

UVa

Spanish Toolkit

CONTENTS

1. Greetings and Introductions	3
2. Basic Needs	4
3. Commands	5
4. Conditions	5
5. Pain Vocabulary	6
6. Parts of the Body	7
7. Filling out Forms and Making Appointments	10
a. Filling out Forms	10
b. Making Appointments	11
i. Months	11
ii. Days of the Week	11
iii. Time	11
iv. Numbers	12
8. General Phrases for Clinics	13
9. Resources	14

1. GREETINGS AND INTRODUCTIONS

Hello Hola (*OH-lah*)

What is your name?

¿Cómo se llama usted?

(*KOH-moh SEH YAH-mah ooss-TEHD?*)

Good morning

Buenos días

(*BWEH-nohss DEE-ahss*)

Good afternoon / Good evening

Buenas tardes

(*BWEH-nahss TAR-dehss*)

Please

Por favor (*POHR fah-BOHR*)

Thank you

Gracias (*GRAH-see-ahs*)

You're welcome -

De nada (*DEH NAH-dah*)

Yes Sí (*SEE*)

No No (*NOH*)

Goodbye

Adiós (*ah-DYOHSS*)

2. BASIC NEEDS

The interpreter will be here soon.

El intérprete va a estar aquí muy pronto.
(ehl en-TEHR-preh-tay bah ah eh-STAR ah-KEE
mui PROHN-toe)

Do you have pain?

¿Tiene dolor? (TIEN-ay doh-LOR?)

Where is your pain? – ¿Dónde está el dolor?

(DOHN-day eh-STAH ehl doh-LOR?)

This is medicine for pain.

Esta es medicina para el dolor
(EHS-tah ehs meh-deh-SEE-nah PAH-rah ehl
doh-LOR)

Can you feel this?

¿Siente esto? (SIEN-teh EHS-toh?)

Are you hungry? – ¿Tiene hambre?

(TIEN-ay AHM-bray?)

Are you thirsty? – ¿Tiene sed? (TIEN-ay said?)

Do you need ice? – ¿Necesita hielo?

(neh-suh-SEE-tah YEH-low?)

Are you hot? – ¿Tiene calor?

(TIEN-ay kah-LOR?)

Are you cold? – ¿Tiene frío?

(TIEN-ay FREE-oh?)

Do you have allergies? – ¿Tiene alergías?

(TIEN-ay ah-lehr-HEE-ahs?)

To medicine? – ¿A las medicinas?

(ah lahs meh-deh-SEE-nahs?)

To food? – ¿A la comida?

(ah lah koh-MEE-dah?)

3. COMMANDS

Breathe – Respire

(reh-SPEE-ray)

Sit down – Sientese

(SIEN-tuh-say)

Lie down – Acuéstese

(ah-KWES-tuh-say)

Stand up – Pongase de pie

(POHN-gah-say day PEE-ay)

Open your mouth – Abra la boca

(ah-BRAH lah BOH-kah)

Close your mouth – Cierre la boca

(SIERR-ay lah BOH-kah)

Do not swallow – No trague

(noh TRAH-gay)

Do not move – No se mueva

(noh say MUAY-vah)

4. CONDITIONS

Fever – Fiebre

(FIE-bray)

Headache – Dolor de la cabeza

(doh-LOR day lah kah-BAY-sah)

Nausea – Náusea

(NOW-see-ah)

Difficulty breathing – Dificultad en respirar

(deef-ee-kool-TAHD ehn rehs-pee-RAHR)

5. PAIN VOCABULARY

Dolor	Pain
¿Qué le duele?	What hurts?
¿Cómo está el dolor?	How is the pain?
¿Como se siente?	How do you feel?
¿Dónde está el dolor?	Where is the pain?
Me duele muchísimo/ mucho/ un poco/ un poquito	It hurts a great deal/ a lot/ a little/ a bit
Está peor	It's worse
Está igual	It's the same
Está regular	It's so-so
Está mejor	It's better

6. PARTS OF THE BODY

La cabeza	head
El cabello	hair
La cara	face
La piel	skin
La frente	forehead
La mejilla	check
La barbilla	chin
El ojo	eye
Los anteojos	eyeglasses
La oreja	ear
El oído	inner ear
El timpano	eardrum
La nariz	nose
El seno frontal/paranasal	sinus
La garganta	throat
La glándula	gland
La mandíbula	jaw
La boca	mouth
El labio	lip
El diente	tooth
Las dentaduras	dentures
La encía	gum
La lengua	tongue
El cuello	neck
El pecho	chest/breast

CONTINUED

El hombro	shoulder
El brazo	arm
El codo	elbow
La muñeca	wrist
La mano	hand
El dedo	finger
La espalda	back
La cadera	hip
El seno	breast (woman)
El abdomen	abdomen
El pene	penis
El escroto	scrotum
El testículo	testicle
La vagina	vagina
La cervix/ el cuello del útero	cervix
La uretra	urethra
El recto/el ano	rectum
La próstata	prostate
La pierna	leg
El muslo	thigh
La rodilla	knee
La rótula	kneecap
La pantorrilla	calf
El tobillo	ankle
El pie	foot
El dedo del pie	toe
El músculo	muscle
El tendón	tendon

CONTINUED

El ligamento	ligament
El nervio	nerve
La vena	vein
La artería	artery
La sangre	blood
El órgano	organ
El cerebro	brain
El corazón	heart
El pulmón	lung
El bazo	spleen
El estómago	stomach
El intestino	intestine
El páncreas	pancreas
La vesícula biliar	gall bladder
El hígado	liver
El riñón	kidney
La vejiga	bladder
El hueso	bone
El cráneo	cranium
La espina dorsal	spine
La vértebra	vertebrae
La clavícula	clavicle
El omóplato	scapula
El esternón	sternum
La costilla	rib
La tibia	tibia
El peroné	fibia
El fémur	femur

7. FILLING OUT FORMS AND MAKING APPOINTMENTS

A. FILLING OUT FORMS

Your first name – Su nombre (*sue NOHM-bray*)

Your last name – Su apellido (*sue a-peh-YEE-doh*)

Address – La dirección (*lah dee-rec-see-OWN*)

Street – La calle (*lah KAI-yay*)

City – La ciudad (*lah seeoo-DAHD*)

Town – El pueblo (*ehl PWE-blow*)

Zip code – La zona postal (*lah ZOH-nah poh-ST AHL*)

Phone number – El número de teléfono
(*ehl NOO-meh-row day tuh-LAY-fo-no*)

Age – La edad (*lah ay-DAHD*)

Height – La estatura (*lah eh-stah-TOO-rah*)

Weight – El peso (*ehl PAY-so*)

Date of birth – La fecha de nacimiento
(*lah FAY-cha day nah-see-meYEN-toh*)

Day – El día (*ehl DEE-ya*)

Month – El mes (*ehl MEHS*)

Year – El año (*ehl AHN-yo*)

B. MAKING APPOINTMENTS

i. Months

- January** - enero (*eh-NEH-roh*)
February - febrero (*feh-BREH-roh*)
March - marzo (*MAR-thoh*)
April - abril (*ah-BREEL*)
May - mayo (*MAH-joh*)
June - junio (*HOO-nee-oh*)
July - julio (*HOO-lee-oh*)
August - agosto (*aah-GUS-toh*)
September - septiembre (*sep-TEE-EHM-breh*)
October - octubre (*ok-TOO-breh*)
November - noviembre (*no-VEE-EHM-breh*)
December - diciembre (*dee-CEE-EHM-breh*)

ii. Days of the Week

- Monday** - lunes (*LOOH-nehss*)
Tuesday - martes (*MAHR-tehss*)
Wednesday - miércoles (*mee-EHR-coh-lehss*)
Thursday - jueves (*WEY-vess*)
Friday - viernes (*vee-EHR-nehss*)

iii. Time

Example: **Your appointment is at ... o'clock.**

Su cita es a la(s) ...
 (sue CEE-tah ehs ah lah(s)...))

In the morning – por la mañana
 (por lah mah-NYAH-nah)

In the afternoon – por la tarde
 (por lah TAHR-deh)

Examples: **Su cita es a la una (1pm) por la tarde.**
Su cita es a las diez y media (10:30 am)
por la mañana.

00:15 – cuarto
 00:30 – media
 00:45 – menos cuarto (hour ahead minus 15;
 i.e., 11:45 = 12:00 – 15 minutes)

Example: **Your appointment is at 11:45am.**
 Su cita es a las doce menos cuarto.

iv. Numbers

- 0 cero (*SEH-roh*)
- 1 uno (*OO-noh*)
- 2 dos (*dohss*)
- 3 tres (*trehss*)
- 4 cuatro (*KWAH-troh*)
- 5 cinco (*SEEN-koh*)
- 6 seis (*SEH_ees*)
- 7 siete (*see_EH-teh*)
- 8 ocho (*OH-choh*)
- 9 nueve (*noo_EH-beh*)
- 10 diez (*dee_EHSS*)
- 11 once (*OHN-seh*)
- 12 doce (*DOH-seh*)
- 13 trece (*TREH-seh*)
- 14 catorce (*kah-TOHR-seh*)
- 15 quince (*KEEN-seh*)
- 16 dieciséis (*dee_EH-see-SEH_ees*)
- 17 diecisiete (*dee_EH-see-see_EH-teh*)
- 18 dieciocho (*dee_EH-see_OH-choh*)
- 19 diecinueve (*dee_EH-see-NOO_EH-beh*)
- 20 veinte (*VAIN-teh*)
- 21 veintiuno (*VAIN-tee-OO-noh*)
- 22 veintidós (*VAIN-tee-DOHSS*)
- 23 veintitrés (*VAIN-tee-TREHSS*)
- 30 treinta (*TRAIN-tah*)
- 40 cuarenta (*kwah-REHN-tah*)
- 50 cincuenta (*seen-KWEHN-tah*)
- 60 sesenta (*seh-SEHN-tah*)
- 70 setenta (*seh-TEHN-tah*)
- 80 ochenta (*oh-CHEHN-tah*)
- 90 noventa (*noh-BEHN-tah*)
- 100 cien (*see-EHN*)

8. GENERAL PHRASES FOR CLINICS

Have you already registered on the first floor?

¿Se ha usted registrado en el primer piso?

(SAY ah oo-STED re-hee-STRAH-doh ehn ehl pree-MEHR PEE-soh)

The bathroom is down the hallway on the right/left.

El baño está por el pasillo a la derecha/a la izquierda.

(ehl BAH-nyo ehs-TAH pour ehl pah-SEE-yo ah lah day-RAY-cha / ah lah eez-kee-YER-duh)

Please sit in the waiting room.

Por favor, siéntese en la sala de espera.

(pour fah-VOR, see-EHN-teh-say ehn lah SAH-lah day ehs-PEAR-ah)

Your next appointment is the (*date*) of (*month*).

Su próxima cita es el.....de.....

(sue PRAH-xee-mah SEE-tah ehs ehl ... day ...)

Example: **Your next appointment is May 12.**

Su próxima cita es el doce (12) de mayo.

9. RESOURCES

LANGUAGE ASSISTANCE SERVICES

- For Foreign and Sign Language Interpreter: Call **982-1794**
- For Document translation: Call **982-1794**

Website:

www.healthsystem.virginia.edu/intranet/language

We use a phone system, *Cyacom*, to reach an interpreter for 150 languages.

Spanish speaking patients can call the hospital and be connected with a Spanish-speaking call center specialist who will stay on the phone to ensure patients and families have their questions answered appropriately.

In order for patients or families to access these Spanish-speaking specialists they must dial 1-**877-297-2366** to contact the UVA Hospital.

When prompted, the caller should enter the Access Code **4044 1905 7434**.

The caller should wait for the English speaking operator to connect them with an interpreter that will assist them. (This may take a few minutes. Do not hang up.)

FOR TRANSLATED HEALTH INFORMATION

Within the UVA Health System computer network, we have access to **Micromedex Care Notes in English & Spanish**. <http://www.healthsystem.virginia.edu/internet/pharmacy-services/micromedex-access.cfm>

Medline Plus http://www.nlm.nih.gov/medlineplus/easytoread/easytoread_a.html. This site is a service

from the U.S. National Library of Medicine and the National Institutes of Health. It contains a large inventory of easy-to-read materials on all health related topics. Interactive tutorials from the Patient Education Institute are available for a number of the topics, which are ideal for those with limited literacy. Many of the materials are available in Spanish but there is not a direct English-Spanish link. The tutorials require Flash Player.

Health Information Translations <http://healthinfotranslations.com>. A collaborative initiative to improve health education for limited English proficiency patients. This site is intended to be a valuable resource for helping health care professionals teaches health education to those patients with limited English skills. By leveraging the combined skills and experience of 3 of Central Ohio's largest health care organizations, this project will produce some of the most valuable resources for health care education in diverse communities

The Merck Manual—Home Edition is available online full text in several languages at this site: <http://www.merck.com/pubs/languages.html?manual=home>

Healthy Roads Media, offers free health education materials in a number of languages and a variety of formats. They are being developed to study the value of these formats in providing health information for diverse populations in a variety of settings. www.healthyroadsmedia.org

The 24 Languages Project was founded to digitize translated consumer health brochures for on-line access. <http://library.med.utah.edu/24languages/>

New York On-Line Access to Health (NOAH) provides access to high quality full-text consumer health information that is accurate, timely, relevant and unbiased. And they have health topics on Disorders and Conditions-Body Location/Systems. They have Local Health Resources and Procedures and Medicine and Health/Wellness.
[http:// www.noah-health.org](http://www.noah-health.org)

Multicultural Educational Services has online materials that were created to teach basic health information with multilingual support as well as basic help information booklets. www.MCEDservices.com

GENERAL RESOURCES

The Health Sciences Library has an on-line Medical Spanish Book. MEDICAL SPANISH, Author: Gail Bongiovanni, M.D. Publisher: McGraw-Hill Publication Date: 2005 Follow this link or from the Health System Website go to the HS Library and click on "On-Line Books." Search for Spanish. <https://www.healthsystem.virginia.edu/internet/library/>

Virginia Department of Health has a **Cultural and Linguistically Appropriate Standards** website. The site has resources for language and research as well as commonly used clinical phrases with translations and audio files where listeners can practice pronunciation.
<http://CLASActVirginia.vdh.virginia.gov>