

# Severity, Time of Pain, and Other Questions

by Sophia Tutorial



## WHAT'S COVERED

In this lesson, you will learn how to ask for more information about the pain a patient is experiencing. Specifically, this lesson will cover:

1. Severidad (Severity)
2. Tiempo (Time)
3. Re-evaluación (Reassessment)
4. Otras Preguntas Relacionadas con el Dolor (Other Pain-Related Questions)

## 1. Severidad (Severity)

First, you need to be able to determine how severe the patient's pain is. The following chart provides some language you can use to ask the patient to rate the severity of their pain.

English	Spanish	Pronunciation
Rate the pain on a 1-10 scale with 10 being the worst pain ever.	Califique su dolor en la escala del uno al diez, donde diez es el peor.	kah-lee- <b>fee</b> -kay soo doe- <b>lore</b> ain lah ace- <b>kah</b> -lah dale <b>oo</b> -no ahl dee- <b>ace</b> <b>doan</b> -day dee- <b>ace</b> ale pay- <b>ore</b>
one	uno	<i>This is a patient response.</i>
two	dos	<i>This is a patient response.</i>
three	tres	<i>This is a patient response.</i>
four	cuatro	<i>This is a patient response.</i>
five	cinco	<i>This is a patient response.</i>
six	seis	<i>This is a patient response.</i>
seven	siete	<i>This is a patient response.</i>
eight	ocho	<i>This is a patient response.</i>
nine	nueve	<i>This is a patient response.</i>
ten	diez	<i>This is a patient response.</i>

## 2. Tiempo (Time)

You will also need to know how long the patient has been experiencing the pain. The following chart provides language that you can use to inquire about the time of pain.

English	Spanish	Pronunciation
When did the pain start?	¿Cuándo comenzó su dolor?	<b>k'wahn-doe koh-main-so soo doe-lore</b>
(#) hours ago.	Hace (#) horas.	<i>This is a patient response.</i>
(#) days ago.	Hace (#) días.	<i>This is a patient response.</i>
(#) weeks ago.	Hace (#) semanas.	<i>This is a patient response.</i>
It began yesterday.	Comenzó ayer.	<i>This is a patient response.</i>
It began last night.	Comenzó anoche.	<i>This is a patient response.</i>
It began last week.	Comenzó la semana pasada.	<i>This is a patient response.</i>
How long did it last?	¿Cuánto duró su dolor?	<b>k'wahn-toe doo-row soo doe-lore</b>
It lasted (#) hours.	Duró (#) horas	<i>This is a patient response.</i>
It lasted (#) days.	Duró (#) días.	<i>This is a patient response.</i>
It lasted (#) weeks.	Duró (#) semanas.	<i>This is a patient response.</i>
Has it recurred?	¿Le ocurrió de nuevo?	lay oh-koo-ree-oh day noo-ay-bow
Yes.	Sí.	<i>This is a patient response.</i>
No.	No.	<i>This is a patient response.</i>

## 3. Re-evaluación (Reassessment)

If you are following up on a previous visit, you can use the questions below to ask if the patient's pain has improved since the last time.

English	Spanish	Pronunciation
Did the medication make the pain better?	¿El medicamento mejoró su dolor?	<b>k'wahn-doe koh-main-so soo doe-lore</b>
Did the change in position make the pain better?	¿El cambio en la posición mejoró su dolor?	ale <b>kahm-bee-oh</b> ain lah po-see-see- <b>own</b> may-ho-row soo doe-lore
Did the therapy make the pain better?	¿La terapia mejoró su dolor?	ah tay-rah- <b>pee-ah</b> may-ho-row soo doe-lore
Yes.	Sí.	<i>This is a patient response.</i>
No.	No.	<i>This is a patient response.</i>
A little.	Un poco.	<i>This is a patient response.</i>

## 4. Otras Preguntas Relacionadas con el Dolor (Other Pain-Related Questions)

The following are additional questions you can ask to learn more about a patient's pain.

English	Spanish	Pronunciation
Have you had a recent accident?	¿Ha tenido un accidente recientemente?	ah tay- <b>nee</b> -doe oon ak-see- <b>dain</b> -tay ray-see-ain-tay- <b>main</b> -tay
Yes.	Sí.	<i>This is a patient response.</i>
I fell down.	Me caí.	<i>This is a patient response.</i>
I had a car wreck.	Tuve un choque de carro.	<i>This is a patient response.</i>
No.	No.	<i>This is a patient response.</i>
Do you have a family history of high blood pressure, stroke, or heart disease?	¿Tiene un historial familiar de alta presión de la sangre, ataques, o enfermedades del corazón?	tee- <b>ay</b> -nay oon ee-store-ee- <b>all</b> fah-mee-lee- <b>ahr</b> day <b>all</b> -tah pray-see- <b>own</b> day lah <b>sahn</b> -gray ah- <b>tah</b> -kace oh ain-fair-may- <b>dah</b> -dace dale ko-rah- <b>soan</b>
No.	No.	<i>This is a patient response.</i>
Yes, of... (one of the above)	Sí, de...	<i>This is a patient response.</i>
Yes, my (family member) has...	Sí, mi (family member) tiene...	<i>This is a patient response.</i>
mother / father	madre / padre	<i>This is a patient response.</i>
grandfather / grandmother	abuelo / abuela	<i>This is a patient response.</i>
brother / sister	hermano / hermana	<i>This is a patient response.</i>
son / daughter	hijo / hija	<i>This is a patient response.</i>
uncle / aunt	tío / tía	<i>This is a patient response.</i>
cousin	primo / prima	<i>This is a patient response.</i>
Call me if you need any pain medicine.	Llámemme si necesita algún medicamento para el dolor.	<b>yah</b> -may-may see nay-say- <b>see</b> -tah all- <b>goon</b> may-dee-kah- <b>main</b> -toe <b>pah</b> -rah ale doe- <b>lore</b>
What have you been doing to ease the discomfort?	¿Qué ha estado haciendo para calmar el dolor?	kay ah ay- <b>stah</b> -doe ah-see- <b>ain</b> -doe <b>pah</b> -rah call- <b>mar</b> ale doe- <b>lore</b>
Would you like to take some pain medication?	¿Le gustaría tomar medicamento para el dolor?	lay goose-tah- <b>ree</b> -ah toe- <b>mar</b> may-dee-kah- <b>main</b> -toe <b>pah</b> -rah ale doe- <b>lore</b>
I am going to give you a shot for your pain.	Voy a tratar su dolor con una inyección.	boy ah trah- <b>tar</b> sue doe- <b>lore</b> cone <b>oo</b> -nah een-yake-see- <b>own</b>
I will need to examine you to try to see why you are experiencing pain.	Tendré que examinarlo para tratar de ver por qué está teniendo esos dolores.	tain- <b>dray</b> kay ake-sah-me- <b>nahr</b> <b>pah</b> -rah trah- <b>tar</b> day bear pour kay ace- <b>tah</b> tay-knee- <b>ain</b> -doe <b>ay</b> -sohs doe- <b>lore</b> -ace
How can I make you more	¿Qué puedo hacer para que se	kay <b>p'way</b> -doe ah- <b>sare</b> <b>pah</b> -rah kay say see- <b>ain</b> -tah

comfortable now?	sienta mejor ahora?	may-hor ah-oh-rah
You could give / bring me...	Puede darme / traerme...	<i>This is a patient response.</i>
medicine	la medicina	<i>This is a patient response.</i>
ice pack	la compresa fría	<i>This is a patient response.</i>
heating pad	la compresa calor	<i>This is a patient response.</i>
You could allow me...	Puede permitirme...	<i>This is a patient response.</i>
to rest	descansar	<i>This is a patient response.</i>
to change position	cambiarme de posición	<i>This is a patient response.</i>



## SUMMARY

In this lesson, you learned some important phrases and questions you can use to discuss the **severity of patients' pain**, as well as the **length of time** for which they have been experiencing that pain and how to **reassess** it on a follow-up visit. You also learned some **other pain-related questions** that will help you get more of the information you need from patients in order to best advise them.

¡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.