

## GOING TO A HOSPITAL OR A CLINIC

A hospital is a big building where there are lots of doctors, a big staff, a lot of equipment, it has an emergency room, or an emergency department.

A clinic is a small building where you go to see a doctor. You walk-in a clinic. You don't need an ambulance.

When you go to a hospital first you need to make a check-in (as in a hotel).

The admitting staff work in a check-in. They take you in. They admit you. They do all the paper work.

You have to fill out a lot of forms with your name, information, address and maybe your medical history.

If you need an x-ray they will make you one to check if you have broken something like an arm, a leg...

## **INSURANCE:**

Before travelling, check your policy conditions.

If you have an insurance policy all the medical expenses are given back to you if anything happens.

In many countries, when you go to a hospital, they get you a bill. Medical expenses are very high. Maybe you have to pay upfront (at the hospital at the time).

If you have to go to the surgery maybe you have to pay £50,000. You may think: "well, I've got an insurance".

Some policies will pay the hospital directly, but some will not.

They will reimburse you when you go home ,when you do all the paperwork in your country. So if you go to the hospital, you need to take a credit card with you. They may not leave you the hospital until someone comes to pay for you.

## DOCTORS:

You will be looked after by the attending nurse or a doctor.

They perform a triage. That is, they separate ill people in order of priority. Those who need care fastest, go in first.

The doctor or a nurse look at you and they make a diagnosis. They ask you questions about your symptoms as for example:

- Do you have a fever? (flu)

-Do you have a cough?

-How long have you been feeling like this?

With the diagnosis, they give you a treatment. They prescribe you. With the prescription, you go to a chemist's. If you don't feel better after a few days you should go to the doctor again.

## USEFUL EXPRESSIONS:

Before travelling be aware of your own medical history.

- I'm having an asthma attack. If you had it before, make sure that you know all the vocabulary in relation with asthma before travelling.
- I have a sharp pain here. Sharp means when you feel that a knife or a needle went into you somewhere.
- I have a pain here.
- I have a pain in my stomach.
- I feel dizzy.
- I feel weak, without energy. You are very tired. If you feel weak you have to rest.
- I feel nauseous. You feel you are going to vomit.
- I'm having an allergic reaction.
- I see stars. It means when you see white spots in your eyes.
- I have a cramp. It is when your muscles squeeze together. It is very painful.
- I have a chest pain.
- I think I broke something. Sprained is different. Sprained means almost broken but not broken. It is very painful.
- I'm bleeding from...

I hope this information was helpful for you.

I wish you don't have to use all this vocabulary and expressions in your life. But better safe than sorry.