

A practical guide to clinical communication with patients in the Slovene language

created by

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The ability to communicate with patients in their language is one of the basic prerequisites for the study of clinical medicine. It is difficult for foreign students to learn our language properly for many reasons. Therefore, based on our experience in examining patients, we have prepared this practical guide which we believe will help them become more proficient in clinical - especially Internal medicine - communication. The guide follows the natural steps in a clinical examination. The text contains an example of a medical record.

Authors

About the project

The "Practical Guide to Clinical Communication with Patients" project was created by **Barbora Makešová** and **Jan Brož** in 2021. The aim is to facilitate clinical communication for students studying or doing internships in countries where a language other than their mother tongue is spoken.

About the authors

Anna Šmejkalová is a 5th year student at the Second Medical Faculty of Charles University. She was thrilled when she heard about the project and decided to use her knowledge of the languages she acquired as a child while living abroad with her family. She will do an Erasmus internship at the Medical Faculty of the University of Coimbra next year and believes that a practical guide such as this one would help every Erasmus or IFMSA student.

Barbora Makešová is a 6th year student of the Second Faculty of Medicine of Charles University. She also enjoys foreign languages, which she used during her studies on several clinical placements abroad and in the preparation of this text. In the context of medicine, she finds the field of Anaesthesiology and Intensive Care Medicine the most interesting so far.

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Example of taking patient history

Dober dan gospod/gospa _____, sem študent/ka _____ . letnika in sem vam prišel/prišla postaviti nekaj vprašanj in vas pregledati.
Skupno bo trajalo približno 30 minut.
Ta pregled je del mojega študija medicine.
Udobno (se vsedite)/lezite.

Good morning Mr./Mrs. _____, I am a _____ year medical student. I came to ask you a few questions and examine you.
It will take approximately 30 minutes.
This examination is a part of my medical studies.
Please sit down/lie down, and make yourself comfortable.

«Osebni podatki»

Kako vam je ime?
Koliko ste stari / Katerega leta ste rojeni?

«Personal information»

What is your name?
How old are you? / What year were you born?

Gospa. J. N., roj. 1943 (76 let)

Mrs. J.N., born in 1943 (76 years)

«Kratek razlog in čas sprejema»

Kdaj ste bili sprejeti v bolnišnico?
Kako ste prišli v bolnišnico?
Ste prišli sami ali vas je kdo pripeljal?
Vas je pripeljalno reševalno vozilo?
Ste bili sprejeti na ta oddelek ali ste bili najprej nekje drugje?

«Briefly cause and time of admission»

When were you admitted to the hospital?
How did you get to the hospital?
Did you come alone or did someone bring you?
Did you call an ambulance?
Were you admitted anywhere else before coming to this department?

«Razlog za sprejem»

Najprej vas bom vprašal/a: kaj vas je pripeljal sem?
Kaj je bila vaša glavna težava? Kdaj se je začelo?

«Cause of admission»

Firstly, I would like to ask you: what is your reason for coming to the hospital?
What was your main complaint? When did it start?

Sprejeta na Interno kliniko 12.4.2019 ob 17. uri zaradi 2 uri trajajoče bolečine v prsnem košu. Pripeljalo jo je reševalno vozilo, ki ga je poklicala njena hči.

She was admitted to the Internal Medicine Clinic on April 12, 2019 at 5 pm for chest pain lasting 2 hours. She was brought by an emergency service, which was called by her daughter.

«Družinska anamneza»

Zdaj vas bom vprašal/a o vaši družini ...
Ali so vaši starši še živi?

Če je odgovor da →

Koliko je star/a vaš/a oče/mati?
Ali imajo kakšne zdravstvene težave?

Če ne →

Pri kateri starosti je umrl/a oče/mati?
Kaj je bil vzrok smrti?
Imate sorojence? Mlajši ali starejši?
Ali so zdravi?
Imate otroke? Koliko?

«Family history»

Now I will ask you about your family ...
Are your parents alive?

if they do →

How old is your father/mother?
Do they have any health problems?

if they don't →

At what age did your father/mother pass away?
What was the cause of death?
Do you have any siblings? Younger or older?
Are they healthy?
Do you have children? How many?

Koliko so stari? / Koliko je star/a?
Ali ima kdo v vaši družini sladkorno bolezen / visok krvni tlak / psihiatrične bolezni / raka ali drugo bolezen?
Je kdo imel srčni infarkt/možgansko kap?

How old are they? / How old is he/she?
Does anyone in your family have diabetes/hypertension/psychiatric disease/neoplastic or other disease?
Has anyone in your family had a heart attack/stroke?

Družinska anamneza:

Oče - umrl pri 65 letih zaradi IM, hipertenzije, DM tipa 2.
Mati - umrla je pri 71 letih zaradi generaliziranega raka dojke.
2 sestri - 68 let, živi, stanje po holecistektomiji, in 72 let, hipertenzija.
2 otroka - hči, 45 let, bronhialna astma in sin, 40 let, zdrav.

Family history:

Father - died at the age of 65 from MI, hypertension, DM type 2.
Mother - died at the age of 71 from generalized mammary carcinoma.
2 sisters – 68 years old, alive, condition after cholecystectomy, and 72 years old, hypertension.
2 children – daughter, 45 years old, bronchial asthma and son, 40 years old, healthy

« Socialna anamneza »

Zdaj vas bom vprašal/a o vašem delovnem mestu...
Ali ste zaposleni / Ste v pokoju?
Od katerega leta ste upokojen/a?
Kaj je/je bilo vaše delo?
Je/je bilo to delo sedeče/stresno?
Je/je bilo ročno delo?
Ali imate/ste imel/a kakšne zdravstvene težave?
Ste poročen/a?
Kje živite?
Ali živite v hiši ali stanovanju?
V katerem nadstropju živite?
Ali so tam stopnice? Ali imate dvigalo?
Ali živite sam/a ali z nekom drugim?
Ali imate doma hišne ljubljence?

«Social history»

Now I will ask you about your work ...
Do you work? / Are you retired?
What year did you retire?
What is/was your occupation?
Is/was it sedentary/stressful?
Is/was it manual work?
Are there any health problems associated with it?
Are you married? (*asking man/woman*)
Where do you live?
Do you live in a house or a flat?
What floor do you live on?
Are there stairs? Is there an elevator?
Do you live alone or with someone?
Do you have any pets?

Socialna anamneza:

Upokojena (starost), živi sama, vdova, stanovanje v 4. nadstropju stavbe z dvigalom.
Zanjo skrbi njena hči. Pred tem je delala kot računovodkinja.

Social history:

Retired (old age), lives alone, widow, apartment on the 4th floor of a building with elevator. Her daughter takes care of her. She used to work as an accountant.

« Farmakološka anamneza »

Ali jemljete kakšna zdravila?
Se spomnite njihovih imen?
Koliko jih vzamete? Kako pogosto? Od kdaj?
Ali jemljete kakšne prehranske nadomestke/vitamine?

«Pharmacological anamnesis»

Are you taking any medication?
Do you remember the name of your drugs?
How many do you take? How often? Since when?
Are you taking any food supplements/vitamins?

FA (Farmakološka anamneza):
Anopyrin 100mg 1-0-0
Vasocardin 50mg ½-0-½
Glucophage 500mg 1-0-1
Lipostat 20mg 0-0-1
Enap 5mg 1-0-1

«Alergijska anamneza»

Ste na kaj alergičen/na?/ Ali imate kakšne znane alergije?

Ali ste alergičen/na na določeno hrano / cvetni prah / antibiotike / kontrastno sredstvo?

Kako je izgledala alergijska reakcija?/ Kakšni so bili znaki alergijske reakcije?

«Allergic anamnesis»

Do you have any allergies?

Do you have an allergy to food/pollen/antibiotics/contrast media?

What did the allergic reaction look like?

Alergije:
Penicilin: eksantem leta 1998

Alergies:
Penicilin: exanthema in 1998

«Ginekološka anamneza»

Vprašati vas moram še o vaši ginekološki anamnezi...

Kdaj ste imeli prvo menstruacijo?

Ali imate redne menstruacije?

Kdaj ste nazadnje imela menstruacijo?

Ste že v menopavzi? Pri kateri starosti je bila zadnja redna menstruacija?

Ali uporabljate hormonsko nadomestno zdravljenje?

Ali jemljete hormonske kontraceptive?

Kolikokrat ste bila noseča?

Ste imela splav/carski rez?

«Gynaecological anamnesis»

I need to ask you about your gynaecological anamnesis ...

At what age did you get your first period?

Are you having your period regularly?

When was your last period?

Have you been through menopause? At what age?

Are you taking hormonal replacement therapy?

Are you taking hormonal contraceptives?

How many times have you been pregnant?

Have you had a miscarriage/caesarean section?

Ginekološka anamneza:
Menstruacija od 14 let, 2 poroda (1 carski rez), 0 spontanih splavov, menopavza pri 55 letih, brez hormonskega nadomestka, redni ginekološki pregledi (zadnji 07/2018)

Gynaecological history:
Menses since 14 years, 2 births (1 caesarean section), 0 miscarriage, menopause at 55 years, no hormone replacement, regular gynaecological check-ups (last one 07/2018)

«Osebna anamneza»

Ali imate kakšne že znane bolezni?

S čim se zdravite?

Ali imate visok krvni tlak / sladkorno bolezen / povišan holesterol / prebavne motnje / težave z uriniranjem (odvajanjem vode) / srcem / dihanjem / ščitnico ...?

Kdaj so se težave začele?

Ali jemljete kakšna zdravila za to?

«Personal history»

Do you suffer from any illness?

What are you being treated with?

Do you have hypertension/diabetes/high cholesterol/indigestion/heart problems/difficulties with breathing/thyroid problems...?

When did it start?

Are you getting any medication for it?

Ali hodite na redne preglede/kontrole?
Ali ste v preteklosti imeli resno bolezen?
Ste kot otrok preboleli pogoste otroške bolezni?
Ste bili v preteklosti že kdaj hospitalizirani?
Ste imeli kakšne operacije?
Kdaj in zakaj?
Ste imeli kakšne poškodbe/zlome?
Pri kateri starosti?
Ste pred kratkim shujšali?
Koliko kilogramov? V kolikšnem času?
Je bilo namerno? Ste se držali diete?
Ali imate apetit?
Ali redno odvajate blato?
Ali dobro vidite?
Ali nosite očala?
Imate težave s sluhom?
Ali je sluh enak na obeh ušesih?

Razvade:

Ali kadite? Kako dolgo?
Ste v preteklosti kdaj kadili?
Kdaj ste prenehali?
Koliko cigaret/škatel na dan?
Ali pijete alkohol? Kako pogosto?
Ali pijete pivo/vino/žgane pijače ?
Ali pijete kavo? Koliko kave spijete na dan?
Ste kdaj uživali droge?

Do you get regular check-ups?
Have you had any serious disease in the past?
Did you have any common childhood diseases?
Have you ever been hospitalized?
Have you had any surgeries?
When and why?
Have you had any serious injuries/fractures?
At what age?
Have you lost/gained weight recently?
How many kilograms? In how long?
Was it deliberate? Were you on a diet?
What is your appetite like?
Do you have regular bowel movements?
Do you see well?
Do you wear glasses?
Do you have any problems with hearing?
Are both ears the same?

Abusus:

Do you smoke? For how long?
Have you ever smoked?
When did you quit?
How many cigarettes/packets a day?
Do you drink alcohol? How often?
Do you drink beer/wine/hard liquor?
Do you drink coffee? How many cups a day?
Have you ever used illicit drugs?

Osebna anamneza:

Pogoste otroške bolezni.

Operacija: tonzilektomija 1955, apendektomija 1980, sectio caesarea/carski rez 1979.

Poškodbe: padec leta 1989 z zlomom distalnega radiusa.

Zdravljenje hipertenzije od leta 1990.

Od leta 1996 se zdravi zaradi hiperholesterolemije.

DM tipa 2, diagnosticiran leta 1998, najprej kompenziran z dieto, od leta 2005 s peroralno terapijo.

IM spodnje stena leta 2009, izvedena PTA z vstavitvijo stenta.

Ni imela ledvičnih, pljučnih, nevroloških, ginekoloških, večjih infekcijskih, jetrnih ali drugih bolezni. CVI (cerebro vaskularni inzult) 0.

Stabilna telesna teža (86 kg, ITM 31).

Razvade: nekdanja kadiilka - 20 cigaret na dan, od 25 do 65 let, prenehala po srčnem napadu. Alkohol 1 kozarec vina / mesec. Nikoli ni uporabljala in ne uporablja prepovedanih drog, zlorabo zdravil zanika. Kava enkrat dnevno.

Medical History:

Common childhood diseases.

Operations: tonsillectomy in 1955, appendectomy in 1980, sectio caesarea in 1979.

Injuries: fall in 1989 with distal radius fracture.

Since 1990 treated for hypertension.

Since 1996 treated for hypercholesterolaemia.

Type 2 DM, diagnosed in 1998, compensated with diet at first, since 2005 therapy with oral antidiabetics.

Inferior wall MI in 2009, PTA with stent placement.

No renal, pulmonary, neurological, gynaecological, infectious, hepatic or other gastrointestinal. CVA 0.
Body weight stable (86 kg, BMI 31, at age 20 she had a BMI of 25, at 50 it was 29).
Abusus: former smoker - 20 cigarettes per day, from 25 to 65 years, quit after heart attack. Alcohol 1 glass of wine/month. Never used or abused illegal drugs, negates medicinal drug abuse. Coffee 1x/day

«Sedanja bolezen»

Kdaj točno se je začelo? / Kako dolgo imate težave?

Je bilo zjutraj / podnevi / zvečer / ponoči?

Se je začelo nenadoma ali postopoma?

Kaj ste pred tem jedeli?

Ste imeli vročino?

Se vam vrti (v glavi)?

Ste izgubili zavest?

Ste imeli v preteklosti že kdaj podobne težave?

Ste zaradi tega obiskali zdravnika?

Ste jemali kakšna zdravila? Ali so le ta pomagala?

Opis bolečine:

Ali vas kaj boli?

Kje vas boli? Ali je bolečina ostro ali slabo omejena?

Kdaj se je začela bolečina?

Kaj ste počeli, ko se je začela?

Se je začela nenadoma ali postopoma?

Kako dolgo traja/je trajala?

Vas ponoči zbuja?

Ali se bolečina kam širi?

Kaj bolečino izboljša/poslabša?

Ali je bolje zjutraj / zvečer / po obroku / na prazen želodec?

Ali so bolečine odvisne od položaja telesa?

Ali fizični napor/gibanje vpliva na bolečino?

Kako bi opisali bolečino?

Je ostra/topa/tiščoča/zbadajoča?

Kako močna je bolečina – na lestvici od 1 do 10?

Ste jemali zdravila proti bolečinam? Ali so pomagala?

Podroben opis težav po organskih sistemih:

Gastrointestinalne:

Ali redno odvajate blato?

Kakšna je barva / konsistenca blata/ frekvenca odvajanja blata?

Ali je bila na blatu kri ali sluz?

Ali imate apetit? Koliko pojedete?

Vas boli trebuh? Po jedi ali na prazen želodec/na tešče?

Ali težko požirate ali je požiranje boleče?

«Current disease»

When exactly did it start? / How long has it been troubling you?

Was it in the morning/during the day/in the evening/at night?

Did it start abruptly or gradually?

What did you eat before?

Did you have a high temperature/fever?

Are you dizzy?

Were you unconscious?

Have you had similar problems in the past?

Have you visited a doctor because of it?

Did you take any medication? Did it help?

Describing pain:

Are you in any pain?

Where does it hurt? Is it one spot or a larger area?

When did the pain start?

What were you doing when the pain started?

Did it start suddenly or gradually?

How long does/did it hurt?

Does it wake you up at night?

Does the pain spread anywhere?

When does it get better/worse?

Is it better in the morning/in the evening/after meals/on an empty stomach?

Do you feel better in a particular position?

Do you have it during physical exercise/movement?

How would you describe the pain?

Is it sharp/dull/pressing/stinging?

How strong is the pain - on a scale from 1 to 10?

Did you take any painkillers? Did they help?

Detailed description of difficulties by systems:

Gastrointestinal:

Do you have regular bowel movements?

What is the colour/consistency/frequency?

Was there blood or mucus?

What about your appetite? How much do you eat?

Do you have stomachache? After eating or on an empty stomach?

Have you experienced odynophagia and dysphagia?

Ali imate drisko? Kolikokrat na dan odvajate blato?
Ali ste zaprti? Kdaj ste nazadnje odvajali blato?

Ali vam je slabo?
Ste bruhal? Kolikokrat?
Ali vas peče zgaga?

Urogenitalne:

Ali imate težave z odvajanjem vode/uriniranjem?
Ali se zbujate zaradi tiščanja na vodo/uriniranja?
Kako pogosto urinirate/odvajate vodo?
Je boleče/urgentno? Ali vam uhaja voda/imatetežave z zadrževanjem vode?
Kakšne barve je vaš urin?
Ste opazili kakšen čuden vonj?
Koliko tekočine popijete dnevno?

Kardiovaskularne in respiratorne:

Ali dobro/lahko dihate?
Kakšno razdaljo lahko prehodite preden se zadihate?

Imate težave tudi v mirovanju / pri hoji navkreber / po stopnicah?
Se ponoči zbujate zaradi težke sape/zadihanosti?
Potrebujete višje vzglavje za spanje?
Ali kašljate / imate vneto grlo / izcedek iz nosu / vročino?
Ali izkašljujete sluz?
Vas boli v prsnem košu? Kako dolgo traja bolečina?

Ali je bolečina pekoča / tiščoča / zbadajoča /?

Ali se bolečina kam širi/seva?
Ste imeli težave z dihanjem / ste težko dihali?
Je bilo po kratkem počitku bolje?
Ali imate palpitacije/neredno bitje srca?
Vam otekajo/zatekajo noge? Ali so otekline simetrične?
Ali čutite v nogah bolečine med hojo?

Do you have diarrhoea? How many times a day?
Do you have constipation? When was the last time you passed stool?
Do you feel nauseous?
Did you vomit? How many times?
Do you get heartburn?

Urogenital:

Do you have any problems urinating?
Do you wake up because of urination?
How often do you urinate?
Is it painful/urgent? Do you suffer from incontinence?
What colour is your urine?
Have you noticed any strange odour?
How much fluids do you drink a day?

Cardiovascular and pulmonary:

Can you breathe well?
How far can you walk before you are short of breath?

Do you have difficulties also at rest/walking up the hill/up the stairs?
Do you wake up at night due to dyspnea?
Do you have to sleep with several pillows?
Do you have a cough/sore throat/cold/fever?
Do you cough up sputum?

Have you had chest pain? How long does the pain last?
Is the pain burning/pressurising/itching/stinging in nature?
Does the pain spread anywhere?
Did you have difficulty breathing when it happened?
Was it better after a short rest?
Do you get heart palpitations/irregularity?
Do your legs swell? Are the swellings symmetrical?

Do you have pain in your legs while walking?

Sedanja bolezen:

12.3. okoli 15. ure se je pojavila v mirovanju močna, tiščoča retrosternalna bolečina, ki se širi/ ki sevav vrat in levo ramo, spremljala jo je slabost brez bruhanja, znojenje in težko dihanje (sedeč v naslanjaču). Bolnica je vzela 1 tableto nitroglicerina pod jezik in 1 tableto aspirina, kar ji je nekoliko olajšalo bolečino, vendar je bolečina vztrajala. Ob 16.45 je hči poklicala nujno medicinsko pomoč, nato pa so jo sprejeli na koronarno enoto.
Brez drugih bolečin, brez vrtoglavice, ni izgubila zavesti/ ni bila v nezavesti, apetit normalen, redno odvaža blato, brez patoloških primesi, brez težav z odvajanjem vode.

Current complains:

On March 12, around 3 pm, she developed resting, intense, pressive retrosternal pain, with irradiation to the neck and left upper limb, accompanied by nausea without vomiting, sweating and shortness of breath (she was sitting in a chair). The patient took 1 tablet of Nitroglycerin under the tongue and 1 tablet of Aspirin, which relieved her pain somewhat, but it persisted. At 16:45, her daughter called the emergency and she was then admitted to the coronary care unit.

No other pain, no vertigo, she was not unconscious, appetite is good, stool is regular, no pathological admixture, and she urinates without difficulty.

Familiar words you might hear from patients:

diabetes - "sladkorna bolezen"

hypertension - "visok krvni tlak"

Cardiostimulator - "srčni vzpodbujevalnik"

anticoagulants - "zdravila proti strjevanju krvi"

CVA (stroke) - "CVI (možganska kap)"

Physical examination

Zdaj vas bom pregledal/a.

Postavil/a vam bom nekaj preprostih vprašanj, ki so običajno del izpita.

Kako vam je ime?

Ali veste, kateri datum je danes?

Ali veste kje ste? V katerem mestu/ kateri bolnici?

Fraze za uporabo pri pregledu bolnika:

Splošne fraze:

Lahko prosim sedete/vstanete?

Hodite do vrat in nazaj.

Stojte z nogami skupaj.

Zdaj malo razširite noge in mirujte/stojte pri miru.

Zaprte oči in dvignite roke pred seboj.

Stojte tako nekaj časa.

Obrnite se.

Odpnite zadrgo, prosim.

Prosim, slecite majico/hlače/spodnje perilo.

Od česa imate to brazgotino?

Ali vam lahko izmerim pulz?

Vam lahko izmerim krvni tlak?

Glava in vrat:

Ali vas boli, ko se dotaknem/pritisnem tukaj?

Dvignite obrvi. Namrščite se. Nasmehnite se.

Našobite ustnice/ zažvižgajte.

Odprite / zaprite oči.

Ne premikajte glave in glejte moj prst.

Odprite usta.

Iztegnite/Pokažite jezik.

Pogoltnite. (pregled ščitnice)

Prsni koš:

Sedite.

Poslušal/a bom vaša pljuča / srce.

Smem zavihati vašo majico?

Mirno dihajte.

Vdihnite/ izdihnite.

Zadržite dih.

Dihajte globoko.

Pregled dojke je tudi del celotnega internističnega pregleda. Ali ga lahko izvedem?

Trebuh:

Lezite na hrbet.

Ali lahko slečete hlače/spodnje perilo?

Skrčite noge.

Now I will examine you.

I am going to ask you a few questions that are very simple and part of a regular examination.

What is your name?

Do you know what the date is today?

Do you know where you are? In which city/hospital?

Phrases to use when examining a patient:

General:

Can you please sit/stand?

Walk to the door and back.

Stand with your feet close together.

Now put your feet slightly apart and stand still.

Close your eyes and raise both your arms in front of you.

Stay like this for a while.

Turn around.

Please unbutton your shirt.

Take off your shirt/trousers/underwear, please.

Where did you get this scar?

Can I measure your heart rate?

Can I measure your blood pressure?

Head and neck:

Does it hurt when I tap/push here?

Lift your eyebrows. Frown. Smile. Purse your lips/whistle.

Open/close your eyes.

Do not move your head and watch my finger.

Open your mouth.

Stick out your tongue.

Swallow. (*thyroid gland examination*)

Thorax:

Sit up.

I will auscultate your lungs/heart.

Can I pull up your shirt?

Breathe calmly.

Inspire/Expire.

Hold your breath.

Take deep breaths.

A proper examination also includes a breast examination. Can I have it done?

Abdomen:

Lay on your back.

Can you pull your pants/underwear down?

Bend your legs.

Iztegnite roke ob telesu.
Premaknite se malo navzdol/navzgor/vstran.
Obrnite se na desno / levo (stran).
Kje točno vas boli trebuh?
Zdaj vas bom potapkal/a po trebuhu.
Zdaj bom pretipal/a vaš trebuh.
Povejte mi, če vas bo bolelo.
Del celotnega internističnega pregleda je tudi pregled rektuma. Ali ga lahko izvedem?

Hrbetnica:

Nagnite se naprej.
Nagnite se nazaj.
Nagnite se v stran.

Okončine:

Zaprte oči. Dotaknil/a se bom vaše noge. Povejte mi, kdaj in kje začutite moj dotik.
Vas pri hoji bolijo noge?
Kakšno razdaljo lahko prehodite, preden začutite bolečino?

Ratschow test:

Lezite na hrbet in dvignite noge v zrak.
Skrčite nogo proti sebi in proti podlagi.
Povejte mi, kdaj začutite bolečino v mečih.
Sedite in pustite, da vam noge visijo obpostelji/s postelje.

Posloviti se od bolnika:

Hvala za sodelovanje, upam, da vam bo kmalu bolje. Lep dan, nasvidenje.

Extend your arms along your body.
Move a bit up/down/to the side.
Turn to your right/left side.
Where exactly does your stomach hurt?
Now I will tap on your abdomen.
Now I will palpate your abdomen.
Tell me if this hurts.
A proper examination includes also an examination of the rectum. Can I have it done?

Spine:

Lean forward.
Lean backward.
Lean to the side.

Limbs:

Close your eyes. I will touch your leg/foot. Tell me when and where you feel my touch.
Do your legs hurt when walking?
What distance can you walk before you feel any pain?

Ratschow test:

Lay on your back and lift your legs in the air.
Flex and extend your foot.
Tell me when you feel any pain in your calf.
Sit up and let your legs hang over the side of your bed.

Saying goodbye to the patient:

Thank you for your cooperation, I hope you get better soon. Have a nice day, goodbye.

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A practical guide to clinical communication with patients in the Slovene language

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