

NCLEX-RN + Clinical Spanish

Bilingual Combo Guide

50 NCLEX Terms Translated + 50 Clinical Spanish Phrases

Top 50 NCLEX concepts with Spanish translations & pronunciations

50 clinical Spanish phrases with NCLEX nursing context

10 printable bilingual quick-reference cards

Teal x Spanish Orange design -- nursing meets language learning

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How to Use This Combo Guide

This 2-in-1 guide bridges nursing knowledge and clinical Spanish. Part 1 gives you the top 50 NCLEX terms with Spanish translations -- learn the clinical vocabulary you need for the exam AND for Spanish-speaking patients simultaneously. Part 2 gives you 50 clinical Spanish phrases with direct NCLEX context -- know exactly when and how a nurse uses each phrase.

Part 3 provides 10 printable bilingual quick-reference cards covering vitals, pain assessment, medication administration, and emergencies. Print, laminate, and keep in your pocket or at the nurses' station.

How to use: Study 5 terms and 5 phrases per day. In 10 days, you'll have mastered 100 bilingual clinical concepts. This approach reinforces both NCLEX prep and real-world communication skills simultaneously.

Spanish Pronunciation Guide

'a'	= ah (like father)
'e'	= eh (like bet)
'i'	= ee (like see)
'o'	= oh (like go)
'u'	= oo (like boot)
'h'	= always silent
'j'	= strong h (like loch)
'll'	= y sound (like yes)
'n (tilde)'	= ny (like canyon)
'rr'	= rolled r

PART 1. NCLEX Terms with Spanish Translations

50 high-yield NCLEX concepts -- each with clinical significance, Spanish equivalent, and pronunciation. Study these for the NCLEX while building your clinical Spanish vocabulary simultaneously.

Myocardial Infarction

Priority: assess pain, administer O2, aspirin, nitro, morphine. Monitor cardiac enzymes.

Espanol: Infarto al miocardio

[een-FAHR-toh ahl mee-oh-KAHR-dee-oh]

Pulmonary Embolism

Sudden dyspnea, chest pain, hemoptysis. Priority: O2, elevate HOB, anticoagulants.

Espanol: Embolia pulmonar

[ehm-boh-LEE-ah pool-moh-NAHR]

Stroke / CVA

FAST assessment. Priority: CT scan, tPA within 3-4.5 hrs, BP management.

Espanol: Derrame cerebral / ACV

[deh-RAAH-meh seh-reh-BRAHL / ah-seh-VEH]

Hypoglycemia

BG <70 mg/dL. Priority: give 15g fast-acting carbs, recheck in 15 min.

Espanol: Hipoglucemia

[ee-poh-gloo-SEH-mee-ah]

Hyperglycemia

BG >200 mg/dL. Monitor for DKA: fruity breath, Kussmaul respirations.

Espanol: Hiperglucemia

[ee-pehr-gloo-SEH-mee-ah]

Anaphylaxis

Priority: epinephrine IM, airway management, O2, IV fluids, antihistamines.

Espanol: Anafilaxia

[ah-nah-fee-LAHK-see-ah]

Sepsis

SIRS criteria + confirmed infection. Priority: blood cultures, broad-spectrum abx, lactate, fluids.

Espanol: Sepsis / Septicemia

[SEHP-sees / seh-p-tee-SEH-mee-ah]

Congestive Heart Failure

Left-sided: pulmonary congestion. Right-sided: peripheral edema, JVD. Daily weights.

Espanol: Insuficiencia cardiaca congestiva

[een-soo-fee-see-EHN-seeah kahr-DEE-ah-kah kohn-hehs-TEE-vah]

Deep Vein Thrombosis

Unilateral leg swelling, warmth, redness. Risk: PE. Treatment: anticoagulants.

Espanol: Trombosis venosa profunda

[trohm-BOH-sees veh-NOH-sah proh-FOON-dah]

Pneumonia

Fever, productive cough, crackles. Priority: sputum culture, antibiotics, O2.

Espanol: Neumonia

[neh-oo-moh-NEE-ah]

Acute Kidney Injury

Sudden decrease in renal function. Monitor BUN, creatinine, urine output, potassium.

Espanol: Lesion renal aguda

[leh-see-OHN reh-NAHL ah-GOO-dah]

Diabetes Insipidus

Polyuria, polydipsia, dilute urine, hypernatremia. Desmopressin treatment.

Espanol: Diabetes insipida

[dee-ah-BEH-tehs een-SEE-pee-dah]

SIADH

Fluid retention, hyponatremia, concentrated urine. Fluid restriction, hypertonic saline.

Espanol: SIADH / Secrecion inadecuada de ADH

[see-AHD / seh-kreh-see-OHN een-ah-deh-KWAH-dah deh ah-deh-AH-cheh]

Cirrhosis

Liver scarring. Monitor: ascites, jaundice, esophageal varices, ammonia levels.

Espanol: Cirrosis

[see-RROH-sees]

Pancreatitis

Severe epigastric pain radiating to back. NPO, IV fluids, pain management, amylase/lipase.

Espanol: Pancreatitis

[pahn-kreh-ah-TEE-tees]

Hypothyroidism

Fatigue, weight gain, cold intolerance, bradycardia. Levothyroxine replacement.

Espanol: Hipotiroidismo

[ee-poh-tee-roy-DEES-moh]

Hyperthyroidism

Weight loss, tachycardia, heat intolerance, exophthalmos. Methimazole, radioactive iodine.

Espanol: Hipertiroidismo

[ee-pehr-tee-roy-DEES-moh]

Peptic Ulcer Disease

Epigastric pain, melena. H. pylori testing, PPIs, avoid NSAIDs.

Espanol: Ulcera peptica

[OOL-seh-rah PEHP-tee-kah]

Crohn's Disease

Transmural inflammation, skip lesions, diarrhea, RLQ pain. Steroids, immunosuppressants.

Espanol: Enfermedad de Crohn

[ehn-fehr-meh-DAHD deh krohn]

Ulcerative Colitis

Continuous colon inflammation, bloody diarrhea. Aminosalicylates, steroids.

Espanol: Colitis ulcerosa

[koh-LEE-tees ool-seh-ROH-sah]

Osteoporosis

Decreased bone density. Risk: fractures. Weight-bearing exercise, calcium, vitamin D.

Espanol: Osteoporosis

[ohs-teh-oh-poh-ROH-sees]

Rheumatoid Arthritis

Autoimmune joint inflammation. Morning stiffness >1hr. DMARDs, steroids.

Espanol: Artritis reumatoide

[ahr-TREE-tees reh-oo-mah-TOY-deh]

Hypertension

BP >130/80. Lifestyle changes, antihypertensives. Monitor end-organ damage.

Espanol: Hipertension / Presion alta

[ee-pehr-tehn-see-OHN / preh-see-OHN AHL-tah]

Atrial Fibrillation

Irregularly irregular rhythm. Risk: stroke, clots. Rate control, anticoagulation.

Espanol: Fibrilacion auricular

[fee-bree-lah-see-OHN ow-ree-koo-LAHR]

COPD

Chronic bronchitis + emphysema. Pursed-lip breathing, O2 (low flow), bronchodilators.

Espanol: EPOC / Enfermedad pulmonar obstructiva cronica

[eh-POHK / ehn-fehr-meh-DAHD pool-moh-NAHR ohbs-trook-TEE-vah KROH-nee-kah]

Cellulitis

Skin infection. Erythema, warmth, swelling. Antibiotics, elevate affected limb.

Espanol: Celulitis

[seh-loo-LEE-tees]

Anemia

Low RBC/hemoglobin. Fatigue, pallor, tachycardia. Iron supplements, B12, transfusion.

Espanol: Anemia

[ah-NEH-mee-ah]

Dehydration

Poor skin turgor, dry mucous membranes, oliguria. Oral/IV fluid replacement.

Espanol: Deshidratacion

[deh-see-drah-tah-see-OHN]

Angina Pectoris

Chest pain due to reduced coronary blood flow. Rest, nitroglycerin, assess for MI.

Espanol: Angina de pecho

[ahn-HEE-nah deh PEH-choh]

Respiratory Acidosis

pH <7.35, CO2 >45. Hypoventilation cause. Treat underlying condition.

Espanol: Acidosis respiratoria

[ah-see-DOH-sees rehs-pee-rah-TOH-ree-ah]

Respiratory Alkalosis

pH >7.45, CO2 <35. Hyperventilation cause. Rebreathe CO2, treat anxiety/pain.

Espanol: Alcalosis respiratoria

[ahl-kah-LOH-sees rehs-pee-rah-TOH-ree-ah]

Metabolic Acidosis

pH <7.35, HCO3 <22. DKA, diarrhea, renal failure. Treat cause, bicarb if severe.

Espanol: Acidosis metabolica

[ah-see-DOH-sees meh-tah-BOH-lee-kah]

Hyperkalemia

K+ >5.0. Risk: cardiac arrhythmias. Kayexalate, insulin+glucose, calcium gluconate.

Espanol: Hiperpotasemia / Hipercalemia

[ee-pehr-poh-tah-SEH-mee-ah / ee-pehr-kah-LEH-mee-ah]

Hypokalemia

K+ <3.5. Muscle weakness, arrhythmias. Oral/IV potassium replacement.

Espanol: Hipopotasemia / Hipocalemia

[ee-poh-poh-tah-SEH-mee-ah / ee-poh-kah-LEH-mee-ah]

Hypernatremia

Na+ >145. Thirst, confusion, seizures. Gradual correction with hypotonic fluids.

Espanol: Hipernatremia

[ee-pehr-nah-TREH-mee-ah]

Hyponatremia

Na+ <135. Confusion, seizures. Fluid restriction or hypertonic saline. Correct slowly.

Espanol: Hiponatremia

[ee-poh-nah-TREH-mee-ah]

Wound Dehiscence

Surgical wound reopening. Cover with sterile saline dressing, notify surgeon immediately.

Espanol: Dehiscencia de herida

[deh-ee-SEHN-seeah deh eh-REE-dah]

Pressure Ulcer

Stages I-IV. Prevention: reposition q2h, pressure-relieving surfaces, skin assessment.

Espanol: Ulcera por presion

[OOL-seh-rah pohr preh-see-OHN]

Chronic Kidney Disease

Progressive renal function loss. Monitor GFR, electrolytes, anemia. Dialysis preparation.

Espanol: Enfermedad renal cronica

[ehn-fehr-meh-DAHD reh-NAHL KROH-nee-kah]

Parkinson's Disease

Tremors, rigidity, bradykinesia. Levodopa/carbidopa. Fall prevention priority.

Espanol: Enfermedad de Parkinson

[ehn-fehr-meh-DAHD deh PAHR-keen-sohn]

Multiple Sclerosis

Demyelination of CNS. Fatigue, vision changes, muscle weakness. Immunomodulators.

Espanol: Esclerosis multiple

[ehs-kleh-ROH-sees MOOL-tee-pleh]

Tuberculosis

Airborne precautions, N95 mask. Sputum culture, 4-drug regimen (RIPE). DOT.

Espanol: Tuberculosis

[too-behr-koo-LOH-sees]

Meningitis

Fever, headache, neck stiffness, photophobia. Droplet precautions. LP for diagnosis.

Espanol: Meningitis

[meh-neen-HEE-tees]

Appendicitis

RLQ pain, McBurney's point, rebound tenderness. NPO, surgery prep, antibiotics.

Espanol: Apendicitis

[ah-pehn-dee-SEE-tees]

Peritonitis

Rigid board-like abdomen, fever, guarding. NPO, NG tube, antibiotics, surgery.

Espanol: Peritonitis

[peh-ree-toh-NEE-tees]

Glaucoma

Increased intraocular pressure. Priority: administer eye drops, prevent vision loss.

Espanol: Glaucoma

[glow-KOH-mah]

Compartment Syndrome

5 P's: Pain, Pallor, Pulselessness, Paresthesia, Paralysis. Emergency fasciotomy.

Espanol: Sindrome compartimental

[SEEN-droh-meh kohm-pahr-tee-mehn-TAHL]

Fat Embolism

Long bone fracture complication. Petechiae, confusion, respiratory distress. O2, steroids.

Espanol: Embolia grasa

[ehm-boh-LEE-ah GRAH-sah]

DIC (Disseminated Intravascular Coagulation)

Widespread clotting + bleeding. Treat underlying cause. Monitor labs.

Espanol: CID / Coagulacion intravascular diseminada

[seed / koh-ah-goo-lah-see-OHN een-trah-vahs-koo-LAHR dee-seh-mee-NAH-dah]

Autonomic Dysreflexia

Spinal cord injury T6+. Severe hypertension, bradycardia. Sit up, remove stimulus.

Espanol: Disreflexia autonómica

[dees-reh-FLEHK-see-ah ow-toh-NOH-mee-kah]

PART 2. Clinical Spanish with NCLEX Context

50 clinical Spanish phrases -- each with its English translation, NCLEX-relevant nursing context, and pronunciation. Know exactly when a nurse needs these phrases in patient care.

Como se siente hoy?

How are you feeling today?

NCLEX: General health assessment. Used at start of shift assessment. NCLEX: therapeutic communication - open-ended question.

[KOH-moh seh see-EHN-teh oy]

Donde le duele?

Where does it hurt?

NCLEX: Pain assessment (PQRST: Provocation, Quality, Region/Radiation, Severity, Time). Priority assessment question.

[DOHN-deh leh DWEH-leh]

Del 1 al 10, que tan fuerte es el dolor?

On a scale of 1 to 10, how strong is the pain?

NCLEX: Pain severity scale. NCLEX: document pain level, reassess after intervention within 30-60 min.

[dehl OO-noh ahl dee-EHS, keh tahn FWEHR-teh ehs ehl doh-LOHR]

Tiene alergia a algun medicamento?

Are you allergic to any medication?

NCLEX: Medication administration safety. NCLEX: 6 rights of medication administration - check allergies first.

[tee-EH-neh ah-LEHR-hee-ah ah ahl-GOON meh-dee-kah-MEHN-toh]

Respire profundo -- voy a escuchar sus pulmones

Take a deep breath -- I'm going to listen to your lungs

NCLEX: Respiratory assessment. NCLEX: auscultation technique, assess breath sounds adventitious/normal.

[reh-PEE-reh proh-FOON-doh -- voy ah ehs-koo-CHAHR soos pool-MOH-nehs]

Voy a tomarle la presion arterial

I'm going to take your blood pressure

NCLEX: Vital signs. NCLEX: proper BP cuff size, position, document. Hypertension >130/80 requires follow-up.

[voy ah toh-MAHR-leh lah preh-see-OHN ahr-teh-ree-AHL]

Necesito una muestra de sangre y orina

I need a blood and urine sample

NCLEX: Lab work collection. NCLEX: verify patient ID x2, proper specimen labeling, chain of custody.

[neh-seh-SEE-toh OO-nah MWEHS-trah deh SAHN-greh ee oh-REE-nah]

Abra la boca -- voy a revisar su garganta

Open your mouth -- I'm going to check your throat

NCLEX: HEENT assessment. NCLEX: inspect mucous membranes, tonsils, uvula for infection/inflammation.

[AH-brah lah BOH-kah -- voy ah reh-vee-SAHR soo gahr-GAHN-tah]

Tiene nauseas o ha vomitado?

Do you have nausea or have you vomited?

NCLEX: GI assessment. NCLEX: assess for dehydration, electrolyte imbalance. Provide antiemetic as ordered.

[tee-EH-neh NOW-seh-ahs oh ah voh-mee-TAH-doh]

Cuando fue su ultima evacuacion intestinal?

When was your last bowel movement?

NCLEX: Bowel assessment. NCLEX: document frequency, consistency, color. Constipation risk assessment.

[KWAHN-doh fweh soo OOL-tee-mah eh-vah-kwah-see-OHN een-tehs-tee-NAHL]

Tiene dificultad para orinar?

Do you have difficulty urinating?

NCLEX: Urinary assessment. NCLEX: assess for UTI, retention, BPH. I&O monitoring. Straight cath if ordered.

[tee-EH-neh dee-fee-kool-TAHD PAH-rah oh-ree-NAHR]

Se mareo o sintio debilidad?

Did you feel dizzy or weak?

NCLEX: Neuro/orthostatic assessment. NCLEX: fall risk evaluation. Orthostatic vital signs if positive.

[seh mah-reh-OH oh seen-tee-OH deh-bee-lee-DAHD]

Voy a cambiarle el vendaje de la herida

I'm going to change your wound dressing

NCLEX: Wound care. NCLEX: sterile technique, assess wound bed, document drainage (color/amount/odor).

[voy ah kahm-bee-AHR-leh ehl behn-DAH-heh deh lah eh-REE-dah]

No se levante sin ayuda -- toque el timbre

Don't get up without help -- press the call bell

NCLEX: Fall prevention. NCLEX: bed alarm, call light within reach, assist with ambulation per fall risk protocol.

[noh seh leh-VAHN-teh seen ah-YOO-dah -- TOH-keh ehl TEEM-bre]

Voy a administrarle su medicamento

I'm going to administer your medication

NCLEX: Medication administration. NCLEX: 6 rights, 3 checks, educate patient on drug name/purpose/side effects.

[voy ah ahd-mee-nees-TRAHR-leh soo meh-dee-kah-MEHN-toh]

Esto es un antibiotico para la infeccion

This is an antibiotic for the infection

NCLEX: Medication education. NCLEX: patient teaching - complete full course, report adverse reactions.

[EHS-toh ehs oon ahn-tee-bee-OH-tee-koh PAH-rah lah een-fehk-see-OHN]

Necesita tomar este medicamento con comida

You need to take this medication with food

NCLEX: Medication instruction. NCLEX: GI irritation prevention, absorption optimization. Document teaching.

[neh-seh-SEE-tah toh-MAHR EHS-teh meh-dee-kah-MEHN-toh kohn koh-MEE-dah]

Vamos a hacerle una radiografia de torax

We're going to do a chest X-ray

NCLEX: Diagnostic procedure. NCLEX: verify consent, explain procedure, remove metal/jewelry, pregnancy check.

[VAH-mohs ah ah-SEHR-leh OO-nah rah-dee-oh-grah-FEE-ah deh TOH-rahks]

Mantenga el brazo derecho -- voy a ponerle una via intravenosa

Keep your arm still -- I'm going to start an IV

NCLEX: IV insertion. NCLEX: proper site selection, aseptic technique, secure with transparent dressing.

[mahn-TEHN-gah ehl BRAH-soh deh-REH-choh -- voy ah poh-NEHR-leh OO-nah VEE-ah een-trah-veh-NOH-sah]

Voy a medirle el nivel de azucar en la sangre

I'm going to check your blood sugar level

NCLEX: Glucose monitoring. NCLEX: proper fingerstick technique, document BG, treat per sliding scale protocol.

[voy ah meh-DEER-leh ehl nee-VEHL deh ah-SOO-kahr ehn lah SAHN-greh]

Tiene diabetes? Cuando fue la ultima vez que comio?

Do you have diabetes? When did you last eat?

NCLEX: Diabetic assessment. NCLEX: correlate BG with meals, assess for hypo/hyperglycemia signs.

[tee-EH-neh dee-ah-BEH-tehs? KWAHN-doh fweh lah OOL-tee-mah vehs keh koh-mee-OH]

Si siente dolor en el pecho, digame inmediatamente

If you feel chest pain, tell me immediately

NCLEX: Cardiac monitoring. NCLEX: chest pain = priority assessment. Assess PQRST, obtain 12-lead EKG.

[see see-EHN-teh doh-LOHR ehn ehl PEH-choh, DEE-gah-meh een-meh-dee-ah-tah-MEHN-teh]

Voy a revisar la circulacion de sus pies

I'm going to check the circulation in your feet

NCLEX: Peripheral vascular assessment. NCLEX: pedal pulses, capillary refill <3 sec, skin temp/color.

[voy ah reh-vee-SAHR lah seer-koo-lah-see-OHN deh soos pee-EHS]

Levante la cabeza -- voy a revisar sus pupilas

Lift your head -- I'm going to check your pupils

NCLEX: Neuro check. NCLEX: PERRLA assessment, Glasgow Coma Scale, pupil reactivity.

[leh-VAHN-teh lah kah-BEH-sah -- voy ah reh-vee-SAHR soos poo-PEE-lahs]

Apriete mis dedos -- mas fuerte que pueda

Squeeze my fingers -- as hard as you can

NCLEX: Motor strength assessment. NCLEX: bilateral hand grip strength, upper extremity motor function.

[ah-pree-EH-teh mees DEH-dohs -- mahs FWEHR-teh keh PWEH-dah]

Empuje contra mis manos con los pies

Push against my hands with your feet

NCLEX: Lower extremity strength. NCLEX: plantar flexion/dorsiflexion, assess for unilateral weakness (stroke).

[ehm-POO-heh KOHN-trah mees MAH-nohs kohn lohs pee-EHS]

Tiene alguna pregunta sobre su tratamiento?

Do you have any questions about your treatment?

NCLEX: Patient education/teach-back. NCLEX: verify understanding, address concerns, document teaching.

[tee-EH-neh ahl-GOO-nah preh-GOON-tah SOH-breh soo trah-tah-mee-EHN-toh]

Voy a ayudarle a banarse

I'm going to help you bathe

NCLEX: ADL assistance. NCLEX: maintain dignity, assess skin integrity during bath, fall precautions.

[voy ah ah-yoo-DAHR-leh ah bah-NYahr-seh]

Dese cuenta si esta orinando mas o menos de lo normal

Notice if you're urinating more or less than normal

NCLEX: I&O education. NCLEX: patient participation in fluid monitoring, report changes.

[DEH-seh KWEHN-tah see ehs-TAH oh-ree-NAHN-doh mahs oh MEH-nohs deh loh nohr-MAHL]

Voy a desconectar el suero un momento para que camine

I'll disconnect the IV briefly so you can walk

NCLEX: Mobility with IV. NCLEX: saline lock, maintain line sterility, assist with ambulation.

[voy ah dehs-koh-nehk-TAHR ehl SWEH-roh oon moh-MEHN-toh PAH-rah keh kah-MEE-neh]

Use el inhalador asi -- inhale despacio, aguante, exhale

Use the inhaler like this -- inhale slowly, hold, exhale

NCLEX: Respiratory medication education. NCLEX: proper inhaler technique, spacer use, rinse mouth after steroids.

[OO-seh ehl ee-nah-lah-DOHR ah-SEE -- ee-NAH-leh dehs-PAH-see-oh, ah-GWAHN-teh, ehk-SAH-leh]

Esta tomando anticoagulantes? Reporte cualquier moreton

Are you taking blood thinners? Report any bruising

NCLEX: Anticoagulation monitoring. NCLEX: assess for bleeding, check PT/INR, patient education on signs.

[ehs-TAH toh-MAHN-doh ahn-tee-koh-ah-goo-LAHN-tehs? reh-POHR-teh kwahl-KEE-ehr moh-reh-TOHN]

Voy a pesarlo -- subase a la bascula, por favor

I'm going to weigh you -- step on the scale, please

NCLEX: Daily weight. NCLEX: same scale, same time, same clothing. CHF/renal - 1kg = 1L fluid.

[voy ah peh-SAHR-loh -- SOO-bah-seh ah lah BAHS-koo-lah, pohr fah-VOHR]

Pongase esta bata con la abertura hacia adelante

Put on this gown with the opening in front

NCLEX: Pre-procedure preparation. NCLEX: maintain patient dignity, proper gowning for examination/procedure.

[POHN-gah-seh EHS-tah BAH-tah kohn lah ah-behr-TOO-rah AH-see-ah ah-deh-LAHN-teh]

No coma ni beba nada despues de la medianoche

Don't eat or drink anything after midnight

NCLEX: NPO instructions. NCLEX: pre-op/sedation preparation, verify last oral intake time.

[noh KOH-mah nee BEH-bah NAH-dah dehs-PWEHS deh lah meh-dee-ah-NOH-cheh]

Voy a vacunarle -- un pequeno pinchazo

I'm going to vaccinate you -- just a small pinch

NCLEX: Immunization. NCLEX: verify vaccine, route, site. Document lot number, expiration, site.

[voy ah vah-koo-NAHR-leh -- oon peh-KEH-nyoh peen-CHAH-soh]

Tiene alguna protesis, marcapasos o implante metalico?

Do you have any prosthesis, pacemaker, or metal implant?

NCLEX: MRI/imaging safety. NCLEX: screen for contraindications before MRI, verify with patient and chart.
[tee-EH-neh ahl-GOO-nah PROH-teh-sees, mahr-kah-pah-SOHS oh eem-PLAHN-teh meh-TAH-lee-koh]

Vamos a moverlo a una silla -- ayudeme con el traslado

We're going to move you to a chair -- help me with the transfer

NCLEX: Safe patient transfer. NCLEX: proper body mechanics, gait belt, minimum 2-person assist if needed.

[VAH-mohs ah moh-VEHR-loh ah OO-nah SEE-yah -- ah-YOO-deh-meh kohn ehl trahs-LAH-doh]

Si se siente peor, avíseme de inmediato

If you feel worse, let me know immediately

NCLEX: Ongoing monitoring. NCLEX: teach patient to report changes, reinforce call light use.

[see seh see-EHN-teh peh-OHR, ah-VEE-seh-meh deh een-meh-dee-AH-toh]

Voy a cambiar la bolsa de colostomía

I'm going to change the colostomy bag

NCLEX: Ostomy care. NCLEX: assess stoma color (beefy red = normal), peristomal skin, proper appliance fit.

[voy ah kahm-bee-AHR lah BOHL-sah deh koh-lohs-toh-MEE-ah]

Necesito que tosa y respire profundo cada dos horas

I need you to cough and deep breathe every two hours

NCLEX: Post-op pulmonary care. NCLEX: incentive spirometry, splinting incision, prevent atelectasis/pneumonia.

[neh-seh-SEE-toh keh TOH-sah ee reh-s-PEE-reh proh-FOON-doh KAH-dah dohs OH-rahs]

Tiene dolor en el pecho, falta de aire, o palpitaciones?

Do you have chest pain, shortness of breath, or palpitations?

NCLEX: Rapid cardiac triage. NCLEX: immediate assessment, VS, O2 sat, 12-lead EKG, notify provider STAT.

[tee-EH-neh doh-LOHR ehn ehl PEH-choh, FAHL-tah deh EYE-reh, oh pahl-pee-tah-see-OH-nehs]

Voy a revisar su incisión -- se ve bien, esta sanando

I'm going to check your incision -- it looks good, it's healing

NCLEX: Post-op wound assessment. NCLEX: REEDA (Redness, Edema, Ecchymosis, Drainage, Approximation).

[voy ah reh-vee-SAHR soo een-see-see-OHN -- seh veh bee-EHN, ehs-TAH sah-NAHN-doh]

Vamos a retirarle los puntos de sutura hoy

We're going to remove your sutures today

NCLEX: Suture removal. NCLEX: sterile technique, count sutures, assess wound healing before removal.

[VAH-mohs ah reh-tee-RAHR-leh lohs POON-tohs deh soo-TOO-rah oy]

No doble el brazo donde tiene la vía -- manténgalo recto

Don't bend the arm with the IV -- keep it straight

NCLEX: IV site maintenance. NCLEX: prevent positional occlusion, assess IV site q1h for infiltration/phlebitis.

[noh DOH-bleh ehl BRAH-soh DOHN-deh tee-EH-neh lah VEE-ah -- mahn-TEHN-gah-loh REHK-toh]

Su familiar puede quedarse si quiere -- el horario de visita es abierto

Your family can stay if you want -- visiting hours are open

NCLEX: Family-centered care. NCLEX: involve family in care, respect cultural preferences, therapeutic environment.

[soo fah-mee-lee-AHR PWEH-deh keh-DAHR-seh see kee-EH-reh -- ehl oh-RAH-ree-oh deh vee-SEE-tah ehs ah-bee-EHR-toh]

Tiene testamento vital o directivas anticipadas?

Do you have a living will or advance directives?

NCLEX: Advance care planning. NCLEX: respect patient autonomy, document code status, ethical practice.

[tee-EH-neh tehs-tah-MEHN-toh vee-TAHL oh dee-rehk-TEE-vahs ahn-tee-see-PAH-dahs]

Cuénteme más sobre cómo se ha estado sintiendo

Tell me more about how you've been feeling

NCLEX: Therapeutic communication. NCLEX: active listening, open-ended question, build nurse-patient rapport.

[KWEHN-teh-meh mahs SOH-breh KOH-moh seh ah ehs-TAH-doh seen-tee-EHN-doh]

Estoy aquí para ayudarle -- no está solo/a

I'm here to help you -- you're not alone

NCLEX: Emotional support. NCLEX: therapeutic presence, reduce anxiety, establish trust - especially pre-op or bad news.

[ehs-TOY ah-KEE PAH-rah ah-yoo-DAHR-leh -- noh ehs-TAH SOH-loh/lah]

Voy a pasar el reporte al siguiente turno -- descanse

I'll pass the report to the next shift -- get some rest

NCLEX: End-of-shift handoff. NCLEX: SBAR communication, ensure continuity of care, patient reassured.

[voy ah pah-Sahr ehl reh-POHR-teh ahl see-GWEE-ehn-teh TOOR-noh -- dehs-KAHN-seh]

PART 3. Bilingual Quick Reference Cards

10 printable bilingual cards. Print, cut, laminate. Keep on your badge reel, clipboard, or nurses' station.

CARD 1: VITALS

Presion arterial	Blood pressure	[preh-see-OHN ahr-teh-ree-AHL]
Frecuencia cardiaca	Heart rate	[freh-KWEHN-seeah kahr-DEE-ah-kah]
Temperatura	Temperature	[tehm-peh-rah-TOO-rah]
Respiracion	Respiration	[rehs-pee-rah-see-OHN]
Saturacion de oxigeno	Oxygen saturation	[sah-too-rah-see-OHN deh ohk-SEE-heh-noh]

CARD 2: PAIN ASSESSMENT

Donde le duele?	Where does it hurt?	[DOHN-deh leh DWEH-leh]
Que tipo de dolor?	What type of pain?	[keh TEE-poh deh doh-LOHR]
Del 1 al 10?	Scale of 1-10?	[dehl OO-noh ahl dee-EHS]
Desde cuando?	Since when?	[DEHS-deh KWAHN-doh]
Algo lo alivia/empeora?	Anything make it better/worse?	[AHL-goh loh ah-LEE-bee-ah / ehm-peh-OH-rah]

CARD 3: MEDICATION ADMIN

Tome este medicamento	Take this medication	[TOH-meh EHS-teh meh-dee-kah-MEHN-toh]
Con comida / en ayunas	With food / on empty stomach	[kohn koh-MEE-dah / ehn ah-YOO-nahs]
Una vez al dia	Once a day	[OO-nah vehs ahl DEE-ah]
Efectos secundarios	Side effects	[eh-FEHK-tohs seh-koon-DAH-ree-ohs]
Termine todo el frasco	Finish the whole bottle	[tehr-MEE-neh TOH-doh ehl FRAHS-koh]

CARD 4: EMERGENCY

Dolor en el pecho	Chest pain	[doh-LOHR ehn ehl PEH-choh]
Falta de aire	Shortness of breath	[FAHL-tah deh EYE-reh]
No puede respirar	Can't breathe	[noh PWEH-deh rehs-pee-RAHR]
Reaccion alergica	Allergic reaction	[reh-ahk-see-OHN ah-LEHR-hee-kah]
Perdida de conocimiento	Loss of consciousness	[pehr-DEE-dah deh koh-noh-see-mee-EHN-toh]

CARD 5: ASSESSMENT

Abra los ojos	Open your eyes	[AH-brah loh OH-hohs]
Apriete mis dedos	Squeeze my fingers	[ah-pree-EH-teh mees DEH-dohs]
Respire profundo	Take a deep breath	[rehs-PEE-reh proh-FOON-doh]
Saque la lengua	Stick out your tongue	[SAH-keh lah LEHN-gwah]
Sigame con la mirada	Follow me with your eyes	[SEE-gah-meh kohn lah mee-RAH-dah]

CARD 6: COMFORT & SAFETY

Quiere una almohada/manta?	Want a pillow/blanket?	[kee-EH-reh OO-nah ahl-moh-AH-dah / MAHN-tah]
No se levante solo/a	Don't get up alone	[noh seh leh-VAHN-teh SOH-loh/lah]
Toque el timbre	Press the call bell	[TOH-keh ehl TEEM-bre]
Tiene frio/calor?	Are you cold/hot?	[tee-EH-neh FREE-oh / kah-LOHR]
Voy a bajar/subir la cama	I'll lower/raise the bed	[voy ah bah-HAHR / soo-BEER lah KAH-mah]

CARD 7: I&O / ELIMINATION

Necesita orinar?	Do you need to urinate?	[neh-seh-SEE-tah oh-ree-NAHR]
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Necesita el pato/bacinica?
Orine en este recipiente
Ha tenido evacuacion hoy?
Voy a vaciar la bolsa

Need the bedpan/urinal?
Urinate in this container
Have you had a BM today?
I'll empty the bag

[neh-seh-SEE-tah ehl PAH-toh / bah-see-NEE-kah]
[oh-REE-neh ehn EHS-teh reh-see-pee-EHN-teh]
[ah teh-NEE-doh eh-vah-kwah-see-OHN oy]
[voy ah vah-see-AHR lah BOHL-sah]

CARD 8: DIET & FLUIDS

NPO -- nada por boca
Dieta blanda / liquida
Tome mas agua / liquidos
Sin sal / bajo en sodio
Para diabeticos

NPO -- nothing by mouth
Soft / liquid diet
Drink more water/fluids
No salt / low sodium
For diabetics

[EH-neh-peh-OH -- NAH-dah pohr BOH-kah]
[dee-EH-tah BLAHN-dah / LEE-kee-dah]
[TOH-meh mahs AH-gwah / LEE-kee-dohs]
[seen sahl / BAH-hoh ehn SOH-dee-oh]
[PAH-rah dee-ah-BEH-tee-kohs]

CARD 9: PROCEDURES

Vamos a hacerle un examen
No le va a doler
Quedese quieto/a
Ya casi terminamos
Los resultados en [X] horas

We're going to do a test
It won't hurt
Stay still
We're almost done
Results in [X] hours

[VAH-mohs ah ah-SEHR-leh oon ehk-SAH-mehn]
[noh leh vah ah doh-LEHR]
[KEH-deh-seh kee-EH-toh/tah]
[yah KAH-see tehr-mee-NAH-mohs]
[lohs reh-sool-TAH-dohs ehn... OH-rahs]

CARD 10: DISCHARGE

Le vamos a dar de alta
Siga estas instrucciones
Cita de seguimiento
Llame si tiene fiebre/dolor
Cuidese mucho

We're going to discharge you
Follow these instructions
Follow-up appointment
Call if you have fever/pain
Take good care of yourself

[leh VAH-mohs ah dahr deh AHL-tah]
[SEE-gah EHS-tahs eens-trook-see-OH-nehs]
[SEE-tah deh seh-gwee-mee-EHN-toh]
[YAH-meh see tee-EH-neh fee-EH-breh / doh-LOHR]
[kwee-DEH-seh MOO-choh]

NCLEX + Clinical Spanish

All-in-One Bilingual Combo Guide

- 50 NCLEX terms with Spanish translations & pronunciations
 - 50 clinical Spanish phrases with NCLEX nursing contexts
 - 10 printable bilingual quick-reference cards
 - Teal & Spanish Orange design -- nursing meets language learning
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Spanish for Healthcare Workbook (\$19) -- 208 clinical phrases

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