25 Frases en Español para Enfermeras

25 Phrases in Spanish for Nurses

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In this session we will review a few phrases in Spanish that can be used by nurses who need to interact with patients at work.

As a note, considering these phrases happen in a work environment, these examples use a formal tone that is slightly casual and respectful at the same time.

Also, these examples will focus on the pronunciation of the Spanish spoken in Mexico, because I am a native Spanish speaker.

There's one Important Suggestion Before we get Started:

When you get the chance to use these phrases, make sure that you speak loud, clear and slowly. Not too loud, just be clear and avoid mumbling.

Sometimes we all feel a little nervous or shy about using a second language, even more so when we are beginners and we tend to speak quickly while using a low tone of voice that makes it difficult for other to understand what we are saying.

This actually happens involuntarily most of the time and it is a natural tendency for many people.

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Because you are in the process of learning a new language, it sometimes may feel like native Spanish speakers talk amazingly fast among themselves, but it seems like that because your brain struggles to understand the new language you are learning. It's an illusion. There's nothing wrong with that, it's a natural process and it happens to everyone.

Eventually, as your brain gets used to the new language, you will realize Spanish speakers talk just as fast as average English speakers do.

The real problem comes when you try to speak super fast, because you feel you have to keep up with native Spanish speakers who seem to be talking really fast as well.

It's a little joke our brain plays on us. Since we get the impression that others are talking very fast, we try to speak fast as well, which makes things way more difficult than they need to be, and the whole thing ends up being a frustrating process that ends in disappointment.

Pay special attention to this and avoid this natural instinct by becoming aware of its existence. Whenever you catch yourself talking fast and low, or mumbling a little; make an effort to slow down, enunciate each syllable and speak loud and clear.

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Over time, as you practice; you will instinctively develop a clear tone of voice in Spanish as well.

Also, make sure to smile along the way. That will make things much easier and fun.

Now, let's review a list of 25 phrases nurses can use to interact with patients at work.

Phrase 1

- Hola, mi nombre es Jessica, Yo voy a ser su enfermera hoy.
- Hi, my name is Jessica, I'll be your nurse today.
- Hola, mi nombre es Jessica, Yo voy a ser su enfermera hoy.

In this example, we used the word "enfermera" to refer to a female nurse. To use this phrase with a male nurse you would have to change the letter "a" at the end of the word "enfermera" for the letter "o" so the word becomes the masculine noun which is "enfermero."

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So, for a male nurse, the phrase would sound like this:

- Hola, soy Robert, Yo voy a ser su enfermer**o** hoy.
- Hi, my name is Robert, I'll be your nurse today.
- Hola, soy Robert, Yo voy a ser su enfermer**o** hoy.

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Phrase 2

- ¿Cómo está hoy?
- How are you today?
- ¿Cómo está hoy?

There are a few common answers to a question like this one, and to make things easier for yourself and the person with whom you're talking you could follow your question with a few possible answers such as these:

- Bien - good
- Mal - bad

- Mejor - Better
- Peor - Worst

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So, using some of those words, the question could sound like this:

- ¿Cómo está hoy? ¿Bien o mal?
- How are you today? ¿Well or not well?
- ¿Cómo está hoy? ¿Bien o mal?

Another option could be

- ¿Cómo está hoy? ¿Mejor o peor?
- How are you today? ¿Better or worse?
- ¿Cómo está hoy? ¿Mejor o peor?

Another way to ask a similar question could be:

- ¿Cómo se siente hoy? ¿Mejor o peor?
- How are you feeling today? ¿Better or worse?
- ¿Cómo se siente hoy? ¿Mejor o peor?

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Phrase 3

- Gracias por esperar. Estaba ayudando a otro paciente.
- Thank you for waiting. I was helping another patient.
- Gracias por esperar. Estaba ayudando a otro paciente.

Phrase 4

- ¿Cómo puedo ayudarle?
- How may I help you?
- ¿Cómo puedo ayudarle?

A few common answers may include the following:

- Quiero agua
- I want water
- Quiero agua

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- Tengo hambre
- I'm hungry
- Tengo hambre

- Tengo frío
- I'm cold
- Tengo frío

- Tengo calor
- I'm hot
- Tengo calor

- Necesito ir al baño
- I need to go to the bathroom
- Necesito ir al baño

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- Me duele la cabeza
- I have a headache
- Me duele la cabeza

Now let's look at a few questions you can use to ask a patient if he or she needs something in particular.

Phrase 5

- ¿Tiene hambre?
- Are you hungry?
- ¿Tiene hambre?

You could change the word on “hambre” for something else and you could ask questions like these:

- ¿Tiene sed?
- Are you thirsty?
- ¿Tiene frío?
- Are you cold?
- ¿Tiene frío?

- ¿Tiene calor?
- Are you hot?
- ¿Tiene calor?

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Phrase 6

- ¿Necesita ir al baño?
- Do you need to go to the bathroom?
- ¿Necesita ir al baño?

Phrase 7

- ¿Siente dolor?
- Do you feel pain?
- ¿Siente dolor?

Here are a few related questions:

- ¿Dónde está el dolor?
- Where is the pain?
- ¿Dónde está el dolor?

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- ¿Siente alguna incomodidad?
- Do you feel any discomfort?
- ¿Siente alguna incomodidad?

- ¿Se siente cómodo?
- Do you feel comfortable?
- ¿Se siente cómodo?

Phrase 8

- ¿Puede mostrar dónde está el dolor con sus manos?
- Can you show me where the pain is located using your hands?
- ¿Puede mostrar dónde está el dolor con sus manos?

Phrase 9

- ¿Cómo calificaría su dolor del cero al diez? Cero es “no dolor” y diez es el peor dolor de su vida.
- How would you rate your pain from 0 to 10? 0 being no pain at all and 10 being the worst pain you have ever felt.
- ¿Cómo calificaría su dolor del cero al diez? Cero es “no dolor” y diez es el peor dolor de su vida.

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Phrase 10

- ¿Qué medicamentos está tomando?
- What medications are you currently taking?
- ¿Qué medicamentos está tomando?

Now, let's go over a few phrases that could be used to examine a patient.

Phrase 11

- Necesito escuchar sus pulmones.
- I need to listen to your lungs.
- Necesito escuchar sus pulmones.

Phrase 12

- Respire profundamente para poder escuchar sus pulmones.
- Take deep breaths so I can hear your lungs.
- Respire profundamente para poder escuchar sus pulmones.

Phrase 13

- Ahora respire normalmente y déjeme escuchar su corazón.
- Now breathe normally and let me listen to your heart.
- Ahora respire normalmente y déjeme escuchar su corazón.

Phrase 14

- Permítame ver su garganta.
- Let me see your throat.
- Permítame ver su garganta.

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You could also replace the word “garganta” which means throat, for a different body part.

For example, you could say:

- Permítame ver su cuello
- Let me see your neck.
- Permítame ver su cuello.

When you say a phrase like this, use body language whenever possible to make it easier for others to understand.

For example, you could also say:

- Permítame ver su abdomen.
- Let me see your abdomen.
- Permítame ver su abdomen.

…and point to your own abdomen as you say the phrase to reinforce the message you want to convey.

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Phrase 15

- ¿Puede mover su brazo?
- Can you move your arm?
- ¿Puede mover su brazo?

For this phrase, you could also replace the word “brazo” which means arm, for a different body part, using body language whenever possible to make it easier for others to understand.

Here’s another example:

- ¿Puede mover su pie izquierdo?
- Can you move your left foot?
- ¿Puede mover su pie izquierdo?

…and you could move your own left foot as you say the phrase in Spanish to reinforce the message.

You could also say:

- ¿Puede mover su mano derecha?
- Can you move your right hand?
- ¿Puede mover su mano derecha?

… and you could move your own right hand to use it as a visual aid.

Phrase 16

- Por favor no se mueva.
- Please hold still.
- Por favor no se mueva.

Phrase 17

- Esto va a doler un poco.
- This will hurt a little.
- Esto va a doler un poco.

Here's another example:

- Esto no va a doler, pero se va a sentir un poco incómodo.
- This won't hurt, but it may feel a little uncomfortable.
- Esto no va a doler, pero se va a sentir un poco incómodo.

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Phrase 18

- Va muy bien.
- You're doing great.
- Va muy bien.

Phrase 19

- El doctor ha ordenado esta medicina para usted. Por favor tómela ahora.
- The doctor has ordered this medicine for you. Please take it now.
- El doctor ha ordenado esta medicina para usted. Por favor tómela ahora.

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Phrase 20

- Las horas de visita terminan a las ocho de la noche.
- Visiting hours are over at 8:00 p.m.
- Las horas de visita terminan a las ocho de la noche.

Phrase 21

- Lo siento, son políticas del hospital.
- I'm sorry, it's hospital policy.
- Lo siento, son políticas del hospital.

Phrase 22

- El Doctor va a venir en unos minutos.
- The Doctor will come in a few minutes.
- El Doctor va a venir en unos minutos.

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Phrase 23

- Son órdenes del Doctor.
- They are Doctor's orders.
- Son órdenes del Doctor.

Phrase 24

- El doctor ha ordenado esta medicina para usted. Por favor tómela ahora.
- The doctor has ordered this medicine for you. Please take it now.
- El doctor ha ordenado esta medicina para usted. Por favor tómela ahora.

Phrase 25

- ¿Puedo ayudarle con algo más?
- Can I help you with anything else?
- ¿Puedo ayudarle con algo más?

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3. Gracias por esperar. Estaba ayudando a otro paciente.
4. ¿Cómo puedo ayudarle?
5. ¿Tiene hambre?
6. ¿Necesita ir al baño?
7. ¿Siente dolor?
8. ¿Puede mostrar dónde está el dolor con sus manos?
9. ¿Cómo calificaría su dolor del cero al diez? Cero es “no dolor” y diez es el peor dolor de su vida.
10. ¿Qué medicamentos está tomando?
11. Necesito escuchar sus pulmones.
12. Respire profundamente para poder escuchar sus pulmones.

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13.Ahora respire normalmente y déjeme escuchar su corazón.

14.Permítame ver su garganta.

15.¿Puede mover su brazo?

16.Por favor no se mueva.

17.Esto va a doler un poco.

18.Esto no va a doler, pero se va a sentir un poco incómodo.

19.Va muy bien.

20.Las horas de visita terminan a las ocho de la noche.

21.Lo siento, son políticas del hospital.

22.El Doctor va a venir en unos minutos.

23.Son órdenes del Doctor.

24.El doctor ha ordenado esta medicina para usted. Por favor tómela ahora.

25.¿Puedo ayudarle con algo más?

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