



# General Handbook of Medical Interpretation Essentials for Multilingual Healthcare Professionals (Mandarin)

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## Section 1 – Interpreter etiquette

- The role of an interpreter is integrated in the clinical encounter. You are part of the professional team.
- An interpreter's goal is to strengthen the patient-clinician relationship. As such, strive to position yourself non-intrusively as the space allows, and avoid being in the middle of the conversation. The interview should be conducted directly between the clinician and the patient.
- A pre-session to clarify the nature of the upcoming encounter with the clinician may be helpful but not always feasible in urgent settings.
- Introduce yourself to the clinician and the patient.
- Ask the clinician to speak directly to the patient.
- Ask the clinician and the patient to speak in shorter phrases to allow for more regular and integrated interpretation.
- Interpret everything as they are, not as what you infer. For example, if a patient says “I have a headache, but it resolves easily with a Tylenol”, interpret it as is, and avoid saying “it’s just a minor headache”. If cultural phrases or idioms are used, take the time to interpret the intended meaning in addition to the literal meaning.

## Section 2 – The patient encounter in brief

### 1. Introduction 介绍 jiè shào

- a. Hello, my name is \_\_\_\_\_. I will be your interpreter for this visit with (name and role of clinician).

您好，我的名字是\_\_\_\_\_. 我是您今天的翻译。

nín hǎo , wǒ de míng zì shì \_\_\_\_\_. wǒ shì nín jīn tiān de fān yì 。

- b. Take this opportunity to establish the patient's name, age, and pertinent social background.

请问您的名字是什么？今年几岁？

qǐng wèn nín de míng zì shì shí me ? jīn nián jǐ suì ?

### 2. Past medical history 病史 bìng shǐ

- a. Who is your primary care physician?

请问您的家庭医生是谁？

qǐng wèn nín de jiā tíng yī shēng shì shuí ?

- b. Have you ever been diagnosed with an illness?

请问您曾被诊断出患有疾病吗？/ 请问您过去有什么病史吗？

qǐng wèn nín céng bì zhěn duàn chū huàn yǒu jí bìng ma ? / qǐng wèn nín guò qù yǒu shěn me bìng shǐ ma ?

- c. Have you ever been hospitalized? For what?

请问您住过院吗？是什么原因？

qǐng wèn nín zhù guò yuàn ma ? shì shěn me yuán yīn ?

- d. Have you had any surgeries in the past?

请问您过去做过任何手术吗？

qǐng wèn nín guò qù zuò guò rèn hé shǒu shù ma ?

- e. When was the last time you visited a clinic or hospital?

请问您上一次去诊所或医院是什么时候？

qǐng wèn nín shàng yī cì qù zhěn suǒ huò yī yuàn shì shěn me shí hou ?

- f. Have you been to this hospital/clinic before?

请问您以前来过这家医院/诊所吗？

qǐng wèn nín yǐ qián lái guò zhè jiā yī yuàn / zhěn suǒ ma ?

### 3. Medications 药物 yào wù

- a. Which medications do you take?

您平时有服用什么药吗？

nín píng shí yǒu fú yòng shěn me yào ma ?

- b. How many times a day?

这个药您每天服多少次？

zhè gè yào nín měi tiān fú duō shǎo cì ?

- c. Who prescribed this medication for you?

这个药是哪位医生给您开的？

zhè gè yào shì nǎ wèi yī shēng gěi nín kāi de ?

- d. Why are you taking this medication?

您为什么要服用这个药？

nín wèi shěn me yào fú yòng zhè gè yào ?

- e. Where is your pharmacy?

您平时去哪个药房买处方药？

nín píng shí qù nǎ gè yào fáng mǎi chǔ fāng yào ?

- f. Do you take your prescriptions regularly?

您会定期服药吗？

nín huì dìng qí fú yào mā?

- g. Do you ever forget a dose?

您有忘记服药过吗？

nín yǒu wàng jì fú yào guò mā?

- h. Do you have a pill dispenser?

药房有替您整理药物分装盒吗？

yào fáng yǒu tì nín zhěng lǐ yào wù fēn zhuāng hé mā?

#### 4. Habits 习惯 xí guàn

- a. Do you smoke cigarettes? How many years? How many per day?

您抽烟吗？多少年烟龄？每天抽多少根？

nín chōu yān ma ? duō shǎo nián yān líng ? měi tiān chōu duō shǎo gēn ?

- b. Do you drink alcohol? What kind of alcohol? How many glasses per week?

您喝酒吗？喝什么种类的酒？每周喝几杯？

nín hē jiǔ ma ? hē shěn me zhǒng lèi de jiǔ ? měi zhōu hē jǐ bēi ?

- c. Do you use drugs? What kind of drugs? How frequently?

您使用毒品或兴奋剂吗？哪种毒品？多久用一次？

nín shǐ yòng dù pǐn huò xīng fèn jì ma ? nǎ zhǒng dù pǐn ? duō jiǔ yòng yí cì ?

#### 5. Allergies 过敏史 guò mǐn shǐ

- a. Do you have any drug or food allergies?

您有无对药物或食物过敏？

nín yǒu wú duì yào wù huò shí wù guò mǐn ?

- b. What is your reaction to this allergen?

您对这个过敏原有怎样的过敏反应？

nín duì zhè gè guò mǐn yuán yǒu zěn yàng de guò mǐn fǎn yìng ?

#### 6. History of present illness 现病史 xiànbìng shǐ

- a. Why have you come to the hospital/clinic?

您今天为何到医院/诊所来？

nín jīn tiān wéi hé dào yī yuàn / zhěn suǒ lái ?

- b. How long have you been ill?

您感到不舒服有多久了？

nín gǎn dào bú shū fú yǒu duō jiǔ le ?

- c. Do you have any pain?

您有任何疼痛吗？

nín yǒu rèn hé téng tòng ma ?

- d. Point and show me where it is.

请指向您有疼痛的地方并告诉我它在哪里。

qǐng zhǐ xiàng nín yǒu téng tòng de dì fāng bìng gào sù wǒ tā zài nǎ lǐ .

- e. On a scale of one to ten, how severe is the pain?

请以1到10的等级来描述您的疼痛有多严重。

qǐng yǐ yī dào shǐ de děng jí lái miáo shù nín de téng tòng yǒu duō yán zhòng

- f. When did this start?

这是什么时候开始的？

zhè shì shén me shí hou kāi shǐ de ?

- g. How long did it last?

它持续了多久？

tā chí xù le duō jiǔ ?

- h. What makes it better? What makes it worse?

有没有什么能缓解疼痛？有没有什么令它变得更严重？

yǒu méi yǒu shěn me néng huǎn jiě téng tòng ? yǒu méi yǒu shěn me lìng tā biàn dé gèng yán zhòng ?

- i. Have you had any bleeding?

您有流血吗？

nín yǒu liú xiě ma ?

- j. Have you had an accident?

有出什么意外吗？

yǒu chū shěn me yì wài ma ?

- k. Did you lose consciousness?

您失去知觉了吗？

nín shī qù zhī jiào le ma ?

- l. What do you remember of the event?

您记得发生了什么吗？

nín jì dé fā shēng le shěn me ma ?

- m. Do you have a fever?

您发烧吗？

nín fā shāo ma ?

- n. Have you experienced weight loss?

您最近的体重有无减轻？

nín zuì jìn de tǐ zhòng yǒu wú jiǎn qīng

- o. Do you have any cough?

您有咳嗽吗？

nín yǒu ké sòu ma ?

- p. Do you have any chest pain?

您有胸痛吗？

nín yǒu xiōng tòng ma ?

- q. Do you have any nausea or vomiting?

您有恶心或呕吐吗？

nín yǒu è xīn huò ǒu tǔ ma ?

- r. Do you have any diarrhea or constipation?

您有腹泻或便秘吗？

nín yǒu fù xiè huò biàn mì ma ?

- s. Have you recently traveled?

您最近有去旅游过吗？

nín zuì jìn yǒu qù lǚ yóu guò ma ?

- t. Have you been in contact with anyone sick?

您有没有与任何生病的人接触？

nín yǒu méi yǒu yǔ rèn hé shēng bìng de rén jiē chù ?

## 7. Investigations 检查 jiǎn chā

- a. We will need to do some laboratory tests

我们将需要做一些血液检查

wǒ men jiāng xū yào zuò yī xiē xuè yè jiǎn chā

- i. Inflammatory markers

炎症标志物

yán zhèng biāo zhì wù

- ii. Blood cultures

血液培植

xuè yè péi zhí

- iii. Serologies

血清

xuè qīng

- iv. Biopsy

活检

huó jiǎn

- v. Lumbar puncture

腰椎穿刺

yāo zhuī chuān cì

- vi. Hemoglobin

血红蛋白

xuè hóng dàn bái

- vii. White blood cell count

白细胞

bái xì bāo

- viii. Platelet

血小板

xuè xiǎo bǎn

- ix. Sodium

钠

nà

- x. Potassium

钾

jiǎ

- xi. Creatinine / kidney function

肌酸酐 / 肾功能

jī suān gān / shèn gōng néng

xi. Liver function

肝功能

gān gōng néng

b. We will need to do some imaging studies

我们将需要做一些影像检查

wǒ men jiāng xū yào zuò yī xiē yǐng xiàng jiǎn chā

i. X-ray

X光

X guāng

ii. CT

CT / 断层扫描

CT / duàn céng sǎo miáo

iii. MRI

核磁共振

hé cí gòng zhèn

iv. Ultrasound

超声波

chāo shēng bō

8. Diagnosis 诊断 zhěn duàn

a. We believe your diagnosis is\_\_\_\_\_.

我们认为您的诊断是\_\_\_\_\_。

wǒ men rèn wéi nín de zhěn duàn shì\_\_\_\_\_。

9. Prognosis 预后 yù hòu

a. We believe the prognosis for your disease is\_\_\_\_\_.

我们认为您的病的预后是\_\_\_\_\_。

wǒ men rèn wéi nín de bìng de yù hòu shì\_\_\_\_\_。

b. This disease is curable.

这种病是可以治愈的。

zhè zhǒng bìng shì kě yǐ zhì yù de 。

c. This disease is unfortunately terminal.

不幸的是，这种疾病是致命的。

bú xìng de shì , zhè zhǒng jí bìng shì zhì mìng de 。

10. Consent 许可 xǔ kě

a. Do you consent to this procedure / surgery?

您是否同意进行这项干预 / 手术？

nín shì fǒu tóng yì jìn xíng zhè xiàng gān yù / shǒu shù ?

b. Do you consent to this treatment?

您是否同意进行这项治疗？

nín shì fǒu tóng yì jìn xíng zhè gè zhì liáo ?

- c. Do you believe you understand the risks and benefits of this intervention?

您觉得您充分了解这个干预方案的风险和益处吗？

nín jué dé nín chōng fèn liáo jiě zhè gè gān yù fāng àn de fēng xiǎn hé yì chù ma ?

- d. Power of attorney, agent

授权书 · 代理人 / 委托人

shòu quán shū , dài lǐ rén / wěi tuō rén

- e. Next of kin

最近亲

zuì jìn qīn

- f. Level of care

照护等级

zhào hù děng jí

- g. CPR

心肺复苏术

xīn fèi fù sū shù

- h. Intubation

气管插管

qì guǎn chā guǎn

11. End of encounter 结尾 jié wěi

- a. Do you have any questions?

您有任何问题吗？

nín yǒu rèn hé wèn tí ma ?

- b. Do you feel comfortable with our plan?

您对我们的方案感到满意吗？

nín duì wǒ men de fāng àn gǎn dào mǎn yì ma ?

- c. Your next appointment will be\_\_\_\_\_.

您的下一个预约是在\_\_\_\_\_。

nín de xià yī gè yù yuē shì zài \_\_\_\_\_。

## Section 3 – Anatomy overview

English	Mandarin
Head	头 tóu
Cerebrum	大脑 dà nǎo
Cerebellum	小脑 xiǎo nǎo
Ears	耳朵 ěr duǒ
Pupil	瞳孔 tóng kǒng
Eyes	眼睛 yǎn jīng
Nose	鼻子 bí zǐ
Mouth	嘴 zuǐ
Lips	嘴唇 zuǐ chún
Tongue	舌头 shé tou
Teeth	牙齿 yá chǐ
Jaw	下巴 xià bā
Sinus	窦 dòu
Throat	喉咙 hóu lóng
Neck	脖 bó
Chest	胸 xiōng
Back	背 bèi
Lung	肺 fèi
Heart	心 xīn
Thyroid	甲状腺 jiǎ zhuàng xiàn
Parathyroid	副甲状腺 fù jiǎ zhuàng xiàn
Trachea	气管 qì guǎn
Abdomen	腹部 fù bù
Liver	肝 gān
Gallbladder	胆囊 dǎn náng
Pancreas	胰腺 yí xiàn
Spleen	脾 pí
Kidney	肾 shèn
Stomach	胃 wèi
Small intestine	小肠 xiǎo cháng
Colon	大肠 dà cháng
Rectum	直肠 zhí cháng
Anus	肛门 gāng mén
Pelvis	骨盆 gǔ pén
Urethra	尿道 niào dào
Penis	阴茎 yīn jīng
Testicle	睾丸 gāo wán

Vagina	阴道 yīn dào
Uterus	子宫 zǐ gōng
Shoulder	肩膀 jiān bǎng
Arm	手臂 shǒu bì
Elbow	手肘 shǒu zhǒu
Hand	手 shǒu
Palm	手掌 shǒu zhǎng
Finger	手指 shǒu zhǐ
Leg	腿 tuǐ
Hip	臀部 tún bù
Thigh	大腿 dà tuǐ
Knee	膝盖 xī gài
Calf	小腿肚 xiǎo tuǐ dù
Shin	胫 / 外小腿 jìng / wài xiǎo tuǐ
Ankle	踝 huái
<i>Sprain</i>	扭伤 niǔ shāng
<i>Ligament tear</i>	韧带撕裂 rèn dài sī liè
Heel	脚跟 jiǎo gēn
Foot	脚 jiǎo
Toes	脚趾 jiǎo zhǐ
Bone	骨头 gǔ tóu
Ligament	韧带 rèn dài
Tendon	肌腱 jī jiàn
Muscle	肌肉 jī ròu
Joint	关节 guān jiē
Skin	皮肤 pí fū
Hair	头发 tóu fā
Mucosa	黏膜 nián mó
Artery	动脉 dònghài
Vein	静脉 jìngmài
Nerve	神经 shénnéng
Organ	器官 qìguān

## Section 4 – Top 50 most common symptoms

English	Mandarin
Fever	发热 / 发烧 fā rè / fā shāo
Chills	发冷 fā lěng
Headache	头痛 tóu tòng
Cough	咳嗽 ké sòu
Sputum	痰 tán
Hemoptysis	咳血 ké xiě
Shortness of breath	气促 qì cù
Sore throat	咽喉痛 yān hóu tòng
Nasal discharge	鼻涕 bí tì
Otalgia	耳痛 ěr tòng
Tinnitus	耳鸣 ěr míng
Palpitations	心悸 xīn jì
Chest pain	胸痛 xiōng tòng
Epigastric pain	上腹痛 shàng fù tòng
Nausea	恶心 è xīn
Vomiting	呕吐 ǒu tù
Syncope	昏厥 hūn jué
Dysphagia	吞咽困难 tūn yān kùn nán
Diarrhea	腹泻 fù xiè
Bloody Watery	带血腹泻 dài xuè fù xiè 水样腹泻 shuǐ yàng fù xiè
Flatulence	胀气 zhàng qì
Constipation	便秘 biàn mì
Incontinence Urinary incontinence Bowel incontinence	失禁 shī jìn 小便失禁 xiǎo biàn shī jìn 大便失禁 dà biàn shī jìn
Weight loss	体重减轻 tǐ zhòng jiǎn qīng
Weight gain	体重增加 tǐ zhòng zēng jiā
Numbness <i>Tingling</i>	麻痹 má bì 刺痛 cì tòng
Weakness	乏力 fá lì
Fatigue	疲劳 pí láo
Stiffness	僵硬 jiāng yìng
Back pain	背痛 bēi tòng
Tremor	颤抖 chàn dǒu
Sciatica	坐骨神经痛 zuò gǔ shén jīng tòng
Amenorrhea	闭经 bì jīng

Dyspareunia	性感不快 / 性交困难 xìng gǎn bú kuài / xìng jiāo kùn nán
Dysuria <i>Burning pain</i>	排尿困难 pái niào kùn nán 灼痛 zhuó tòng
Hematuria	血尿 xuè niào
Urinary urgency Urinary frequency	尿急 niào jí 尿频 niào pín
Impotence	阳痿 yáng wéi
Urinary retention	尿滞留 niào zhì liú
Bleeding	流血 liú xiě
Discharge	分泌物 fēn mì wù
Vaginal discharge	白带 bái dài
Diplopia	复视 fù shì
Rash	皮疹 pí zhěn
Itching	瘙痒 sào yǎng
Redness	发红 fā hóng
Laceration	撕裂 sī liè
Bruising	淤青 / 淤伤 yū qīng / yū shāng
Swelling	肿胀 zhǒng zhàng
Anxiety	焦虑 jiāo lǜ
Depression	抑郁 yì yù
Insomnia	失眠 shī mián
Suicidal ideation	自杀意念 zì shā yì niàn
Acute	急性 jí xìng
Chronic	慢性 mèn xìng

## Section 5 – Top 50 most common medical diseases

English	Mandarin
Hypertension	高血压 gāo xiě yā
Dyslipidemia	血脂异常 xiě zhī yì cháng
Coronary artery disease <i>Heart disease</i>	冠状动脉疾病 guàn zhuàng dòng mài jí bìng 心脏病 xīn zàng bìng
Atherosclerosis	动脉粥样硬化 dòng mài zhōu yàng yìng huà
Atrial fibrillation <i>Heart rate</i>	心房颤动 / 房颤 xīn fáng chàn dòng / fáng chàn 心率 xīn lǜ
Sinusitis <i>Allergy</i>	鼻窦炎 bí dòu yán 过敏 guò mǐn
Emphysema	气肿 qì zhǒng
Chronic bronchitis	慢性支气管炎 màn xìng zhī qì guǎn yán
Bronchiolitis	细支气管炎 xì zhī qì guǎn yán
Asthma	哮喘 xiāo chuǎn
Interstitial lung disease	间质性肺疾病 jiān zhì xìng fèi jí bìng
Influenza	流感 liú gǎn
Common cold	普通感冒 pǔ tōng gǎn mào
Cancer	癌症 ái zhèng
Diabetes	糖尿病 táng niào bìng
Hypothyroidism	甲减 / 甲状腺功能减退 jiǎ jiǎn / jiǎ zhuàng xièn gōng néng jiǎn tuì
Hyperthyroidism	甲亢 / 甲状腺功能亢进 jiǎ kàng / jiǎ zhuàng xièn gōng néng kàng jìn
Hepatitis	肝炎 gān yán
Heart attack	心脏病发作 xīn zàng bìng fā zuò
Biliary colic	胆绞痛 dǎn jiǎo tòng
Gallstones	胆结石 dǎn jié shí
Cirrhosis	肝硬化 gān yìng huà
Pancreatitis	胰腺炎 yí xiàn yán
Colitis	结肠炎 jié cháng yán
Diverticulosis / diverticulitis	憩室病 / 憩室炎 qì shì bìng / qì shì yán
Hemorrhoids	痔疮 zhì chuāng
Urinary tract infection	尿路感染 niào lù gǎn rǎn
Fibroid	肌瘤 jī liú

Uterine prolapse	子宫脱垂 zǐ gōng tuō chuí
Renal calculi	肾结石 shèn jié shí
Dermatitis	皮炎 pí yán
Rheumatoid arthritis	类风湿关节炎 lèi fēng shī guān jiē yán
Systemic Lupus Erythematosus	系统性红斑狼疮 xì tǒng xìng hóng bān láng chuāng
Osteoarthritis	骨关节炎 gǔ guān jiē yán
Fracture	骨折 gǔ shé
Sprain	扭伤 niǔ shāng
Septic arthritis	败血性关节炎 bài xiě xìng guān jiē yán
Osteoporosis	骨质疏松症 gǔ zhì shū sōng zhèng
Epilepsy	癫痫 diān xián
Stroke	中风 zhōng fēng
Migraine	偏头痛 piān tóu tòng
Multiple sclerosis	多发性硬化症 duō fā xìng yìng huà zhèng
Meningitis	脑膜炎 nǎo mó yán
Encephalitis	脑炎 nǎo yán
Depression	抑郁 yì yù
Anxiety	焦虑 jiāo lǜ
Bipolar Disorder	躁郁症 zào yù zhèng
Schizophrenia	精神分裂症 jīng shén fèn liè zhèng
Alzheimer's disease	阿尔茨海默氏病 ā ěr cí hǎi mò shì bìng
Parkinson's disease	帕金森氏病 pà jīn sēn shì bìng

## Section 6 – Vocabulary by specialties

English	Mandarin
Cardiology	心脏内科 xīn zàng nèi kē
Dermatology	皮肤科 pí fū kē
Endocrinology	内分泌科 nèi fèn mì kē
Hematology	血液科 xuè yè kē
Infectious Disease	传染病科 chuán rǎn bìng kē
MSK	肌肉骨骼病科 jī ròu gǔ gé bìng kē
Nephrology	肾内科 shèn nèi kē
Neurology	神经内科 shén jīng nèi kē
OBGYN	妇产科 fù chǎn kē
Pediatrics	儿科 ér kē
Psychiatry	精神科 jīng shén kē
Respirology	呼吸内科 hū xī nèi kē
Rheumatology	风湿科 fēng shī kē
Traumatology	外伤科 wài shāng kē