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Spanish for Occupational Therapists: Inpatient Care, Part 1

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continued

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Learning Outcomes

- As a result of this course, participants will be able to:
 - 1) In Spanish, state basic functional commands for inpatient OT evaluation and treatment
 - 2) In Spanish, learn how to communicate post-operative precautions for CABG surgeries.
 - 3) In Spanish, describe various “red flags” when caring for patients in inpatient and ICU settings

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Course Outline

- Grammar/vocabulary review
 - Verbs
 - Vocabulary
- Inpatient Considerations
 - Bedside OT
 - ICU
 - Red flags
- Post-operative precautions
 - Cardiovascular

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continued

Review

- Greetings
- Important phrases
- Commands
- Patient initial evaluation

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continued

Review

Hablo un poco de español.
I speak a little Spanish.

No entiendo/no comprendo.
I don't understand.

Repita, por favor.
Please repeat.

Mas despacio, por favor
More slowly, please

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continued

continued

Greetings

- Hello = Hola
- Buenos días = good morning
- Buenas tardes = good afternoon
- Me llamo (me YA-mo) or mi nombre es = my name is
- I am an occupational therapist. = Yo soy una terapeuta ocupacional.
- What is your name?
- ¿Cómo se llama?

Let's practice!

- Good morning, my name is _____.
- Buenos días, me llamo _____.

Q1

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continued

Greetings

- How are you today?
- ¿Cómo está hoy?
- Yo estoy bien
- Yo no estoy bien

- How do you feel today?
- ¿Cómo se siente hoy?
- (Me siento) bien
- No (me siento) bien/(me siento) mala

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continued

Review

- How do you say.....
 - Right leg
 - Pierna derecha
 - Left arm
 - Brazo izquierdo (eez-kee-air-doe)
 - Both hands
 - Ambos manos
 - Los dos manos

✓ TIP: In Spanish, the noun comes BEFORE the adjective

Q2

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Time to Practice!

- How do you say....
- Lucy's right leg
 - La pierna derecha de Lucy
- Jose's left arm
 - El brazo izquierdo de Jose
- Your back (formal, as to a patient)
 - Su espalda or la espalda

✓ TIP: In Spanish, ownership (even of a body part) is described like "The leg of Lucy" rather than "Lucy's leg/Lucy's pierna"

Q3

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Review of Positions...

- Up - arriba
- Down - abajo
- Supine – boca arriba (“mouth up”)
- Prone – boca abajo
- Left side – lado izquierdo
- Right side – lado derecho
- Anterior - anterior
- Posterior - posterior
- In front – al frente
- In back – atras
- Under – debajo de
- On top of – encima de

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Review of Common Commands

Maintain/hold	Mantenga
Close	Cierre
Bend	Doble
Extend	Extienda
Get up	Levántese
Lift	Levante
Lower	Baje
Open	Abra
Move	Mueva
Sit	Siéntese
Stand up	Párese
Rest	Descanse

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continued

Practicing Commands

- Por favor, _____ el brazo izquierdo.
move
- Por favor, _____ el brazo y _____ la posición.
bend maintain
- _____ la mano derecha.
Open

How would you say: Please rest for a minute.

Por favor, descanse por un minuto.

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continued

Practicing Commands

- Por favor, mueva el brazo izquierdo.
(move)
Please move your left arm.
- Por favor, doble el brazo y mantenga la posición.
(bend) (maintain)
Please bend your arm & maintain the position.
- Abra la mano derecho.
(open)
Open your right hand.

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Common verbs for OT treatment

- To get dressed = vestirse (vest-eer-say)
- To take off clothes = quitarse (kee-tar-say) la ropa
- To go to the bathroom = ir al baño
- To bathe = bañarse
- To start = Empezar
- To end = Terminar
- To fall = Caerse
- To ask = Preguntar
- To cook = cocinar
- To work = trabajar

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Common verbs for OT treatment

To inform a patient that you are going to do something, you can say “Vamos a...(We are going to...)”

- Vamos a empezar.
- We are going to begin.
- Vamos a vestirse.
- We are going to get dressed.

Q4 16

continued

Can you....

- Poder = to be able to
- Solo/sola = alone/by yourself
- We could ask a patient:
- ¿Puede vestirse sola?
- Can you get dressed by yourself?
- How would we ask if she can bathe by herself?
- ¿Puede bañarse sola?

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continued

Vamos a practicar!

- Greet your patient:
- Hello, my name is _____. I am an occupational therapist.
- Hola, me llamo _____. Yo soy una terapeuta ocupacional.
- What is your name?
- ¿Cómo se llama?
- We are going to begin.
- Vamos a empezar.

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Inpatient OT Exam



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Unidades (Units)

- Unidad de cuidados intensivos = ICU
- Unidad de cuidados intensivos neonatal = NICU
- Unidad cardíaco = cardiac unit
- Unidad neurológico = neurological unit
- Sala de emergencia = emergency room
- Unidad de ingreso = inpatient unit
- Clinica ambulatoria/externa = outpatient clinic

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continued

ICU

- Blood pressure **monitor** = **Monitor** de presión arterial
- Línea central= Central line
- C-PAP = presión positiva continua en la vía aérea
- Intravenous line (IV) = vía intravenosa (VI)
- Ventilator = ventilador
- Nasal cannula = cánula nasal
- Pulse oximeter = Oxímetro de pulso
- Bed= Cama
- Nurse button/call light = botón de enfermera

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continued

¿Cómo se dice...?



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continued

continued

NICU

- Equipo médico = medical equipment (also team)
- Incubadora = incubator
- Tubo de alimentación = feeding tube
- Foco de bilirubina = billi-light
- Ictericia = jaundice
- Premadura/o = premature

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continued

Inpatient Exam

- In Spanish, reflexive verbs have “se” at the end. It means “to do it yourself”
- For example: Levantar – to pick (an object) up
- Levantarse → to get (one’s self) up
- Review...
- Can you get up without help?
- ¿Puede levantarse sin ayuda?

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continued

Inpatient Exam: commands

- Por favor....
- Voltéese (vol-TAY-say) en la cama → turn over in bed
- Siéntese (see-EN-teh-say) → sit up
- Párese (PAH-ray-say) → stand up
- Levántese (le-VAN-tay-say) → get up

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Actividades diarias (ADLs)

- “¿Necesita ayuda con... (verb)?”
- Do you need help with...
 - ¿Caminar (walk) – usa una andadera (walker) o bastón (cane)?
 - ¿Tiene caídas (do you fall)?
 - ¿Bañarse (bathe yourself)?
 - ¿Vestirse (dress yourself)?
 - ¿Usar el baño/ir al baño (go to the bathroom)?
 - ¿Preparar la comida?
- Do you need help getting dressed?
 - ¿Necesita ayuda con vestirse?

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continued

Reflexive Verbs for Functional Assessment

Ayudar = to help (verb) ♦ Ayuda = help (noun)

¿Puede_____ sin ayuda?

✓TIP: This is the same as asking someone if they can do something alone

- subirse *to go up (ascend oneself)*
- bajarse *to get down; to lower (onself)*
- pararse *to stand oneself up*
- levantarse *to get oneself up*
- ponerse *to put oneself in a position*

¿Puede ponerse boca abajo sin ayuda?

Can you get supine without help?

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continued

Review

- In OT, we must assess functional independence.
- Today we have learned various ways to ask a patient about this.
- You can choose however makes the most sense (and feels easiest) to you!
- For example, to assess if a patient can get dressed by themselves you can ask:
 - ¿Puede vestirse sola?
 - ¿Puede vestirse sin ayuda?
 - ¿Necesita ayuda para vestirse?

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Post-operative OT Considerations



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Post-Operative OT

- General precautions
- Falls
- Diaphragmatic breathing
- Cardiac surgeries
 - CABG
- Orthopedic surgeries
 - Spinal
 - Knee/hip
 - Weight-bearing precautions

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continued

Banderas Rojas (Red Flags)

- Pale- pálido
- Blood- sangre
- Wound pain- dolor en la herida
- Fever- fiebre
- Dizzy- mareada/o (Mah-ree-ah-dah)

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continued

Banderas Rojas (Red Flags)

- Shortness of breath/difficulty breathing –dificultad para respirar
- Low oxygen – oxígeno bajo
- High/low blood pressure – presión alta/baja
- Chest pain – dolor del pecho
- Severe pain – dolor severo
- Tiene... = “do you have...”

Q5 & Q6

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continued

Precauciones Básicas

- Don't get out of bed by yourself.
 - No salga de la cama sola.
- Breathe slowly.
 - Respire despacio.
- Are you dizzy?
 - ¿Está mareada?
- Do you have shortness of breath?
 - ¿Tiene dificultad para respirar?
- Do you have chest pain?
 - ¿Tiene dolor del pecho?

Q7 33

Diaphragmatic Breathing

- Respiración diafragmática
- Today, we are going to learn diaphragmatic breathing.
- Hoy vamos a aprender respiración diafragmática.
- Ayuda con la respiracion y la ansiedad y abre los pulmones.
- It helps with breathing, anxiety and it opens the lungs.
- Vamos a practicar ahora.
- We are going to practice now.

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continued

Respiración diafragmática

- 1. Ponga la mano encima del abdómino
- 2. Inhale profundamente por la nariz y note que el abdómino expande bajo de las manos
- 3. Exhale suavemente por la boca y note que el abdómino baja
- 4. Repita 3-5 minutos
- 1. Put your hand on top of your abdomen
- 2. Inhale deeply through the nose and note that your abdomen expands under your hands
- 3. Exhale smoothly through the mouth and note that the abdomen lowers
- 4. Repeat 3-5 minutes

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continued

Cirugía Cardíaco (Cardiac Surgery)

- Derivación aortocoronaria con injerto (CABG)
- Aortocoronaria – Coronary arterial
- Derivación – Bypass
- Injerto - graft

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continued

continued

CABG: Post-Operative Education*

*surgeons will have their specific precautions, which should always be followed

- Las precauciones más importantes ocurren después de la cirugía.
- The most important precautions occur after the surgery.
- Después de la cirugía, la paciente tiene que evitar algunas actividades.
- After the surgery, the patient must avoid certain activities.
- Debe mantener precauciones hasta doce (doh-say) semanas después de la cirugía.
- You should maintain precautions up to 12 weeks after the surgery.

Q8 37

continued

Précauciones Esternales Sternal Precautions

- Do not lift more than 5 pounds.
= No suba más de cinco libras.
- Don't push or pull with your arms.
= No empuje o jale con los brazos.
- Do not reach behind your back.
= No alcance (all-con-say) detrás de la espalda .
- Don't reach both arms out to the side or overhead.
= No alcance ambos brazos a los lados o encima de la cabeza.

Q9 & Q10 38

continued

continued

!Vamos a Practicar!

- Greet your patient
- As their name
- Introduce yourself
- Ask some functional/ADL questions
 - ¿Puede....sola?
- Educate them on sternal precautions
- Teach them diaphragmatic breathing

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continued

Next Session

- Orthopedic post-op precautions and treatment
- Home modifications
- Patient scenarios

GRACIAS!!!!

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continued

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