

感冒和急证问诊单 中英版 (感冒久治不愈的请用杂病问诊单)

(INQUIRY FORM FOR COLD OR FLU (for long lasting cold or flu, please use GENERAL DIAGNOSIS FORM))

** “口” 为选择项 (可多重选择) “_____” 为填写项。

"Multiple choices, please check the box or highlight the selections, multiple selections permitted " _____" To be filled out.

基本情况 (Basic/ preliminary questions)

年龄 Age _____;

性别 Sex: 男 M 女 F;

身高 Height (CM): _____;

体重 Weight (KG) _____;

族裔 Ethnicity _____ (*for possible hints regarding diet habits, climate acclimation, and family health history。。))

1、寒热 Chill / Fever or Heat Sensation

恶寒 aversion to cold 发热 fever or heat sensation 恶风 aversion to wind

恶寒发热同时并见 concurrent “aversion to cold” and “fever / heat sensation” ---

- a. 恶寒重 more "aversion to cold" than "fever or heat sensation"
- b. 发热重 more "fever or heat sensation" than "aversion to cold"

发热恶寒每日有定时 / 寒热往来 alternating “aversion to cold” and “fever/heat sensation” ---

- a. 几时发热更高 what times per day of "fever or heat sensation" higher _____?
- b. 几时更恶寒 what times per day of "aversion to cold" stronger _____?
- c. 一日恶寒/发热几次 how many times per day of aversion to cold/fever or heat sensation _____?

2、汗 Sweat

额头皮肤干燥 forehead skin dry 脸上有油感 face oily 脸上无油感 face not oily

有汗 sweat/perspiration 无汗 no sweat / perspiration 大汗淋漓 excessive sweating

珠汗粘身 sticky beads of sweat / (thick) oily sweat that sticks to the body

一直高热无汗 high fever without sweat

汗出部位 which part of the body is sweaty _____?

汗出时间规律 time pattern of sweat/perspiration _____?

3、 渴 Thirst

嘴皮干裂起皮屑 chapped lips with peeling skin 嘴皮有竖纹 vertical lines on lips

唇色鲜红 lip color bright red 唇色暗红 lip color dark red

渴欲饮水 thirsty , desire to drink water 大渴大饮 very thirsty desire to drink more water

渴但不欲饮水 thirsty without desire to drink 喜冷饮 prefer cold drink

喜热饮 prefer hot drink 喝热汤舒服 feel better after having hot soup

怕喝热汤 feel worse after having hot soup or avoid hot soup

4、小便（尿）Urine

尿色 urine color---

橙色 Orange 微黄 slightly yellow 咖啡色 dark tea/coffee/brown

清澈如水 Like clean water/clear 尿味骚 smelly urine 小便不通 Difficulty starting urination

小便时痛 pain during urination 小便顺畅 smooth urination 小便过频 frequent urination

尿道灼热 burning sensation in urethra entrance 尿道寒凉 cold sensation in urethra entrance

遗尿 Enuresis/Urinary incontinence

5、大便 Bowel Movement and Stool

绿 green 黑 black 土黄 wheat yellow

大便稀溏 loose stool 干硬 dry / hard stool 清稀如水 watery stool

便后不久又有便意 returning to defecate again soon after finishing

肛门热灼 hot / burning sensation on anus 肛门寒凉 cold sensation on anus

便秘 constipation 臭味比平时重 Foul-smelling stool more than usual

大便失禁 fecal incontinence

6、 感 Taste / 食欲 Appetite

恶心 nausea 干呕 retching 呕吐 vomiting/throw up

a, 吐出物颜色 vomitus color---_____?

b, 吐出物的形态 vomitus form---

纯液体 Liquid 含未消化的食物 semi solid due to undigested food

比较液体与含消化的食物哪种较多 estimated ratio between the liquid part and the solid(undigested food) _____?

口味 taste in mouth----

有甜味 sweet 有苦味 bitter 有酸味 sour 有辣味 hot and spicy

有咸味 salty 容易饿 hungry so often 食欲好食量大 excessive hunger than usual

7、咳嗽 Cough / 咽 Throat

不咳 no cough 带痰 cough with phlegm 干咳 dry cough

咳运动后加重 coughing more after physical exercise 遇冷加重 coughing more in cold

遇热加重 coughing more in heat

何时咳较重 At what time of day your cough is worse---

早晨 morning 午后 afternoon 黄昏 late afternoon/dusk 夜卧 night time lying down

半夜 23-1 点 23pm-1am 凌晨 4-5 点 4am-5am

咽痛 sore throat 咽肿 swollen throat 声哑 hoarseness

8、痰 Phlegm / 鼻涕 Snot/Nasal Mucus, 眼屎 Eye Discharge

A、痰 Phlegm

有痰 with phlegm 无痰 no / without phlegm 痰鸣 gurgling with phlegm

痰粘 sticky phlegm 痰黄 yellow phlegm 水样痰 watery phlegm 痰易咳出 easy to cough up

痰不易咳出 difficult to cough up

痰吞下 / 咳出不会马上再有痰 (no immediate recurring of phlegm after it being cleared)

B、鼻涕 Snot/Nasal Mucus

鼻塞 snuffle nose 一个鼻孔堵塞 single-sided stuffy nose

两个鼻孔交替堵塞 alternating stuffy nose 睡时塞 stuffy while asleep 醒时塞 stuffy while awake

持续塞 constant stuffy 黄涕 yellow mucus 粘稠涕 thick mucus 水涕 watery mucus

鼻干燥 dry nose 鼻屎干结 dried mucus 鼻内有干血块 dried blood clots in the nose

C、有眼屎 eye discharge----

黄色干硬 yellow hard mucus 黄软 yellow soft mucus 偏白软 white soft mucus

眼干涩 dry eyes 眼白发红 blood shot eyes 下眼皮肿 swollen lower eyelids

上眼皮肿 swollen upper eyelids 眼怕光 photo phobia

9、疼痛 Pain

A、痛的部位 which part of the body is in pain/the location of the pain---

头痛 headache (头痛的位置 headache location?)

前额 forehead 眼窝 eye sockets 眉骨 eyebrows 脸颊 cheeks 头后 back of the head

头顶 top of the

颈部 neck

耳后 behind the ears

耳前 in front of the ears

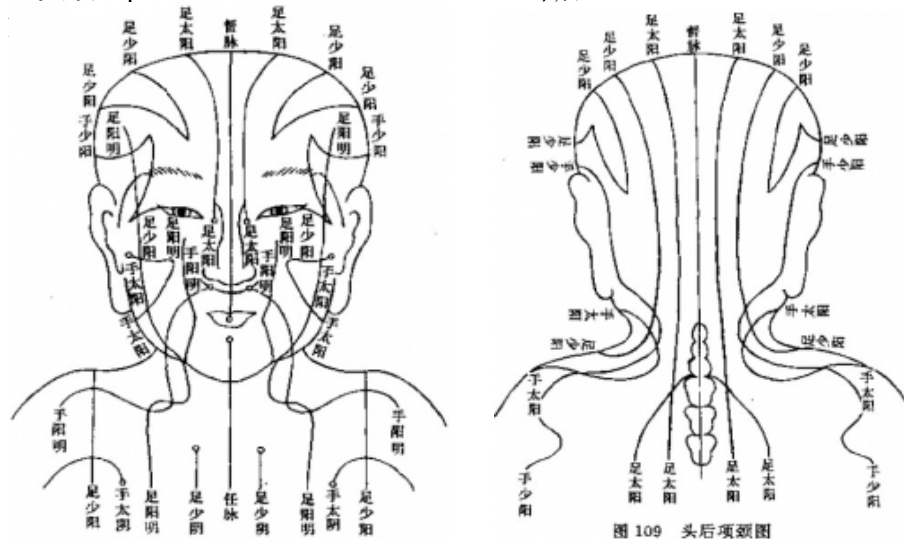


图 109 头后项颈图

对照上图，请指出哪个经脉所处的位置：

关节疼痛 aching joints (哪个关节痛 which joint pain _____)?

腹痛 Abdominal pain 腹胀 bloating

B、痛的性质 the quality/type of the pain ---

胀痛 bloating 刺痛 stabbing 头如裹 heavy headed as if wet towel tightly on head

钝痛 dull 持续痛 persistent pain

10、舌 Tongue / 舌苔 Coating of the Tongue 腔 Oral

A、舌质 tongue conditions ---

舌干 dry / no saliva 舌湿 moistened/wet 舌底发干 dry below tongue 舌疮 sores

B、舌色 unusual tongue color ---

红 red 淡粉 light pink 深红 dark red 紫 dark Purple/Bruising

黑 black 白 white / pale

C、舌苔 Coating of the Tongue ---

无苔 no coating at all 苔厚 thick 苔薄 thin 苔白 white 苔黄 yellow

黏腻苔 sticky greasy 湿苔 slippery 焦干 parched 黑 black 积粉苔 powder-like

有芒刺 prickly 象草莓 strawberry-like

D、门牙 front teeth ---

有光泽 shiny 干燥无光泽 incisors dry and dull 干枯 dried-up

E、牙龈 gums---

牙龈色红 bright red gums 牙龈色淡 lighter color than usual/slight pink gums

牙龈红肿痛 red swollen gums 牙龈溃疡 gums sores

11、不适症状轻重程度发作规律 Symptoms' time pattern , when feeling worse?

白天重夜里轻 during daytime 白天轻夜里重 at night 晨起重 morning

傍晚重 early evening 午后重 afternoon

病程多久了 How long have you experienced these symptoms_____?

哪种症状有何规律，请详细注明 Are there any patterns to your symptoms? Please provide details

_____?

12、其它不适应症状 Other Symptoms

四肢乏力 weakness of limbs 嗜睡 excessive sleepiness 鼾眠 snoring

倦怠无精打采 listless / lethargic 焦躁不安 restless/ irritable 说胡话 incoherent

神智不清 diminished cognitive ability 抽搐 cramps/convulsion 角弓反张 opisthotonus

P.S. : 角弓反张 opisthotonus



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附：填问诊单的小窍门：

1、只写当天内的症状，以往症状，当天内没的都不要勾选。季节性的症状在问诊单最后一页的备注中写明。复诊的，要说明服药前后变化的，只在第一页的主诉栏里填写。也就是说，所有的问诊选项内容，不要填三天内没有的症状。

2、如果不知道如何填写的，就在选项的补充说明中，写明“不知道如何选”；如果是症状，好象有，又好象没有，在补充说明中写明“似有似无，说不清”；如果同一项中，症状多，在补充说明中分别说明各种症状发生的时间不同或是轻重程度不同、发作的部位不同的差异来。

3、最主要的是：大小便能写得越详细越好；舌象描述越准越好（或拍的照片越清楚，色差越小越好）；主诉不适症状，描述越详细越好。

4、能拍照的，在室外自然光线下（但非阳光直射），拍出照片寄出。如，眼丝、舌象、面色等。照好的照片，自己在电脑上看一下，色差差别大不大，如果能上传到网站图床查看色差就更好。

5、舌象&舌苔

看舌象

舌头不要用力，但要能看到舌头根部；舌底，同样也不要用力，但要尽量张大嘴。

观察舌下的脉络

最好是让别人观察。患者：舌头轻抵上颚的牙槽有凹凸起伏不平之处。舌头不要用力，嘴尽量张开。面向有充足的自然光线处（如窗外）观察者：略下蹲，视线中心位与患者下唇同水平位，从下往上观察。时间：三到五秒之内观察。如果没看清楚，休息一两分钟，再观察

看舌苔

如果是急症、外感病，是病情最重之时。舌苔一天之中的变化还是较大的，特别是饭前饭后变化大。如果是杂病，一般是晨起后，洗漱前。杂病中的苔只是个较轻的参数，并不是主要参数。

更多学习。请参见

[如何填问诊单](#)

[与感冒急证问诊单，配套对应的词汇解释](#)