

NIH Stroke Scale

by Sophia Tutorial



WHAT'S COVERED

In this lesson, you will learn how to conduct a particular type of physical assessment in Spanish. Specifically, this lesson will cover:

1. La Escala del Instituto Nacional de Salud para Evaluar los Ataques (NIH Stroke Scale)



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. La Escala del Instituto Nacional de Salud para Evaluar los Ataques (NIH Stroke Scale)

The following questions and phrases will be helpful when you need to conduct an NIH Stroke Scale assessment.

English	Spanish	Pronunciation
What month is it?	¿En qué mes estamos?	ain kay mace ay-stah-mohs
How old are you?	¿Qué edad tiene? / ¿Cuántos años tiene?	kay ay-dodd tee-ay-nay / k'wahn-tohs ahn-yohs tee-ay-nay
I am (#) years old.	Tengo (#) años.	<i>This is a patient response.</i>
Open and close your eyes.	Abra y cierre sus ojos.	ah-brah ee see-ay-ray suess oh-hos
Show me your teeth.	Muéstreme sus dientes.	m'way-stray-may suess dee-ain-tace
Raise your eyebrows.	Levante sus cejas.	lay-bahn-tay suess say-hahs
Hold your arms out at a (90 degree, 45 degree) angle.	Levante y aguante sus brazos en un ángulo de (90: noventa grados, 45: cuarenta y cinco grados)	lay-bahn-tay ee ah-g'wahn-tay suess brah-sohs ain oon ahn-goo-low day (no-bain-tah grah-dohs, k'wah-rain-tah ee ceen-koh grah-dohs)
Hold your left leg at 30 degrees.	Aguante su pierna izquierda en 30 - treinta grados.	ah-g'wahn-tay sue pee-air-nah ees-key-air-dah ain train-tah grah-dohs

Hold your right leg at 30 degrees.	Aguante su pierna derecha en 30 treinta grados.	ah-g'wahn-tay sue pee-air-nah day-ray-chah ain train-tah grah-dohs
Keep your eyes open.	Mantenga abiertos sus ojos.	mahn-tain-gah ah-bee-air-tohs suess oh-hohs
Point your left pointer finger and hold it in front of you. Touch that finger with your right pointer finger, then touch your nose and then touch your left finger again.	Apunte su dedo índice izquierdo y aguántelo en frente de usted. Toque ese dedo con su dedo índice derecho, luego toque su nariz y luego toque de nuevo su dedo izquierdo.	ah-poon-tay sue day-doe een-dee-say ees-key-air-doe ee ah-g'wahn-tay-low ain frain-tay day oo-staid. toe-kay ay-say day-doe cone sue day-doe een-dee-say day-ray-choh, loo-ay-go toe-kay sue nah-rees ee loo-ay-go toe-kay day noo-ay-bow sue day-doe ees-key-air-doe
Repeat with your right hand in front of you.	Repita con su mano derecha en frente de usted.	ray-pee-tah cone sue ma-no day-ray-chah ain frain-tay day oo-staid
Place your left foot on your right knee. Run your left foot down to the right heel and return it to the right knee.	Coloque su pie izquierdo en su rodilla derecha. Haga pasar su pie izquierdo hacia abajo en dirección de su talón derecho y regrese a la rodilla derecha.	koh-lo-kay sue pee-ay ees-key-air-doe ain sue row-dee-yah day-ray-chah. ah-gah pah-sar sue pee-ay ees-key-air-doe ah-see-ah ah-bah-ho ain dee-rake-see-own day sue tah-loan day-ray-cho ee ray-gray-say a lah row-dee-yah day-ray-chah
Repeat with the right foot.	Repita con el pie derecho.	ray-pee-tah cone ale pee-ay day-ray-choh
Close your eyes. I am going to touch your skin. Please tell me where I touched you.	Cierre sus ojos. Voy a tocar su piel. Por favor, dígame dónde le toqué.	see-ay-ray suess oh-hohs. boy ah toe-car sue pee-ale. Pour fah-boar dee-gah-may doan-day lay toe-kay
left	izquierdo/a	<i>This is a patient response.</i>
right	derecho/a	<i>This is a patient response.</i>
Tell me what you see in this picture.	Dígame lo que ve en esta foto.	dee-gah-may lo kay bay ain ace-tah fo-toe
A woman is washing the dishes.	Una mujer está lavando los platos.	<i>This is a patient response.</i>
The sink is overflowing.	El fregadero está desbordándose.	<i>This is a patient response.</i>
The water is running on the floor.	El agua está cayendo en el piso.	<i>This is a patient response.</i>
The children are getting into the cookies.	Los niños están agarrando las galletas.	<i>This is a patient response.</i>
The boy looks like he will tip over.	Parece que el niño se va a voltear.	<i>This is a patient response.</i>
The mom has her back turned.	La mamá está dando su espalda.	<i>This is a patient response.</i>
glove	guante	<i>This is a patient response.</i>
hand	mano	<i>This is a patient response.</i>
key	llave	<i>This is a patient response.</i>
cactus	cactus	<i>This is a patient response.</i>
feather	pluma	<i>This is a patient response.</i>
chair	silla	<i>This is a patient response.</i>

hammock	hamaca	<i>This is a patient response.</i>
Tell me what I have placed in your hand.	Dígame lo que he colocado en su mano.	dee-gah-may lo kay ay koh-loh-kah-doe ain sue mah-no
spoon	cuchara	<i>This is a patient response.</i>
cup	taza	<i>This is a patient response.</i>
fork	tenedor	<i>This is a patient response.</i>
knife	cuchillo	<i>This is a patient response.</i>
sock	media	<i>This is a patient response.</i>
apple	manzana	<i>This is a patient response.</i>
pen	pluma / bolígrafo / lapicero	<i>This is a patient response.</i>
paper	papel	<i>This is a patient response.</i>
pencil	lápiz	<i>This is a patient response.</i>



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

SUMMARY

In this lesson, you learned some questions and phrases in Spanish that you can use when assessing patients on the **NIH Stroke Scale**. This language is important because it will help you communicate with patients effectively during their physical evaluations.

¡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.