



医学英语讲座系列

如何与医生有效沟通

第三讲：如何和您的医生交谈

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如何和您的医生交谈



1. 和医生分享您的症状

Share any Symptoms

2. 为医生提供您的药物信息

Give Information About Your Medications

3. 和医生分享您的生活习惯

Tell the Doctor About Your Habits

4. 告诉医生您是否还有其它担忧

Voice Other Concerns

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

英语不流利的老年人可以使用以下策略：

Senior patients with limited English can follow these strategies:

1.提前准备好要说的话 (Prepare Ahead of Time): 列问题清单，准备相关的关键词。

Make a list of concerns and prepare relevant keywords.

2.使用简单短语和身体语言 (Use Simple Phrases and Body Language): 用最基础的句子配合肢体动作表达。

Use basic sentences and body language to express symptoms.

3.学会简单描述时间和频率 (Learn to Describe Time and Frequency): 学习简单的时间、频率表达，准确描述症状。

Learn simple time and frequency phrases to describe symptoms accurately.

4.带上一位陪同者 (Bring a Companion): 带上懂英语的家属或朋友协助沟通。

Bring a companion who understands English to assist with communication.

5.使用翻译服务 (Use Translation Services): 询问医院翻译服务或使用翻译工具。

Ask about hospital translation services or use translation apps.

6.学会表达不理解/需要进一步解释 (Learn to Express Confusion): 学会如何请求医生重复或用简单语言解释。

Teach elderly patients how to ask the doctor to repeat or explain in simpler terms.

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

1. 提前准备好要说的话 (PREPARE AHEAD OF TIME):



老年人在就诊前可以提前准备好要说的话和问题清单，以便更好地表达症状和担忧。

Elderly patients can prepare what they want to say and make a list of questions before their doctor's appointment to better express their symptoms and concerns.

列一个问题清单 (Make a list of concerns):

让老人写下他们想问医生的所有问题，比如症状、药物副作用、日常生活中的问题等。

Encourage the elderly to write down all the questions they want to ask the doctor, such as symptoms, medication side effects, or daily life issues.

- “I feel dizzy often. What could be the cause?” (我经常感到头晕，可能是什么原因?)
- “I have trouble sleeping. Can I take medication for it?” (我有睡眠问题，可以服用药物吗?)
- “I'm worried about my memory loss.” (我担心自己的记忆力减退)

准备相关的单词或短语 (Prepare relevant words or phrases):

如果老人担心表达困难，可以提前学习一些关键词，帮助描述症状或问题。

If elderly patients worry about expressing themselves, they can learn key phrases ahead of time to describe symptoms or concerns.

Pain (疼痛), Dizziness (头晕), Fatigue (疲劳), Shortness of breath (呼吸困难),
Medication side effects (药物副作用)

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

2. 使用简单短语和身体语言 USE SIMPLE PHRASES AND BODY LANGUAGE



医生通常会询问症状的持续时间和发生频率。我们可以学习一些简单的表达时间和频率的短语。

Doctors often ask about the duration and frequency of symptoms. We can learn some simple phrases to describe time and frequency.

使用简单句子表达 (Use simple sentences):

使用简单的句子结构，不必复杂，用最基础的词汇即可。

Use simple sentence structures and basic words to express themselves.

- "I feel pain here." (我这里疼。)
- "I have trouble breathing." (我呼吸困难。)
- "I am tired all the time." (我一直很疲倦。)

利用身体语言 (Use body language):

老人可以用手指向疼痛部位，或者通过动作比划来帮助医生更好理解症状。

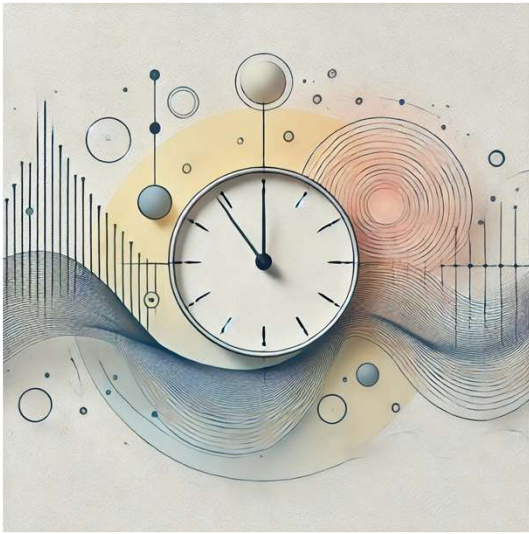
Elderly patients can point to the painful area or use gestures to help the doctor better understand their symptoms.

- 指向膝盖并说 "Pain here" (指向膝盖并说：“这里疼。”))
- 摇晃手表示头晕 (用手比划晕眩的动作)

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

3. 学会简单描述时间和频率 (LEARN TO DESCRIBE TIME AND FREQUENCY)



医生通常会询问症状的持续时间和发生频率。我们可以学习一些简单的表达时间和频率的短语。

Doctors often ask about the duration and frequency of symptoms. We can learn some simple phrases to describe time and frequency.

描述症状的频率 (Describe frequency):

使用简单的词汇, 如 "sometimes" (有时), "often" (经常), "always" (总是) 来描述症状。

Use simple words like "sometimes," "often," or "always" to describe how often symptoms occur.

- "I feel dizzy often." (我经常觉得头晕。)
- "I have pain sometimes." (我有时会疼。)

描述症状持续的时间 (Describe duration):

使用短语 "for a few days" (几天), "for a week" (一周), "for a month" (一个月) 来说明症状持续时间。

Use phrases like "for a few days," "for a week," or "for a month" to describe how long the symptoms have lasted.

- "I've had a cough for a week." (我咳嗽了一周。)
- "I've felt tired for a month." (我一个月都觉得很累。)

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

4. 带上一位朋友或者家人 (BRING A COMPANION)



您可以带上一位陪同者，比如家属或朋友，帮助您在看医生时翻译或解释症状。

You can bring a companion, such as a family member or friend, to help you translate or explain symptoms during the doctor's visit.

选择一位懂英语的陪同者 (Choose a companion who understands English):

如果老人对沟通不自信，可以让一位懂英语的人陪同，帮助他们解释复杂的健康问题。

If elderly patients are unsure about communication, they can bring a companion who speaks English to help explain complex health issues.

陪同者帮助记录 (Companion helps with notes):

陪同者可以在医生建议或开药时帮助记录，确保老人回家后能记住重要信息。

A companion can also help take notes during the doctor's advice or prescription, ensuring the elderly patient remembers important information later.

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

5. 使用翻译服务 (USE TRANSLATION SERVICES)



如果医院提供翻译服务，您可以使用这些服务，确保您的需求和医生的建议都能被准确传达。
If the hospital offers translation services, you can use them to ensure your needs and the doctor's advice are communicated accurately.

询问医院是否提供翻译 (Ask if the hospital provides translators):

鼓励老人询问医院是否有免费或付费的翻译服务，以帮助他们与医生沟通。

Encourage elderly patients to ask if the hospital offers free or paid translation services to assist them in communicating with the doctor.

"请问医院是否提供翻译服务？我需要一些帮助。"

"Does the hospital provide translation services? I need some assistance."

使用翻译工具 (Use translation apps or tools):

如果没有翻译服务，老年人可以使用手机上的翻译应用来帮助翻译不懂的单词或短语。

If no translation services are available, elderly patients can use translation apps on their phones to help translate words or phrases they don't understand.

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

6. 学会表达不理解 (LEARN TO EXPRESS CONFUSION OR ASK FOR CLARIFICATION)



如果您不理解医生的解释，可以学会简单表达不明白的意思，并请求医生重复或用更简单的方式解释。

If you don't understand the doctor's explanation, they can learn how to express their confusion and ask the doctor to repeat or explain in simpler terms.

简单的请求 (Simple Requests):

用简短句子请医生重复或慢一点。

Use short phrases to ask the doctor to repeat or slow down.

- "Can you say that again?" (您能再说一遍吗?)
- "Please speak slowly." (请慢一点。)
- "I don't understand." (我不明白。)

要求医生用简单语言解释 (Ask for simpler explanations):

老年人可以请求医生用更简单的词汇或方式解释复杂的医学术语。

Elderly patients can ask the doctor to explain complicated medical terms in simpler words.

- "Can you explain it in simple words?" (您能用简单的词解释吗?)

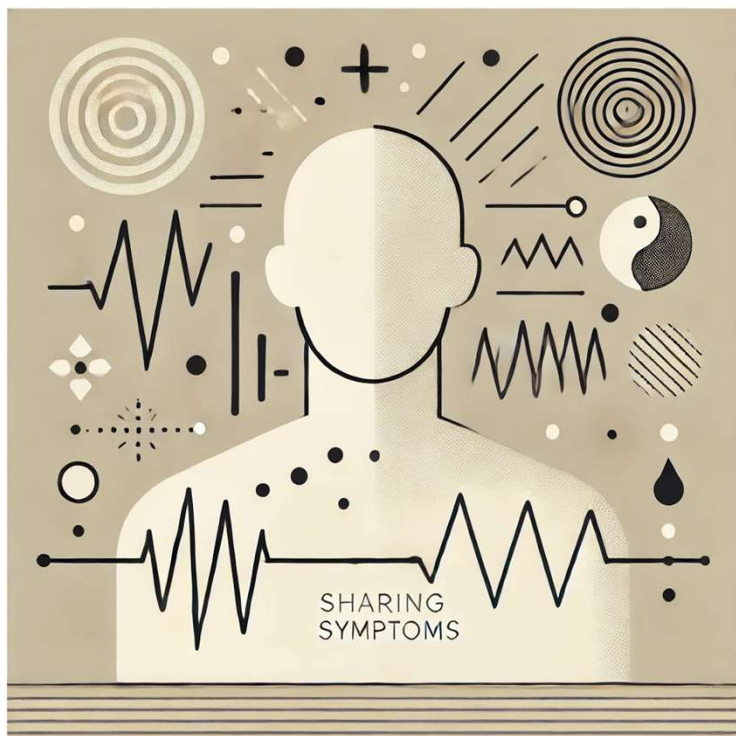
第一部分：分享症状 (SHARING YOUR SYMPTOMS)



分享症状是看医生时非常重要的一步。医生需要了解患者的具体症状、感受和身体变化，才能作出准确的诊断和治疗方案。对老年人来说，及时和准确地表达身体不适，有助于医生更快地判断是否需要进一步检查或调整药物治疗。老年基础病如高血压、糖尿病、呼吸道疾病、关节炎等往往有长期症状，患者需要尽量详细、清晰地描述这些症状。

Sharing symptoms is a crucial step when visiting the doctor. Doctors need to understand the specific symptoms, feelings, and bodily changes the patient is experiencing in order to make accurate diagnoses and treatment plans. For elderly patients, timely and precise communication of discomforts helps the doctor decide whether further testing or medication adjustments are needed. Common chronic conditions like hypertension, diabetes, respiratory diseases, and arthritis often come with ongoing symptoms, and patients should try to describe these in as much detail as possible.

第一部分：分享症状 (SHARING YOUR SYMPTOMS)



分享症状时，需要关注以下几点：

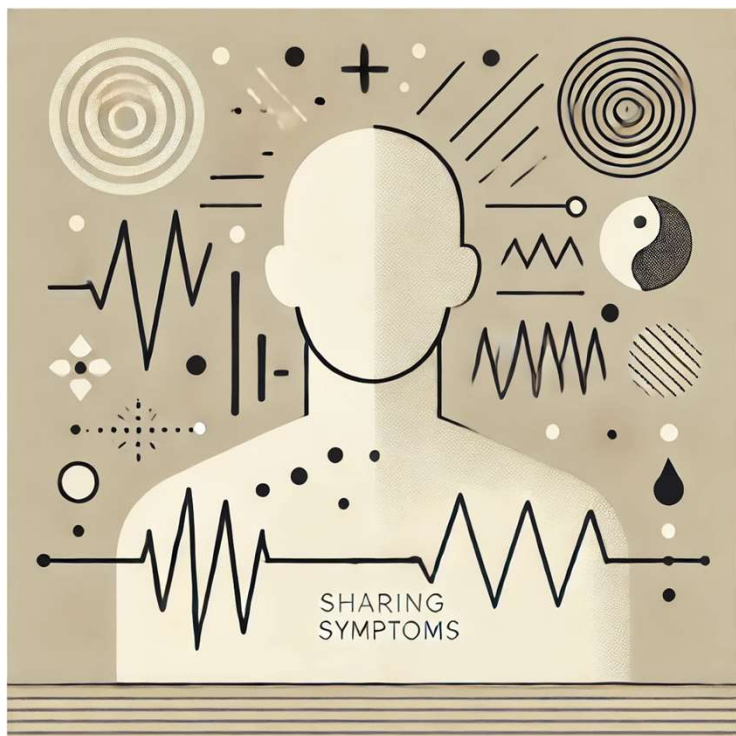
When sharing symptoms, you should focus on the following:

- 清楚描述症状的具体表现 (Clearly describe the specific symptoms).
- 说明症状的频率、持续时间和严重程度 (Explain the frequency, duration, and severity of the symptoms).
- 描述症状对日常生活的影响 (Describe how the symptoms affect daily life).

通过清晰、详细地与医生沟通，您可以更快地获得准确的诊断和治疗。

By communicating clearly and in detail with the doctor, you can receive more accurate diagnoses and treatment faster.

第一部分：分享症状 (SHARING YOUR SYMPTOMS)



1. 高血压 (Hypertension)

重要症状及描述重点 (Key symptoms & descriptions):

头痛、头晕 (HEADACHES, DIZZINESS):

患者应描述是否经常感到头痛或头晕，以及这些症状的发生频率和强度。
Patients should describe whether they often experience headaches or dizziness, as well as the frequency and intensity of these symptoms.

胸闷、心跳加快 (CHEST TIGHTNESS, RAPID HEARTBEAT):

如果感到胸闷或心跳加速，特别是在活动或静息时，应及时告知医生。
If patients feel chest tightness or a rapid heartbeat, especially during activity or rest, they should inform the doctor.

视力模糊 (BLURRED VISION):

视力突然模糊或减退可能是血压不稳定的迹象，应与医生讨论。
Sudden blurred or impaired vision could be a sign of unstable blood pressure and should be discussed with the doctor.

第一部分：分享症状 (SHARING YOUR SYMPTOMS)



1. 高血压 (hypertension)

中英对话示例 (bilingual dialogue example):

- **医生 (doctor):** "最近您有没有感觉到头晕或头痛?"
"have you been feeling any dizziness or headaches recently?"
- **患者 (patient):** "有时候会有轻微的头晕，特别是站起来时头晕。"
"sometimes I feel a bit dizzy, especially when i stand up."
- **医生 (doctor):** "有没有出现视力模糊或者视力下降的情况?"
"have you experienced any blurred vision or a decrease in your vision?"
- **患者 (patient):** "是的，最近看东西有点模糊，尤其是下午时更明显。"
"yes, I've noticed that my vision has been a bit blurry lately, especially in the afternoon."
- **医生 (doctor):** "您有没有感觉到胸闷或者心跳加快?"
"have you been feeling any chest tightness or a rapid heartbeat?"
- **患者 (patient):** "偶尔有胸闷的感觉，特别是在上下楼梯时。"
"I occasionally feel some chest tightness, especially when going up and down"

第二部分：提供药物信息 (PROVIDE INFORMATION ABOUT YOUR MEDICATIONS)

在与医生讨论药物信息时，老年人应特别注意以下几个重点：

When discussing medication information with the doctor, elderly patients should pay special attention to the following key points:

重点 (KEY POINTS):

1. 是否按时服药 (WHETHER MEDICATIONS ARE TAKEN ON TIME):

- 病人应该告诉医生他们是否按时服用药物，如果有漏服，应该如实说明。
- Patients should tell the doctor whether they are taking their medications on time and report if they have missed any doses.

2. 是否有副作用 (WHETHER THERE ARE ANY SIDE EFFECTS):

- 病人应告知医生是否感到任何药物的副作用，如头晕、胃痛等。
- Patients should inform the doctor if they are experiencing any side effects from the medications, such as dizziness or stomach pain.

3. 药物效果如何 (HOW EFFECTIVE THE MEDICATIONS ARE):

- 病人应描述药物是否有效控制病情，如血压、血糖等。
- Patients should describe whether the medications are effectively controlling their condition, such as blood pressure or blood sugar.

4. 观察到的变化 (ANY OBSERVATIONS OR CHANGES NOTICED):

- 病人可以告诉医生他们是否观察到任何健康变化，如症状减轻或加重。
- Patients can tell the doctor if they have noticed any changes in their health, such as improvement or worsening of symptoms.

第二部分：提供药物信息 (PROVIDE INFORMATION ABOUT YOUR MEDICATIONS)

当老年患者与医生讨论他们的用药情况时，提供详细的药物信息至关重要。这包括按时服用药物的情况、是否出现任何副作用、药物是否有效控制病情以及是否有任何不适或药物交互作用。尤其对于老年患者，很多人同时服用多种药物，可能会产生副作用或药物相互作用，因此准确汇报用药情况可以帮助医生调整治疗方案，避免潜在风险。

When elderly patients discuss their medications with the doctor, it is crucial to provide detailed information. This includes whether they are taking the medication on time, any side effects they are experiencing, whether the medication is effectively controlling their condition, and if there are any discomforts or drug interactions. For elderly patients, who often take multiple medications, reporting medication use accurately can help doctors adjust treatments and avoid potential risks.

1. 高血压 (hypertension)

常见问题及重点说明 (common issues & key points):

- **按时服药 (taking medication on time):**
患者应说明他们是否按时服用降压药，如果有漏服的情况，应该如实告诉医生。
patients should inform the doctor if they are taking their blood pressure medication on time, and if they have missed any doses.
- **副作用 (side effects):**
常见副作用包括头晕、疲劳、浮肿等，患者应告知医生这些副作用的发生频率和严重程度。
common side effects include dizziness, fatigue, and swelling. Patients should report how often these side effects occur and their severity.
- **药物效果 (effectiveness of medication):**
如果血压控制不佳，患者应告知医生，特别是如果他们的血压仍然不稳定或波动较大。
if blood pressure is not well controlled, patients should inform the doctor, especially if their blood pressure remains unstable or fluctuates significantly.

第二部分：提供药物信息 (PROVIDE INFORMATION ABOUT YOUR MEDICATIONS)

医生 (doctor): "您有没有按时服用降压药?"

"Have you been taking your blood pressure medication on time?"

患者 (patient): "我有时候会忘记服药，但我尽量每天都吃。"

"I sometimes forget to take it, but I try to take it every day."

医生 (doctor): "您通常在每天什么时间吃药?"

"What time do you usually take your medication each day?"

患者 (patient): "我通常在早上吃，有时也在午饭后吃。"

"I usually take it in the morning, but sometimes I take it after lunch."

医生 (doctor): "您的血压控制得怎么样？最近有血压波动吗?"

"How has your blood pressure been controlled? Have you had any fluctuations recently?"

患者 (patient): "有时下午血压会上升。"

"Sometimes my blood pressure rises in the afternoon."

医生 (doctor): "您通常在什么时候测血压?"

"When do you usually check your blood pressure?"

患者 (patient): "我通常早上测，有时在下午。"

"I usually check it in the morning, but sometimes in the afternoon."

医生 (doctor): "您取药时，药剂师有没有详细解释如何服药?"

"Did the pharmacist explain clearly how to take your medication when you picked it up?"

患者 (patient): "有，他们告诉我要每天吃一次，最好在同一时间服用。"

"Yes, they told me to take it once a day, preferably at the same time each day."

医生 (doctor): "您有感到任何副作用吗？比如头晕或者腿部浮肿?"

"Have you been experiencing any side effects, like dizziness or swelling in your legs?"

患者 (patient): "是的，有时候我站起来会头晕，脚踝也有些肿。"

"Yes, I feel dizzy sometimes when I stand up, and my ankles are a bit swollen."

第二部分：提供药物信息 (PROVIDE INFORMATION ABOUT YOUR MEDICATIONS)

当老年患者与医生讨论他们的用药情况时，提供详细的药物信息至关重要。这包括按时服用药物的情况、是否出现任何副作用、药物是否有效控制病情以及是否有任何不适或药物交互作用。尤其对于老年患者，很多人同时服用多种药物，可能会产生副作用或药物相互作用，因此准确汇报用药情况可以帮助医生调整治疗方案，避免潜在风险。

When elderly patients discuss their medications with the doctor, it is crucial to provide detailed information. This includes whether they are taking the medication on time, any side effects they are experiencing, whether the medication is effectively controlling their condition, and if there are any discomforts or drug interactions. For elderly patients, who often take multiple medications, reporting medication use accurately can help doctors adjust treatments and avoid potential risks.

2. 糖尿病 (DIABETES)

常见问题及重点说明 (COMMON ISSUES & KEY POINTS):

- **按时服用降糖药或胰岛素 (taking diabetes medications or insulin on time):**
患者应告知医生他们是否按时服药，是否漏服，并说明是否需要帮助调整用药时间。
The patients should inform the doctor if they are taking their diabetes medication or insulin on time, whether they have missed any doses, and whether they need help adjusting their medication schedule.
- **低血糖或高血糖反应 (low or high blood sugar episodes):**
如果患者出现了低血糖（如手抖、出汗）或高血糖（如口渴、多尿）的症状，应该立即告诉医生。
If patients have experienced low blood sugar (e.g., Shaking, sweating) or high blood sugar (e.g., Thirst, frequent urination), they should inform the doctor immediately.
- **药物控制效果 (effectiveness of medication):**
患者应说明他们的血糖控制情况，特别是在饭后或早晨空腹时是否有血糖波动。
Patients should describe how well their blood sugar is being controlled, particularly if there are fluctuations after meals or in the morning before eating.

第二部分：提供药物信息 (PROVIDE INFORMATION ABOUT YOUR MEDICATIONS)

医生 (doctor): "您有没有按时服用降糖药或注射胰岛素?"

"Have you been taking your diabetes medication or insulin on time?"

患者 (patient): "是的, 我每天都按时服药, 但偶尔忘记注射胰岛素。"

"Yes, I take my medication on time every day, but sometimes I forget to inject my insulin."

医生 (doctor): "您通常在什么时间服用降糖药或注射胰岛素?"

"What time do you usually take your diabetes medication or inject insulin?"

患者 (patient): "我通常在早饭前服药, 胰岛素也是早上注射。"

"I usually take my medication before breakfast, and I inject insulin in the morning."

医生 (doctor): "您每天都测血糖吗?"

"Do you check your blood sugar every day?"

患者 (patient): "是的, 但有时我忘记了。"

"Yes, but sometimes I forget."

医生 (doctor): "您通常在什么时间测血糖?"

"When do you usually check your blood sugar?"

患者 (patient): "我每天早上测一次, 有时饭后也会测。"

"I check it every morning, and sometimes after meals."

医生 (doctor): "您的血糖最近控制得怎么样?"

"How has your blood sugar been controlled recently?"

患者 (patient): "大部分时间还好, 但有时饭后会升高。"

"Most of the time it's okay, but sometimes it spikes after meals."

医生 (doctor): "您有出现过低血糖的症状吗, 比如出汗或头晕?"

"Have you experienced any symptoms of low blood sugar, like sweating or dizziness?"

患者 (patient): "有几次我感到手抖, 出了一身汗。"

"Yes, a few times I felt shaky and broke out in a sweat."

医生 (doctor): "您是否知道如何应对低血糖?"

"Do you know how to manage low blood sugar?"

患者 (patient): "是的, 我通常会吃一点糖或者喝果汁。"

"Yes, I usually eat some sugar or drink juice."

医生 (doctor): "您取药时, 药剂师有没有解释清楚如何正确使用药物和胰岛素?"

"Did the pharmacist explain clearly how to use the medication and insulin properly when you picked them up?"

患者 (patient): "是的, 他们解释得很清楚。"

"Yes, they explained everything clearly."

第三部分：生活习惯的重要性 (THE IMPORTANCE OF DISCUSSING LIFESTYLE HABITS)

生活习惯在疾病管理中起着至关重要的作用。饮食、运动、睡眠质量以及吸烟和饮酒等生活方式因素可能直接影响患者的病情。因此，患者应与医生讨论他们的日常生活习惯，以便医生提供针对性的建议。这些生活习惯的改善有助于更好地管理老年基础病，防止病情恶化。

Lifestyle habits play a crucial role in disease management. Factors such as diet, exercise, sleep quality, and smoking or alcohol consumption can directly affect a patient's condition. Therefore, patients should discuss their daily habits with the doctor so that tailored advice can be provided. Improving these lifestyle habits can help better manage chronic conditions in elderly patients and prevent further complications.

讨论生活习惯时，老年患者应该与医生重点交流：

- **饮食习惯 (DIET HABITS):** 饮食如何影响血糖、血压或体重。
How diet affects blood sugar, blood pressure, or weight.
- **运动习惯 (EXERCISE HABITS):** 适合的运动类型和运动频率。
Suitable types of exercise and how often they exercise.
- **吸烟和饮酒 (SMOKING AND DRINKING):** 这些习惯如何影响疾病管理，以及是否需要调整。
How smoking and drinking impact their condition and whether changes are necessary.



第三部分：生活习惯的重要性 (THE IMPORTANCE OF DISCUSSING LIFESTYLE HABITS)

1. 高血压 (Hypertension)

重点讨论的生活习惯 (Key lifestyle habits to discuss):

- **饮食 (Diet):**
患者应告诉医生他们的饮食习惯，特别是是否摄入过多盐分或高脂肪食物，这会影响血压。
Patients should inform the doctor about their diet, especially if they consume too much salt or fatty foods, as this can affect blood pressure.
- **运动 (Exercise):**
患者应讨论他们的运动频率和类型，医生可以帮助制定适当的运动计划，帮助控制血压。
Patients should discuss their exercise frequency and type. The doctor can help them create a suitable exercise plan to control blood pressure.
- **饮酒与吸烟 (Alcohol and smoking):**
患者应告诉医生他们的饮酒和吸烟习惯，因为这些都会影响心血管健康。
Patients should inform the doctor about their alcohol and smoking habits, as both can negatively affect cardiovascular health.
- **定期监测血压 (Regularly monitoring blood pressure):** 是否定期测量血压，特别是在运动或饮酒后。
Whether they regularly monitor their blood pressure, especially after exercising or drinking.



第三部分：生活习惯的重要性 (THE IMPORTANCE OF DISCUSSING LIFESTYLE HABITS)

医生 (DOCTOR): "您平时的饮食习惯怎么样？是不是吃得很咸？"

"How are your eating habits? Do you eat a lot of salty food?"

患者 (PATIENT): "我喜欢吃咸的食物，特别是零食和腌制品。"
"I like salty food, especially snacks and pickled foods."

医生 (DOCTOR): "高盐饮食会让血压升高，建议您减少盐的摄入，比如少吃咸的零食和腌制食品。"

"A high-salt diet can raise your blood pressure. I recommend cutting down on salt, such as eating fewer salty snacks and pickled foods."

医生 (DOCTOR): "您平时有没有摄入足够的蔬菜和水果？"
"Are you eating enough vegetables and fruits regularly?"

患者 (PATIENT): "不是很经常，我吃蔬菜和水果不多。"
"Not very often, I don't eat many vegetables or fruits."

医生 (DOCTOR): "多摄入蔬菜和水果对心脏和血压有益，您可以尝试在每餐中增加一些绿色蔬菜和水果。"

"Eating more vegetables and fruits is good for your heart and blood pressure. Try to add some greens and fruits to each meal."

医生 (DOCTOR): "您有定期运动吗？通常做什么类型的运动？"
"Do you exercise regularly? What kind of exercise do you usually do?"

患者 (PATIENT): "我有时候散步，但没有固定时间。"

"I go for walks sometimes, but I don't have a regular schedule."

医生 (DOCTOR): "建议您每周至少运动三到四次，比如快走或游泳，这有助于降低血压。"

"I recommend exercising at least three to four times a week, such as brisk walking or swimming. It will help lower your blood pressure."

医生 (DOCTOR): "您是否知道哪种运动最适合您？是否对运动有任何疑问？"

"Do you know which type of exercise is best for you? Do you have any concerns about exercising?"

患者 (PATIENT): "我不太确定，快走对我来说合适吗？"

"I'm not sure, is brisk walking suitable for me?"

医生 (DOCTOR): "快走是非常适合的低强度运动，可以帮助您保持心脏健康。开始时不要太快，逐步增加速度。"

"Brisk walking is a very suitable low-impact exercise that helps keep your heart healthy. Start slowly and gradually increase your pace."

医生 (DOCTOR): "您平时会喝酒吗？吸烟吗？"

"Do you drink alcohol or smoke?"

患者 (PATIENT): "我每天晚上喝一杯红酒，不吸烟。"

"I have a glass of red wine every night, but I don't smoke."

第三部分：生活习惯的重要性 (THE IMPORTANCE OF DISCUSSING LIFESTYLE HABITS)

医生 (DOCTOR): "如果您有吸烟习惯，建议尽早戒烟，因为吸烟会增加心脏病和高血压的风险。"

"If you have a smoking habit, I strongly recommend quitting because smoking increases the risk of heart disease and high blood pressure."

患者 (PATIENT): "我不吸烟，但我有时候和朋友一起喝酒，聚会时喝得有点多。"

"I don't smoke, but sometimes I drink more than usual when I'm with friends at social gatherings."

医生 (DOCTOR): "偶尔喝酒问题不大，但尽量避免一次喝太多酒，这会让血压突然升高。"

"Occasional drinking is fine, but try to avoid drinking too much at once, as it can cause a sudden spike in blood pressure."

医生 (DOCTOR): "您有定期监测血压的习惯吗，特别是在运动或饮酒后？"

"Do you regularly monitor your blood pressure, especially after exercising or drinking?"

患者 (PATIENT): "没有，我只是偶尔测量。"

"No, I only check it occasionally."

医生 (DOCTOR): "建议您养成定期测量血压的习惯，尤其是在您进行运动或喝酒之后，确保血压稳定。"

"I recommend making it a habit to monitor your blood pressure regularly, especially after exercising or drinking, to ensure it stays stable."

医生 (DOCTOR): "您是否尝试过调整饮食，比如减少盐、油腻食物和加工食品的摄入？"

"Have you tried adjusting your diet, such as reducing salt, fatty foods, and processed foods?"

患者 (PATIENT): "我尽量少吃油腻的食物，但有时候忍不住。"

"I try to avoid fatty foods, but sometimes I can't resist."

医生 (DOCTOR): "可以慢慢减少这些不健康食物的摄入，找到健康的替代品，例如用橄榄油代替黄油，或者选择无盐坚果作为零食。"

"You can gradually reduce your intake of these unhealthy foods and find healthier alternatives, like using olive oil instead of butter, or choosing unsalted nuts as snacks."

第四部分：表达其他的担忧 (VOICE OTHER CONCERNS)

在与医生的交流中，老年患者有时可能会忽略自己健康以外的担忧，例如情绪、睡眠、记忆力问题或日常活动的限制。老年患者面临的生活问题可能会直接影响他们的健康状况，因此必须与医生讨论这些方面。医生通过了解这些信息，可以提供更加全面和个性化的护理建议。

In their conversations with doctors, elderly patients may sometimes overlook concerns beyond their physical health, such as emotional well-being, sleep issues, memory problems, or limitations in daily activities. The challenges elderly patients face in daily life can directly impact their overall health, so it's important to discuss these aspects with the doctor. By understanding these concerns, doctors can provide more comprehensive and personalized care recommendations.

- **睡眠问题 (SLEEP ISSUES):** 是否存在失眠、难以入睡或夜间频繁醒来，以及这些问题如何影响日常生活。
Whether they have insomnia, difficulty falling asleep, or wake up frequently at night, and how these issues affect daily life.
- **情绪问题 (EMOTIONAL CONCERNS):** 是否感到情绪低落、焦虑或失去对日常活动的兴趣。
Whether they feel down, anxious, or have lost interest in daily activities.
- **日常活动受限 (LIMITATIONS IN DAILY ACTIVITIES):** 是否因为身体问题导致活动能力下降，是否有跌倒或平衡不稳的情况。
Whether physical issues are limiting their ability to carry out daily activities, or if they've experienced falls or balance issues.
- **记忆力问题 (MEMORY ISSUES):** 是否经常忘记重要事情，是否记忆力下降影响到安全或日常生活。
Whether they frequently forget important things or if memory decline is affecting safety or daily life.



第四部分：表达其他的担忧 (VOICE OTHER CONCERNS)

1. 睡眠问题 (SLEEP ISSUES)

重点 (KEY FOCUS):

- **失眠、难以入睡 (INSOMNIA, DIFFICULTY FALLING ASLEEP):**
患者应向医生描述他们的睡眠问题，例如是否经常失眠、夜间频繁醒来或难以入睡。
Patients should describe their sleep issues to the doctor, such as whether they often experience insomnia, wake up frequently at night, or have difficulty falling asleep.
- **睡眠影响日常生活 (SLEEP AFFECTING DAILY LIFE):**
如果患者因为睡眠不足感到白天疲倦或无精打采，应告知医生以寻求帮助。
If patients feel tired or lethargic during the day due to poor sleep, they should inform the doctor to seek help.

医生 (DOCTOR): "您最近的睡眠情况怎么样？晚上能睡好吗？"

"How has your sleep been recently? Are you sleeping well at night?"

患者 (PATIENT): "最近我很难入睡，醒来后也睡不着，经常半夜醒好几次。"

"I've been having trouble falling asleep lately, and once I wake up, I can't fall back asleep. I wake up several times during the night."

医生 (DOCTOR): "您白天感到疲倦吗？这些睡眠问题有没有影响您的日常生活？"

"Do you feel tired during the day? Have these sleep problems affected your daily life?"

患者 (PATIENT): "是的，我白天经常觉得困，感觉没精神做事情。"

"Yes, I often feel sleepy during the day and lack the energy to do things."

医生 (DOCTOR): "我们可以一起讨论如何改善您的睡眠，可能会通过调整日常作息或者用药来帮助您。"

"We can discuss ways to improve your sleep, which may include adjusting your daily routine or using medication to help."

第四部分：表达其他的担忧 (VOICE OTHER CONCERNS)

2. 情绪问题 (EMOTIONAL CONCERNS)

重点 (KEY FOCUS):

- **情绪低落、焦虑 (FEELING DOWN OR ANXIOUS):**
如果患者经常感到情绪低落或焦虑，甚至影响到他们的日常生活和健康，应告知医生。
if patients frequently feel down or anxious, especially if it affects their daily life and health, they should inform the doctor.
- **兴趣减少 (LOSS OF INTEREST):**
如果患者对平时喜欢的活动失去兴趣或动力，应与医生讨论这种情绪变化。
if patients lose interest or motivation for activities they used to enjoy, they should discuss these emotional changes with the doctor.

医生 (DOCTOR): "您最近的情绪怎么样？有没有觉得情绪低落或焦虑？"

"How have you been feeling emotionally? Have you been feeling down or anxious?"

患者 (PATIENT): "我最近情绪不太好，总觉得心情很低落，对很多事情都没有兴趣。"

"I haven't been feeling great lately. I've been feeling down and haven't had much interest in things."

医生 (DOCTOR): "这些情绪问题持续多久了？有没有影响您的睡眠或日常活动？"

"How long have these feelings been going on? Have they affected your sleep or daily activities?"

患者 (PATIENT): "差不多有几个月了。我白天经常感到很疲倦，也没有什么动力去做事情。"

"It's been going on for a few months. I often feel very tired during the day and have no motivation to do anything."

医生 (DOCTOR): "我建议我们一起考虑一些方案，比如心理支持或调整生活习惯，来帮助您改善情绪。"

"I recommend we explore some options, such as emotional support or adjusting your lifestyle habits, to help improve your mood."

第四部分：表达其他的担忧 (VOICE OTHER CONCERNS)

3. 日常活动受限 (LIMITATIONS IN DAILY ACTIVITIES)

重点 (KEY FOCUS):

- **活动能力下降 (DECREASED MOBILITY):**
如果患者因为关节疼痛、疲劳或其他健康问题导致日常活动受限，应告诉医生。
If patients are experiencing limitations in daily activities due to joint pain, fatigue, or other health issues, they should inform the doctor.
- **跌倒或平衡问题 (FALLS OR BALANCE ISSUES):**
如果患者最近有跌倒或平衡不稳的情况，应该及时与医生讨论以减少受伤的风险。
If patients have experienced falls or balance issues recently, they should discuss these concerns with the doctor to reduce the risk of injury.

医生 (DOCTOR): "您最近有没有感觉到日常活动变得困难，比如走路或上下楼梯？"

"Have you had any difficulty with daily activities recently, like walking or climbing stairs?"

患者 (PATIENT): "是的，我最近走路时经常感到膝盖疼，上楼梯时特别费力。"

"Yes, I've been feeling knee pain when walking lately, and climbing stairs is especially difficult."

医生 (DOCTOR): "您最近有过跌倒或感觉平衡不稳的情况吗？"

"Have you experienced any falls or felt unsteady on your feet recently?"

患者 (PATIENT): "我没有摔倒，但有时候站着的时候觉得不太稳。"

"I haven't fallen, but sometimes I feel unsteady when standing."

医生 (DOCTOR): "我们可以考虑物理治疗来帮助您改善平衡和增加活动能力，同时减少跌倒的风险。"

"We can consider physical therapy to help improve your balance and increase mobility, while reducing the risk of falls."

第四部分：表达其他的担忧 (VOICE OTHER CONCERNS)

4. 记忆力问题 (MEMORY ISSUES)

重点 (KEY FOCUS):

- **健忘、记忆力下降 (FORGETFULNESS, MEMORY DECLINE):**
如果患者经常忘记事情，尤其是重要的约会或日常任务，应与医生讨论是否需要进一步检查。
If patients frequently forget things, especially important appointments or daily tasks, they should discuss whether further evaluation is needed.
- **记忆力影响生活 (MEMORY AFFECTING LIFE):**
如果患者的记忆力问题已经影响到日常生活，特别是影响到安全问题，应引起医生注意。
If memory issues are affecting the patient's daily life, especially in terms of safety, they should bring this to the doctor's attention.

医生 (DOCTOR): "您最近有没有觉得记忆力下降？比如忘记重要的事情或约会？"
"Have you noticed any memory decline recently, like forgetting important things or appointments?"

患者 (PATIENT): "是的，我经常忘记我放东西的位置，也忘记约定的时间。"
"Yes, I often forget where I put things and miss appointments."

医生 (DOCTOR): "这些记忆问题持续多久了？有没有影响到您的日常生活？"
"How long have these memory issues been going on? Have they affected your daily life?"

患者 (PATIENT): "有几个月了，我觉得自己处理事情的速度变慢了。"
"It's been a few months, and I feel like I'm slower at getting things done."

医生 (DOCTOR): "我建议我们做一些认知能力的检查，看看您的记忆力是否有问题，是否需要进一步的治疗。"
"I suggest we do some cognitive tests to see if there's any issue with your memory and whether further treatment is needed."

今天的作业 (TODAY'S HOMEWORK)

2. 练习今天给出的场景对话 (Practice today's mock conversation)

练习时, 可以修改内容, 置换内容, 拓展, 或者采用全新的内容

During practice, you can modify, replace, expand, or use entirely new content.

THANK YOU



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