

Polish Booklet

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It is available as a PDF and is available for printing.

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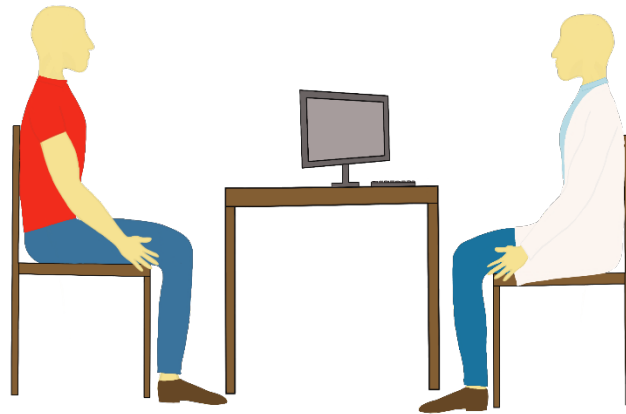
About StudyAid

StudyAid is a student organization at the Jagiellonian University in Krakow. Throughout the academic year we host seminars in the major theoretical subjects: anatomy, physiology, biochemistry, immunology, pathophysiology, supplementing the lectures provided by the university. We are a group of 25 tutors, who are students at JU, each with their own field of specialty. To make our seminars as useful and relevant as possible, we teach in an interactive manner often using drawings and diagrams to help students remember the concepts. In addition to most seminars we create booklets, on which the seminars are based to aid the students in following the presentations. If you have any questions, do not hesitate to contact StudyAid at www.studyaid.no, we are always happy to answer any questions you may have academically related or not.

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Section 1 – Patient Interview



	English	Polish
Introducing yourself to the patient	Hello, I am a medical student and would like to ask you a few questions	Dzień dobry, jestem studentem ¹ /studentką ² medycyny i chciałbym/chciałabym zadać kilka pytań
Chief Complaint	What is the reason for your hospitalization?	Z jakiego powodu Pan/Pani jest w szpitalu?
	What is the reason for your visit to the clinic?	Z jakiego powodu Pan/Pani zgłosił/zgłosiła się do przychodni?
History of Present Illness	Can you describe your symptoms and when did they begin?	Może Pan/Pani opisać objawy i kiedy się zaczęły?
	Does anything make your symptoms better or worse?	Czy coś polepsza lub pogarsza objawy?

Past Medical History	Do you have any chronic illnesses? How long?	Czy Pan/Pani choruje na coś przewlekłe? Od kiedy?
Past Surgical History	Have you had any surgeries and when did they occur?	Czy Pan/Pani miał/miała jakieś zabiegi chirurgiczne i kiedy?
Allergies	Do you have any allergies?	Czy Pan/Pani ma jakieś alergie?
Current Medications	Do you take any medications?	Czy Pan/Pani bierze jakieś leki?
Family History	Does anyone in your family have any chronic illnesses?	Czy ktoś w rodzinie choruje na coś przewlekłe?
Social History	Do you smoke cigarettes?	Czy Pan/Pani pali papierosy?
	Do you drink alcohol?	Czy Pan/Pani pije alkohol?
	Do you use any other drugs?	Czy Pan/Pani używa jakieś inne substancje?
	Do you follow a specific diet?	Czy Pan/Pani stosuje jakąś specjalną dietę?
	Do you exercise regularly?	Czy Pan/Pani prowadzi aktywny styl życia?
	What do you do for work?	Jaki zawód Pan/Pani wykonuje?
Reproductive Health Questions	Is your menstrual cycle regular?	Czy Pani cykl jest regularny?
	Have you ever been pregnant?	Czy była Pani kiedyś w ciąży?

¹Use the word before the forward slash for males

²Use the word after the forward slash for females

Section 2 – Physical examination

2.1 – Different names of examination

2.2 – Instructions for patient during physical examination

2.1 – Different names of examination

English	Polish
Hello! I'm going to examine your..	Dzień dobry, dzisiaj zbadam Pana/Pani
Lymph nodes	Węzły chłonne
Abdomen	Brzuch
Reflexes	Odruchy
Throat	Gardło
Chest	Klatkę piersiową
Heart	Serce

2.2 – Instructions for patients during physical examination

English:

Hello!

Today I'm going to do a physical exam on you. Do you agree to this examination?





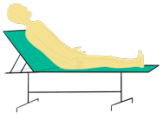


Please tell me if anything hurts during the examination.

Polish:

Dzień dobry,

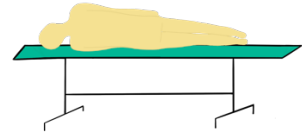
Chce Pana/Panią zbadać. Czy zgadza się Pan/Pani na badanie?

Proszę powiedzieć gdyby coś Pana/Panią bolało podczas badania.

English	Polish	
Please sit up.	Proszę usiąść.	
Please take a deep breath in/out.	Proszę wziąć głęboki wdech/wydech.	
Please open your mouth widely.	Proszę otworzyć szeroko usta.	
Please hold your breath.	Proszę wstrzymać oddech.	
Please lay down on the bed.	Proszę się położyć na łóżku.	
Please raise your left/right/both hand/hands	Proszę podnieść lewą/prawą/obie rękę/ręce	
Please lift up your left/right/both leg/legs	Proszę podnieść lewą/prawą/obie nogę/nogi	

Please lay on your side.

Proszę położyć się na boku



Section 3 – Body System Vocabulary

3.1 – Musculoskeletal and Skin

3.2 – Cardiovascular

3.3 – Respiratory

3.4 – Neurological

3.5 – Gastrointestinal

3.6 – Endocrine

3.7 – Renal and Urinary

3.8 – Reproductive

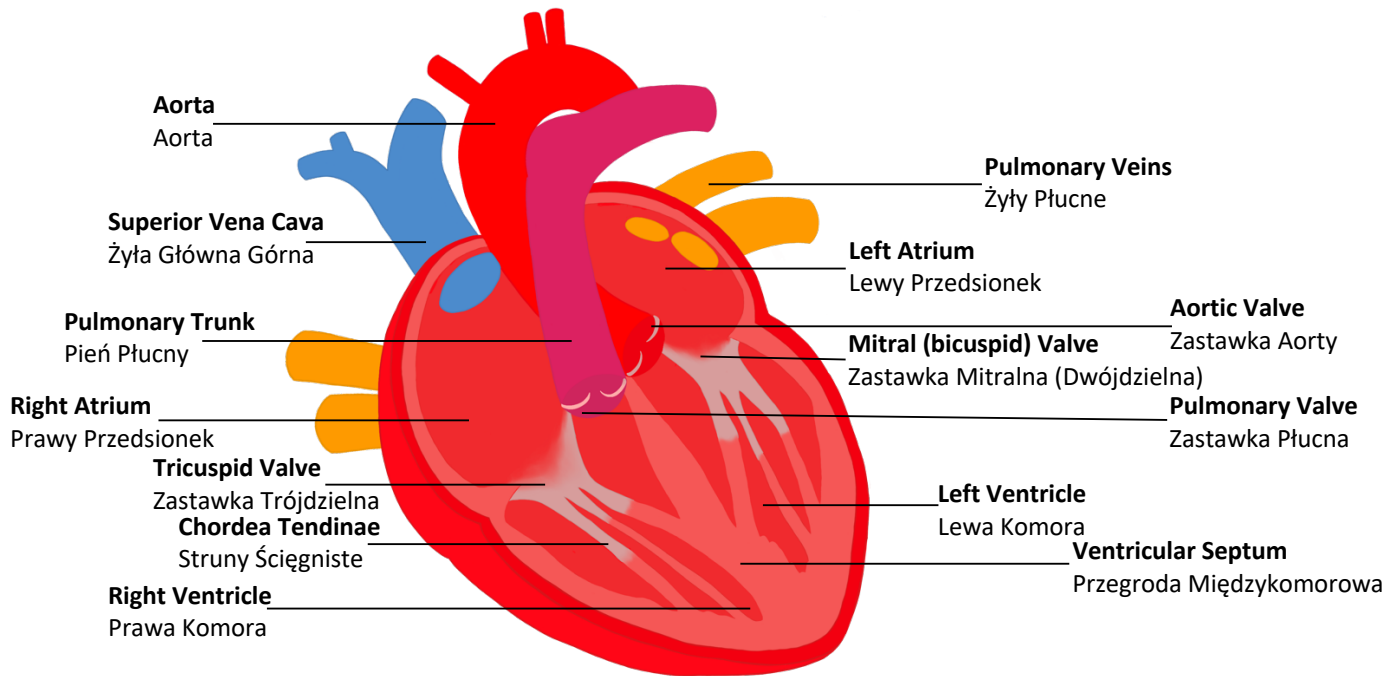
3.1 – Musculoskeletal and Skin

English	Polish
Skin	Skóra
Muscle	Mięsień
Bone	Kość
Joint	Staw
Head	Głowa
Face	Twarz
Eye	Oko
Pupil	Żrenica
Eyelid	Powieka
Ear	Ucho
Nose	Nos

Mouth/Lips	Usta
Tongue	Język
Jaw	Szczeka
Neck	Szyja
Thorax	Tułów
Shoulder	Ramię/Bark
Wrist	Nadgarstek
Hand	Ręka
Fingers	Palce
Thumb	Kciuk
Abdomen	Brzuch
Back	Plecy
Leg	Noga
Knee	Kolano
Foot	Stopa
Toes	Palce (u stóp)
Ribs	Żebra

3.2– Cardiovascular

3.2.1– Heart Anatomy



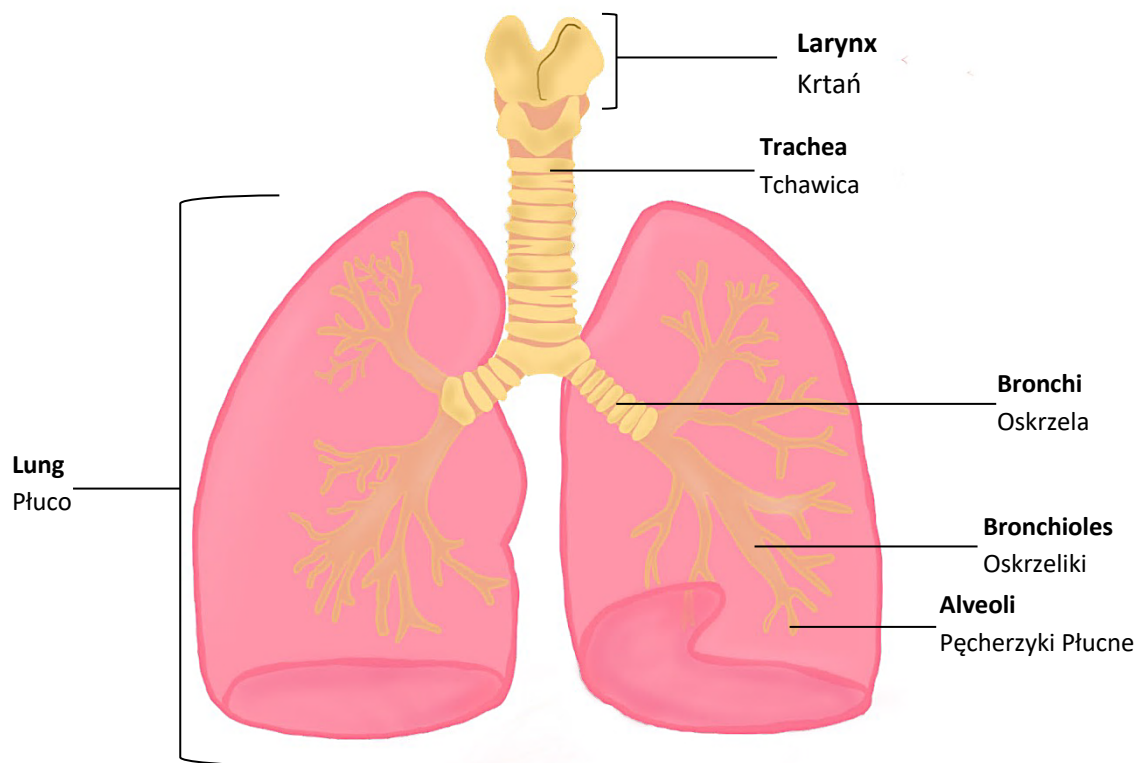
English	Polish
Heart	Serce

3.2.2 – Circulatory System

English	Polish
Artery	Tętnica
Vein	Żyła
Blood	Krew
Serum	Osocze
Blood Pressure	Ciśnienie
Heart Rate	Tętno

3.3 – Respiratory System

3.3.1 – Respiratory System Anatomy



English	Polish
Nasal Septum	Przegroda Nosowa
Sinuses	Zatoki
Pharynx	Gardło

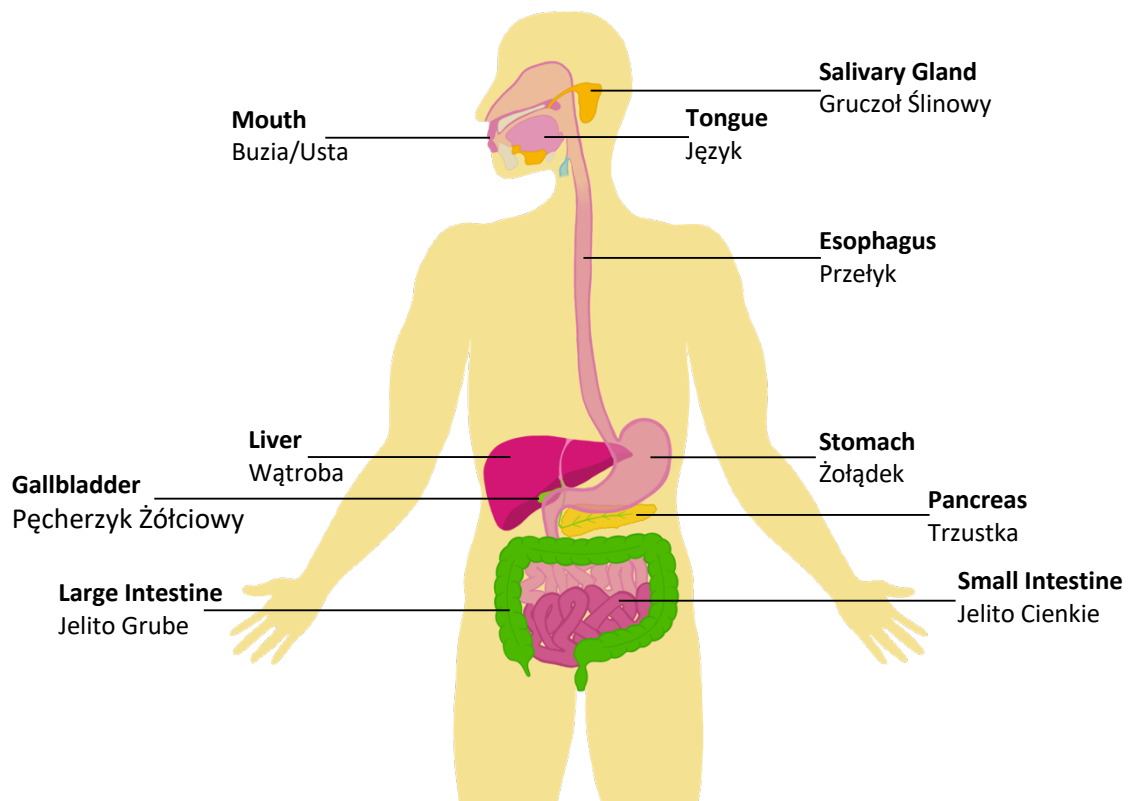
3.4 – Nervous System

3.4.1 – Nervous System Anatomy

English	Polish
Brain/Cerebrum	Mózg
Cerebellum	Móżdżek
Brainstem	Pień Mózgu
Spinal Cord	Rdzeń Kręgowy
Nerves	Nerwy
Central Nervous System (CNS)	Ośrodkowy Układ Nerwowy (OUN)
Peripheral Nervous System	Obwodowy Układ Nerwowy

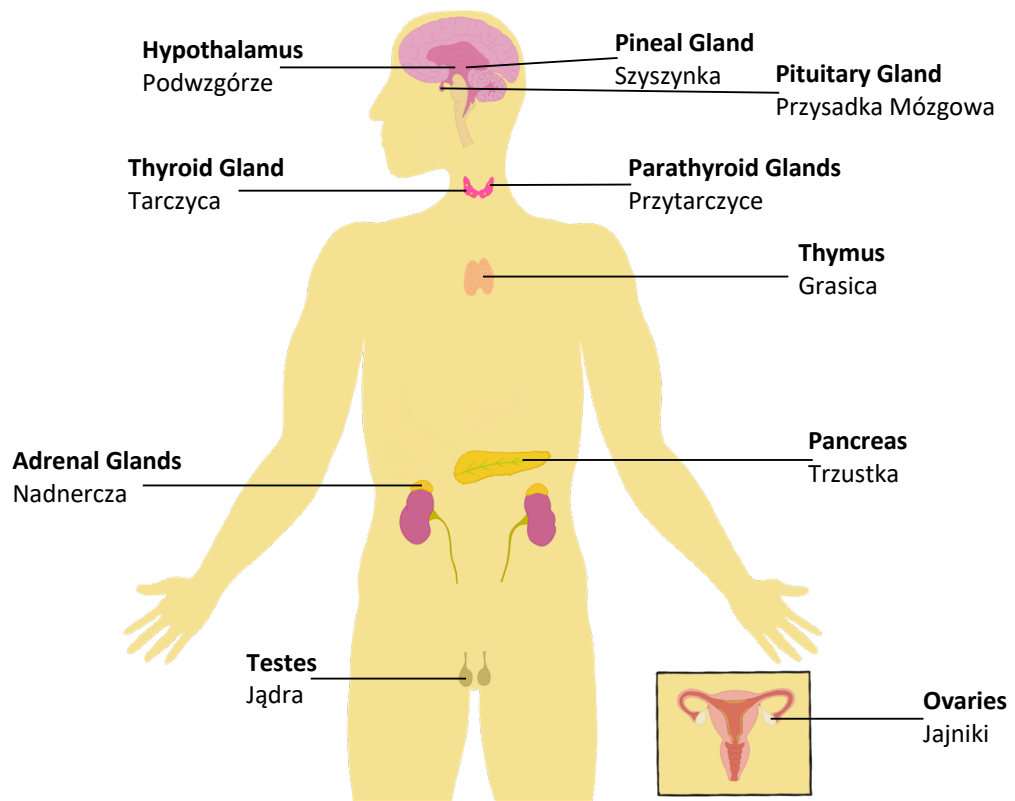
3.5 – Gastrointestinal System

3.5.1 – Gastrointestinal System Anatomy



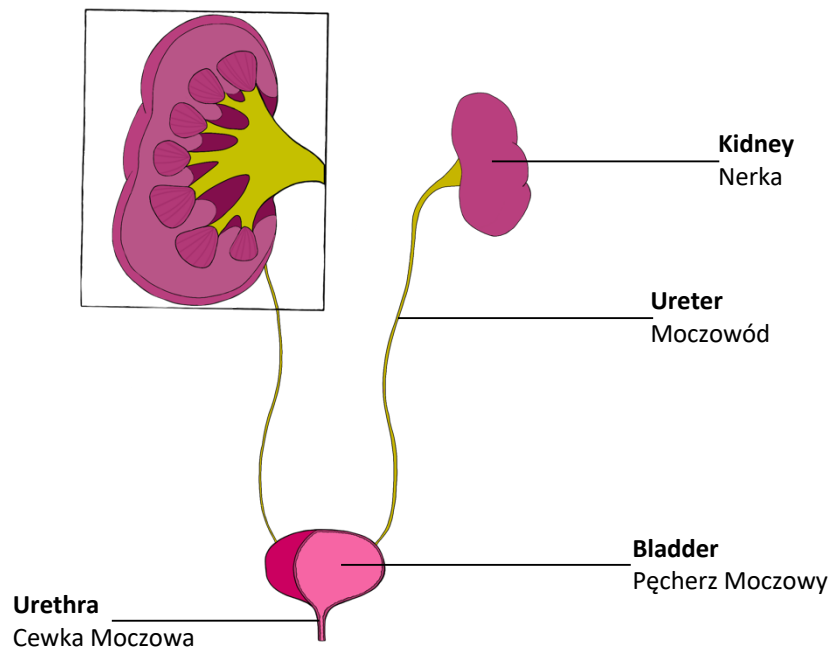
3.6 – Endocrine

3.6.1– Endocrine Organs



3.7 – Urinary System

3.7.1– Urinary System



Section 4 – Wards

Department – oddziały

Clinic – przychodnia

WARDS	
English	Polish
Children's ward	Oddział Dziecięcy
Internal medicine	Oddział Chorób Wewnętrznych
Emergency department	Szpitalny Oddział Ratunkowy (SOR)
Department of Gynecology and Obstetrics	Oddział Ginekologii i Położnictwa
Dermatology department	Oddział Dermatologii
Anesthesiology and Intensive care department	Oddział Kliniczny Anestezjologii i Intensywnej terapii

