

Useful Phrases:

I SPEAK SPANISH (A LITTLE)
 GOOD DAY
 GOOD AFTERNOON/EVENING
 GOOD EVENING
 PLEASE SIT DOWN
 PLEASE HAVE A SEAT
 I AM
 MISS, MRS, MR.
 MY NAME IS...
 YOUR NAME PLEASE
 YOUR LAST NAME
 YOUR FIRST NAME
 DO YOU UNDERSTAND ENGLISH?
 DO YOU SPEAK ENGLISH?

Frases Utiles

Hablo espanol (un poco)
 Buenos días
 Buenas tardes
 Buenas noches
 Por favor, sientese
 Por favor, tome asiento
 Yo soy.....
 Senorita, Senora, Senor
 Mi nombre es (or) Me llamo....
 Su nombre por favor?
 Su apellido?
 Su nombre
 Entiende Ingles?
 Habla Ingles?

BLOOD PRESSURE

WITH YOUR PERMISSION... Con su permiso...
 I AM GOING TO... voy a...
 TAKE YOUR BLOOD PRESSURE ...tome su presión
 PLEASE PLACE YOUR ___ ARM HERE Puédale coloca por favor el brazo aquí
 RIGHT.....derecho
 LEFT.....izquierdo
 PLEASE RELAX YOUR ARM Relájese por favor el brazo
 YOUR BLOOD PRESSURE IS Su presión es _____

Blood Pressure Results

(Note: HTN cannot be diagnosed in one reading & goals need to be individualized)

Population	Systolic Pressure	Diastolic Pressure
Adults, normal is	<120	<80
Pre-Hypertension	120-139	80-89
Adults, high is at or above	140	90
Adults 30-59 with high blood pressure	Aim for <140	Aim for <90
Adults 60> with high blood pressure	Aim for <150	Aim for <90
Adults with diabetes or kidney disease	Aim for <140	Aim for <90

I WOULD LIKE TO GIVE YOU SOME INFORMATION ABOUT CONTROLLING YOUR BLOOD PRESSURE :

Te querrío dar alguna informacion...
 ...sobre controlare su presion

BLOOD SUGAR

WITH YOUR PERMISSION...

Con su permiso...

I AM GOING TO TAKE YOUR BLOOD SUGAR LEVEL

...voy a tomaré su azúcar

HAVE YOU BEEN DIAGNOSED WITH DIABETES?

Tuvo diagnosticado con la diabetes ?

WHAT WAS THE LAST MEAL YOU ATE?

¿Cuándo fue la última vez usted comió?

DINNER

Cena

LUNCH(FASTING)

Almuerzo

DID NOT EAT TODAY (FASTING)No comió hoy

CAN I "STICK" THE SIDE OF YOUR FINGER TO GET A DROPLET OF BLOOD
¿Puedo pinchar el lado del dedo?

YOUR BLOOD SUGAR IS

Su azúcar es _____

FOR PATIENTS WITH NO KNOWN DIABETES

If patient is...	Blood sugar reading...	Diagnosis...	Spanish diagnosis...
FASTING	LESS THAN 70	MAY BE HYPOGLYCEMIC	demasiado bajo
FASTING	70-100	NORMAL	Normal
FASTING	100-125	HIGH (May have pre-diabetes, - counseling required)	alto
FASTING	126 OR GREATER	VERY HIGH (may be diabetic, need reading above 126 more than once)	Demasiado alto
NON-FASTING (2 hrs after meal)	140	NORMAL	normal
NON-FASTING (2 hrs after meal)	140-200	HIGH (May have pre-diabetes)	Demasiado alto
NON-FASTING (2 hrs after meal)	200 OR GREATER	MAY HAVE DIABETES (need more than one reading to diagnose)	Puedes tener diabetes

FOR PATIENTS KNOWN DIABETES

If patient is...	Blood sugar reading...	Diagnosis...	Spanish diagnosis...
FASTING	LESS THAN 70	TOO LOW (may be hypoglycemic)	Demasiado bajo
FASTING	70-130	NORMAL (within target range)	Normal
FASTING	Above 130	HIGH (May need medication adjustment)	Alto
NON-FASTING (2 hours after meal)	LESS THAN 140	TARGET	objetivo
NON-FASTING (2 hours after meal)	160 OR GREATER	May need medication adjusted	puede necesitar medicina