

BILINGUAL EYE EXAMINATION

In English and Spanish



Presented by

N. O. S. A.

National Optometric Student Association

University of Houston College of Optometry Chapter

INTRODUCTION

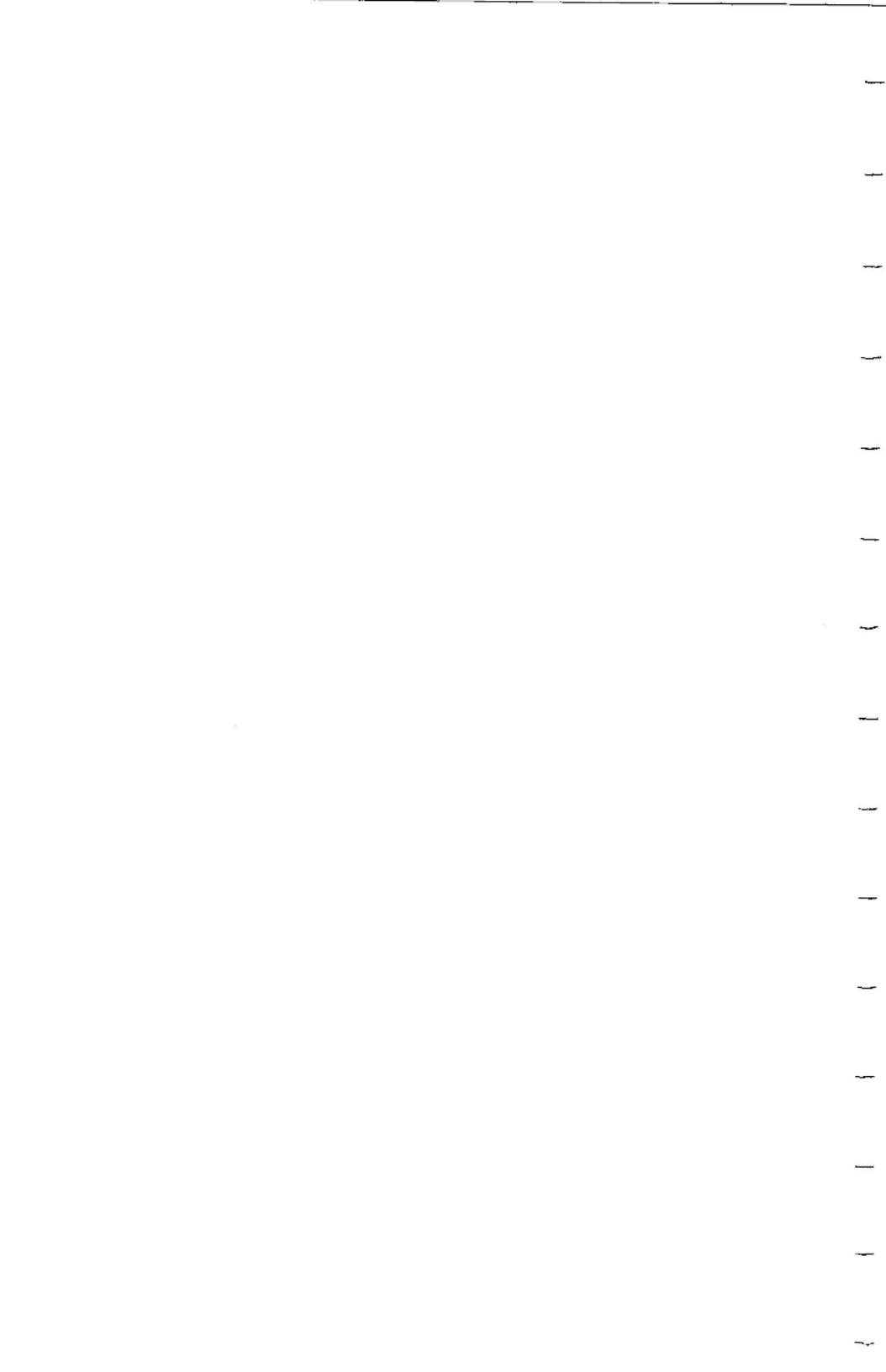
This booklet was prepared in response to the need to improve patient/doctor communication with the large Hispanic population that is often seen at the University of Houston College of Optometry (UHCO). We, members of the National Optometric Student Association (NOSA), hope that this will also help Optometrist and Optometry students outside UHCO.

The aim of this booklet is to enable clinicians to get as much information as possible from the Spanish-speaking patient. Therefore, the format of this booklet is one in which the patient simply responds "si" ("yes") or "no" ("no") to most of the doctor or clinician's questions. We have attempted to include all the questions that a doctor or clinician may want to ask a patient. Unfortunately, this booklet does not contain questions and terms needed for some specialty optometric examinations such as pediatrics, geriatrics, and contact lenses. These special terms will be added in future editions of the booklet.

We advise the doctor or clinician to review the booklet and become accustomed to the flow of conducting a bilingual examination. This will make the first exam, and certainly subsequent bilingual examinations go smoothly, as it eliminates the need to constantly refer to the booklet during the actual exam.

As the editor, I would like to thank the Illinois College of Optometry (ICO) NOSA chapter for the original idea of a Spanish booklet. I would like to thank all members of the UHCO NOSA, past and present, for their contributions to the booklet, especially Lorena Casteneda. I would also like to thank Rogelio Cantu for his help editing this years edition of the booklet.

Sandra Fortenberry, Editor—Opt 2007



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ISHIHARA TEST NUMBERS

As they appear in the test

Twelve	Doce doh-seh
Eight	Ocho Oh-cho
Three	Tres Threhs
Twenty-nine	Veinte nueve vain-theh-noo-eh-veh
Seventy	Setenta Seh-tehn-tah
Five	Cinco Seen-coh
Two	Dos Dohse
Fifteen	Quince Keen-seh
Seventeen	Diecisiete Dee-eh-seh-see-eh-theh
Seventy-four	Setenta cuatro Seh-tehn-tah kwah-thro

CASE HISTORY

Good morning. (afternoon)

Buenos días. (tardes)
Bwehnohs deeahs. (tahrdehs)

What is your name?

¿Cuál es su nombre?
Kwuahl ehs soo nohmbreh?

My name is...

Mi nombre es...
Mee nohmbreh ehs...

Sit down, please.

Siéntese, por favor.
See-ehn-teh-seh pohr fahvohr.

I only speak a little
Spanish.

Yo solamente hablo un
poco de español.
**Yo sohlahmehnteh ahbloh oon
pohkoh deh espahnyohl.**

Please limit your answers
to 'yes' or 'no' when possible.

Por favor limite sus
respuestas a 'sí' o 'no'
cuando sea posible.
**Pohr fahvohr leemeeteh soos
rehs-pwehs-tahs ah see oh no
kwa doh seah pohseebleh.**

Have you been here before?

¿Ha estado aquí antes?
Ah ehstahdoh ahkee ahntehs?

-How long ago?

¿Hace cuánto tiempo?
Ahceh kwantoh tee-ehmpoh?

HELPFUL WORDS AND PHRASES

Follow me please.	Sígame por favor. Seegahmeh pohr fahvohr.
I don't understand.	No entiendo. Noh ehntee-ehndoh.
Do you understand?	¿Entiende usted? Ehntee-ehndeh oosted?
Speak slower please.	Hable más despacio por favor. Ahbleh mahs dehspahseeoh pohr fahvohr.
Look	Mire / Vea Meereh / Veah
Here	Aquí Ahkee
Chin	La barba/ barilla/ mentón La bahrbah/ bahrbeehyah/ mehnton
Forehead	Frente Frehnteh
Eye	Ojo Oh-ho

-How long has it been since you noticed this problem?

-¿Hace cuánto tiempo que ha notado ese problema?

Ahceh kwahnto tee-ehmpoh keh ah nohtahdoh ehsech prohblehmah?

Show me at what distance you read.

Muéstreme a que distancia lee usted.

Mwehstrehmeh ah keh deestahnseeah lee-eh oostehd.

Do you get headaches?

¿Le da dolores de cabeza?

Leh dah dohlohrehs deh cahbehzah?

-Show me in what part of the head.

-Muéstreme en que parte de la cabeza.

Mwehstrehmeh ehn keh pahrteh deh lah cahbehza.

-In the morning, afternoon, or evening?

-¿Por la mañana, tarde o noche?

Pohr lah mah-nyahn-ah, tahrdeh oh nohcheh?

-When you read?

-¿Cuándo lee?

Kwandoh leh-eh?

-At work (school), at home, or both places?

-¿En el trabajo (la escuela), en la casa, o en las dos partes?

Ehn ehl trah-bah-hoh (lah ehskwela), ehn lah cahsah, oh ehn lahs dohs pahrtehs?

Open your eyes more.

Abra los ojos más.
Ahbrah lohs oh-hos mahs.

I am going to examine the eyelids.

Voy a examinar los párpados.
Boy ah ex-ahmeen-ahr lohs pahr-pah-dohs.

Look down.

Mire abajo.
Meereh ahbah-ho.

Look up.

Mire arriba.
Meereh ahreebah.

Blink.

Parpadee.
Pahr-pah-deh-eh.

INTERNALS

I would like to dilate your pupils in order to examine the inside of your eyes.

Quisiera dilatarle las pupilas para examinar el interior de sus ojos.
Keeh-seeh-ehrah deelahtahr lahs poopeelahs pahrah ex-ahmeen-ahr ehl een-teh-ree-hor deh soos oh-hos.

You will not be able to see up close for a couple of hours, is that a problem?

No podrá ver de cerca durante unas horas, está bien?
Noh pohdrah vehr deh cehrkah doorahnteh oo-nahs ohrahs, ehstah bee-ehn?

Do your eyes ever tear?

¿Le lloran los ojos
algunas veces?
**Leh yohrahn los oh-hos
ahl-goonahs vehsehsh?**

Have you ever injured
your eyes?

¿Alguna vez se ha
lastimado los ojos?
**Ahl-goonah vehz she ah
lahstee-mahdoh lohs oh-hos?**

-In what eye?

-¿Cuál ojo?
Kwoo-ahl oh-ho?

-Was it a blow to the eye?

-¿Fue un golpe al ojo?
Fweh oon gohlpeh ahl oh-ho?

-A cut?

-¿Una cortadura?
Oona cohr-tah-doo-rah?

-Or did something enter
the eye?

-¿O le entró algo en el
ojo?
**Oh leh ehntroh ahlgoh ehn ehl
oh-ho?**

Have you ever had any
disease in the eye?

¿Ha tenido alguna
enfermedad en los ojos?
**Ha tehn-eedoh ahl-goomah
ehnfehrmehdad ehn lohs oh-hos?**

-Glaucoma

-Glaucoma
Glaucoma

-Cataracts

-Cataratas
Cah-tah-rah-tas

Tell me when it is directly underneath.

Dígame cuando esté exactamente abajo.

***Deegahmeh kwahndoh ehsteh
ex-ak-tah-mehn-te ah-bah-ho.***

Vertical phoria

Keep this line of letters clear.

Mantenga esta línea de letras clara.

***Mahntehngah ehstah leeneeah
deh lehtrahs klahrah.***

Do you see this second line?

¿Ve la segunda línea?

Veh lah sehgoondah leeneeah?

Is it on top or bottom?

¿Está arriba ó abajo?

Ehstah ahreebah oh ahbah-hoh?

Or is it next to it?

¿Ó está al lado?

Oh ehstah ahl lahdoh?

Are you taking any medicine?	¿Está tomando alguna medicina? <i>Ehstah tohmahndoh ahl-goamah meh-dee-cee-nah?</i>
-Please write the name here.	-Por favor, escriba el nombre aquí. <i>Pohr fahvohr ehscreebah ehl nohmbreh ahkee.</i>
-Since when are you taking it?	-¿Hace cuánto tiempo la toma? <i>Ahseh kwahntoh tee-empoh lah tohmah?</i>
-What do you take it for?	-¿Para qué la toma? <i>Pahrah keh lah tohmah?</i>
Are you pregnant?	¿Estar embarazada? <i>Estahr ehm-bah rah-zah-da?</i>
Do you take contraceptives?	¿Está tomando anticonceptivos? <i>Ehstah tohmahndoh ahn-tee-cohn-ceptee-bos?</i>
Do you have or ever had:	Usted tiene o ha tenido: <i>Oosted tee-ehneh oh ah tehneedo:</i>
-Diabetes	-Diabetes <i>Dee-ahbehtees</i>

Balance

Looking only at the top line, which is better, one or two?

¿Mirando solamente a la línea de arriba, cuál es mejor, uno ó dos

Meerahndoh sohlahmehnteh ah la leeneeah deh ahreebah, kwal ehs meh-hor, oo-noh oh dohs?

Looking only at the bottom one, which is better, one or two?

¿Mirando solamente a la de abajo, cuál es mejor, uno ó dos?

Meerahndoh sohlahmehnteh ah lah deh ahbah-ho, kwal ehs meh-hor, oo-noh oh dohs?

Cross-cylinder fused

Which group of lines are darker, the vertical or horizontal ones?

¿Cuál grupo de líneas es más oscuro, las verticales ó las horizontales?

Kwahl groopoh deh leeneeahs ehs ehl ehstah mahs obscooroh, lahs vehr-tee-cahlehs oh lahs ohree-zohn-tahlehs.

Plus to blur / Minus to blur

Keep this line of letters clear.

Mantenga esta línea de letras clara.

Mahntehngah ehstah leeneeah deh leh-trahs clahrah.

PRELIMINARIES

Visual Acuity

Cover you left/right eye.

Cubra su ojo izquierdo/
derecho.

***Coobrah soo oh-ho
ees-quehr-doh/deh-reh-choh.***

Please read the smallest
letters you can see.

Por favor lea las letras
más pequeñas que pueda ver.

***Pohr fahvohr leh-ah lahs
leh-trahs mahs peh-kehnyahs
keh pwehdah vehr.***

Cover Test

Please look at the letter.

Por favor mire la letra.

Pohr fahvohr meereh lah lehtrah.

Pupil Distance

Please look at my open eye. Mire mi ojo abierto por favor.
Meereh me oh-ho ahbeertoh porh fahvohr.

Color Plates

Please tell me what you see. Por favor dígame lo que ve.
Pohr fahvohr deegahmeh loh keh veh.

Keratometry

Place your chin here. Ponga la barbilla aquí.
Pohngah lah bahrbeeya ahkee.

Place your forehead here. Ponga la frente aquí.
Pohngah lah frehnteh ahkee.

Look into the center of the instrument. Mire al centro del instrumento.
Meereh ahl cehntroh dehl een-stroo-mehn-toh.

Keep both eyes open. Mantenga los dos ojos abiertos.
Mahntehngah lohs dohs oh-hos ah-bee-ehr-tohs.

Versions

Please follow my light with
your eyes without moving
your head.

Por favor siga mi luz con
los ojos sin mover la
cabeza.

*Pohr fahvohr seegah mee
looz cohn lohs oh-hos seen
mohbehr lah cahbehzah.*

Pupillary reflexes

Please look straight ahead
and ignore my light.

Por favor mire hacia
adelante ignore mi luz.

*Pohr fahvohr meereh ah-ceedah
ah-deh-lahnteh eeg-nor-eh
mee looz.*

Confrontations

Please cover your left/right
eye and look at my nose.

Por favor cubra su ojo
izquierdo/derecho y
mire mi nariz.

*Pohr fahvohr coobrah soo oh-
ho ees-querh-doh/deh-reh-choh
ee meereh mee nahreez.*

Tell me when you first see
this.

Aviseme en el instante
en que vea esto.

*Ahveehsemeh ehn ehl ehns
tahnteh keh veh-ah ehstoh.*

Near point of convergence

Please fixate on this and tell
tell me if it doubles.

Por favor fije su vista en
la letra y dígame si se
hace doble.

***Pohr fahvohr feeheh soo veestah
ehh lah lehtrah ee deegahmeh
see seh ahceh doh-bleh.***

Now tell me when you
see one.

Ahora dígame cuando
vea uno.

***Ahohrah deegahmeh kwahndoh
veh-ah oo-noh.***

Near point of accommodation

Please look at these letters
and tell me when they blur.

Por favor mire estas
letras y dígame cuando
se pongan borrosas.

***Pohr fahvohr meereh ehstahs
lehtrahs ee deegahmeh kwahn
doh seh pohh-gahn boh-roh-sahs.***

RETINOSCOPY

Look at the letter 'E'.
(circle)

Mire la letra 'E'.
(el círculo)

***Meereh lah lehtrah 'Eh'.
(ehl ceer-ku-loh)***

Do not look at my light.

No mire mi luz.

Noh meereh mee looz.

Keep both eyes open.

Mantenga los dos ojos
abiertos.

***Mahntehngah lohs dohs oh-hos
ah-bee-ehr-tohs.***

SUBJECTIVE

Read the smallest line of
letters you can see.

Lea la línea de letras más
puequeña que pueda ver.

***Leh-ah lah leeneeah deh leh-trahs
mahs peh-kehnyahs keh pwehdah
vehr.***

Which is better, one or two?

¿Cuál es mejor, uno ó dos?

***Kwahl ehs meh-hor, oo-noh oh
dohs?***

-Kidney problems	-Problemas con los riñones <i>Problehmahs kohn lohs ree-nyohn-ehs</i>
-Thyroid problems	-Problemas con la tiroides <i>Problehmahs kohn lah teer-oy-dehs</i>
-High blood pressure	-Presión alta <i>Prehsee-on ahltah</i>
Do you have allergies to medicine?	¿Es alergico a alguna medicina? <i>Ehs ah-lehr-gee-koh ahl-goonah meh-dee-cee-nah?</i>
-Which one?	¿Cuál? <i>Kwal?</i>
Do you have sinus problems?	¿Tiene sinusitis? <i>Tee-ehneh see-noo-see-tees?</i>

Say 'blurry' when it first blurs.

Diga 'borroso' cuando se ponga borroso.
Deegah 'bohrrohzhoh' kwahndoh seh pohngah bohrrohzhoh.

Can you clear it completely?

¿Puede aclararla completamente?
Pwehdeh ah-clahr-ahr-lah coh-m-pleh-tah-mehn-teh?

PHORIAS

Lateral phoria

Keep this line of letters clear.

Mantenga esta línea de letras clara.
Mahntehngah ehstah leeneeah deh lehtrahs klahrah.

Do you see this second line of letters?

¿Ve la segunda línea de letras?
Beh la sehgoondah leeneeah deh lehtrahs?

Is it to the right or to the left?

¿Está a la derecha ó a la izquierda?
Ehstah ah lah deh-reh-chah oh ah lah ees-quehr-dah?

Or is it directly underneath?

¿Ó está directamente abajo?
Oh ehstah dee-rehk-tah-mehn-teh ah-bah-ho?

-Infection	-Infección Enefksee-on
Have you ever had eye surgery?	¿Ha sido operado de los ojos? Ah seedoh oh-peh-rah-doh de lohs oh-hos?
-When?	-¿Cuándo? Kwahndo?
-For cataracts?	-¿Para cataratas? Pahrah cah-tah-rah-tas?
-Myopia?	-¿Miopía? Mee-oh-pee-ah?
-For something that entered the eye?	-¿Por algo que le entró en el ojo? Pohr ahlgoh keh leh ehntroh eh el eh-ho?
-Strabismus?	-¿Ojos desviados hacia adentro ó hacia afuera? Oh-hos desveeados haseea adentro o haseea afuera?
When was your last medical exam, one or two years?	¿Cuándo fue su ultimo examen medico, hace uno ó dos años? Kwahndoh fweh soo oolteemo exahmehn mehdeeco, ah-ceh oonoh oh dohs ahnyohs?

Lateral and vertical vergence

- | | |
|------------------------------------|--|
| Keep this line of letters clear. | Mantenga esta línea de letras clara.
<i>Mahntengah ehstah leeneeah deh lehtrahs klahrah.</i> |
| Say 'blurry' when it first blurs. | Diga 'borroso' cuando se ponga borroso.
<i>Deegah 'bohrrohzhoh' kwandoh seh pohngah bohrrohzhoh.</i> |
| Say 'two' when it breaks into two. | Diga 'dos' cuando se llegan a ser uno.
<i>Deegah 'dohs' kwandoh seh ye-gan a ser oo-noh.</i> |
| Say 'one' when they become one. | Diga 'uno' cuando se unan de nuevo.
<i>Deegah 'oo-noh' kwandoh seh oonahn deh noo-eh-voh.</i> |

BIOMICROSCOPY

- | | |
|--------------------------------|---|
| I am going to examine the eye. | Voy a examinar el frente del ojo.
<i>Boy ah ex-ahmeen-ahr ehl frehnte dehl oh-ho.</i> |
| Close you eyes. | Cierre sus ojos.
<i>Cee-ehreh soos oh-hos.</i> |

Do you get pain in your eyes?	¿Le da dolor en los ojos? Leh dah dohlohr ehn lohs oh-hos?
-Always?	-¿Siempre? See-ehm-preh?
-Sometimes?	-¿A veces? Ah vehsehs?
-Since when did it begin?	-¿Hace cuánto tiempo le comenzo? Ahseh kwahntoh tee-ehmpoh le cohmenzoh?
-Has it become worse?	-¿Se ha puesto peor? Seh ah pwehstoh peh-ohr?
-During the morning?	-¿Por la mañana? Pohr lah mah-nyahn-ah?
-In the afternoon?	-¿Por la tarde? Pohr lah tahrdeh?
-At night?	-¿Por la noche? Pohr lah nocheh?
Do your eyes ever itch?	¿Siente comenzón a veces en los ojos? Seeh-ehnteh komehsohn ah vehsehs ehn lohs oh- hos?
Do your eyes ever burn?	¿Le arden los ojos algunas veces? Leh ahrdehn los oh-hos ahl-goonahs vehsehs?

I am going to put drops in
your eyes.

Le voy a poner gotas en
los ojos.

***Leh voy ah pohh-ehr gohrahs ehn
lohs oh-hos.***

Look at the red light.

Mire la luz roja.

Meereh lah looz roh-ha.

Look up.

Mire arriba.

Meereh ahreebah.

Look down.

Mire abajo.

Meereh ahbah-ho.

Look up and to the right.

Mire arriba y a la derecha.

***Meereh ahreeba ee ah lah
deh-reh-chah.***

Look up and to the left.

Mire arriba y a la izquierda.

***Meereh ahreeba ee ah lah
ees-quehr-dah.***

Look down and to the right.

Mire abajo y a la derecha.

***Meereh ahbah-ho ee ah lah deh-
reh-chah.***

Look down and to the left.

Mire abajo y a la izquierda.

***Meereh ahbah-ho ee ah lah
ees-quehr-dah.***

Please write your address here.

Por favor escriba su dirección aquí.

Pohr fahvohr ehscreebah soo dee-rehk-see-ohn ahkee.

How old are you?

¿Cuántos años tiene usted?

Kwantohs ahnyohs tee- ehneh oostehd?

When was you last eye exam? One, two, or three years.

¿Cuándo fué su ultimo examen de los ojos?

Hace uno, dos, ó tres años?

Kwando fweh soo oolteemoh exahmehn deh los oh-hos? Ahceh oonoh, dohs, oh trehs ahnyohs?

Do you use glasses or contacts?

¿Usa anteojos ó lentes de contacto?

Oosah ahntea-oh-hos oh lentehs deh cohntahktoh?

-Do you use them for seeing far away or up close?

-¿Los usa para ver de lejos o de cerca?

Lohs oosah pahrah vehr deh leh-hos oh deh cehrakah?

Do you have a problem seeing at a distance?

¿Tiene problemas para ver de lejos?

Tee-ehneh prohblehmahs pahrah vehr deh leh-hos?

-While reading?

-¿Para leer?

Parah lehehr?

Left	Izquierdo(a) Ees-quer-doh(ah)
Right	Derecho(a) Deh-reh-choh(ah)
Light	Luz Looz
Drops	Gotas Gohtahs
Pupil	Pupila Poopeelah
Iris	Iris Eer-ees
Retina	Retina Rehteenah
Glasses	Lentes/ Anteojos/ Gafas Lehntehs/ Ahntea-oh-hos/ Gahfahs
Frame	Armazón Ar-ma-són
Sunglasses	Lentes del sol/ Gafas del sol Lehn-tehs del sohl / Gahfas del sohl
Bifocals	Bifocales Bee-foh-cah-lehs
Trifocals	Trifocales Tree-foh-cah-lehs

HOW TO USE THIS BOOKLET

At the beginning of each section, we have a general heading, denoting the optometric procedure to be covered. On the left column of each page, we have the proposed question in English. On the right column, we have the Spanish equivalent of the questions, as well as a pronunciation guide in *small bold italics*. The pronunciation guide is meant to be read as if one were reading English. The following is a phonetic guide to the specific sounds:

<u>Spanish</u>	<u>English</u>	<u>Example</u>
ee	ê	bee
eh	e	let
ah	a	hat
oh	õ	open
oo	ü	food
ñ	ny	canyon
oy	oi	boy

THE SOUNDS OF THE SPANISH VOWELS

Most authors agree that Spanish pronunciation is much clearer and more uniform than the English. The vowels are clipped short. Even unstressed vowels are pronounced clearly and distinctly. The slurred sound of English a in fireman, for example, never occurs in Spanish. There are five vowels in Spanish that are pronounced as follows:

<u>Vowel</u>	<u>Example</u>
a	father, ask
e	café
i	ma chine
o	tone, open
u	cool, food

Twenty-one	Veinte uno vain-theh oo-noh
Six	Séis See-ehs
Forty-five	Cuarenta cinco Kwah-rehn-tah seen-coh
Seven	Siete See-eh-theh
Sixteen	Dieciséis Dee-eh-see-sehs
Seventy-three	Setenta tres Seh-tehn-tah threhs
Twenty-six	Veinte séis vain-theh see-ehs
Forty-two	Cuarenta dos Kwa-rehn-tha dohs
Four	Cuatro Kwah-thro

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