

HEALTH CARE SPANISH

Health Care Spanish Newsletter

December 1, 2015

Learning on the Go!

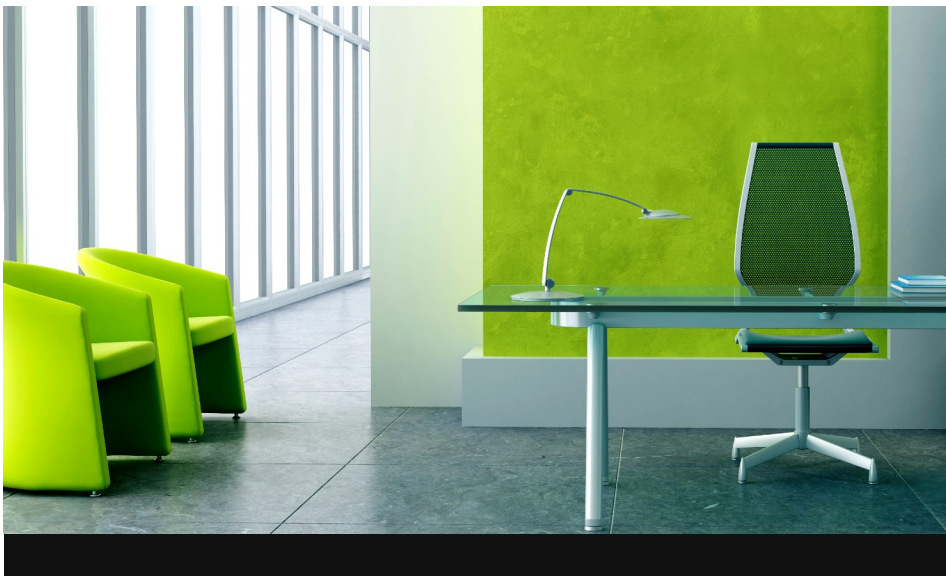
The goal of this newsletter is to provide you with enough information to be useful, but not more than can be learned within the busy schedule of a health care worker. You'll find anatomy charts, additional vocabulary, occasional feedback from subscribers, and more! Feel free to read them now and save them for later use such as with a patient or as a study guide for coursework.

Help Others by Providing Feedback

Part of Health Care Spanish's mission is to create a useful resource for health care workers. However, there is only so much that can be done without feedback from you. Email questions or suggestions to healthcarespanish@yahoo.com

Spread the Word

Do you know other health care workers or students who need to pick up a little Español? If you find our endeavor useful, we would be grateful if you share it with others.

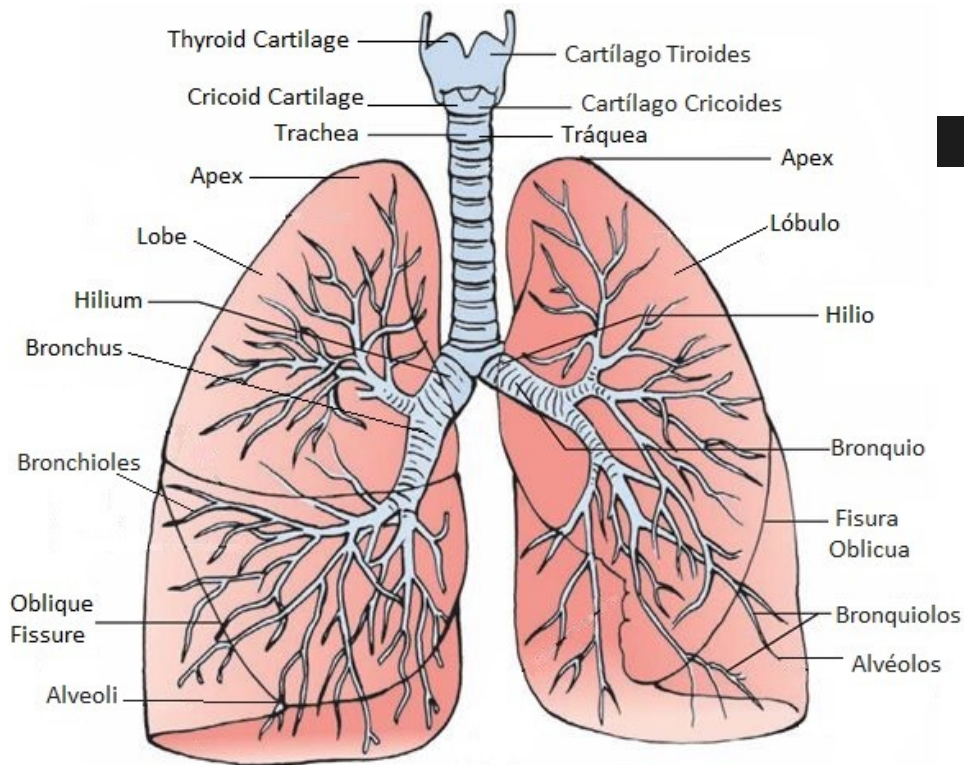


In This Issue

- **Anatomy chart:**
The Lung
- **Vocabulary:**
Respiration
- **Pathological Types**
of Ventilation

Lung

Pulmón



Respiratory rate or Breathing Frequency:
The number of breathes taken in one minute.

Frecuencia Respiratoria o Ventilatoria:
El número de respiraciones tomadas en un minuto.

Breaths per minute (bpm)

Respiraciones por minuto (rpm)

Eupnea: Normal breathing, 12-20 bpm

Eupnea: Respiración normal, 12-20 rpm.

Bradypnea: Less than 12 bpm

Bradipnea: Menos de 12 rpm

Tachypnea: More than 20 bpm

Taquipnea: Más de 20 rpm

Dyspnea or Shortness of breath:
Feelings associated with impaired breathing.

Disnea:
Sensación subjetiva de dificultad respiratoria.

Apnea: Temporary suspension of breathing.

Apnea: Suspensión transitoria de la respiración,

Hyperpnea: Increased depth of breathing.

Hiperpnea: Aumento de la profundidad de la respiración.

Hypopnea: Overly shallow breathing.

Hipopnea: Disminución del flujo aéreo.

Orthopnea: Shortness of breath when lying flat.

Ortopnea: Disnea en posición decúbito supino.

Platypnea:
Shortness of breath in standing or sitting position.

Platipnea:
Disnea en posición vertical o erecta.

Paroxysmal Nocturnal Dyspnea:
Attacks of severe shortness of breath and coughing that occur at night and awaken the patient.

Disnea Paroxística Nocturna:
Ataques de disnea que ocurren durante la noche y despiertan al paciente, forzándolo a tomar la posición ortopneica.

Tipos Patológicos de Ventilación

- ◆ **Respiración de Cheyne-Stokes:**

Hay un aumento gradual en la frecuencia y amplitud de las respiraciones, para luego disminuir hasta apnea.

- ◆ **Respiración de Biot:**

Ventilación entrecortada, irregular, de amplitud variable y con periodos de apnea.

- ◆ **Respiración de Kussmaul:**

Clásica hiperpnea con una frecuencia respiratoria normal o un poco aumentada.

Pathological Types of Ventilation

- ◆ **Cheyne-Stokes Respiration:**

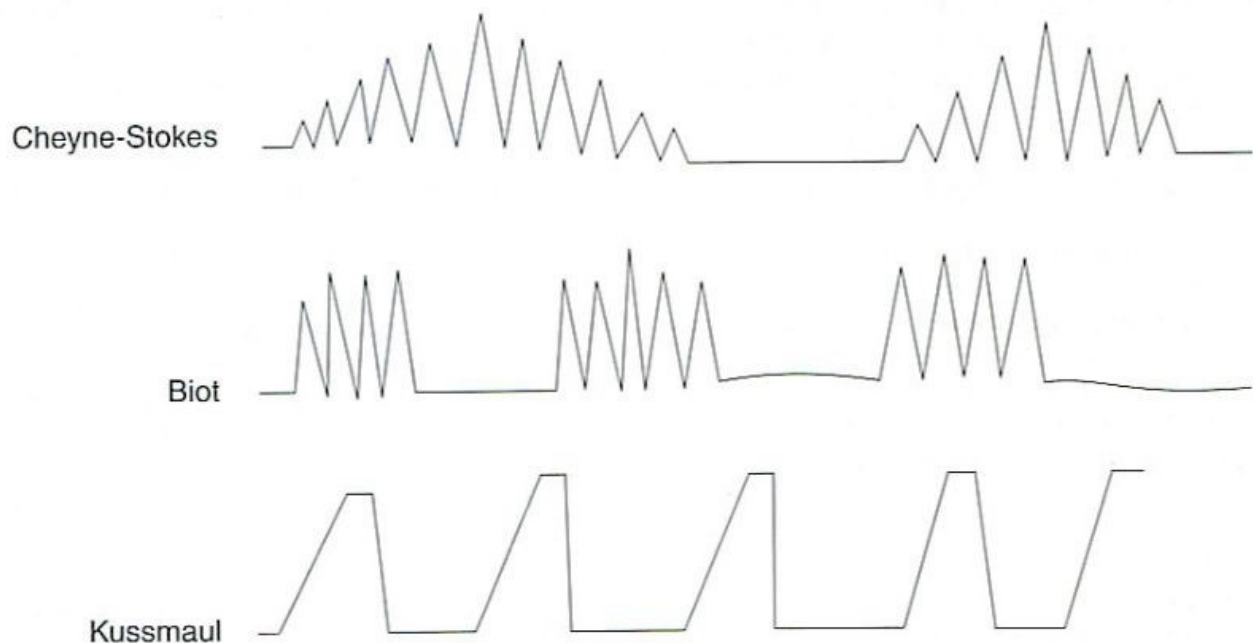
There's a gradual increase in the frequency and depth of breathing, which then gradually decreases until reaching a period of apnea.

- ◆ **Biot's Respiration:**

Groups of quick, shallow inspirations followed by regular or irregular periods of apnea.

- ◆ **Kussmaul Respiration:**

Classic hyperpnea with a normal or slightly elevated respiratory rate.



Contact Us

healthcarespanish@yahoo.com

Visit us on the web at www.healthcarespanish.com

Contribute

We always welcome input from our readers. If there's a particular anatomy chart or topic you think is important, let's work together to share it with the healthcare community.