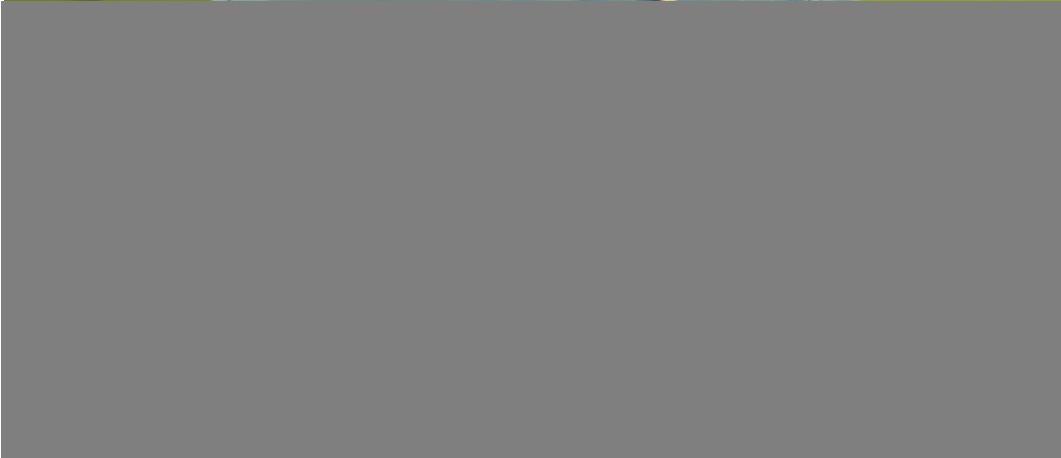




English-Rotooro Health Workers



Welcome to the English-Rotooro Health Workers Dictionary

Welcome to the Tooro Kingdom! Webale kwija!

Whether you are a student or a healthcare professional you are most welcome to the Tooro Kingdom in Western Uganda. Thank you for the work you will do here, and we assure you that a warm welcome awaits.

This dictionary has been designed with the aim of improving your interactions with patients and consequently helping them to receive better care. This is the first edition and we are always happy to receive suggestions for additions or updates in future editions. A further phrase book for more general use is available from Clovis who can be contacted on the number below.

Many thanks to Knowledge for Change for sponsoring the publication of this dictionary and to the many healthcare workers in Fort Portal and students from the UK who participated in the checking and preparation of the dictionary.

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Greetings

Good morning (one person)

Good morning (more than one)

Good afternoon (one person)

Good afternoon (more than one)

What is your name?

My name is ..

Please:

Thank You:

You are welcome

Welcome to the clinic/hospital:

How can I help you today?

How are you today?

Come with me:

Can I see your book?

Kuramukya

Oraire ota?

Muraire muta?

Osiibiire ota?

Musiibiire muta?

Ibara lyawe?

Eryange ..

Caali

Webale

Tikuli muno

Webale kwija mwirwarro

Hati nkukonyere nta?

Hati oli ota?

Mpondera

Kandole ekitabu kyawe?

Quantities

1	Emu	14	Ikumi Na Ina
2	Ibiri	15	Ikumi na Itaano
3	Isatu	16	Ikumi na Mukaaga
4	Ina	17	Ikumi na Musanju
5	Itaano	18	Ikumi na Munooone
6	Mukaaga	19	Ikumi na Mwenda
7	Musanju	20	Makumi Abiri
8	Munaana	30	Asatu
9	Mwenda	40	Ana
10	Ikumi	50	Ataano
11	Ikumi nemu	60	Nkaaga
12	Ikumi Naigiri	70	Nsanju
13	Ikumi Naisatu	80	Kinaana

90	Kyenda	<i>Weeks</i>	Emwiiki
100	Kikumi	<i>Months</i>	Emyezi
200	Bibiri	<i>Years</i>	Emyaka
300	Bisatu	<i>Today</i>	Kiro kino
400	Bina	<i>Tomorrow</i>	Nyenkya
500	Bitano	<i>Yesterday</i>	Ijo
1000	Rukumi	<i>Night</i>	Ekiro
10000	Omutwaro gumu		
$\frac{1}{2}$	ekicweka		
$\frac{1}{4}$	kimu kyakana		
$\frac{1}{3}$	kimu kyakasatu		
<i>Hours</i>	Esaaha		
<i>Days</i>	Ebiko		

General history

How old are you?

Oine emyaka ingaha?

Do you live far?

Noikara hara?

Who is your next of kin?

Omwema wawe wosha?

What is your job?

Okora mulimoki?

Are you drinking?

Nonywa?

Are you eating?

Nolya? (No-lee-ya)

Can you walk (around)?

Nosobora kurubata (hanu
nambere kuli)?

Are you passing urine well?

Nosesa kurungi?

Are you passing stool well?

Nogenda mukabuyonjo
kurungi?

Do you have a fever?

Oine omuswija?

Do you feel heat in your body?

No hurra noyokya mumubiri
gwawe?

Do you have a rash?

Oine obuhere?

Do you have a headache?

Noterwa omutwe?

Have you lost any weight?

Nohurra okehezeho eratiri
hamubiri gwawe?

How is your appetite?

Ebyokulya nobigonza
kubirya?

Do you have any medical problems?

Oine ensenga yonyaerukukutalibaniza mubwomeezi bwawe?

Are you taking any medication?

Oine omubazigwona
ogworukumira?

For how long have you had this problem?

Kinu ekizibu omazire nakyo kasumiki?

At what time did the bleeding start?

Okujwa esagama kutandikire
di?

Have you been tested for HIV?

Orakebizeho akahuka
komumywererro?

Have you got HIV?

Oine akahuka
komumywererro?

Do you have diabetes?

Oine oburwaire bwa sukaali?

Do you have high blood pressure?

Orwara omutima gwawe
mgutera kurungi?

Have you ever had surgery?

Barakusemizeho?

Examination

Sit down

Ikaara hansi

Lie down

Byama hansi

Give me your arm

Mpa omukono gwawe

Take a deep breath in

Ikya wogarra munda namani

Hold your breath

Ikya munda, olinde

kuturikiya orwoya aheeni

Breathe out

Ikya noturukya

I'm sorry the stethoscope is cold

Oganyire akokuhuliriza

nikafuka

Lift up your leg

Imukya okuguru kwawe

Lift up your arm

Imukya omokono gwawe

Does this hurt?

Kinu nikikusasa?

Can I examine your abdomen?

Kankebere enda yawe?

Please lie on your back

Caali byamisa omugongo

Please lie on your side

Caali byamisa orubaju

I am going to examine your abdomen

Ningonza kukebera enda yawe

Open your legs

Galihya amuguru gawe

Bend your knees

Osimbe amugure gawe

I am going to do a vaginal examination

Ningenda kukubera munda mubukazi bwawe

Relax your legs

Tekanasisa amuguru gawe

I am going to examine the rectum

Ningonza kukubera mukibunu

Squeeze my finger

Miga ekyara kyange

Copy what I am doing

Okole ekindukukora

Follow my finger with your eyes

Hondera ekyara kyange namaiso gawe

Look straight ahead

Rora mumaiso

I am going to do a scan

Ningenda kumulika munda
yawe

I am sorry the gel is cold

Onganyire amagita (gel)
ganu nigafuka

Pain

Do you have any pain?

Oine horukusasa hoona?

Nosaasa?

Point to where your pain is

Nyoceka nambere

orukusaasa

How long have you had this pain?

Omazire kasumiki nosaasa?

What type of pain is it?

Busaasi bwamulingoki?

Is the pain constant or does it come and go?

Obusaasi nibwija nibugenda rundi nibwikaraho?

Does the pain travel anywhere else?

Obusaasi buli hamu rundi

buli na handi?

What makes the pain better?

Kiki ekirukuhumuzaho

obusaasi bunu?

What makes the pain worse?

Kiki ekyongerereza obisaasi

bunu?

Is it worse when you walk around?

Kakuba orubata rubata

nosaasa muno

Useful words

<i>Swollen</i>	Kuzimba
<i>Warm</i>	Kutagata
<i>Cold</i>	Kufuka
<i>Red</i>	Kunanata
<i>Pale</i>	Kusiihuka
<i>Jaundiced</i>	Ayengere
<i>Bruised</i>	Ekifufu
<i>Broken</i>	Kuhendeka
<i>Inflamed</i>	Ekirwaire
<i>Burst</i>	Kuhulika/kwatika
<i>Bleeding</i>	Kujwa esagama

Body parts (Ebicweka

byomubiri)

<i>Arm</i>	Omukono
<i>Hand</i>	Engaro
<i>Leg</i>	Okuguru
<i>Legs</i>	Omuguru
<i>Foot/feet</i>	Ekigere/Ebigere
<i>Knee</i>	Okuju
<i>Hip</i>	Enyugunyu
<i>Shoulder</i>	Ibega
<i>Neck</i>	Ebikya
<i>Spine</i>	Orukizi rwomugongo
<i>Skin</i>	Omubiri
<i>Abdomen</i>	Enda
<i>Head</i>	Omutwe

<i>Ear</i>	Okutu	<i>Urethra</i>	Akaseke kenkali
<i>Mouth</i>	Omunwa	<i>Rectum</i>	Mukibunu
<i>Eyes</i>	Amaiso	<i>Placenta</i>	Owanyuma
<i>Nose</i>	Enyinda	<i>Umbilical cord</i>	Orulera
<i>Throat</i>	Omumiro	<i>Gynaecologist</i>	
<i>Lungs</i>	Ebihaha	Omufumu wabakazi	
<i>Lung</i>	Ekihaha	<i>Paediatrician</i>	
<i>Bowels</i>	Ebyenda	Omufumu arukujanjaba	
<i>Liver</i>	Obune	endwaire zabana	
<i>Pancreas</i>	Enumi	<i>Surgeon</i>	
<i>Uterus</i>	Nyinenda	Omufumu we ndwaire	
<i>Ovaries</i>	Obusigo	zokusemeza	
<i>Vagina</i>	Obukazi	<i>Physician</i>	Omufumu
<i>Bladder</i>	Oruhago	wendwara arukujanjaba	
		abarware kandi atakizire	
		kukozesa ekyokusemeza	

Maternity

Enju hokulinolira abakazi benda

When was your last period?

Okamaliirra di kugenda mukigere?

How many pregnancies have you had?

Wakatwara enda zingaha?

How many children do you have now?

Oine aba baingaha hati?

Have you had any problems with previous pregnancies?

Wakitungaga obuzibi bwona ne nda eziwatwarire enyuma?

Were your babies born normally or by Caesarean section?

Abaana bawe okabazara kurungi rundi

bakakusemeza?

Did you ever have high blood pressure in pregnancy?

Omutima gwawe gwatenga muno obuwabaga oine enda?

Have you felt your baby moving?

Omwana munda natera kurungi?

Have you had any bleeding?

Wakajwireho esagama yoona kuruga mukukazi

bawe?

Is the bleeding heavy or light?

Esagama nejwa muno rundi ntaito?

Have your waters broken?

Ensoha eyatikire?

Have you had labour pains?

Edisa wakahuliire ebisa kyomwana?

I am going to listen to the heartbeat of the baby

Ningonza kuhuliriza omwana nkoku arukuteera

munda

Your baby's heart beat is strong

Omutima gwomwana niguteera namani

Please pass urine

Caali sesa enkali

I am going to break your waters

Ningenda kwata ensoha

You need to have a caesarean because of

Noyetaaga kukusemezamu omwana habwa ..

..... No progress in labour

Ebisa tibirukwija kirungi

.... Fetal distress

Omwana munda ajwahire

..... Bleeding

Kujwa esagama

..... the baby is in the wrong position to be born

Omwana abyamire kubi munda

..... the placenta is in front of the baby

Owanyuma ayebembiire omwana munda

I am going to use a vacuum cup to pull out the baby

Omwana wawe ningenda kumusikayo ne kyoma

Push strongly/longer

Sindika namani/longera

Only push when you feel the contractions

Sindika obwora hurra ekisa

Stop pushing

Lekeraho kusindika

Well done

Okozere kurungi

Congratulations!

Garukayo!

The baby is a boy/girl

Omwana mwojo/mwisiki

The baby is strong and healthy

Omwana aine amaani kandi
nazooka kurungi

The baby is tired

Omwana ajwahire

The baby has died

Omwana afiire

You need to have some stitches

Noyetaaga kukubaziira nambere otagukire

I will give you an injection of local anaesthetic

Ningende kutera akakinzo kokusaraza

How is your baby?

Omwana wawe ali ata?

Is the Baby breastfeeding well?

Omwana nayonka kurungi?

How heavy is the bleeding?

Esagama nejwa muno
kwinganaki?

Do you have any pain in your breasts?

Oine obusaasi bwona mumabere gawe

Gynaecology

Kusoma ebirukukwata hamukazi

Have you used family planning?

Wakakozesahoga embaliirra yoruzaro?

Do you want to use family planning?

Noyetaaga kukozeza embaliirra yoruzaro?

Would you like to use family planning?

Wakugondeze kukozeza embaliirra yoruzaro?

Coil

Akaheta kokutangira kuzaara

Implant

Obuti bwokutangira kuzaara

Depo Injection

Enkiinzo yokutangira kuzaara

Pill

Objuma kwokutangira kuzaara

Sterilisation

Kusibe Oruzaaro

Are your periods regular?

Esagama yawe eyabuli musezi ejwa kurungi?

Are your periods heavy?

Esagama nejwa muno kandi nyingi?

Are your periods painful?

Obwogenda monsonga/mumwezi enda ekuruma
muwo?

Do you have any vaginal discharge?

Oine ekintu kyona ekirukunigayo hansi mubukazi
bwawe?

Does it hurt to pass urine?

Obworokuba noseesa nosase?

Does it hurt to have sexual intercourse?

Obworokuba noterana nomusaija nosasa?

Paediatrics

Obujanjabi bwabana abato

How old is your baby?

Omwana wawe nainganaki?

Is the baby putting on weight?

Omwana wawe
nayeyongeraho eratini?

Does the baby have a rash?

Omwana wawe aine
obuhere hamubiri?

Is your baby passing urine/ opening their bowels?

Omwana wawe noseesa/nayediba kurungi?

Does the baby seem to have difficulty in breathing?

Omwana wawe naikya kubi?

Is the baby vomiting?

Omwana natanaka?

Is there any blood in the vomit?

Omubitanaki harumu
esagama?

What colour are the babys stools?

Obubi bwomwana
bwarangi ki?

Is there any swelling of the abdomen?

Enda yomwana ezimbire?

Is there any blood in the babys stools?

Obubi bwomwana harumu esagama?

Did your child receive all their vaccinations?

Omwana wawe bakamugema enkiinzo zoonza?

Did any other children in the family have any serious medical conditions?

Haro ho abaana muruganda rwanyu abarakwareho
endwara ezamani?

Surgery

Kujanjaba endwara ezokusemeza

Your arm is broken

Omukono gwawe guhendekere

Your leg is broken

Okuguru kwawe kuhendekere

You need to have an operation

Moyetaaga kuku semeza

Have you had vomiting?

Otanakire?

Have you had diarrhoea?

Noturuka? Obworukugenda
mukinazi?

Have you had constipation?

Nugumirirwa

obworukugenda mukinazi?

Have you seen blood in the vomit or the stool?

Orozire esagama mubitanaki rundi mu bubu?

Do you feel hungry?

Enjara nekiwuma?

Has your stool changed colour?

Obubi bwawe buhindukire erangi?

Has your urine changed colour?

Ekiseeso kyawe kihindwire erangi?

Do you have heartburn?

Nohurra ekyata?

Do you feel your abdomen swelling?

Nohurra enda yawe ezimbire?

Cancer

Ekokoro

Gall stones

Obubaale bwomu buta

Kidney stones

Obubaale bwomusigo

Medicine

Do you have any problems seeing or hearing?

Oine obuzibu bwona mu kurora rundi kuhurra?

Do you have any weakness in the arms or legs?

Nohurra kusarra kwona omukuguro rundi omumukono?

Do you have difficulty in breathing? Nosemererwa kwikya?

Do you have a cough? Nokoora?

Have you coughed up blood? Nokoora esagama?

Does it hurt to take a deep breath in? Obworukuba noikya
namani, nosasa?

Do you have a headache? Noterwa omutwe?

Stroke Kusarara okwabwango bwango

Heart attack Kuterwa omutima

Pneumonia Ebihaso

Tuberculosis Enkorro yakakonko

Malaria Omuswija gwemibu

Nursing care

Can I take your blood pressure?

Leka mpulirize omutima gawe nkoku gurutereka?

Can I take your pulse?

Leka mpulirize no bwara nkoku omutima gwawe

gurutera haiguru ye binywa?

Can I take your temperature?

Leka mpime obitagasi bwawe obwomubiri?

Can I change your dressing?

Leka mpindule ebinsembe seze kihoya kwawe?

I will tell the doctor

Ndagambira omufumu

The nurse will be around shortly

Nasi naija kubaho
ahabwakaire kake

Your blood pressure is high

Omutima gwawe niguteera
muno

Your pulse is fast

Omutima gwawe niguteera muno obworukukwata binywa

Your temperature is high Noyokya muno omumubiri gwawe

Your blood pressure is low

Omutima gwawe niguteera mpera muno

I am going to put a catheter (tube) into your bladder to let the urine run out

Ningenda kukutekamu akapiira kenkali munihago mukwo
enkali erugemu

I am going to remove the catheter

Ningenda kukwihamu akapiira kekiseeso munihago

I am going to put NG tube through your nose into your stomach to relieve the swelling

Ningenda kukutekamu aka piramunyindo, kagende munda
mukwo nsikemu ebirumu enda ereke kuziimba

Please swallow these tablets

Caali mira objuma bunu

I am putting some medication through your drip

Nintekamu omubazi kuraba mu cupa yakainamira

Is it painful when the medication goes through the drip?

Nosalirwa obu omubazi gurukuraba mu cupa ya kainamira?

I am going to remove your drip

Ningenda kwihaho ecupa yawe eyakainamira

I am going to give you an injection Ningenda kuku tera enkinzo

Patient advice

Kuhabura Omurwaire

Please make sure you are eating and drinking

Caali oteho okulyo kurorangu nolya kandi nonywa

Drink plenty of fluids

Onywe muno ebyokunywa

Eat lots of green vegetables

Olye emikubi erukwiragura

Don't take salt with your food

Otalya ekisura mubyokulya

Don't drink sodas or tea or coffee

Otanywa soda, cai rundi
kaawa

Start eating a little bit at a time

Otandike kulya kake kake

Please go for a blood test

Caali genda bakuiheho
esagama

Please go for a urine/sputum test

Caali genda baku kebere
ekiseeso/ekikoorro

You can go home today

Nosoboro kugenda muka
kino kinu

Your sutures will need to be removed in 5 days

Ehuuzo zorubaziiro zija kurugamu hanyuma yebiro bitaano

The stitches are dissolvable

Ehuuzo nizi hwererramu

You will need to come back here for follow up in 7 days

Noija kugaruka mwirwarro kwetegereza nkoku oli hanyima
yebiru musanju

You will need to take medicines at home

Noija kwetaaga kumira emibazi omuka

Please take 1/2 tablets 2/3/4 times a day

Caali mira emu/bubiri emirundi ebiri/esatu/ena

You have an infection Okwasirwe endwara mumubiri gwawe

These medicines will help you feel better

Enu emibazi negenda kukukonyera noba kurungi

*Please come back if you have a fever or increasing pain or
bleeding*

Caali oganike omwirwarro obworahurra omuswija, obusasi
bwingi rundi kujwa esagama

I am sorry

Onganyire

You will be OK

Noija kuba kurungi

Don't be afraid

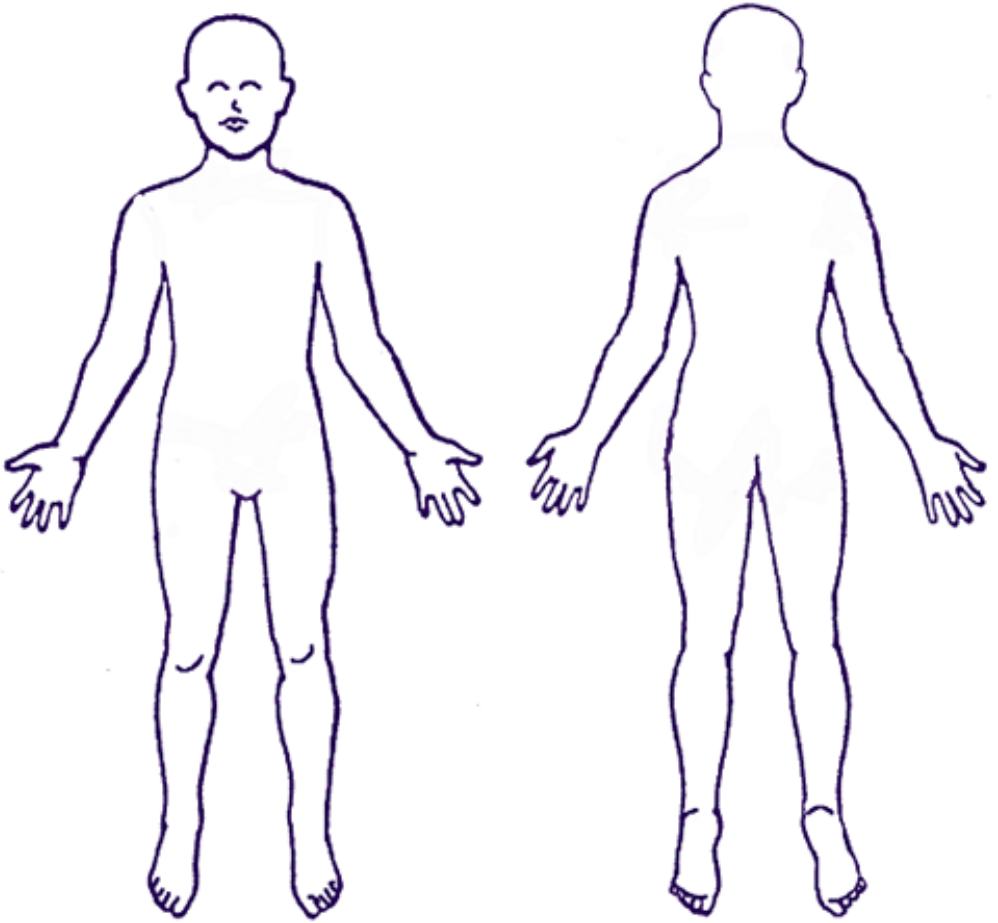
Ota tina

What would you like?

Wakugondeezeki?

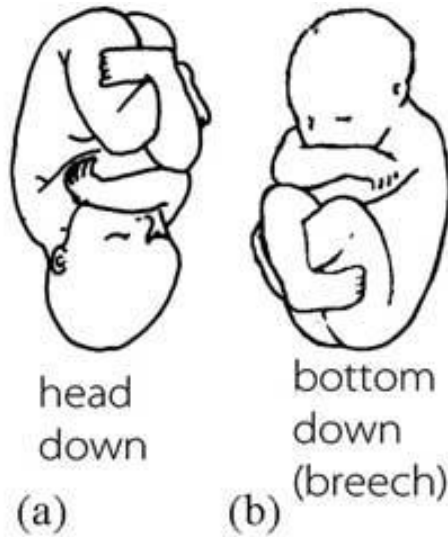
Do you want to go home?

Nogonza kutaha o muka?

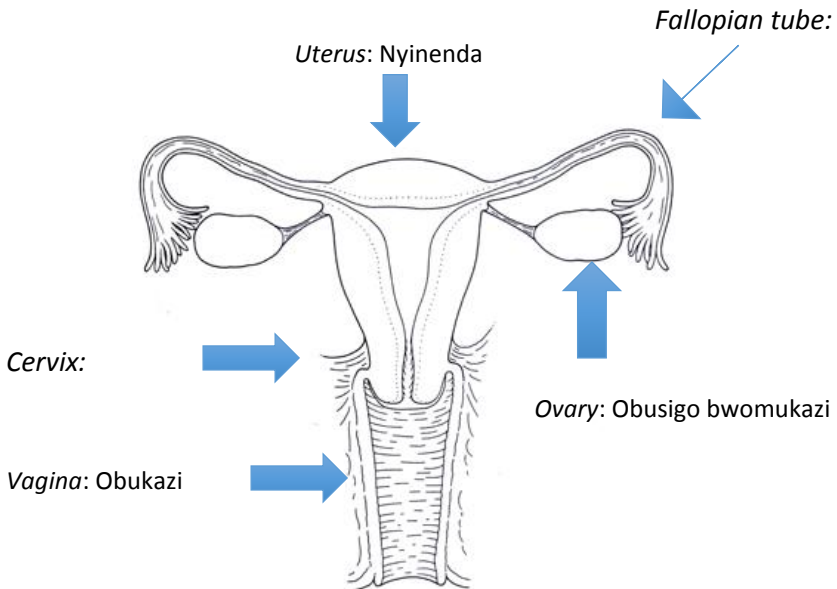


Point to where your pain is

Nyoceka nambere orukusaasa



Your baby is breech:



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