

Assessing postnatal discomfort and pain, medications and breastfeeding

INSTRUCTIONS FOR STAFF:

This Cue Sheet has been developed to assist midwives and doctors to communicate with postnatal women during times when an interpreter is not easily available.

The written questions and likely possible answers may assist the understanding of non-verbal cues occurring between the woman and the midwife or doctor.

Health care interpreter services in person or by phone are ALWAYS preferable.
This Cue Sheet must only be used short-term until an interpreter is available.

Be aware that not all women are literate, in which case this may not be a useful tool for you. However, there may be a family member who is literate who might help you.

LANGUAGE: **CHINESE** 中文

(for all spoken Chinese languages, eg: Mandarin, Cantonese, Hokkien)



Health

Hunter New England
Local Health District

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ASSESSING POSTNATAL DISCOMFORT AND PAIN, MEDICATIONS AND BREASTFEEDING:

1	Hello, how are you?	Well, OK, tired	Not well: Do you feel any pain ? Do you have a fever ?	No	Yes: Could you show me where you feel pain, please? I will take your temperature.
	你好吗?	好, OK, 累	不太好: 你有感觉到任何疼痛吗? 你发烧了吗?	没有	有: 你能告诉我哪里感觉到疼痛吗? 我会检查你的体温。
2	Do you have period-type pain ?	No	Yes: Has your bleeding increased with the pain?	No	Yes: Could I see your pads please? Could I feel your abdomen to check your uterus , please?
	你有像月经期一样的疼痛吗?	没有	有: 您的出血是否随着疼痛而增加?	没有	有: 请问我可以检查你的卫生巾吗? 请问我可以触摸你的腹部检查你的子宫吗?
3	Do you have pain with the sutures (stiches) in your perineum ?	No	Yes: Could I see your sutures to check they are healing well, please?		I could give you a small ice-pack to help ease pain and swelling, OK?
	您的会阴部缝线(针迹)会疼痛吗?	没有	有: 我可以检查你的缝线是否愈合好了吗?		我可以给你一个小冰袋帮助缓解疼痛和肿胀, 好吗?
4	Do you have pain around your Caesarean wound ?	No	Yes: Could I see your wound, please?		
	你的剖宫产伤口周围会有疼痛吗?	没有	有: 我能检查你的伤口吗?		

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5	Would you like some tablets/injection to help ease your pain ?	No	Yes: I can give you	No	Yes: We could do something else
	你想要一些片剂/注射剂来缓解疼痛吗?	没有	有: 我可以给你	不要	要: 我们可以用另一种方式来做.....
6	Are you allergic to any medications or anything else?	No	Yes: Please tell me		
	您对任何药物或其他任何物质过敏吗?	没有	有: 请告诉我		
7	Do you have wind pain (common following Caesarean birth)?	No	Yes: It helps to move about and drink water. I could give you some peppermint water which might help.	OK Yes	I will fill your water jug. I will get it for you now.
	你有（剖腹产后常见的）风痛吗?	没有	有: 走动喝水也有帮助。 我可以给你一些薄荷水，这可能有帮助。	OK 好	我会把你的水壶装满。 我现在为你去拿。
8	Do you feel nauseated or need to vomit ?	No	Yes: Would you like a tablet or injection to stop the nausea?	No	Yes: I will get it for you now.
	你感到恶心，可能需要呕吐吗?	没有	有： 你想使用片剂还是注射来阻止恶心?	不要	要: 我现在为你去拿。
9	Do you have a headache ?	No	Yes: Drink water and other fluids, and plan to get rest between feeding your baby. I will fill your water jug.		I will take your blood pressure.
	你有头痛吗?	没有	有： 喝水和其他液体，并计划在喂养宝宝之间休息。 我会把你的水壶装满		我会检查你的血压。

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10	<p>Do you have burning or stinging pain when you pass urine (water)?</p> <p>Have you passed urine since your catheter was removed?</p> <p>Are you passing normal amounts of urine?</p>	<p>No</p> <p>Yes</p> <p>Yes</p>	<p>Yes: Do you need to pass small amounts of urine frequently?</p> <p>No: Please try to pass urine soon.</p> <p>No: Next time, please pass urine into this jug and leave in the room over there.</p>	<p>No</p> <p>Yes</p>	<p>Drink water and other drinks, OK?</p>
	<p>当您排尿（水）时，是否有灼痛或刺痛的疼痛。</p> <p>你的导尿管被取出后有尿吗？</p> <p>你排放的尿液正常量吗？</p>	<p>没有</p> <p>有</p> <p>有</p>	<p>有：你需要经常少量尿吗？</p> <p>否：请尽量尽快排尿。</p> <p>否：下次请把尿液放进这个水罐里，然后把它放在房间里。</p>	<p>没有</p> <p>有</p>	<p>喝水 和其他饮料，好吗？</p>
11	<p>Do you have pain in your lower leg?</p>	<p>No</p>	<p>Yes:</p> <p>Could you show me please?</p>		
	<p>你的小腿疼吗？</p>	<p>没有</p>	<p>有：</p> <p>你能给我看看吗？</p>		
12	<p>Have you ever had any blood clots in your legs or lungs before?</p> <p>It will help to wear these firm stockings to prevent blood clots, OK?</p>	<p>No</p> <p>No</p>	<p>Yes:</p> <p>What treatment did you have?</p> <p>Yes, OK</p>		
	<p>你有过在你的腿或肺之前的任何血块？</p> <p>穿这些坚定的丝袜可以帮助预防血块，好吗？</p>	<p>没有</p> <p>不要</p>	<p>有：</p> <p>你做了什么治疗？</p> <p>要：OK 好的</p>		

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13	Are you taking iron tablets to increase iron levels in your blood after your blood loss at the birth?	<p>Yes</p> <p>No</p>	<p>They work best if taken with Vitamin C, and 2 hours before or after:</p> <ul style="list-style-type: none"> ○ Tea, coffee, coke ○ Antibiotics ○ Methyldopa (<i>Aldomet</i>) for high blood pressure 		
	在宝宝出生之后，您有失血液，你有吃 铁片 提高血液中的铁含量吗？	<p>有</p> <p>没有</p>	<p>想要它最有效，这些铁片应该与维生素 C 一起服用，并且在前后 2 小时可使用：</p> <ul style="list-style-type: none"> ○ 茶，咖啡，可口可乐饮料 ○ 抗生素 ○ 甲基多巴（Aldomet）用于高血压 		
14	You are taking antibiotics , please tell me if you feel unwell, have any itchy rashes or swelling anywhere	I am well	<p>I do not feel well :</p> <p>Explain how you feel</p> <p>Please show me your rash or swelling</p>		
	你正在服用 抗生素 ，如果你感觉不舒服或任何地方有任何瘙痒或肿胀，请告诉我。	我还好	<p>我不舒服：</p> <p>请说明你的身体感觉如何？</p> <p>请让我看你哪里有的皮疹或肿胀。</p>		

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15	How often is your baby feeding ?		Every hour? About every 2-3 hours? More than 3 hours between feeds?	No No No	Yes Yes Yes: Try feeding your baby every 3 hours
	你的宝宝多久喂一次?		每隔一小时? 大概每 2-3 个小时? 饲料之间超过 3 小时?	无 无 无	是 是 是: 尝试每 3 个小时喂宝宝一次
16	How many wet nappies today?		1 - 2 - more than 3		
	今天有多少湿尿布?		1 - 2 - 超过 3		
17	What colour are baby bowel motions today?		Black - Dark green Light green - Yellow		Show me please
	今天宝宝的粪便是什么颜色的?		黑色 - 深绿色 浅绿色 - 黄色		请让我看看
18	Do you have pain in your breasts or nipples ?	No	Yes: Could I see your breasts please? Do your nipples hurt when you breastfeed your baby?	No	Yes: Could I see how your baby is feeding next time you breastfeed? Please call me with this buzzer. Could I please help you with the position of your baby or your breast to breastfeed?
	你的乳房或乳头疼痛吗?	无	有: 我可以查看你的乳房吗? 当你母乳喂养你的宝宝时, 乳头会疼吗?	不要 不会	可以: 我可以检查你下一次如何哺乳宝宝吗? 请用这个蜂鸣器装置敲响我。我可以帮你检查您宝宝的位置或您如何使用乳房母乳喂养, 好吗?

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19	Would you like me to help you when you breastfeed next time?	No	Yes: Could I see how your baby is feeding next time you breastfeed? Please call me with this buzzer. Could I please help you with the position of your baby or your breast to breastfeed?	No	
	当你下次哺乳时，你想我帮你吗？	无必	可以： 我可以检查你下一次如何哺乳宝宝吗？ 请用这个蜂鸣器装置敲响我。 我可以帮你检查您宝宝的位置或您如何使用乳房母乳喂养，好吗？	无必	
20	May I show you how to express milk for your baby?	No	Yes: I will show you how you can do this yourself		May I touch your breasts to help you express milk for baby?
	我可以做让你看看怎么为你的宝宝挤快速母乳奶吗？	无必	可以： 我会教你如何自己做		我可以触摸你的乳房来帮助你为宝宝挤出快速母乳奶吗？
21	Have you had any breast surgery or other breastfeeding problems in the past?	No	Yes: Would you like to see a breastfeeding specialist while in hospital?	No	Yes
	您过去有没有乳房手术或其他母乳喂养问题吗？	无	有： 你想在医院看母乳喂养专家吗？	无必	要