



Medical Spanish Packet

A Guide to Conversational Spanish for
Brigades



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Introduction

Many brigade volunteers ask if speaking fluent Spanish is a requirement to participate in brigades. While it is not a requirement, it is a useful tool that will enhance your brigade experience. The following guide will cover basic Spanish used in triage and in pharmacy—two stations in which Spanish will be used more frequently than in others.

Review this packet in the days leading up to your brigade, go over it in a chapter meeting or print it out and bring it with you on your brigade. Remember, this is meant to be a guide to simple Spanish and it is in no way representative of the range of Spanish you may hear on the brigade.

Enjoy!



Initial Interaction with Patients

When you first meet community members, you will want to greet them and ask them a few things about their lives to ease them into conversation. In addition, there are some basic commands you will want to know.

Common Greetings and Questions	
Hello	<i>Hola</i>
Good morning, good afternoon, good night	<i>Buenos días, Buenas tardes, Buenas noches</i>
Welcome	<i>Bienvenidos</i>
My name is_____.	<i>Me llamo_____ or Mi nombre es _____.</i>
What is your name?	<i>¿Cómo se llama (usted)?</i>
What is your child's name?	<i>¿Cómo se llama su hijo/hija?</i>
Can you repeat your name please?	<i>¿Puede repetir su nombre?</i>
I do not speak Spanish well, can you please speak slowly?	<i>No hablo Español muy bien, ¿puede hablar despacio por favor?</i>
How old are you?	<i>¿Cuántos años tiene?</i>

Basic Commands	
Sit here, please.	<i>Siéntense aquí por favor.</i>
Stay here, please.	<i>Quédese aquí por favor.</i>
Form a line, please.	<i>Formen una fila por favor.</i>
Wait here, please	<i>Espere aquí por favor.</i>
Repeat that, please.	<i>Repita por favor.</i>
Come with me, please.	<i>Venga conmigo por favor.</i>

Once you break the ice with patients, you can begin to talk to them about patient history, about any allergies to medication, and take their vitals. The following pages will detail common phrases and questions heard in triage. Triage is where your medical Spanish will be used the most.

Triage: Background Info & Vitals

In triage, please take the patient's vitals if:

- **Blood Pressure:** Family History of High Blood Pressure, Over 35 yrs, or Pregnant
- **Height/Weight:** Under 12 yrs
- **Ask Pregnant:** Over 14 yrs
- **Temperature:** Fever day of or two days before

English	Spanish
Do you have high blood pressure, diabetes (or known more commonly as 'sugar' in rural communities), asthma, cancer or heart problems?	<i>¿Tiene presión alta, diabetes (o azúcar), asma, cáncer, o enfermedad con corazón?</i>
Does anyone in your family have a history of high blood pressure, diabetes, asthma, cancer, or heart problems?	<i>¿Hay alguien en su familia que tenga presión alta, diabetes (o azúcar), asma, cáncer, o enfermedad con corazón?</i>
Are you taking any current medications?	<i>¿Esta tomando medicamentos ahora?</i>
Literally translates to 'does any type of medication cause you harm?' Although, this should be used to ask if they are allergic to any type of medication.	<i>¿Le hace daño algún tipo de medicamento?</i>
Can I weigh you?	<i>¿Puedo tomar su peso?</i>
Can I take your height?	<i>¿Puedo tomar su altura?</i>
Have you had a fever today or the last 2 days?	<i>¿Tiene fiebre hoy o hace dos días?</i>
I'm going to take your temperature.	<i>Voy a tomar su temperatura.</i>
I'm going to take your blood pressure.	<i>Voy a tomar su presión.</i>
Can I take your pulse?	<i>¿Puedo tomar su pulso?</i>
Are you currently breastfeeding?	<i>¿Esta dando pecho ahora?</i>
Is it possible that you are pregnant?	<i>¿Es posible que esté embarazada?</i>

Triage: More on Vitals

From the chart on the previous page, you can see that blood pressure, pulse, temperature and weight (vitals) are all taken in triage. Because they are crucial and you will be repeating the steps multiple times, here is a chart with a little more detail on how best to ask community members for each one:

English	Spanish	English	Spanish
Blood pressure	<i>La presión arterial</i>	Weight	<i>El peso</i>
I am going to take your blood pressure.	<i>Voy a tomarle la presión.</i>	I need to weigh you.	<i>Necesito tomarle su peso.</i>
Roll up your sleeve please.	<i>Súbase la manga, por favor.</i>	Please take your shoes off.	<i>Por favor, quítese los zapatos.</i>
Relax your arm.	<i>Relaje su brazo.</i>	Stand on the scale.	<i>Párese en la balanza/escala</i>
Your pressure is high/low/good/normal .	<i>Tiene la presión alta/baja/buena/normal</i>	Temperature	<i>La temperatura.</i>
Pulse	<i>El pulso</i>	I am going to take your temperature.	<i>Voy a tomarle su temperatura.</i>
I need to take your pulse.	<i>Necesito tomarle el pulso.</i>	Open your mouth please.	<i>Abra la boca, por favor.</i>
Give me your wrist please.	<i>Déme su muñeca, por favor.</i>	Put the thermometer under your tongue and leave it there.	<i>Ponga el termómetro bajo de la lengua y déjelo ahí.</i>

Triage: Common Responses and Verbs

Below are some common phrases you will hear from community members. In addition, there are key verbs you should know since you will be hearing them often.

Common Responses

I can't...	<i>No puedo [infinitivo].</i>
I can't stop...	<i>No puedo dejar de [infinitivo].</i>
I have problems with...	<i>Tengo problemas para [infinitivo].</i>
It hurts to...	<i>Me duele al [infinitivo].</i>
I feel like I can't...	<i>Siento que no puedo [infinitivo].</i>
My [body part] hurts.	<i>Me duele el/la/los/las [parte del cuerpo].</i>
I have problems with my [body part].	<i>Tengo problemas con mi [parte del cuerpo].</i>
I have a stomach ache/ toothache/ headache/ backache .	<i>Tengo dolor de estómago/muelas/cabeza/espalda.</i>
I have a cramp.	<i>Tengo un calambre.</i>
I have an itch.	<i>Tengo picazon.</i>

Important Verbs

To walk	<i>caminar</i>	To open	<i>abrir</i>
To eat	<i>comer</i>	To close	<i>cerrar</i>
To sneeze	<i>estornudar</i>	To bend	<i>doblar</i>
To chew	<i>masticar</i>	To lift	<i>levantar</i>
To break	<i>quebrarse</i>	To move	<i>mover</i>
To urinate	<i>orinar</i>	To hear	<i>oír</i>
To cough	<i>toser</i>	To breath	<i>respirar</i>
To see	<i>ver</i>	To fall	<i>caerse</i>

Triage: Basic Anatomy

Here is a chart with useful basic anatomy:

Basic Anatomy			
Mouth	<i>La boca</i>	Hips	<i>Las caderas</i>
Neck	<i>El cuello</i>	Back	<i>La espalda</i>
Bottom	<i>Los glúteos</i>	Molar	<i>La muela</i>
Wrist	<i>La muñeca</i>	Nose	<i>La nariz</i>
Ear	<i>El oído</i>	Ear	<i>El oido</i>
Chest	<i>El pecho</i>	Leg	<i>La pierna</i>
Abdomen	<i>El abdomen</i>	Ankle	<i>El tobillo</i>
Arm	<i>El brazo</i>	Arm pit	<i>La axila</i>
Waist	<i>La cintura</i>	Head	<i>La cabeza</i>
Tooth	<i>El diente</i>	Elbow	<i>El codo</i>
Shoulder	<i>El hombro</i>	Fingers	<i>Los dedos</i>
Thigh	<i>El muslo</i>	Hand	<i>La mano</i>
Pelvis	<i>La pelvis</i>	Belly button	<i>El ombligo</i>
Stomach	<i>El estómago</i>	Heel	<i>El talón</i>

Pharmacy

Once patients complete going through all the stations, they attend the charla while they wait for their prescriptions to be prepared in pharmacy.

In pharmacy, it is useful to know the following phrases/terms/names of medication to assist the pharmacist:

In the Pharmacy	
Dropper	<i>Gotero</i>
Drops (example: eye drops)	<i>Gotas</i>
Teaspoon	<i>Cucharadita</i>
Tablespoon	<i>Cucharada</i>
Pill/Tablet	<i>Una pastilla/una tableta</i>
Syrup	<i>La jarabe</i>
Ointment	<i>La pomada</i>
Take one tablet once a day	<i>Tome una tableta una vez al día</i>
Take one tablet twice a day	<i>Tome una tableta dos veces al día</i>
Take two tablets	<i>Tome dos tabletas</i>
A day	<i>Al día</i>
A week	<i>Una semana</i>
Take one tablet every 6 hours as needed with food	<i>Tome una tableta cada seis horas con comida.</i>
Can I help you?	<i>¿Puedo ayudarle?</i>
Cut the tablet in half	<i>Corte la tableta por la mitad.</i>

Common Medical Conditions/Medications:			
Antibiotic	<i>El antibiótico</i>	Diabetes	<i>La diabetes</i>
Aspirin	<i>La aspirina</i>	Asthma	<i>El asma</i>
Dose	<i>La dosis</i>	Scabies	<i>Los scabios</i>
Insulin	<i>La insulina</i>	Parasites	<i>Los parásitos</i>
Sickness/dizziness	<i>El mareo</i>	Heart disease	<i>Enfermedad del corazón</i>
Nausea	<i>La náusea</i>	Pain	<i>Dolor</i>
Sickness	<i>enfermedad</i>	Cough	<i>Tos</i>
Infection	<i>La infección</i>	Fever	<i>Fiebre /Calentura</i>

Closing Words

Once community members are done at the brigade, be sure to kindly dismiss them with something such as the following:

Thank you for coming today!
Gracias por venir hoy!

A simple phrase such as this goes a long way and reminds our community members how important they are to the success of medical brigades.

Finally:

Felicidades! Congratulations. You have reached the end of the Spanish Packet for the Medical portion of Medical/Dental Brigades. We hope you found the guide useful and look forward to seeing you in country soon.

Nos vemos en su brigada!