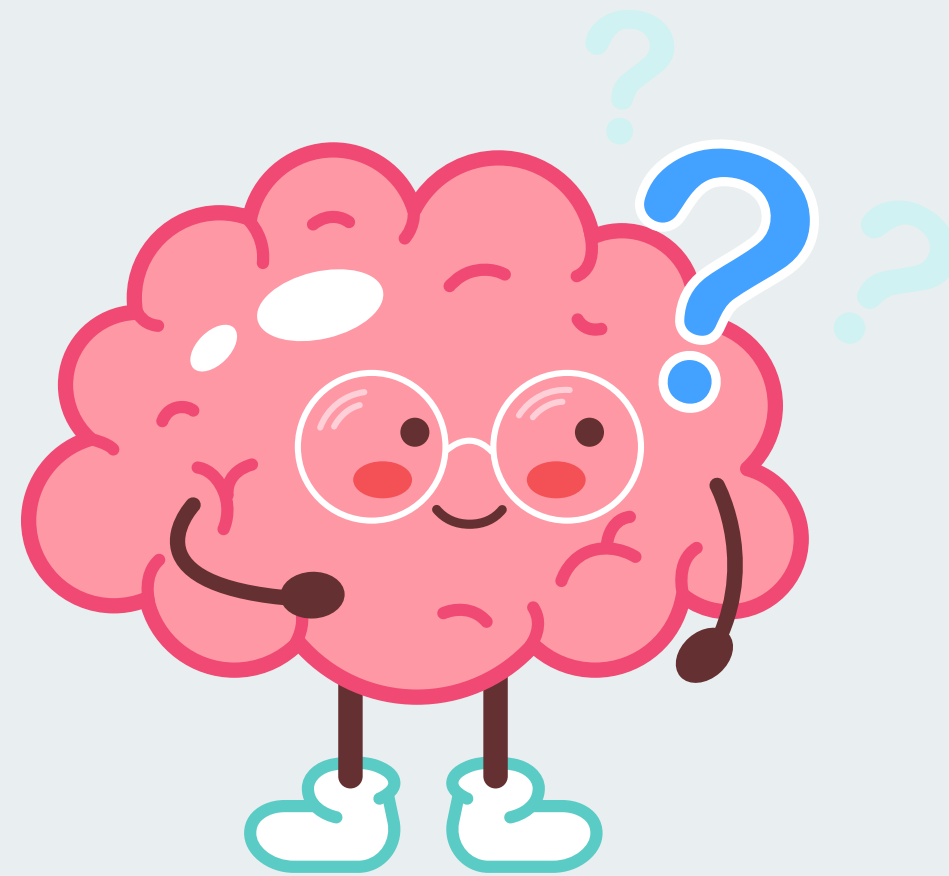
- Un Médico de Familia en Reino Unido atiende pacientes de todas las edades
- Un Centro de Salud = GP (General Practitioner) Surgery/Doctors' Surgery
- Centro de Especialidades = Out-Patient Clinic
- Admitted = ingresado
 - También significa confesado
- No se diferencia en tú y usted: se dice **you** siempre
- Es un idioma sin género gramático
- Los sustantivos:
 - Consonante: **a** chair
 - Vocal: **an** apple
- El adjetivo va delante del sustantivo: the **big** house



A FEW REMINDERS Y CURIOSIDADES

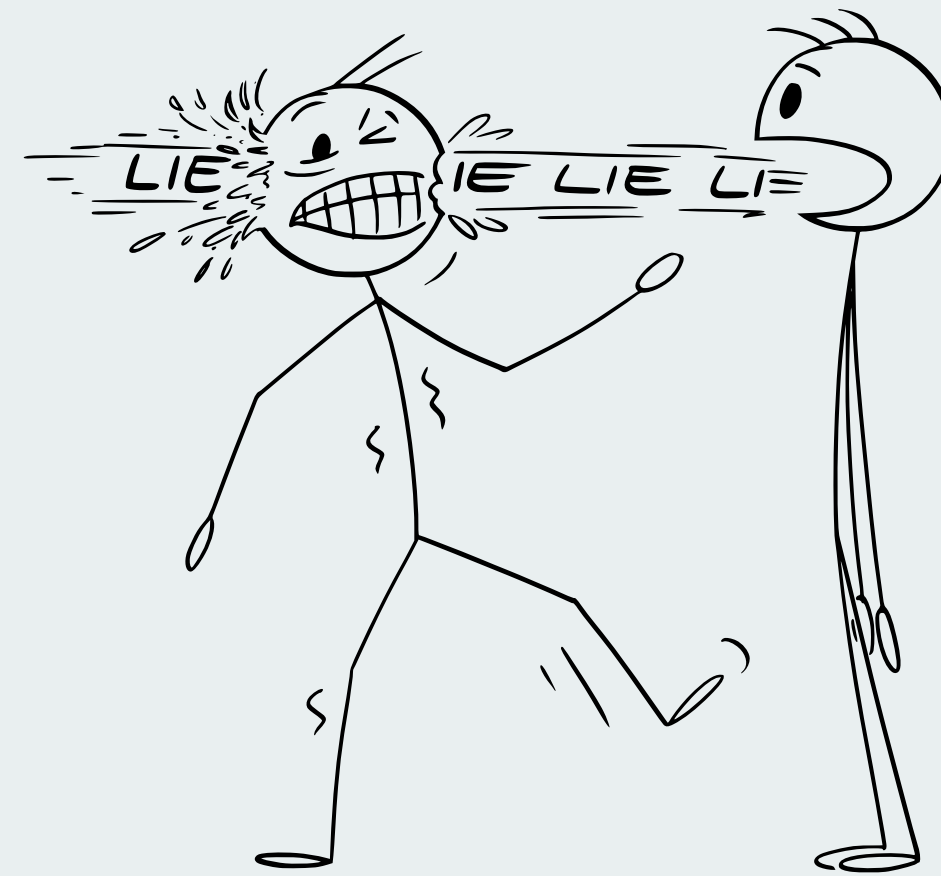
- A medicine = un medicamento
- Tablets = comprimidos
- An illness = una enfermedad

- A drug = una droga (de abuso)
- Pills = comprimidos (de abuso)
- Disease = enfermedad



A FEW REMINDERS Y CURIOSIDADES

- Orthopaedics = traumatología
- Pregnant = embarazada
- Embarrassed = avergonzado
- A cold / bunged up = constipado
- Constipated = estreñido
- A prescription = una receta
- To prescribe = recetar
- A temperature = fiebre



GREETINGS

EN LA PUERTA DE LA CONSULTA

La primera vez que nos hemos visto:

- Good morning / afternoon
 - Punto de corte: 12:00
- Hello
- Hi

Ya nos hemos visto/nos conocemos:

- Good to see you again = me alegro de verte
- How are you?



GREETINGS

EN LA PUERTA DE LA CONSULTA

Patient name: **SAMUEL AARON CAREY** .



GREETINGS

Avoid colloquialisms:

- Alright
- How's it going?
- What's up?
- S'up



RE/INTRODUCTION

UNA VEZ SENTADOS

GP Surgery: take a seat = toma asiento

Hospital: take a seat on **the bed** = siéntate en **la camilla**

No nos conocemos aún: my name is Dr Carey / Monedero

Ya nos hemos visto/nos conocemos: just to remind you, I am Dr
Carey/Monedero

REASON FOR THE VISIT

MOTIVO DE CONSULTA

Primera consulta: first visit:

- What is the reason for the visit?
= qué es el motivo para la consulta?
- What can I help you with? = en qué te puedo ayudar?

Seguimiento: follow-up:

- We saw each other:
 - Last week = la semana pasada
 - Two weeks **ago** = **hace** dos semanas
 - Last month = el mes pasado
 - Three months ago = hace tres meses
- And we spoke about... = y hablamos de...

REASON FOR THE VISIT

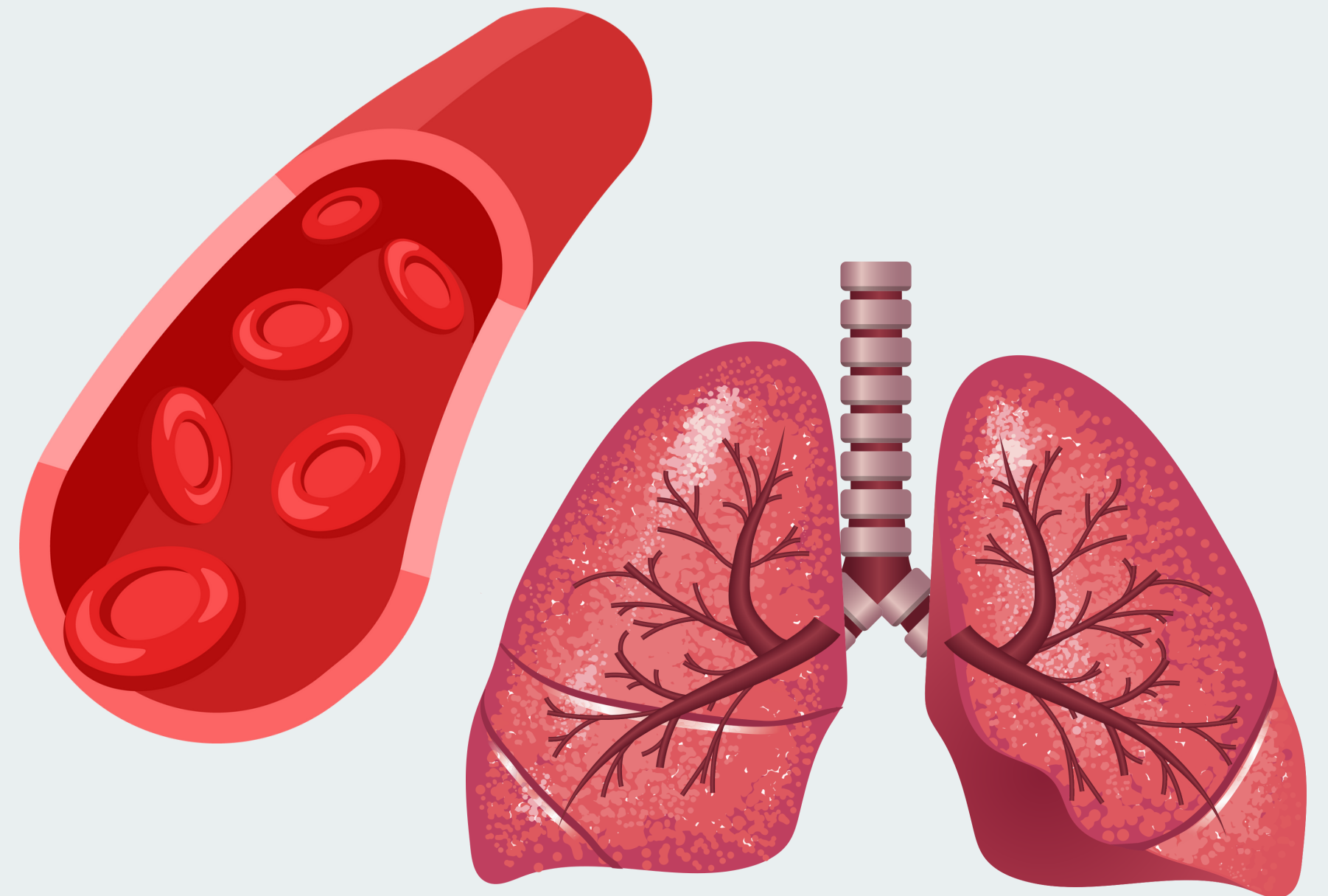
MOTIVO DE CONSULTA

Cardiovascular

- High blood pressure = tensión arterial alta
- Palpitations
- Chest pain = dolor de pecho

Respiratory:

- Lack / shortness of breath = falta de aire
- Cough (“**KOF**”) = tos



REASON FOR THE VISIT

MOTIVO DE CONSULTA

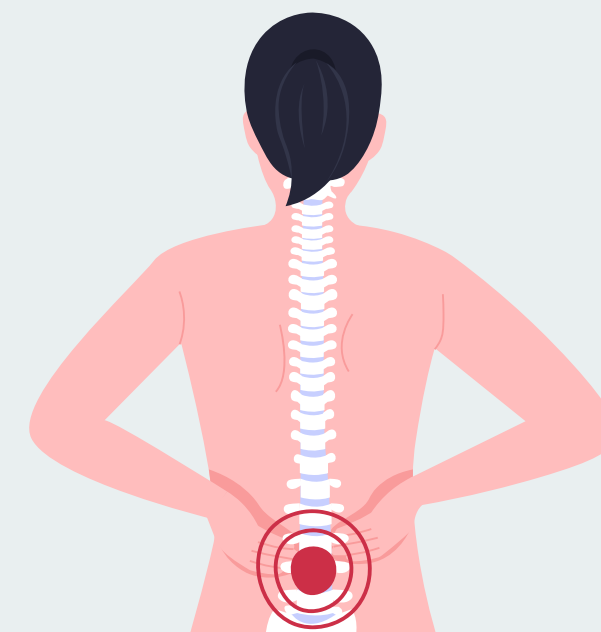
Genitourinary:

- Burning = escozor
- Discharge = secreción/flujo
- Itchiness (“**I-CHI-NUS**”) = picor



Musculoskeletal:

- Pain = dolor
- Overexertion = sobreesfuerzo
- A direct blow* = un golpe
 - *También significa soplar

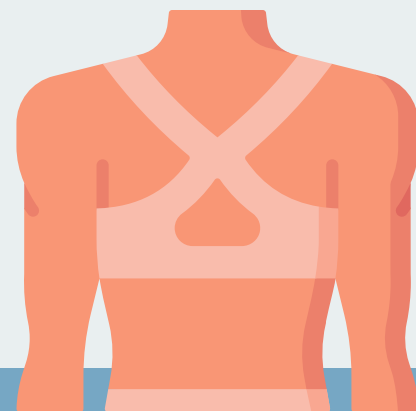


REASON FOR THE VISIT

MOTIVO DE CONSULTA

Skin:

- Rash = eritema
- Swelling = hinchazón
- Freckle (“**FREKEL**”)/mole = peca/nevus
- Sun/burn = quemadura (solar)



Digestive:

- Vomiting = vómitos
- Diarrhoea (“**DI-A-RÍA**”) = diarrea
- Stomach pain = dolor abdominal



ANTECEDENTS

(TAMBIÉN: MEDICAL HISTORY)

- Do you have any allergies to any medication? = tienes alguna alergia a algún medicamento?
- Do you smoke?
- Do you drink alcohol?
- Do you take any other drugs?
- Do you suffer from any illness?
- Do you take any medication for that illness?
- Have you been operated on before?
- Do you work? What is your occupation?

Remember:

- Affirmation: you have...
- Question:
 - Do you have...?
 - Have you...?



SPECIFIC CONSULTATIONS

SOME EXAMPLES



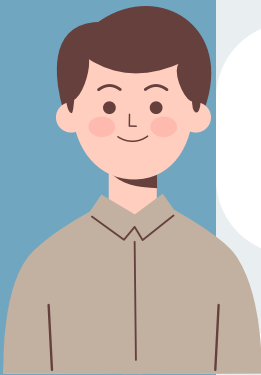
HOW TO FORMULATE QUESTIONS

CÓMO FORMULAR PREGUNTAS



SPECIFIC CONSULTATIONS

CARDIOVASCULAR



I went to the pharmacy and I took my blood pressure, and I noticed that it was very high = fui a la farmacia y medí la tensión arterial, y vi que me salió muy alta

195/100 mmHg (= 195 **OVER** 100)

Oh, just once = oh, solo una vez

On my way back from the bank yesterday morning. I had just had an argument with the bank manager = de vuelta a casa ayer del banco. Acababa de discutir con el encargado

How high was it? = cuánto fue?

And how many times did you take your blood pressure? = y cuántas veces te la tomaste?

When did you take it?



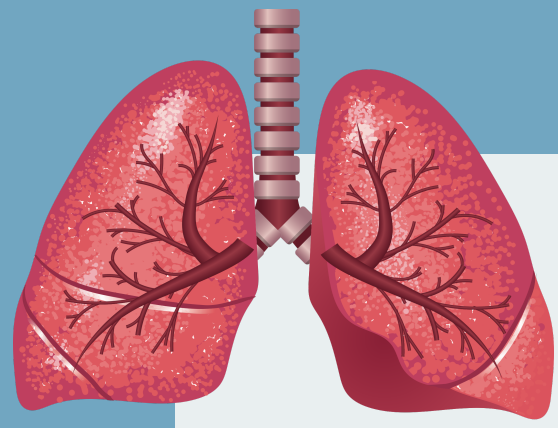


SPECIFIC CONSULTATIONS

CARDIOVASCULAR

Have you had symptoms of high blood pressure: headache (“**HEAD-AIK**”), blurred vision, chest pain, palpitations, neck pain? = Has tenido algún tipo de síntoma de la tensión arterial descontrolada: headache, visión borrosa, dolor de pecho, palpitaciones, dolor de cuello?

Yes actually / as a matter of fact, yes. Sometimes my neck hurts = De hecho, sí. De vez en cuando me duele el cuello.



SPECIFIC CONSULTATIONS

RESPIRATORY

I have been coughing a lot for the last five days = he estado tosiendo estos últimos cinco días.

It is dry

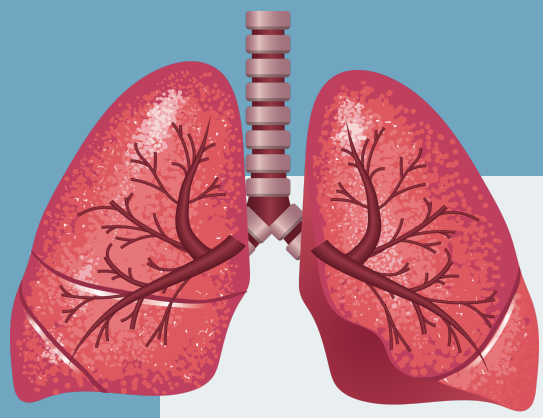
Only a little bit = solo un poco

I have not (haven't) taken it, but I do not (don't) think so = no me la he tomado, pero no creo.

Is it a **dry** cough or is it **productive** with **phlegm** ("FLEM")? = es una tos **seca** o es una tos **productiva** (con **flema**)?

Have you noticed any **shortness of breath**? = Has tenido algo de **falta de aire**?

Have you had a **temperature**? = has tenido **fiebre**?



SPECIFIC CONSULTATIONS

RESPIRATORY

Do you smoke or did you used to smoke? = eres fumador o eras fumador?

I used to smoke = fumaba

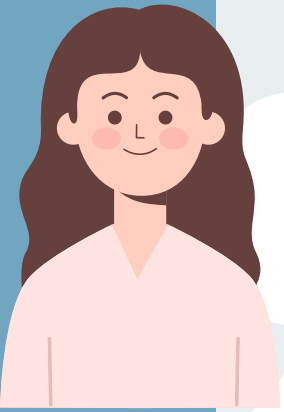
When did you start, when did you stop, and **roughly** how many cigarettes did you smoke a day? = cuándo empezaste, cuándo lo dejaste, y **más o menos** cuántos cigarros fumaste al día

I started when I was 16, I stopped when I was 50, and I smoked a pack a day = empecé a los 16, lo dejé a los 50, y fumaba un paquete al día



SPECIFIC CONSULTATIONS

GENITOURINARY



It really **burns** when I go to the toilet for a wee/pee = me
escuece mucho cuando voy al baño a mear.

Since when / when did it start? = desde cuándo/cuándo empezó?

Two days ago = hace dos días

Have you noticed any other symptoms? = has
notado algún otro síntoma

Like what / such as? = como cuáles?





SPECIFIC CONSULTATIONS

GENITOURINARY

Are you weeing less, but more frequently? = orinas menos cantidad, pero con mayor frecuencia?

Ah, well now you mention it, yes = ah, ya que lo dices, sí

Have you noticed that when you need to go to the toilet, you have you go more quickly? = has notado que cuando tienes ganas de orinar, que tienes que ir corriendo al baño?

Yes, that too = sí, eso también



SPECIFIC CONSULTATIONS

GENITOURINARY

Have you seen any **blood** (“**BLUD**”) in the urine? =

has visto algo de **sangre** en la orina?

Have you noticed any **discharge** or **secretion**? = has

notado algún **flujo/secretión**?

No

Well...yesterday I noticed a green/grey discharge =

bueno...ayer vi alguna secreción verdosa/grisácea

Have you had any **unprotected sex** in the last three months?

= has mantenido alguna **relación sexual sin protección** en

los últimos tres meses?

Yes

How many? = cuántas?

Five or six with different people = cinco o seis con personas distintas



SPECIFIC CONSULTATIONS

MUSCULOSKELETAL

I have hurt my **back** = me duele la **espalda**

Which part of your back is painful? = dónde te duele?

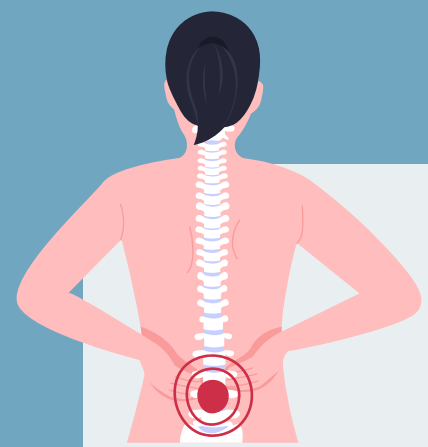
The lumbar spine

How long has it been painful for? = desde cuándo te duele?

For a week or so = desde hace una semana o así

Is the pain **continuous** or **intermittent**? = el dolor es **continuo**
intermitente?

Intermittent



SPECIFIC CONSULTATIONS

MUSCULOSKELETAL

Is it worse when you are sitting down or when you move? =
es peor cuando estás sentado o cuándo te mueves?

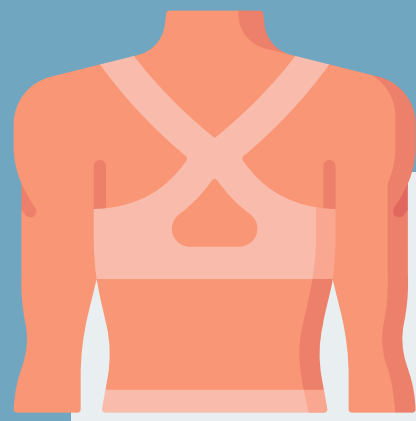
Only when I move = solo cuando me muevo

Did you **overexert** yourself before it started to hurt or did you receive a
blow to that area? = has hecho algún **sobreesfuerzo** o has **golpeado** la
zona?

Last week I was doing some work in the garden = la semana pasada estuve haciendo un poco
de trabajo en el jardín

Have you taken any medication **to alleviate the pain?** = has
tomando algún medicamento para **mejorar el dolor?**

Yes, some Ibuprofen. It helped

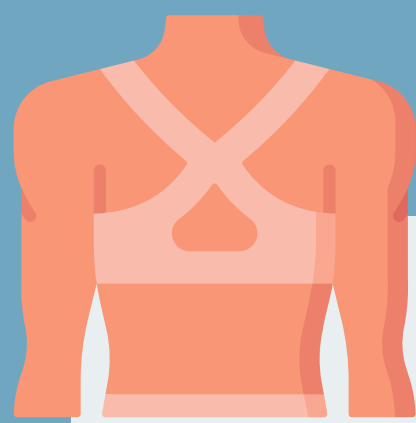


SPECIFIC CONSULTATIONS

SKIN

I was getting into bed last week when my wife noticed that a **freckle** on my back had changed colour and shape = me
estaba acostando la semana pasada cuando mi mujer se dio cuenta de que un **nevus** en mi espalda había cambiado de color y forma

Is it a new **mole** or one that has always been there? = es un **nevus** nuevo o uno que ha estado ahí siempre?



SPECIFIC CONSULTATIONS

SKIN

It has always been there = siempre ha estado ahí

Does it **itch**? = te **pica**?

No

Has it bled/have you noticed any bleeding? = ha sangrado?

No, none of that = no, nada de eso



SPECIFIC CONSULTATIONS

DIGESTIVE

I have terrible diarrhoea = tengo diarrea

When did it start? = cuándo empezó?

Three days ago, but it just will not (won't) stop = hace tres días, pero no para

Roughly how many times a day are you going to the toilet? =
más o menos cuántas cacas al día estás haciendo?



SPECIFIC CONSULTATIONS

DIGESTIVE

Bff, about seven or eight = bff, sobre siete u ocho

What **consistency** are the **faeces** (“**FEESEES**”)? = de qué **consistencia** son las **heces**?

Totally liquid = líquidos por completo

What colour are the faeces? = de qué color son las heces?

Light brown = marrón claro

Have you had any **vomiting**? = has estado **vomitando**?

Yes, but it is not (isn't) too bad = sí, pero no está mal



SPECIFIC CONSULTATIONS

DIGESTIVE

Have you had any **abdominal pain**? = has tenido algo de **dolor abdominal**?

Yes

And how is it: continuous, intermittent, **comes and goes**? = y cómo es: continuo, intermitente, **se va y se viene**?

It comes and it goes = se va y se viene

Have you had a temperature? = has tenido fiebre?

No, just **shivers** = no, solo **escalofríos**



SPECIFIC CONSULTATIONS

DIGESTIVE

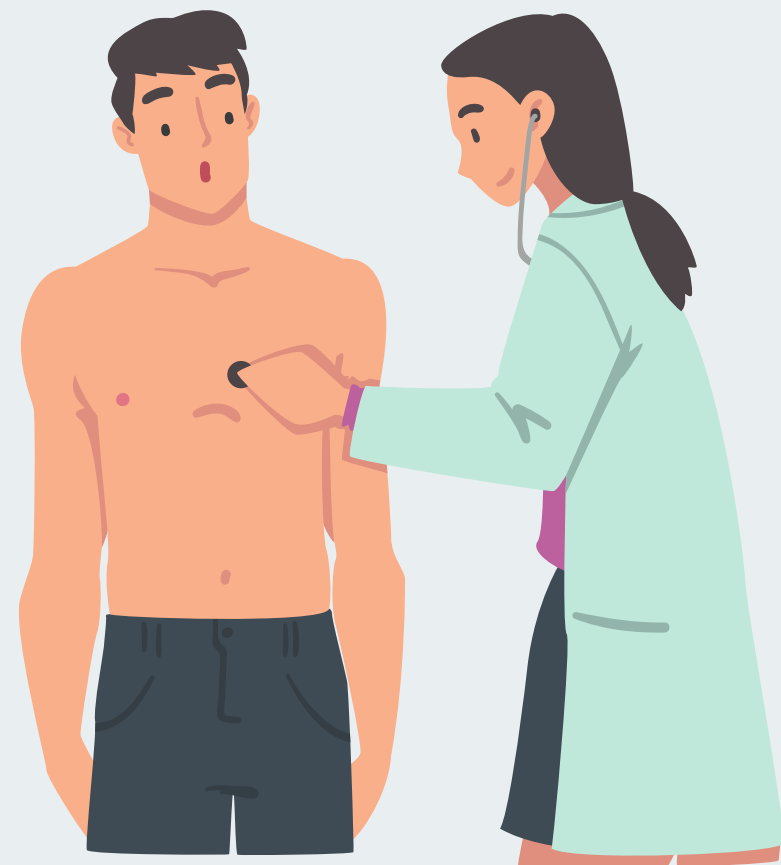
Is there **anyone else** at home who has the same symptoms? = hay **alguien más** en casa que tenga los mismos síntomas?

Yes, my youngest son = sí, mi hijo pequeño

What have you done to stop the diarrhoea? = qué has hecho para parar la diarrea?

I have been drinking **rehydration solution** and eating white rice. That is what my grandma recommended to us when we were young = he estado tomando **suero oral** y comiendo arroz blanco. Eso es lo que no recomendaba mi abuela cuando éramos pequeños

PHYSICAL EXAMINATION



Ok, so if you do not (don't) mind, I would like **to examine / explore you** = de acuerdo, pues si no te importa, ahora **te examinaré / exploraré**

Absolutely, no problem

PHYSICAL EXAMINATION

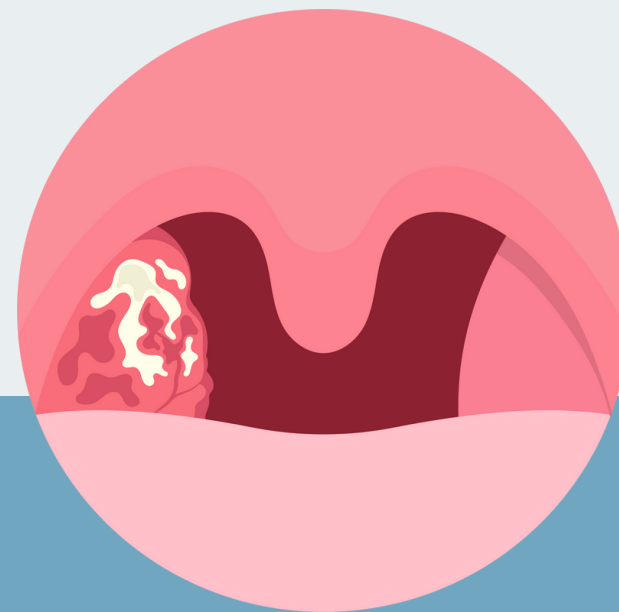
Come over to the bed / couch (“**COWCH**”) and... = vente a la camilla y...

- Take a seat = siéntate
- **Lie face up / face down** = túmbate boca arriba / boca abajo

Lift up / take off your t-shirt / jumper / coat = **sube / quita** tu camiseta / sudadera / chaqueta

Take off your shorts / trousers = quita tu pantalón

Open your mouth / **stick out** your tongue (“**TUNG**”) = abre la boca / **saca** la lengua



PHYSICAL EXAMINATION

RESPIRATORY

Take deep breaths = coge aire ondo

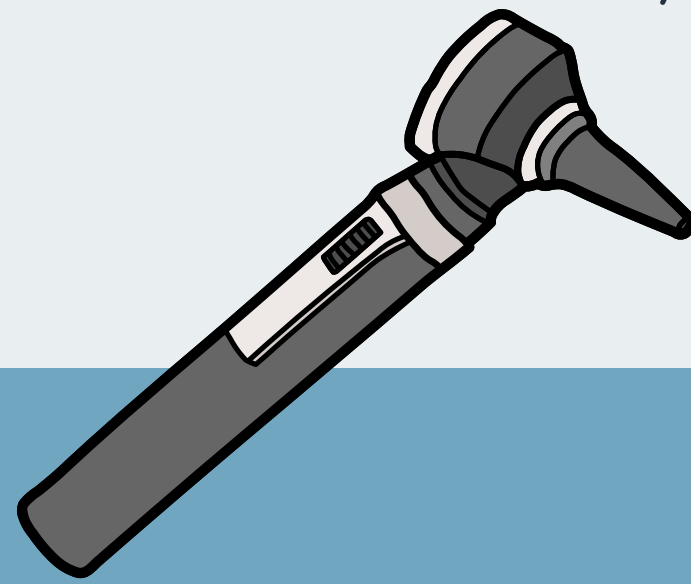
Do not (don't) breathe* = no respire

- *To breathe = respirar
- Breath = aliento

Open your mouth / stick out your tongue = abre la boca / saca la lengua

Now I am going to take a look at your ears = ahora te voy a mirar los oídos*

- *Ear = oreja / oído



PHYSICAL EXAMINATION

RECTAL EXAMINATION

Has your doctor (GP) ever done a **rectal examination**? = alguna vez tu médico te ha hecho un **tacto rectal**?

No, never. What is it?

It is an examination of the **backside** and the **rectum**. It involves introducing a finger into the rectum to explore its surface, the prostate and other pathologies = es una exploración de la **zona perianal** y el **recto**. Se trata de introducir el dedo dentro del recto para examinar su superficie, la próstata y descartar otras patologías

Ah, I see

PHYSICAL EXAMINATION

RECTAL EXAMINATION

Come over to the couch, lower / take off your trousers and underwear, and = ven a la camilla y bájate/quítate el pantalón y ropa interior, y:

- Lie **on your side** with your knees (“**NEES**”) up to your chest = tumbate **de lado** y súbete las rodillas al pecho
- Put your hands on the bed and bend over = pon tus manos en la camilla

OTHER TESTS

Right, so I would like to order some more **tests** that you will have to do
= de acuerdo, pues le voy a solicitar unas **pruebas** que te tendrás que
hacer

- A blood test = una analítica de sangre
- A urine (“**URÍN**”) sample = una muestra de orina
- A cervical swab (“**SWOB**”) = una muestra cervical
- A cervical cytology = una citología cervical
- An x-ray = una radiografía
- A CT scan = un TC
- An MRI = una resonancia magnética



NON-PHARMACOLOGICAL TREATMENT

- An injury:
 - Rest
 - Cold
 - Compression
 - Elevation
- Oral rehydration solution: small **sips** every 10 minutos = unos **sorbos** cada 10 minutos
- A **bland** diet = una dieta **astringente**
- Stop smoking
- Reduce your alcohol consumption
- Regular aerobic exercise

PHARMACOLOGICAL TREATMENT

- This is the treatment that you will need to take = este es el tratamiento que tendrás que tomar
- You need to take = te tienes que tomar:
 - One tablet a day = un comprimido al día
 - Two/three/four tablets a day = dos/tres/cuatro tablets al día
 - Thirty minutes before breakfast with an **empty stomach** (“**STOMAK**”) = treinta minutos antes del desayuno con el **estómago vacío**
 - With a **full stomach** = con el **estómago lleno**
- You can go straight to the pharmacy to collect your prescription. It is sent electronically = te puedes ir directamente a la farmacia para recoger tu receta. Se envía electrónicamente

REFERRAL

INTERCONSULTA

- Right, so I am going **to refer you** to see **the cardiologist / neurologist / ...** = de acuerdo, pues **te voy a derivar al cardiólogo / neurólogo / ...**
- You will either receive a letter in the post or a message on your phone = recibirás una carta o un mensaje en tu móvil
- Is your telephone number 617702580? = tu teléfono es el 617702580?

GOODBYE

- I will see you in four weeks = nos veremos en cuatro semanas
- **Book an appointment at the desk / in reception = pide cita en el mostrador:**
 - To see me / the **nurse** / the **social worker** = para mí / **enfermería** / **trabajadora social**



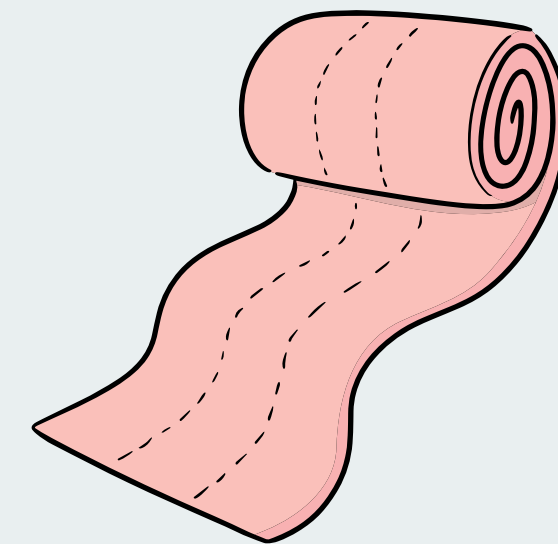
FOLLOW-UP APPOINTMENT

- Se le inició tratamiento:
 - How did the treatment go?
 - Are you feeling better with the treatment that I gave/prescribed you? = te encuentras mejor con el tratamiento que te receté?
 - Did you notice any **side effects**? = notaste algunos **efectos secundarios**?



NURSING

- A blood test = una analítica de sangre
 - **Which arm** would you like to take the blood from? = **de qué brazo** quieres que te saque sangre?
 - A **sharp scratch** = un **pinchacito**
- A **fasting** blood test = una analítica de sangre **en ayunas**
- A dressing = una cura
- A compression bandage = un vendaje compresivo
- An injection = una inyección
- A vaccine = una vacuna



UNOS ÚLTIMOS CONSEJOS

- No tengáis miedo a la hora de hablar en inglés:
 - El paciente agradece el esfuerzo que estás haciendo
 - No susurréis
 - Intentad pronunciar bien
- Intenta dirigir la conversación utilizando preguntas concretas
 - Menos posibilidad de que el paciente utilice palabras desconocidas
- Reconoce palabras conocidas entre las muchas desconocidas
- Presta atención a los gestos y al lenguaje no verbal
- Un paciente extranjero suele consultar tarde por miedo de no poder comunicarse



THANK YOU VERY MUCH

Any questions or doubts = alguna pregunta o dudas?

