



UC San Diego Medical Center
Department of Respiratory Services
~ Bedside Spanish for Respiratory Therapists ~

The first edition of UCSD Bedside Spanish for Respiratory Therapists was developed and written by Isaac Zamora RRT, Community Service Liaison, with direction from Xavier Soler MD, Division of Pulmonary and Critical Care.

Additionally, the following UCSD Medical Staff are recognized for their assistance and guidance: Rick Ford B.S., RRT, FAARC, Jan Philips-Clar BS RRT, Garner Faulkner II BS RRT, Rosa Barajas RRT, Eloisa Cutler RRT, Lorena Youngs RRT, Jaime Romero RCP, Trista Kallis RRT, Elsie Collado-Koman MS RRT, Alexis Maguyon RRT, Mrs. Zindy Ruiz-Robles and Mr. Victor Hernandez.

In 2010, The UCSD Department of Respiratory Care identified the need to develop a bedside tool that would help our staff better communicate with their Spanish-speaking patients and their families. This document is a working model of that tool made available to UCSD RCPs as a point-of-care reference. By no means is this intended to be a comprehensive A to Z Medical Spanish Dictionary. Our focus is specific to translating the terms and phrases that Respiratory Therapists commonly use in the clinical setting.

The goal of this bedside tool is to improve patient safety and quality of care by ensuring a higher level of clarity and mutual understanding. We believe that patients need to understand the reasons for a particular medication, therapy, or procedure. Keeping this in mind, the native Spanish-speaking experts that reviewed these translations have stayed clear of “textbook” and “slang” Spanish. Instead, we have opted to use a simple and polite Spanish that most people can understand, regardless of country of origin or level of education.

Case in point... An intubated Spanish-speaking patient was near her two-week mark on a ventilator in our SICU. This patient had done fairly well on previous CPAP trials for multiple days, but this particular morning she looked very weak, and her weaning parameters were worse compared to previous attempts. The surgical team was set to perform a “bedside trach” on her that afternoon. However, when a Spanish-speaking therapist explained to this patient that a tracheotomy was pending, and that she had one more chance to persuade the team to reconsider, everything quickly changed.



There was a conscious and deliberate effort from the patient that was strong enough to deliver some impressive weaning parameters, and a nearly perfect CPAP ABG. Most importantly though, we were able to safely liberate this patient from our ventilator. It would be fair to say that the patient's husband, who gave prior consent for the tracheotomy, was overjoyed to walk into his wife's room and find her smiling, comfortably wearing a nasal cannula.

The ability to share valuable information with this patient helped us avoid an unnecessary surgery, as well as an extended stay on a mechanical ventilator. The experience that was taken from this patient encounter has inspired our department to take a proactive approach with our Spanish-speaking patients. This project will be the first step. We will continue to find ways that strengthen our ability to communicate and improve outcomes for this growing patient population.

Throughout this document, the color **PINK is used to indicate female subjects**, while the color **BLUE is used to indicate male subjects**. Please choose accordingly.

Note: This document will remain electronically accessible to UCSD Practitioners and will be periodically updated as needed. We respectfully offer this bedside tool to our team of UCSD Respiratory Therapists, to provide them with another tool that can assist in improving the quality of treatment, the level of customer service, and the overall experience for our patients who speak only Spanish.

~ Basic Courtesy ~

Good Morning

- **Buenos días**
- **Bwe-nos dee-ahs**

Good Afternoon (early evening)

- **Buenas tardes**
- **Bwe-nas tar-dehs**

Good Evening (late evening)

- **Buenas noches**
- **Bwe-nahs noh-ches**

May I come in?

- **¿Puedo entrar?**
- **¿Pweh-thoh en-trar?**

Mr. / Mrs. / Ms. _____

- **Señor / Señora / Señorita** _____.
- **Sen-yor / Sen-yo-rah / Sen-yo-ree-tah** _____.

Excuse Me (Apology)

- **Disculpe**
- **Dees-kool-peh**

Excuse Me (Pardon me)

- **Con permiso**
- **Kohn per-mee-soh**

Have a good day

- **Que tenga un buen día**
- **Keh ten-gah oon bwen dee-ah**

Please

- **Por favor**
- **Pohr fah-vohr**

Thank You

- **Gracias**
- **Grah-see-ahs**

I'm sorry

- **Lo siento**
- **Lo see-enn-toh**

You're welcome

- **De nada**
- **Deh nah-tha**

Thank you for your patience.

- **Gracias por su paciencia**
- **Grah-see-ahs pohr soo pah-see-en-see-ah.**

~ Introduction ~

Do you speak English?

- **¿Habla usted inglés?**
- **¿Ahb-lah oo-sted een-gless?**

I speak very little Spanish.

- **Hablo muy poquito español.**
- **Ahb-loh mooy poh-kee-toh es-pan-yol.**

If you don't mind, I would like to practice it with you.

- **Si no le importa, me gustaría practicarle con usted.**
- **See no leh eem-por-tah, meh goos-tah-ree-ah prak-tee-kar-loh kohn oo-sted.**

My name is _____.

- **Mi nombre es _____.**
- **Me nohm-breh es _____.**



I am a Respiratory Therapist, a specialist in caring for the lungs.

- Soy **la** / **el** terapeuta de los pulmones, especialista en cuidados respiratorios.
- Soy **la** / **el** ter-ah-pay-oo-tah deh los pul-moh-nes, es-peh-see-ah-lee-sta en kwee-dah-dohs res-pee-rah-tor-ee-os.

You are at UCSD, a hospital in San Diego.

- Usted se encuentra en el Hospital de la Universidad de California, en San Diego.
- Oo-sted seh en-kwen-trah ehn el Os-pee-tal deh la Oo-nee-ver-see-dad deh Ka-lee-for-nee-ah ehn Sahn Dee-eh-go.

You are in the Intensive Care Unit.

- Usted está en la Unidad de Cuidados Intensivos.
- Oo-sted es-ta en la oo-nee-dahd deh kwee-dah-dos een-ten-see-vos.

I will be maintaining your breathing today.

- Hoy estaré controlando su respiración.
- Oy es-tar-eh kon-tro-lahn-do soo res-pee-rah-see-ohn.

I will be back every few hours.

- Volveré cada pocas horas.
- Vol-ver-eh kah-dah poh-kas orr-ahs.

The operation went well.

- La operación salió bien.
- Lah oh-perr-ah-see-ohn sal-ee-oh bee-yen.

You are improving (healing).

- Usted está mejorando.
- Oo-sted es-tah meh-hor-ahn-doh.

You are getting stronger.

- Cada vez está más fuerte.
- Kah-dah ves es-tah mahs foo-err-teh.

You look much better.

- **Lo/La** veo mucho mejor.
- Loh/Lah vey-oh moo-cho meh-hor.

Today, _____ is your nurse.

- Hoy, _____ es su **enfermera** / **enfermero**.
- Oy, _____ es soo **en-fer-mer-ah** / **en-fer-mer-oh**.

Your doctor will be here to see you soon.

- Su doctor vendrá pronto a **visitarla** / **visitarle**.
- Soo dok-tor ven-drah prohn-toh ah **vee-see-tar-lah** / **vee-see-tar-leh**.

Press this button to call the nurse.

- Apriete este botón para llamar a **la enfermera** / **el enfermero**.
- Ah-pree-eh-teh es-teh boh-ton pa-rah yah-mahr ah **la en-fer-mer-ah** / **el en-fer-mer-oh**.

~ Assessment ~

May I listen to your lungs?

- ¿Puedo escuchar a sus pulmones?
- ¿Pweh-doh es-koo-char ah soos pul-moh-nes?

Breathe deeply through your mouth. Again please.

- Respire profundamente por la boca. Otra vez por favor.
- Res-pee-reh pro-foon-dah-men-teh pohr la boh-kah. Otra ves pohr fah-vohr.

Could you give me a strong cough please?

- ¿Podría toser fuerte por favor?
- ¿Poh-dree-ah toh-ser foo-err-teh pohr fah-vohr?

Are you short of breath?

- ¿Le cuesta respirar?
- ¿Leh koo-es-tah res-pee-rar?

Are you having pain?

- ¿Tiene usted dolor?
- ¿Tee-en-eh oo-sted doh-lohr?

Where is the pain exactly?

- ¿Dónde le duele exactamente?
- ¿Dohn-deh leh doo-eh-leh eh-sak-ta-men-teh?

How bad is your pain on a scale from 1 to 10?

- Qué tan intenso es su dolor en una escala de 1 a 10?
- Keh tahn een-ten-so es soo doh-lohr en oo-nah es-ka-lah de uno ah dee-ess?

Do you use oxygen at home? Do you know how much? 2, 3?

- ¿Usa oxígeno en casa? Sabe a cuánto lo lleva? a 2, a 3?
- ¿Oo-sah oak-see-hen-oh ehn ka-sa? Sah-beh ah kwan-toh lo yeh-vah? Ah dohs, ah tres?

Do you smoke cigarettes?

- ¿Fuma usted cigarrillos?
- ¿Foo-mah oo-sted see-gar-ee-ohs?

Did you used to smoke?

- ¿Ha fumado alguna vez?
- ¿Ah foo-mah-tho al-goon-ah ves?

How many packs a day did you smoke?

- ¿Cuántas cajetillas fumaba al día?
- ¿Kwan-tas ka-heh-tee-yahs foo-mah-bah al dee-yah?

How many years did you smoke? 5, 10, 20, 30, 40, 50?

- ¿Cuántos años fumó? Cinco, diez, veinte, treinta, cuarenta, cincuenta?
- ¿Kwan-tos ahn-yos foo-moh? Seen-koh(5), dee-ess(10), vain-teh(20), train-tah(30), kwad-ain-tah(40), seen-kwen-tah(50)?

May I see a finger please? I need to measure your oxygen level.

- Déjeme ver su dedo por favor. Es para comprobar el nivel de oxígeno.
- De-heh-meh vehr soo deh-doh pohr fah-vohr. Es pa-rah kom-pro-bahr el nee-vel deh oak-see-hen-oh.



We are giving you oxygen through this cannula/ this mask.

- **Le estamos dando oxígeno a través de este tubo / esta mascarilla.**
- **Leh es-tah-mos dahn-doh oak-see-hen-oh ah trah-ves deh es-teh too-bow / es-tah mas-kah-ree-ah.**

It is very important that you do not take this cannula/mask off!

- **Es muy importante que no se quite este tubo / esta máscara!**
- **Es mooy eem-por-tan-teh keh no seh key-teh es-teh too-bow / es-tah mas-kah-ree-yah!**

If you remove this oxygen mask, you can cause yourself brain damage!

- **Si usted se quita esta mascarilla, puede causar daño cerebral!**
- **See oo-sted seh kee-tah es-tah mas-kah-ree-yah, pwah-deh kau-sar dawn-yoh seh-reh-bral!**

Are you hot?

- **¿Tiene calor?**
- **¿Tee-eh-neh kah-lor?**

Are you cold?

- **¿Tiene frío?**
- **¿Tee-eh-neh free-oh?**

Would you like a fan?

- **¿Le gustaría un ventilador?**
- **¿Leh goos-tah-ree-ah oon ven-tee-lah-door?**

Would you like a blanket?

- **¿Le gustaría una cobija o manta?**
- **¿Leh goos-tah-ree-ah oon-ah ko-bee-hah oh mantah?**

Do you understand?

- **¿Entiende lo que le digo?**
- **¿En-tee-en-deh loh keh leh dee-go?**

~ Orders/Phrases ~

Cough!

- Tosa!
- Tos-ah!

Don't worry.

- No se preocupe.
- No seh pre-oh-koop-eh.

Squeeze my hand.

- Apriete mi mano.
- Aah-pree-eh-teh mee mah-no.

Breathe slower.

- Respire más despacio.
- Res-pee-reh mahs des-pah-see-oh.

Breathe deep and slow.

- Respire profundo y despacio.
- Res-pee-reh pro-foon-doh ee des-pas-ee-oh.

Try to calm down please.

- Intente calmarse, por favor.
- Een-ten-teh kal-mar-seh pohr fah-vor.

You cannot speak because there is a tube in your throat, that is helping you breathe.

- Usted no puede hablar porque lleva un tubo en su garganta para ayudarla/le a respirar.
- Oo-sted no pweh-deh ab-lar por-keh ye-va oon too-boh en soo gar-gan-tah pa-rah ah-yoo-dar-lah/leh ah res-pee-rar.

It is very dangerous to pull out your fluid or medication lines.

- Es peligroso quitarse las vías usadas para el suero o la medicación.
- Es pel-ee-gro-soh kee-tar-seh las vee-ahs oo-sah-das pa-rah el swe-doh oh la meh-dee-kah-see-ohn.

If you pull out this tube, you could hurt yourself and die.

- **Si usted se quita este tubo, se puede hacer daño y quizás morir.**
- **See oo-sted seh kee-tah es-teh too-boh, seh poo-eh-deh ah-ser dohn-yoh ee kee-sahs moh-reer.**

Your hands are restrained for your safety.

- **Las manos están atadas para su seguridad.**
- **Las mahn-ohs es-tahn ah-tah-dahs pa-rah soo se-goo-ree-dad.**

Don't bite the tube, it is helping you breathe.

- **No muerda el tubo, le esta ayudando a respirar.**
- **No moo-air-dah el too-boh, leh es-tah ay-oo-dan-doh ah res-pee-rar.**

Don't worry.

- **No se preocupe.**
- **No seh pre-ocu-peh.**

~ Ventilator events ~

I'm going to suction the mucus from lungs so you can breathe better.

- **Voy a aspirar la flema de su pulmones para que respire mejor.**
- **Voy ah as-pee-dar la flem-ah deh soo pul-moh-nes pa-rah keh res-pee-reh me-hor.**

You may feel like you need to cough.

- **Es posible que tenga ganas de toser.**
- **Ess pos-ee-bleh keh ten-gah gah-nahs de tos-er.**

Do you need to be suctioned?

- **¿Necesita que **la/le** aspire?**
- **¿Ness-eh-see-tah keh **lah** / **leh** ah-spee-reh?**

I'm going to re-tape this tube for your safety.

- **Voy a poner cinta adhesiva nueva para asegurar el tubo.**
- **Voy ah po-ner seen-tah ah-deh-see-vah noo-weh-vah pa-rah ah-se-goo-dar el too-boh.**

It is very important that you stay still until we finish.

- **Es muy importante que no se mueve hasta que termine.**
- Es mooy eem-por-tan-teh keh no seh moo-eh-ve ah-stah keh ter-meen-eh.

I'm going to give you some medication to help you breathe better.

- **Le voy a dar un medicamento para **ayudarla/ayudarle** a respirar mejor.**
- Leh voy ah darr oon meh-dee-kah-men-toh pa-rah ah-you-dar-lah / ah-you-dar-leh ah res-pee-rar meh-hor.

Do you understand?

- **¿Entiende lo que le digo?**
- ¿En-tee-en-deh loh keh leh dee-go?

~ Weaning Parameters/ CPAP trial ~

We are going to give you a test to see if you can breathe without help from this ventilator.

- **Vamos hacer una prueba para probar si puede respirar sin la ayuda del ventilador.**
- Vah-mos ah-ser oon-ah proo-eh-bah pa-rah pro-bar see pweh-deh res-pee-rar seen la ay-oo-dah del ven-tee-lah-door.

Do you understand?

- **¿Entiende lo que le digo?**
- ¿En-tee-en-deh loh keh leh dee-go?

Focus on deep, slow breathing.

- **Concéntrese en respiraciones profundas y lentas.**
- Kon-sen-treh-seh en res-pee-ra-see-ohn-es pro-foon-das ee len-tas.

We will have you exercise your lungs for another hour.

- **Vamos a tener que hacer ejercicios respiratorios durante una hora más.**
- Vah-mos ah ten-er keh ah-ser eh-her-see-see-ohs doo-ran-teh oon-ah orr-ah mahs.



When you hear the alarm, it is reminding you to breathe deep and slow.

- **Cuando escuche la alarma, es una aviso para que respire profunda y lentamente.**
- **Kwan-doh es-koo-che la al-arm-ah, ess oo-nah ah-vee-soh keh res-pee-reh pro-foon-dah ee lent-ah-men-teh.**

If you do well on these tests, we can pull out the breathing tube.

- **Si salen bien estos ensayos o pruebas, le podremos sacar el tubo para respirar.**
- **See sah-len bee-en ess-tos en-sigh-ohs oh proo-eh-bahs, leh pod-reh-mos sah-kar el too-boh pa-rah res-pee-rar.**

Inhale...More! (for MIP)

- **Inhale. Respira para adentro!...Más!**
- **Een-hal-eh. Res-pee-rah pa-rah ah-den-tro! Mahs!**

Take a very deep breath, and blow it all out.

- **Tome aire profundamente y luego lo echa todo seguido.**
- **Toh-meh ay-reh pro-foon-dah-men-teh ee loo-eg-oh loh ech-ah to-do seh-gee-do.**

As much as possible. Again please.

- **Lo mas que pueda. Otra vez por favor.**
- **Lo mahs keh pweh-thah. Oh-trah ves pohr fah-vor.**

Very Good!

- **Muy bien!**
- **Mooy bee-yen!**

Can you lift your head off the pillow?

- **¿Puede levantar la cabeza de la almohada?**
- **¿Pweh-theh leh-van-tar lah kah-beh-sah de la al-moh-ah-tha?**

~ Motivation for CPAP trials ~

Do you want me to remove this breathing tube?

- **¿Quiere que le quitemos el tubo para respirar?**
- **¿Key-eh-deh keh leh kee-teh-mos el too-voh pa-rah res-pee-rar?**



We are going to give you a test before we can take out the tube that is helping you breathe.

- **Vamos hacer una prueba primero antes de quitarle el tubo que le ayuda a respirar.**
- Vah-mos ah-ser oo-nah proo-ebah pree-me-roh ahn-tes deh key-tar-leh el too-voh keh leh ay-oo-dah ah res-pee-rar.

We will be right here watching you.

- **Estaremos aquí vigilándola / vigilándole.**
- Ess-ta-rem-os ah-kee vee-hee-lan-doh-lah / vee-hee-lan-doh-leh.

Concentrate on slow and deep breathing.

- **Concéntrese en respirar despacio y profundamente.**
- Kon-sen-treh-seh en res-pee-rar deh-spa-see-oh ee pro-foon-da-men-teh.

Don't worry.

- **No se preocupe.**
- No seh pre-oh-koo-peh.

You can do this.

- **Usted puede hacerlo.**
- Oo-sted pweh-deh ah-ser-lo

~ Arterial Blood Gases ~

We need to take an arterial blood sample from your wrist.

- **Tenemos que sacar una muestra de sangre arterial de su muñeca.**
- Ten-eh-mos keh sah-kar oo-nah moo-es-trah de sahn-greh ar-teh-ree-al de soo moon-yeh-kah.

Can you squeeze your hand and make a fist?

- **¿Puede cerrar el puño y apretar la mano?**
- ¿Pwéh-deh seh-rar el poon-yoh ee ah-preh-tar la mah-no?

Squeeze hard!

- **Apriete fuerte!**
- Ah-pree-et-eh foo-er-teh!



I'm going to clean the area first.

- **Voy a limpiar el area primero.**
- **Voy ah leem-pee-ar el ah-rey-ah pree-mer-oh.**

You are going to feel a pinch.

- **Va a sentir un piquete.**
- **Vah ah sen-teer oon pee-keh-teh.**

Try to not move your arm please.

- **Por favor trate de no mover el brazo.**
- **Pohr fah-vohr trah-teh deh no moh-ver el brah-zoh.**

Almost done...

- **Ya casi termino**
- **Ya kah-see ter-mee-noh.**

Very good!

- **Muy bien!**
- **Mooy bee-yen!**

~ Extubation ~

Before any extubation at UCSD, per protocol, a qualified RCP will obtain an order, gather all necessary equipment (Ambu bag, oral suction, High or Low flow oxygen, syringe, etc), hyperoxygenate the patient for at least 60 seconds, suction above and below the cuff, confirm a cuff leak, and explain the extubation process to the patient before proceeding.

I am going to pull out this breathing tube.

- **Voy a sacar este tubo para respirar.**
- **Voy ah sah-kar es-teh too-boh pa-rah res-pee-rar.**

I am going to suction the saliva out of the back of your mouth.

- **Voy a aspirarle el exceso de saliva de la boca.**
- **Voy ah ah-spee-rar-leh el ex-ess-oh deh sah-lee-vah deh la bo-kah.**

Open your mouth please.

- **Abra su boca por favor.**
- **Ah-brah soo bo-kah pohr fah-vor.**



One last time, I need to suction the mucus out of your lungs.

- **Solo una vez más, tenemos que sacar las flemas de los pulmones.**
- **Solo oo-nah ves mahs ten-eh-mos keh sah-kar las flem-as deh los pul-moh-nes.**

I am going to pull out this breathing tube.

- **Voy a sacar este tubo para respirar.**
- **Voy ah sah-kar es-teh too-boh pa-rah res-pee-rar.**

I need you to cough for me when I say so.

- **Necesito que tosa cuando yo le diga.**
- **Neh-seh-see-to keh tos-ah kwan-doh yo leh dee-gah.**

Do you understand?

- **¿Entiende lo que le digo?**
- **¿En-tee-en-deh loh keh leh dee-go?**

Confirm patient readiness by asking...

Are you ready?

- **¿Esta usted *lista/listo*?**
- **¿Es-tah oo-sted *lee-stah/lee-stoh* ?**

Take a deep breath.

- **Respire bien profundo.**
- **Res-pee-reh bee-en pro-foon-doh.**

Pull ET Tube Here...

Cough!

- **¡Tosa!**
- **¡Tos-ah!**

Cough again!

- **¡Tosa otra vez!**
- **¡Tos-ah oh-trah ves!**



I am going to put a cannula (or mask) on to give you more oxygen.

- **Voy a ponerle un tubito (mascarilla) para darle más oxígeno.**
- **Voy ah pon-er-leh oon too-bee-toh (mas-kah-ree-ah) pa-rah dar-leh mahs oak-see-hen-oh.**

It is normal to feel sore in your throat.

- **Es normal sentir una molestia en la garganta.**
- **Ess nor-mahl sen-teer oon-ah moh-leh-stee-ah en lah gar-gahn-tah.**

You should be able to talk in a few hours.

- **Va a poder hablar en pocas horas.**
- **Vas ah poh-der ab-lar en poc-ahs or-ahs.**

Good Job!

- **¡Buen trabajo!**
- **¡Bwen tra-bah-ho!**

~ Incentive Spirometry ~

The doctor has ordered this very important therapy for your lungs.

- **El doctor ha ordenado este tratamiento, que es muy importante para sus pulmones.**
- **El dok-tor ah oar-den-ah-doh es-teh trah-tah-mee-en-toh, keh es mooy eem-por-tahn-teh pa-rah soos pul-moh-nes.**

This machine is going to help open up parts of your lungs that are closed.

- **Esta máquina va a ayudar a abrir zonas de los pulmones que están cerradas.**
- **Es-tah mah-kee-nah vah ah ah-yoo-dar ah ahb-reer zo-nas de los pul-moh-nes keh es-tahn ser-ah-das.**

This machine is going to help prevent your lungs from closing.

- **Esta máquina va a ayudar a evitar que sus pulmones se cierren.**
- **Ess-tah mah-kee-nah vah ah ah-you-dar ah eh-vee-tar keh soos pul-moh-nes se see-eh-ren.**

This machine will help make your cough more effective.

- **Esta máquina va a ayudar a hacer la tos más efectiva.**
- **Es-tah mah-kee-nah vah ah ah-ser la tos mahs eh-fek-tee-vah.**



Place this piece in your mouth.

- **Póngase esta pieza en la boca.**
- **Pon-gah-seh es-tah pee-eh-sah en la bo-kah.**

Inhale slowly and deeply.

- **Inhale despacio y profundo.**
- **Een-ah-leh des-pa-see-oh ee pro-foon-doh.**

Breathe in slower and deeper.

- **Respire mas despacio y mas profundo.**
- **Res-pee-reh mahs des-pah-see-oh ee mahs pro-foon-doh.**

If you feel pain, I can hold the machine while you hug a pillow.

- **Si tiene dolor, puedo detener la máquina, mientras abraza una almohada.**
- **See tee-eh-neh doh-lohr, pweh-doh deh-teh-ner la mah-kee-nah mee-en-tras ah-brah-sah oon-ah ahl-mo-ah-dah.**

We will do ten deep breaths.

- **Tendrá que hacer diez respiraciones profundas.**
- **Ten-drah keh ah-ser dee-ess res-pee-rah-see-oh-nes pro-foon-dahs.**

Take your time.

- **Tómese su tiempo.**
- **To-meh-seh soo tee-em-poh.**

Big cough please .

- **Por favor, tosa fuerte.**
- **Por fah-vor, toh-sah foo-er-teh.**

You need to do this every hour or so.

- **Tiene que hacer esto cada hora más o menos**
- **Tee-eh-neh keh ah-sehr es-toh kah-dah oh-rah mahs oh meh-nos.**

This therapy will help get you home faster.

- **Esta tratamiento le ayudará a regresar a su casa más rápido.**
- **Es-tah trah-tah-mee-en-toh leh ay-oo-dar-ah ah reg-re-sar ah soo kah-sa mahs rah-pee-doh.**

~ MDI or Nebulizer ~

I'm going to give you medication to help you breathe easier.

- **Voy a darle medicina para ayudarlo a respirar mejor.**
- **Voy ah dar-leh meh-dee-seen-ah pa-rah aye-oo-dar-leh ah res-pee-rar meh-hor.**

The medication is called _____.

- **Su nombre es _____.**
- **Soo nom-breh es _____.**

I am going to give you ____ puffs to start.

- **Le daré ____ inhalaciones para empezar.**
- **Leh dah-reh ____ een-al-ah-see-oh-nes pa-rah em-pe-sar.**

When I release the medication, I want you to inhale slowly and deeply, then hold your breath for five seconds.

- **Cuando le suministre el medicamento, respire profundo y despacio y mantenga la respiración durante cinco segundos.**
- **Kwan-doh leh soo-mee-nee-streh el meh-dee-cah-men-to, res-pee-deh pro-foon-doh ee deh-spa-see-oh ee man-ten-gah la res-pee-rah-see-ohn doo-ran-teh seen-coh seh-goon-dos.**

The whistle is saying that you are breathing in too fast.

- **La alarma indica que usted está respirando demasiado rápido.**
- **La ah-lar-mah een-dee-kah keh oo-sted es-tah res-pee-ran-doh deh-mas-ee-ah-doh rah-pee-doh.**

I want you to rinse your mouth with water and spit it out in this container please.

- **Quiero que se enjuague bien la boca con agua y escupa en este recipiente por favor.**
- **Kyeh-doh keh seh en-hoo-ah-geh bee-ehn la boh-kah kon ah-gwah ee es-koo-pah ehn es-teh res-ee-pee-en-teh por fah-vor.**

Breathe through this mouthpiece(nebulizer) for the medication to be effective.

- **Respire a través de esta boquilla (nebulizador) para que el medicamento pueda ser efectivo.**
- **Res-pee-reh ah trah-ves deh es-tah boh-key-ah pah-rah keh el meh-dee-cah-men-toh poo-eh-dah serr eh-fek-tee-voh.**



Breathe through this mask(nebulizer) for the medication to be effective.

- **Respire a través de esta mascarilla (nebulizador) para que el medicamento pueda ser efectivo.**
- Res-pee-reh ah trah-ves deh es-tah mahs-kah-ree-ah pa-rah keh el meh-dee-kah-men-toh poo-eh-dah ser eff-ek-tee-voh.

I will give you the medication right through the tubing(intubated patients).

- **Yo le daré la medicina a través del tubo para respirar.**
- Yo leh dah-reh la meh-dee-see-nah ah trah-ves del too-voh pa-rah res-pee-rar.

~ Chest Physiotherapy ~

We are going to start a therapy to clear the mucus from your lungs.

- **Vamos a empezar un tratamiento para limpiar la flema de sus pulmones.**
- Vah-mos ah em-peh-sar oon trah-tah-mee-en-toh pa-rah leem-pee-ahr la flem-ah de soos pul-moh-nes.

This treatment will make it easier to breathe.

- **Este tratamiento le ayudara a respirar mejor.**
- Es-teh tra-tah-mee-ento le ay-oo-dah-rah ah res-pee-rar meh-hor.

We will do this treatment for 15 minutes.

- **Vamos a hacer este tratamiento durante quince (15) minutos.**
- Vah-mos ah ah-ser es-teh trah-tah-mee-en-toh doo-rahn-teh keen-seh mee-noo-tos.

I need to suction you to clear mucus out of your lungs.

- **Necesito aspirar la flema de sus pulmones.**
- Nes-eh-see-toh ahs-pee-rar la fle-mah de soos pul-moh-nes.

You may feel like you need to cough.

- **Es posible que tenga ganas de toser.**
- Ess pos-ee-bleh keh ten-gah gah-nahs de tos-er.

~ The body ~

The arm

- **El brazo**
- **El brah-soh**

The hand

- **La mano**
- **La mah-noh**

The leg

- **La pierna**
- **La pee-err-nah**

The chest

- **El pecho**
- **El peh-cho**

The back

- **La espalda**
- **La es-pahl-dah**

The spine

- **La columna vertebral**
- **La kol-oom-nah ver-teh-bral**

The bones

- **Los huesos**
- **Los wess-os**

The lungs

- **Los pulmones**
- **Los pul-moh-nes**

The heart

- **El corazón**
- **El koh-rah-son**

The liver

- **El hígado**
- **El ee-gah-doh**

The kidneys

- **Los riñones**
- **Los reen-yon-ess**

The head

- **La cabeza**
- **La kah-beh-sah**

The neck

- **El cuello**
- **El kway-oh**

The brain

- **El cerebro**
- **El seh-reb-ro**

The mouth

- **La boca**
- **La boh-cah**

The teeth

- **Los dientes**
- **Los dee-en-tess**

The throat

- **La garganta**
- **La gar-gan-tah**

The eyes

- **Los ojos**
- **Los oh-hos**

The nose

- **La nariz**
- **La nah-rees**

The stomach

- **El estómago**
- **El ess-to-mah-go**

The surgery

- **La cirugía**
- **La see-roo-hee-ah**

The blood

- **La sangre**
- **La sahn-greh**

The mucus

- **La flema**
- **La flem-ah**

The saliva

- **La saliva**
- **La sah-lee-vah**

The wheezing

- **Las sibilancias/pitos**
- **Las see-bee-lan-see-ahs / pee-tohs**

~ The diseases/ conditions ~

Asthma

- **Asma**
- **Ahs-mah**

AIDS

- **SIDA**
- **See-dah**

Cancer

- **Cáncer**
- **Cahn-ser**

Diabetes

- **Diabetes**
- **Dee-ah-bet-ees**

Heart Disease

- **Enfermedad del corazón**
- **En-fer-meh-dad del koh-rah-sohn**

Heart Attack

- **Ataque del corazón**
- **Ah-tah-keh del koh-rah-sohn**

Tuberculosis

- **Tuberculosis**
- **Too-ber-koo-loh-sees**

Kidney Disease

- **Enfermedad de los riñones**
- **En-fer-meh-dad de los reen-yo-nes**

Liver Disease

- **Enfermedad del hígado**
- **Enn-fer-meh-dad del ee-gah-thoh**

Fever

- **Fiebre**
- **Fee-eb-reh**

Bleeding

- **Sangrado**
- **Sahn-grah-do**

Stroke

- **Embolia cerebral**
- **Em-bohl-ee-ah seh-reh-brahl**

Pneumonia

- **Pulmonía/ neumonía**
- **Pul-moh-nee-ah/ new-moh-nee-ah**

Burn

- Quemadura
- Keh-mah-doo-rah

Pneumothorax

- Neumotórax
- New-moh-torr-ax

~ Time and Days ~

Today is ____ .

- Hoy es ____ .
- Oy ess ____ .

Monday

- Lunes
- Loo-ness

Tuesday

- Martes
- Mar-tess

Wednesday

- Miércoles
- Mee-er-coh-less

Thursday

- Jueves
- Hoo-eh-vess

Friday

- Viernes
- Vee-err-ness

Saturday

- Sábado
- Sah-ba-doh

Sunday

- Domingo
- Doh-meen-goh

Hour

- Hora
- Oar-ah

Minute

- Minuto
- Mee-noo-toh

Day

- Día
- Dee-ah

Morning

- La mañana
- La mahn-yah-nah

Afternoon

- La tarde
- La tar-deh

Night

- Noche
- No-cheh

Tomorrow

- Mañana
- Mon-yah-nah

Yesterday

- Ayer
- Aye-err

~ Numbers ~

One

- **Uno**
- **Oo-no**

Two

- **Dos**
- **Doss**

Three

- **Tres**
- **Thress**

Four

- **Cuatro**
- **Kwah-troh**

Five

- **Cinco**
- **Seen-koh**

Six

- **Seis**
- **Sace (sounds like face)**

Seven

- **Siete**
- **See-eh-teh**

Eight

- **Ocho**
- **Oh-cho**

Nine

- **Nueve**
- **Noo-eh-veh**

Ten

- **Diez**
- **Dee-ess**

Eleven

- **Once**
- **Ohn-seh**

Twelve

- **Doce**
- **Doh-seh**

Thirteen

- **Trece**
- **Threh-seh**

Fourteen

- **Catorce**
- **Kah-tor-seh**

Fifteen

- **Quince**
- **Keen-seh**

Twenty

- **Veinte**
- **Vain-teh**

Thirty

- **Treinta**
- **Train-tah**

Forty

- **Cuarenta**
- **Kwa-ren-tah**

Fifty

- **Cincuenta**
- **Seen-kwen-tah**

Sixty

- **Sesenta**
- **Sess-en-tah**

Seventy

- **Setenta**
- **Seh-ten-tah**

Eighty

- **Ochenta**
- **Oh-chen-tah**

Ninety

- **Noventa**
- **No-ven-tah**

Hundred

- **Cien**
- **See-en**