

Greetings	
Hello	Habari
Good morning	Habari ya asubui
Good morning – (in response) and you?	(kwa kujibu) Njema na wewe je?
Good afternoon	Habari za mchana-
Good afternoon – (in response) and you?	(kwa kujibu) Njema na wewe je?
How are you?	Habari yako?
I am fine, and you?	Mimi ni mzima, na wewe?
My name is	Jina langu ni
I am Dr	Mimi ni Dr
What is your name?	Jina lako nani?
My name is	Jina langu ni
Who is this with you?	Huyu ako na wewe ni nani?

Family

Mum Mama
Dad Baba
Brother Kaka
Sister Dada
Grandmother Nyanya
Grandfather Babu
Friend Rafiki

Aunty Shangazi (paternal) Halati (maternal)
Uncle Mjomba (maternal) ami (paternal)



Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work.

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



Types of health worker

Doctor Daktari

Nurse Muuguzi

Midwife Mkunga

Physiotherapist

Daktari wa mwendo

Pharmacist Muuzaji dawa

Optometrist Daktari wa macho

Audiologist Daktari wa masikio

Clinical Officer Afisa wa kliniki

Counsellor Mshauri



Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work.

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



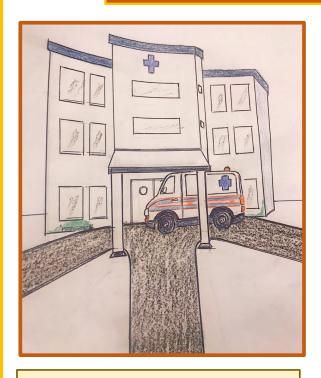


How old are you? Una miaka mingapi?

How old is? (he/she)
Ako na umri gani? (yeye)

Days Masiku 1 Moja 6 Sita Weeks Wiki 2 Mbili 7 Saba Months Miezi 3 Tatu 8 Nane Year Mwaka 4 Nne 9 Tisa Years Miaka 5 Tano 10 Kumi

Presenting Complaints



Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work. Why have you come to the hospital today? Kwa nini umekuja hospitalini leo?

Do you have a fever? Una homa?- joto ya mwili

Do you have any general body pains? Uko na maumivu yoyote ya mwili?

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



Do you have any breathing problem?

Una tatizo ya kupumua?

Do you have a cough? Una kohoa?



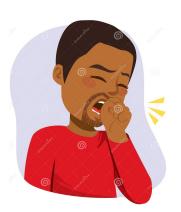
Do you produce sputum when coughing?

Hutoa makohozi wakati wa kukohoa?

What is the colour of the sputum? Rangi ya makohozi ni nini?



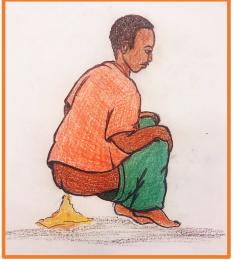
Yellow manjano
Whitish Nyeupe
Mixed with blood iko na damu



Do you have asthma? Una pumu?

Do you have any chest pain? Una maumivu ya kifua? Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.





Do you have any diarrhea? Una harisha?

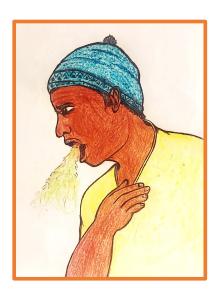
Do you have any constipation? Uko na shida ya kupata choo?

Do you have any abdominal pain? Una maumivu yoyote ya tumbo?

Do you have any vomiting?

Una kutapika?

Do you have any weight loss?
Umepoteza kilo/umepunguza mwili?



Do you have any pain passing urine?
Una maumivu yoyote ya kupitisha mkojo?

Do you have urinary frequency? Una pitisha mkoja mara Nyingi?





Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work.

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



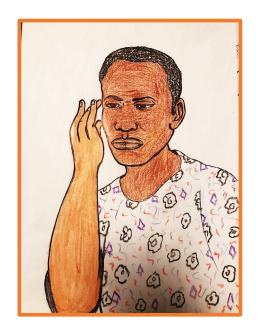
Do you have a headache? Unaumwa na kichwa?

Do you have any dizziness? Una kizunguzungu?

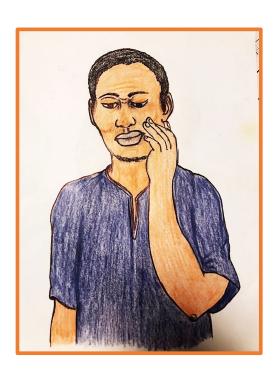
Do you have any ear ache? Una maumivu ya masikio?

Do you have any sore throat?

Una maumivu ya koo?



Do you have any tooth ache? Una maumivu ya jino?



Can you describe your pain?
Unaweza kuelezea maumivu yako?

Cramping Kubana
Sharp Maumivu makali
Dull Maumivu nyepesi
Achey Kuumwa

How long have you had this?

Umekuwa na hii kwa muda gani?

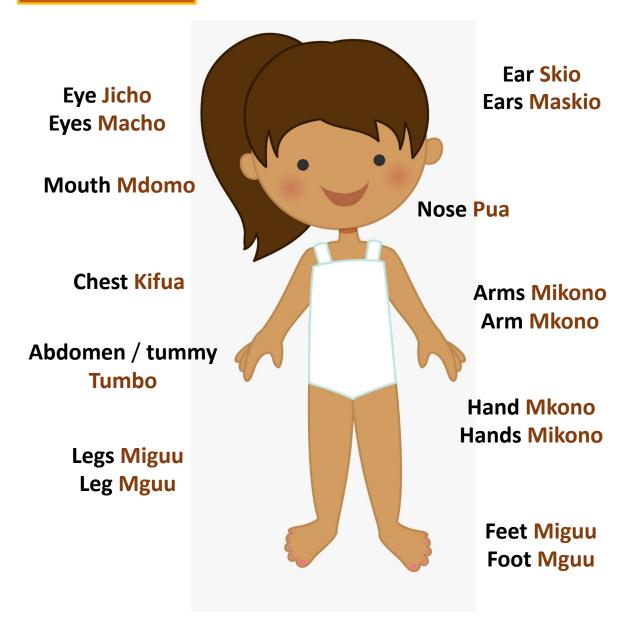
Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work.

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



Body Parts

Head Kichwa



Left Kushoto

Right Kulia

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



Past Medical History

Have you ever had any operations before?
Umewahi kufanyiwa upasuaji wowote hapo
awali?

Have you ever had high blood pressure?
Umewahi kuwa na shinikizo la damu?

Have you ever been to hospital before? Umewahi kwenda hospitali hapo awali?

Have you ever had HIV or TB? Umewahi kuwa na HIV au TB?

Have you ever had any problems with sugar?

Umewahi kuwa na shida na sukari?

Drug History



Do you take any medication? Unatumia madawa yoyote?

Are you allergic to anything?
Kuna dawa yoyote inakusumbuwa?

Family History

Does anyone in your family have...?
Kuna yeyote katika familia yako aliye na...?

Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work.

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



Social History



Do you drink alcohol? Unakunywa pombe?

How much alcohol do you drink? Unakunywa pombe kiasi gani?

What do you do for a living? Unafanya kazi gani?

Have you ever smoked? Umewahi kuvuta sigara?

> Thank you Asanta Sorry Pole Please Tafadhali



Produced with help from Medic to Medic Students & Alumni. Artistry by Sidy Fall in Dakar, Senegal. If you found this handout useful, please consider making a donation to support Medic to Medic and our ongoing work.

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



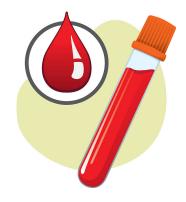
Additional useful terms

Can I examine you?
Ninaweza kukuchunguza?

I need to take some blood tests.
Ninahitaji kuchukua vipimo vya damu.

Sit up for me Kaa wima kwa ajili yangu Lie down for me Lala chinikwa ajili yangu

Does this hurt? Hii inaumiza?



I will arrange an x-ray Nitapanga picha ya x-ray

I would like to discuss your results Ningependa kujadili matokeo yako

You need to take this medication.
Unahitaji kuchukua dawa hii



Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.



useful day to day terms

Where is the toilet? Choo iko wapi?
Where are you from? Unatoka wapi?
I am from.... Nimetoka...
Where do you work? Una fanya kazi wapi?
What time is it? Ni saa ngapi?
How much is that? Unauzaje?
Can you reduce the price? Unaweza kupunguza bei?
I would like to buy.... Ningependa kununua...

Water Maji
Eggs Mayai
Egg Yai
Rice Mchele
Chicken Kuku
Vegetables Mboga

Goodbye Kwaheri
See you Tuonane
Go well/ nice journey Safari njema

Want to practice your Kiswahili?

We can arrange sessions for you over Zoom with one of our students. The charge is £5 per session. This is split equally with the student tutor. This helps us with our ongoing fundraising and gives opportunities for students to earn additional income.

Get in touch: info@medictomedic.org.uk

Medic to Medic provide scholarships to trainee health workers in Malawi who are at risk of dropping out of their training due to their backgrounds.