For health-care providers;

Visual Thesaurus of Symptoms
based on "Picture Your .." Series Brochures
Version 1.0

Purpose
Health related communication is usually done verbally. In many occasions, clear communication is disturbed for various reasons; such as not understanding the language, having hearing difficulty, being too sick to talk, and so on. In this trial, visual symbols are used as the alternative way of communication.

Expected function of visual symbols
We are not to deny the importance of verbal expression. We are to supplement the insufficiency of verbal expression by visuals.

When people get sick, some symptoms and their accompanying uncomfortable feelings appear. Usually, people express or try to express them verbally. However, if the process of externalization of symptoms and uncomfortable feelings does not go well, communication is disturbed. Visual symbols represented in this thesaurus function as cues for this externalization. If the patient's given symptom and/or feeling is well expressed by one of these visuals, the patient can point out that in stead of expressing verbally. Even if the patient's symptom and/or uncomfortable feeling is not properly expressed by one of symbols, the person can still point out similar ones or can tell the difference.

Stepwise use of visuals
(1) Allow patients to take a quick look of all the visuals. It is not necessary to "read" visuals. Just let them look at. It will take only a few minutes. By this process, patients can understand the outline of visual framework to externalize their symptoms and/or uncomfortable feelings (such as pain) related to sickness.

(2) Encourage patients to check all visuals to which patients notice some concerns related to their uncomfortable feelings. During this process, visuals help patients to externalize their feelings and find appropriate visual and/or verbal vocabulary to explain them.

(3) Discuss with patients about their findings. Allow patients to describe their uncomfortable feelings.
**Preliminary evaluation of visuals**

We hope to evaluate the effectiveness of visual representation and to improve further these visual symbols. Please ask patients to fill in the last three questions of each brochure. These three questions related to each patient’s profile (age, gender) and preference of visuals. Also, please fill in the last column of each brochure based on your professional perspective as a health care provider.

**Background of our research**

In order to facilitate face-to-face communication in the health care settings, we started research to visualize health related concepts at Nagasaki University in Japan. Initially, figures corresponding to 30 general symptoms were drawn by medical students on the basis of free imagination and association of visualized ideas. Newly illustrated figures were inspected by a task force outside of Nagasaki University, including persons with hearing difficulties and experts in manual sign language.

We publicized initial symbols for community health interest groups. A small group of hearing impaired people and their voluntary helpers were first interested, and the interest extended to the following two organizations: Nagasaki Prefectural Association for the Welfare of the Deaf and Dumb, and Nagasaki Branch of the Japanese Study Group of Sign Language Problems. These two organizations helped us to improve each of the symbols by offering situations in which to observe people’s comprehension of symbols at both group-based and case-based settings.

Since the year 1991, we have been developing new series of symbols and theoretical framework to visualize symptoms. We are grateful for the intellectual atmosphere provided by our colleagues at the University of Illinois at Urbana-Champaign. It is our pleasure to acknowledge those who have encouraged and contributed to our research, especially Janet S. Reis (review of research and evaluation of headache visuals), Frank A. Wrestler (development of headache visuals), Carol Kennedy (development of backache visuals), Eric Tobison (illustration), and William J.H.Creswell (review of research).

**References**


1. Location of pain, discomfort

Front of head | Side of head | Back of head | Back of neck
---|---|---|---
Ear | Eye | Nose | Cheek
Chin | Throat | Neck | Shoulder
Right chest | Central chest | Left chest
Upper right abdomen | Upper central abdomen | Upper left abdomen

Lower right abdomen | Lower central abdomen | Lower left abdomen
Upper back | Central back | Lower back
Arm and elbow | Hand | Finger
Knee | Leg | Foot

Visual Thesaurus of Symptoms (version 1.0)
2. Quality of pain

2.1 Head

Piercing pain
Bumping pain
Dull pain

Squeezing pain
Burning pain

2.2 Back

Piercing pain
Bumping pain
Dull pain

Squeezing pain
Burning pain
Radiating pain

2.3 Thorax & abdomen

Piercing pain
Dull pain

Squeezing pain
Bursting pain
Radiating pain
3. Time factor of symptoms

3.1 Onset

- Gradual onset
- Sudden onset
- 'Comes and goes' type onset

3.2 Time of day

- Morning
- Day time
- Evening
- Night

3.3 Duration

- Years
- Months
- Days
- Hours
4. Body surface

4.1 General outlook

4.2 Surface change

Redden, Flushing

Bleeding

Swelling

Spots, Spotted swelling

5. Signs and symptoms

5.1 Whole body

5.1.1 Fever

Feverish

Shivering

5.1.2 Change of appetite and weight

Excessive eating

Loss of appetite

Increase of weight

Decrease of weight

5.1.3 From fatigue to loss of conscious

Fatigue

Deep fatigue

Loss of consciousness

5.1.4 Disturbance of motor function

Dizziness

Difficulty of motor control

Convulsion
6. Causal factors

6.1 Posture and daily activities

6.1.1 Lying

Lying on back
From lying down to waking up

6.1.2 Sitting on floor

Sitting
Sitting
Sitting on knee
Sitting with legs crossed

6.1.3 Sitting on seat or sofa

Sitting and driving
Sitting and reading
Sitting and watching

6.1.4 Sitting on chair

Typing
Computing
Reading
Writing

6.1.5 From standing to bending

6.1.6 Bending forward and doing something

Getting into car
Mowing lawn

6.1.7 Standing and doing something

Standing

6.1.8 Walking, stepping and running
8. Past Examination

X-ray examination  
CT-scan  
Blood examination

Electroencephalograph  
Nerve conduction velocity  
Cerebro-spinal fluid examination

9. Medication

Aspirin  
Inderol  
Colline  
Demerol

10. Other treatments

Hot bath  
Pack

Massage  
Acupuncture  
Cooling
7. Any Causes? (continued)

8. Headache in your family?

9-a. Past exam?

9-b. Medication?

10. Your sex? Your age years

11. Which do you prefer, verbal or visual?

TO BE FILLED IN BY HEALTH CARE PROVIDERS:
1. Is this visual form helpful for you to communicate with international patients? Check One.
   0 very helpful 0 helpful 0 not helpful
2. Which form do you prefer, verbal or visual?
   2-a. To establish a good rapport with patients; 0 verbal 0 equal 0 visual
   2-b. To educate patients; 0 verbal 0 equal 0 visual
   2-c. To make a diagnosis within a limited time; 0 verbal 0 equal 0 visual

If you have any comments, please contact Moriyama or Del Harnisch;
Masaki Moriyama, c/o Delwyn L.Harnisch
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1310 South Sixth Street, Champaign IL 61820
217 333-4416 (Del) 217 333-4585 Aug/20/1992

Picture Your Headache

English/ Chinese

Look over the pictures and check.

1. Where? 痛處在哪裡？
2. What type?

3. Gradual or sudden?

4. Time of day?

5. How long?

6. Other signs and symptoms?

7. Any causes?
7. Your activities: how many hours a day?

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<th>4 hr+</th>
</tr>
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9-a. Past exam? 過去曾做過哪些檢查？

9-b. Treatments? 試過哪種治療？

10. Your sex 你的性別

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<thead>
<tr>
<th>0-19</th>
<th>20-49</th>
<th>50+</th>
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11. Which do you prefer, verbal or visual?

TO BE FILLED IN BY HEALTH CARE PROVIDERS;
1. Is this visual form helpful for you to communicate with international patients? Check One.
   □ very helpful □ helpful □ not helpful
2. Which form do you prefer, verbal or visual?
   2-a. To establish a good rapport with patients: □ verbal □ equal □ visual
   2-b. To communicate; □ verbal □ equal □ visual
   2-c. To make a diagnosis within a limited time; □ verbal □ equal □ visual

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English/ Chinese

Picture Your Backache

詳細描述你的背痛

Look over the pictures and check.

1. Where?

Backache 5 (Chinese) Backache 6 (Chinese) Backache 1 (Chinese)
2. What type? 屬那一類型？

3. Gradual or sudden? 慢慢的或者突然產生？

4. Time of day? 產生的時間？

5. How long? 持續的時間？

6. Any causes? 原因？
6. Any other symptoms? (continued)

7. Habits?

8. Allergy?

9. Your sex

10. Which do you prefer, verbal or visual?

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   ○ very helpful ○ helpful ○ not helpful
2. Which form do you prefer, verbal or visual?
   2-a. To establish a good rapport with patients; ○ verbal ○ equal ○ visual
   2-b. To educate patients; ○ verbal ○ equal ○ visual
   2-c. To make a diagnosis within a limited time; ○ verbal ○ equal ○ visual

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Aug 20/1992

Picture Your Discomfort

Look over the pictures and check.

TO BE FILLED IN BY HEALTH CARE PROVIDERS:
1. Which part? 那一部份？

Discomfort 5 (Chinese)
Discomfort 6 (Chinese)
Discomfort 1 (Chinese)
1. Which part? (continued)
那一部份？

2. What type of pain?
那一類型的痛楚？

3. Gradual or sudden?
慢慢的或突然產生？

4. Body surface?
局部表面有沒有變化？

5. How long?
持續的時間？

6. Any other symptoms?
其它症狀？
7. Any Causes? (continued) 
8. Headache in your family?
9-a. Past exam? 
9-b. Medication?
10. Your sex? Your age years
11. Which do you prefer, verbal or visual?

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   2-b. To educate patients; 0 verbal 0 equal 0 visual
   2-c. To make a diagnosis within a limited time; 0 verbal 0 equal 0 visual

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Look over the pictures and check.
1. Where? 어디에?
2. What type?

3. Gradual or sudden?

4. Time of day?

5. How long?

6. Other signs and symptoms?

7. Any causes?
7. Your activities: how many hours a day?
   | 0 | 1hr | 2hr | 3hr | 4hr+ |
   |   |     |     |     |      |
   |   |   👨|   👨|   👨|   👨|

8. Any other symptoms?

9-a. Past exam? 지난 검진을 받으셨나요?

9-b. Treatments? 치료는?

10. Your sex | Your age years
   |          |
   | 0-19     | 20-49    | 50-    |
   | 👨        | 👩        | 👨      |

11. Which do you prefer, verbal or visual?

TO BE FILLED IN BY HEALTH CARE PROVIDERS;
1. Is this visual form helpful for you to communicate with international patients? Check One.
   - very helpful
   - helpful
   - not helpful

2. Which form do you prefer, verbal or visual?
   2-a. To establish a good rapport with patients;
   - verbal
   - equal
   - visual
   2-b. To educate patients;
   - verbal
   - equal
   - visual
   2-c. To make a diagnosis within a limited time;
   - verbal
   - equal
   - visual

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Picture Your Backache

Look over the pictures and check.

1. Where? 어느 부분이 아시가?
2. What type? 

3. Gradual or sudden?

4. Time of day?

5. How long?

6. Any causes?

Backache 2 (Korean) 
Backache 3 (Korean) 
Backache 4 (Korean)
6. Any other symptoms? (continued)

7. Habits? 아把我음한 적이었나요?

8. Allergy? 알레르기는 가지고 있습니까?

9. Your sex 

10. Which do you prefer, verbal or visual? 

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   - very helpful
   - helpful
   - not helpful
2. Which form do you prefer, verbal or visual?
   2-a. To establish a good rapport with patients; 
   - verbal
   - equal
   - visual
   2-b. To educate patients; 
   - verbal
   - equal
   - visual
   2-c. To make a diagnosis within a limited time; 
   - verbal
   - equal
   - visual

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Aug/20/1992

 look over the pictures and check.

1. Which part? 

Discomfort 5 (Korean)    Discomfort 6 (Korean)    Discomfort 1 (Korean)
1. Which part? (continued) 어느 부분이 아름나요?

2. What type of pain? 어떤 종류의 통증입니까?

3. Gradual or sudden? 점차적인 것인가? 갑작스러운 것인가?

4. Body surface? 신체 표면은 어떠한가?

5. How long? 얼마나 오래 동안?

6. Any other symptoms? 다른 증상들은?
7. Any Causes? (continued) 原因は？（続き）

8. Headache in your family? 家族にも頭痛？

9-a. Past exam? 検査を受けたことは？

9-b. Medication? 薬を飲んだことは？

10. Your sex? 性別

11. Which do you prefer, verbal or visual? ことばと絵、よりよいのは？

TO BE FILLED IN BY HEALTH CARE PROVIDERS:
1. Is this visual form helpful for you to communicate with international patients? Check one.
   - Very helpful
   - Helpful
   - Not helpful

2. Which form do you prefer, verbal or visual?
   - a. To establish a good rapport with patients;
   - b. To educate patients;
   - c. To make a diagnosis within a limited time;

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Aug/20/1992

Look over the pictures and check. 絵を見て、チェックしてください。

1. Where? 痛いところは？
7. Your activities: how many hours a day?
あなたの活動：一日に何時間くらい？

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8. Any other symptoms?
他に症状は？

9-a. Past exam?
検査を受けたことは？

9-b. Treatments?
何か治療は？

10. Your sex
性別

Your age
年齢

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ことばと、絵 よりよいのは？

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Aug/20/1992

English/Japanese

Picture Your Backache
腰痛を絵で示してください。

Look over the pictures and check.
絵を見て、チェックしてください。

1. Where? 痛いところは？

Backache 5 (Japanese)
Backache 6 (Japanese)
Backache 1 (Japanese)
2. What type? どんな痛み？

3. Gradual or sudden? 痛みは徐々に？ 急に？

4. Time of day? 一日のうち、いつ？

5. How long? 期間は？

6. Any causes? 原因は？
6. Any other symptoms? (continued)

他の症状は？（続き）

7. Habits?

タバコ、酒、薬物などの使用は？

8. Allergy?

アレルギーは？

9. Your sex

性別

10. Which do you prefer, verbal or visual?

ことばと絵、よりよいのは？

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   □ very helpful □ helpful □ not helpful

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   2-b. To educate patients; □ verbal □ equal □ visual

   2-c. To make a diagnosis within a limited time; □ verbal □ equal □ visual

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Aug/20/1993

Discomfort 5 (Japanese)
1. Which part? (continued)
ぐあいの悪いところは？（続き）

2. What type of pain? どんな痛み？

3. Gradual or sudden?
ぐあいが悪くなったのは徐々に？ 急に？

4. Body surface? 体の表面の変化は？

5. How long? 期間は？

6. Any other symptoms? 他の症状は？