

Diabetes Management

by Sophia Tutorial



WHAT'S COVERED

In this lesson, you will learn how to communicate with patients in Spanish regarding their diabetes management. Specifically, this lesson will cover:

1. El Manejo de Diabetes (Diabetes Management)



BEFORE YOU START

Watch the following video to get a preview of the vocabulary you will be learning in this lesson. You will have a chance to practice this interaction later, once you have completed the lesson.

1. El Manejo de Diabetes (Diabetes Management)

The following section will allow you to evaluate patients who have been managing their diabetes, as well as provide you with the terminology you need to evaluate patients to determine whether management is needed. You'll also be able to explain hypoglycemia, hyperglycemia, and common management techniques.

English	Spanish	Pronunciation
Do you know how to use your glucometer?	¿Sabe cómo usar su medidor de glucosa?	sah-bay koh-mo oo-sar sue may-dee-door day glue-koh-sah
When should you check your blood sugars?	¿Cuándo debería chequear el nivel de azúcar en su sangre?	k'wahn-do day-bay-ree-ah chay-kay-are ale nee-bale day ah-sue-car ain sue sahn-gray
Before every meal and at bed time.	Antes de cada comida y al acostarme.	<i>This is a patient response.</i>
Please record your blood sugar readings.	Por favor, anote las lecturas de sus niveles de azúcar.	pour fah-bore ah-no-tay lahs lake-too-rahs day suess nee-bale-ace day ah-sue-car
What have your blood sugars been for the last two weeks?	¿Cuáles han sido los niveles de azúcar en su sangre por las últimas dos semanas?	k'wall-ace ahn see-doe lohs knee-bay-lace day ah-soo-kahr ain sue sahn-gray pour lahs ool-tee-mahs dohs say-mah-nahs
They have been around ____.	Se han encontrado alrededor de ____.	<i>This is a patient response.</i>
Normal for me.	Han sido normales para mí.	<i>This is a patient response.</i>
In the 100s.	En los 100.	<i>This is a patient response.</i>

Do you have your log book?	¿Tiene un diario donde hacer sus anotaciones?	tee- ay -nay oon dee- ah -ree-oh doan -day ah- sair suess ah-no-tah-see- oh -nace
No. I left it at home.	No. Lo dejé en la casa.	<i>This is a patient response.</i>
Yes. Here it is.	Sí, aquí lo tiene.	<i>This is a patient response.</i>
I lost it.	Lo perdí.	<i>This is a patient response.</i>
Are you frequently thirsty?	¿Tiene sed con frecuencia?	tee- ay -nay said cone fray- k'wayne -see-ah
I am going to stick your finger to test your blood.	Lo/la voy a pinchar en el dedo para examinar su sangre.	lo boy ah peen- char ain ale day -doe pah -rah ake-sah-me- nar sue sahn -gray
Do you test your blood sugar?	¿Usted chequea su nivel de azúcar?	oo- staid chay- kay -ah sue knee- bale day ah- sue -car
Do you have dizziness, headache, sweating or find yourself shaking?	¿Padece de mareos, dolor de cabeza, sudor o se consigue temblando?	pah- day -say day ma- ray -ohs doe- lore day kah- bay -sah sue- door oh say cone- see -gay tame-bee- ahn -doo
dizziness	mareos	<i>This is a patient response.</i>
headache	dolor de cabeza	<i>This is a patient response.</i>
sweating	sudor	<i>This is a patient response.</i>
shaking	temblores	<i>This is a patient response.</i>
Call the doctor with signs and symptoms of hypoglycemia (low blood sugar).	Llame al médico cuando observe cualquier señal y síntoma de hipoglucemia (nivel bajo de azúcar en la sangre).	yah -may all may -dee- koh k' wahn -doe oab- sair -bay k'wall-key- air sane- yall ee seen -toe-ma day ee-poe-gloo- say -me-ah (knee- bale bah -ho day ah- sue -car ain la sahn -gray)
The signs of hypoglycemia (low blood sugar) are sweating, weakness, shaking, hunger, cold, confusion, impaired vision, headache, rapid heart rate, anxiety, dizziness, and increased irritability.	Las señales de hipoglucemia (nivel bajo de azúcar en la sangre) son sudor, debilidad, temblores, hambre, frío, confusión, problemas con la visión, dolor de cabeza, ritmo cardíaco rápido, ansiedad, mareos, y mayor irritabilidad.	lahs sane- yall -ace day ee-poe-gloo- say -me-ah (knee- bale bah -ho day ah- sue -car ain la sahn -gray) sone sue- door , day-bee-lee- dodd , tame- blow -race, ahm -bray, free -oh, cone-foo-see- own , proh- blay -mahs cone la bee-see- own , doe- lore day kah- bay -sah, reet -mo car-dee- ah -koh rah -pee-doe, ahn-see-ay- dodd , mah- ray -ohs, ee mah- yore ee-ree-tah-bee-lee- dodd
Call the doctor with signs and symptoms of hyperglycemia (high blood sugar).	Llame al médico cuando observe cualquier señal y síntoma de hiperglucemia (nivel alto de azúcar en la sangre).	yah -may all may -dee- koh k' wahn -doe oab- sair -bay k'wall-key- air sane- yall ee seen -toe-ma day ee-pair-gloo- say -me-ah (knee- bale all -toe day ah- sue -car ain la sahn -gray)
The signs of hyperglycemia (high blood pressure) are increased thirst, increased urination, blurry vision, dry skin, nausea/vomiting, decreased appetite, and drowsiness or fatigue.	Las señales de hiperglucemia (nivel alto de azúcar en la sangre) son aumento de la sed, aumento en la orina, visión borrosa, piel seca, náusea/vómito, reducción del apetito, y somnolencia o fatiga.	lahs sane- yall -ace day ee-pair-gloo- say -me-ah (knee- bale all -to day ah- sue -car ain la sahn -gray) sone aw- main -toe day la said, aw- main -toe ain la oh- ree -nah, bee-see- own bow-row-sah, pee- ale say -kah, nah -ow-say-ah / bow -me-toe, ray-dook-see- own dale ah-pay- tee -toe, ee soam-no- lane -see-ah oh fah- tee -gah
Are you on insulin or oral	¿Está tomando insulina o	ace- tah toe- mahn -doe een-sue- lee -nah oh may-dee-

medication for your diabetes?	medicamentos orales para su diabetes?	kah-main-tohs oh-rall-ace pah-rah sue dee-ah-bay-tace
I take insulin.	Tomo insulina.	<i>This is a patient response.</i>
I take ____ (medication name).	Estoy tomando ____.	<i>This is a patient response.</i>
How much insulin do you take?	¿Qué cantidad de insulina toma?	kay kahn-tee-dodd day een-sue-lee-nah toe-mah
I take ____ units of ____ in the morning.	Estoy tomando ____ unidades de ____ por la mañana.	<i>This is a patient response.</i>
I take ____ units of ____ at breakfast.	Estoy tomando ____ unidades de ____ al desayunar.	<i>This is a patient response.</i>
I take ____ units of ____ at lunch.	Estoy tomando ____ unidades de ____ al almorzar.	<i>This is a patient response.</i>
I take ____ units of ____ at dinner.	Estoy tomando ____ unidades de ____ al cenar.	<i>This is a patient response.</i>
I take ____ units of ____ at bedtime.	Estoy tomando ____ unidades de ____ al acostarme.	<i>This is a patient response.</i>
I am on a sliding scale.	Estoy en una escala deslizante.	<i>This is a patient response.</i>
Your blood sugar is...	Su nivel de azúcar es...	sue knee-bale day ah-sue-car ace
...too low.	...demasiado bajo.	day-mah-see-ah-doe bah-ho
...too high.	...demasiado alto.	day -mah-see-ah-doe all-toe
...normal.	...normal.	nore-mall
Wait here. The doctor will be here in 15 minutes.	Espere aquí. El médico viene en quince minutos.	ace-pay-ray ah-key. ale may-dee-koh bee-ay-nay ain keen-say mee-noo-tohs



TRY IT

Now that you have learned this vocabulary, use the video below to practice interacting with a patient.



SUMMARY

In this lesson, you learned some terminology that you can use to discuss **diabetes management** with patients in Spanish. This language is important because it will help you ensure that your patients can receive the care they need, as well as determine whether adjustments to their current care are necessary.

¡Buena suerte!

Support

If you are struggling with a concept or terminology in the course, you may contact **SpanishforNursesSupport@capella.edu** for assistance.

If you are having technical issues, please contact **learningcoach@sophia.org**.

Source: This content has been adapted from "Spanish for Nurses" by Stephanie Langston.