

# Medical Spanish

Rafael Pomales Jr., MHS, PA-C

# At the end of this lecture, you should have a better understanding of...

- Who is considered an interpreter
- When an interpreter is needed and proper documentation.
- Common Spanish vocabulary used in CTV
- Basic everyday communication to help you interact with Spanish-speaking pts
- Spanish education possibilities

# In 2017...

- population in the US – 325,719,718
- Hispanic pop. in the US – 57.5 million, or 17.8%, making them the largest ethnic minority in the US
  - (<https://www.census.gov/newsroom/facts-for-features/2017/hispanic-heritage.html>)

# Who is a certified Spanish interpreter?

- Per Ntnl Board of Certification for Medical Interpreters... at least 18 yo, at least graduate of high school or GED, proof of training of medical interpretation (cert of completion of at least 40 hrs, or college/university training to show proof of at least 3 semester credit hrs specific to medical interpretation, oral proficiency in English and Spanish
- (<http://www.certifiedmedicalinterpreters.org/prerequisites-spanish>)

# Rules for calling an interpreter.

- There are multiple online agencies that offer phone interpretation as well as transcript. Most hospitals and major companies have a protocol for contacting interpreters. Contact your HR to discuss.
- [www.languageline.com/Medical/Interpreter](http://www.languageline.com/Medical/Interpreter) (888) 641-8941
- [www.certifiedlanguages.com/telephone-interpretation/](http://www.certifiedlanguages.com/telephone-interpretation/) (800) 632-3241
- <https://www.languageline.com/interpreting/phone> (800) 752-6096
- *Canopy Speak app – offers phone call interpreters*
- (COUNTLESS OTHERS...)

# Rules for calling an interpreter.

Per Title VI of the American Civil Rights Act, interpreter services must be provided for patients with limited English proficiency, regardless of ability to pay for such services.

- Using a professional interpreter is always preferred to “ad hoc” interpreters (family, friends, untrained staff, etc.) due to risk of mistakes in interpretation, and increased risk of causing harm (*I once told a pt she had 2 gallbladders when I meant to say kidneys*).
- Never use children unless it's an EMERGENCY!
- (<https://www.aafp.org/afp/2014/1001/p476.html>)

# When talking through an interpreter...

- seat the interpreter next to or slightly behind the patient
- talk directly to the patient in the first person
- keep questions or sentences short; no more than 3 key points.
- Allow for sentence-by-sentence interpretation.
- Document in your note that you are using an interpreter wherever appropriate
  - (i.e. HPI, PE, Plan “Pt is a poor historian due to language barrier. Interpreter used/called, is a family member present with pt, etc.
  - Include interpreter’s ID and company name)”.
  - **Real world answer** – DOCUMENT! IF IT WASN’T WRITTEN, IT WASN’T DONE!
- Refrain from saying anything in front of the patient you would not want them to hear (may know SOME English)

# Professional interpreter vs ad hoc

- No bias
- confidentiality maintained/HIPAA compliant
- Ensured of accurate interpretation
- Better patient outcomes and satisfaction
  
- AAMC's guideline for medical interpreter services...
  - <https://www.aamc.org/download/70338/data/interpreter-guidelines.pdf>



# Some Spanish rules...

- Words are sounded out in “staccato” fashion. (Ex. “carrrrr” vs car)
- vowel sounds stay the same in Spanish – a (car), e (egg), I (ee), o (coat), u (oo)
- noun before adjective (the car red vs the red car)
- The “H” is silent, “J” (and occasionally “G”) sounds like English h, “LL” sounds like an English j, “ñ” makes “nyay” and RR sound is made by rolling your tongue.
- “You” will be formal for purpose of lecture (“usted”, instead of “tu”), and in most cases, it is “inferred”(silent/understood to be there).
- The accent ( ‘ ) usually makes the strongest syllable.

# Common CV medical terms

- the – el/la/los/las, and – y, or – o, also – tambien, heart - corazón, artery - arteria, vein – vena, thorax – el tórax , capillary – capilar, blood - sangre, bone - hueso, valves - válvulas, atrium - atrio, ventricle - ventrículo, pulmonic - pulmonar, mitral - mitral, tricuspid – tricuspide, aortic - aortico, murmur – soplo, right - derecho(a), left - izquierdo(a), up - arriba , down - abajo, in – adentro, out - afuera,
- the back – la espalda, in back of – atrás de, in front of – en frente de, head – cabeza, neck – cuello, chest - pecho, arm - brazo, leg - pierna, to harvest – recolectar/separar, stent - stent, filter - filtro
- stenosis – estenosis, regurgitation – regurgitación, palpitations - palpitaciones, rhythm - ritmo, irregular - irregular, pump – pompa/bomba, oxygen - oxígeno, aorta – aorta, arteriovenous – arteriovenoso, graft - injerto, great saphenous vein – la vena safena, IVC – vena cava inferior

# Getting the HPI... A Dialogue

- Hola. Me llamo \_\_\_\_\_. Soy asociado(a) médico/enfermera practicante / doctor /cardiólogo / cirujano vascular (toracico).
- - *Hello. My name is \_\_\_\_\_. I am a physician assistant/nurse practitioner/ doctor/ cardiologist/ vascular(thoracic) surgeon*
- ¿Como le puedo ayudar hoy? Como se siente?
- - *How can I help you today? How do you feel?*
- **Tengo un dolor en mi pecho.**
- - *I have a chest pain.*
- -¿Cuánto tiempo ha tenido estos síntomas?
- - *How long have you had these symptoms?*
- **\_\_\_ minutos/ horas/ días/ semanas/ meses/ años /**
- - *\_\_\_ minutes/ hours/ days / weeks / months / years*

# HPI (Cont.)

- ¿Que estaba haciendo cuando empezó sus síntomas?
- - *What were you doing when the symptoms started?*
- **Estaba sentado(a)/de pie/caminando/corriendo/nada.**
- - *I was sitting/ standing/walking/running/ nothing.*
- ¿Le cuesta para respirar/caminar/mover?
- - *Do you have difficulty breathing/walking/moving?*
- ¿Tiene otros síntomas con su dolor? ¿Dolor de cuello/ brazo/ nauseas/ mareos/ cansancio?
- - *Do you have other symptoms with your pain? Neck pain/arm/nausea/dizziness/fatigue?*
- ¿(Usted) toma algunas medicinas? ¿Para cuales condiciones?
- - *Do you take any medicines? For what conditions?*
- ¿Que hace (ud) para mejorar sus síntomas?
- - *What do you do to improve your symptoms?*

# Hx - historia

- cardíaco – **cardiac**
  - pulmonar – **pulmonary**
  - isquemia – **ischemia**
  - derrame cerebral – **stroke**
  - coagulo – **clot**
  - parálisis – **paralysis**
  - hemiplejia -**HP**
  - colesterol alta - **HLD**
- cerebral – **cerebral**
  - torácico - **thoracic**
  - infarto – **infarct**
  - bloqueo - **blockage**
  - hemorragia – **hemorrhage**
  - diabetes - **diabetes**
  - presión arteria alta – **HTN**
  - paro cardíaco – **cardiac arrest**

# Sx -Cirugía

- **Harvest** – *separación*
- **pacemaker** – *marca paso*
- **mechanical valve** – *válvula mecánica*
- **allograft** – *aloinjerto*
- **Filter** – *filtro*
- **catheterization** - *cateterismo*
- **transplant** – *trasplante*
- **stent** - *stent*

# Post-op questions

- **-Did you sleep well last night?**
- *¿Dormiste bien anoche?*
- **-Is your pain well controlled? Is the pain medication adequate?**
- *¿Su dolor esta bien controlado? El medicamento para el dolor es adecuado?*
- **-Are you having any chest pain, palpitations/ diaphoresis/ light-headedness/ dizziness/ SOB?**
- *¿Tiene (Ud) algún dolor de pecho /palpitaciones /sudores /mareos /vértigo / falta de aire?*
- **-Are you using your incentive spirometer? Can you demonstrate it for me?**
- *¿Estas usando su espirometro incentivo? ¿Puedes demuéstremelo?*
- **-Are you coughing? Producing mucus/phlegm?**
- *¿Esta (Ud) tosiendo? ¿Con moco/flema?*

# Post-op questions

- **-Are you hungry? Are you tolerating liquids/solid food okay? Any difficulty swallowing?**
- *¿Tiene (Ud) hambre? ¿Esta tolerando líquidos/sólidos bien? ¿Algún problema tragando?*
- **-Do you hear any rumbling in your abdomen? Are you passing gas? Having bowel movements?**
- *¿Oye algún ruido en su estomago? ¿Esta pasando gases? ¿Esta vacuando?*
- **-Have you been out of bed yet? Are you walking? How far? How often?**
- *¿Has levantado de la cama? ¿Esta caminando? ¿Cuan lejos? ¿Con que frecuencia?*
- **-Do you feel feverish? Are you having any sweats or chills?**
- *¿Se siente febril? ¿Esta teniendo sudores o escalofríos?*



# Plan

- **Tiene que** – *You have/need to*
  - **hay que** – *You ought to*
  - ... **evitar de comer tanto sal.** – *avoid eating so much salt.*
  - ... **comer menos grasa.** - *eat less fat*
  - ... **no tomar cafeina** – *don't drink caffeine*
  - ... **tener una dieta y hacer ejercicio** – *have a diet and exercise*
  - ... **tomar estas medicinas** – *take these medications*
  - ... **descancar un rato** – *rest awhile*
  - ... **hacer un ultrasonido** – *get an ultrasound*
  - ... **hacer un ecocardiograma** – *get an echocardiogram*
  - ... **hacer estudios** – *get some studies*
  - ... **sacar un poco de sangre para algunos laboratorios** – *draw a little blood for some labs*
  - ... **hacer una intervencion endovascular** – *do a percutaneous intervention*
  - ... **tener tiempo de recuperacion** – *have time to heal/recuperate*
  - ... **limpiar la herida** – *clean the wound*
- favor de** – *Could you please*  
**Tenemos que** – *We need to*

# Medical Spanish Resources..

- [www.aapa.org/spanish](http://www.aapa.org/spanish) – 3 modules in medical Spanish with cultural sensitivity. Developed by Canopy with NIH funding. Interactive lessons both in grammar and speech. Each module is worth 15 cat. 1 CME. Can sit for medical certification in Spanish boards after finished all 3 modules. AAPA member discount. Apps – Canopy Speak (multiple languages, can call an interpreter) and Canopy quest – interactive Medical Spanish game.
- Memrise – <https://www.memrise.com/course/65695/medical-spanish-12/>. Free Medical Spanish in basic course once signed up, but pay monthly fee for “pro” version.

# Medical Spanish Resources..

- Practicing Spanish.com – <http://practicingspanish.com/index.html>. Appears to be free. Audio and video available as well as basic Spanish.
  - DO NOT use the term they use for PA. AAPA’s official term for PA is “asociado médico”.
- MedicalSpanish.com - <http://medicallspanish.com/medical-spanish-dialogs/> Has audio/read dialog as well.
- [Www.familydoctor.org](http://www.familydoctor.org) – pt education in English and Spanish
- *Google Translate* and *iTranslate* – can either talk English to Spanish with microphone or typing. Helps in a pinch.

# Data Sources...

- US Sensus bureau, 2017
- Ntnl Board of Medical Interpreters
- American Family Physician October 2014 issue, “Appropriate Use of medical Interpreters” by Gregory Juckett, MD and Kendra Unger, MD
- AAMC guideline for medical interpreter services
- AAPA.org/spanish – Canopy Medical Spanish
- medicalspanish.com/medical-vocabulary.html
- memrise.com/course/65695/medical-spanish-12/
- practicingspanish.com/index.html
- Spanish-English Medical Dictionary, 2nd edition, Onyria Herrera McElroy, Lola L. Grabb