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<th>Visual Thesaurus of Symptoms :based on &quot;Picture Your ..&quot; Series</th>
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<td>Moriyama, Masaki; Harnisch, Delwyn L.</td>
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NAO SITE: Nagasaki University's Academic Output SITE

http://naosite.lb.nagasaki-u.ac.jp
For health-care providers;

Visual Thesaurus of Symptoms

based on "Picture Your .." Series Brochures
Version 1.0

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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 ques 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 Tobiason (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
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

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 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)

9-a. Past exam? 過去曾做過哪些檢查?

9-b. Medication? 是否使用某些藥物?

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.
   - Very helpful
   - Helpful
   - 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 Hamisch:
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English/ Chinese

Picture Your Headache

Look over the pictures and check.

1. Where? 痛處在那裡？
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. Other signs and symptoms? 其它證狀？

7. Any causes? 原因？

Headache 2 (Chinese)
Headache 3 (Chinese)
Headache 4 (Chinese)
7. Your activities: how many hours a day?

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9-a. Past exam? 過去曾做過哪些檢查？

9-b. Treatments? 試過那種治療？

10. Your sex 你的性別

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<th>Your age 你的年齡</th>
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11. Which do you prefer, verbal or visual? 你比較喜歡那一種溝通方法，語言還是視覺？

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?
   - To establish a good rapport with patients: verbal equal visual
   - To educate patients: verbal equal visual
   - To make a diagnosis within a limited time: verbal equal visual

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English/Chinese

Picture Your Backache

用圖畫描述你的腰痛

Look over the pictures and check:

1. Where? 痛處在哪裡？
2. **What type? 屬那一類型？**

3. **Gradual or sudden? 慢慢的或忽然產生？**

4. **Time of day? 產生的時間？**

5. **How long? 持續的時間？**
   - Years 年
   - Months 月
   - Days 日
   - Hours 小時

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

7. Habits? 有沒有吸煙、喝酒等習慣？

8. Allergy? 有沒有過敏性反應？

9. Your sex 你的性別

10. Which do you prefer, verbal or visual? 你比較喜歡那種表達方法，語言還是視覺？

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 Discomfort
用圖畫描述你身體不舒服的地方

Look over the pictures and check.
請看下列圖畫，然後指出。

1. Which part? 那一部份？
1. Which part? (continued)
   那一部份？（續）

2. What type of pain?
   那一類型的痛楚？

3. Gradual or sudden?
   慢慢的或者突然產生？

4. Body surface?
   周圍表面有沒有變化？

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?

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?
   - [ ] verbal
   - [ ] equal
   - [ ] visual

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Aug/20/1992

English/ Korean

Picture Your Headache

당신의 두통을 살펴 보시다.

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?

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8. Any other symptoms?

9-a. Past exam? 

9-b. Treatments?

10. Your sex

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?
   - a. To establish a good rapport with patients;
      - verbal
      - equal
      - visual
   b. To educate patients;
      - verbal
      - equal
      - visual
   c. To make a diagnosis within a limited time;
      - verbal
      - equal
      - visual

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Aug 20/1992

Picture Your Backache

Look over the pictures and check.

1. Where?

English / Korean

Picture Your Backache

Look over the pictures and check.
2. What type? 어떤 종류의 통증인가?

3. Gradual or sudden? 진화하는 것인가? 아니면 갑작스런 것인가?

4. Time of day? 하루 중 어느때인가?

5. How long? 얼마안? 
   - Months
   - Days
   - Hours

6. Any causes? 어떤 이유로?
6. Any other symptoms? (continued)

7. Habits? 이에 중증한 적은 것인지?

8. Allergy? 알레르기로 야기된 적이 있습니까?

9. Your sex  당신의 성별은?
   Your age  당신의 나이는?

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

2. What type of pain? 어떤 종류의 통증입니까?

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

4. Body surface? 신체 표면은 어떤가?

5. How long? 얼마나 오랫동안?

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  Your age__ years 年齢 岁

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;
   - verbal
   - equal
   - visual
   b. To educate patients;
   - verbal
   - equal
   - visual
   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.
絵を見てチェックしてください。

1. Where? 痛いところは？
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? 頃間は？

6. Other signs and symptoms? 他の症状は？

7. Any causes? 原因は？
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 years

11. Which do you prefer, verbal or visual? ことばと、絵よりもよいのは？

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?
- To establish a good rapport with patients;
- To educate patients;
- To make a diagnosis within a limited time;

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Aug/20/1992
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)

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  Your age ____ years 年齢

10. Which do you prefer, verbal or visual?

TO BE FILLED IN BY HEALTH CARE PROVIDERS;
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   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/20/1993

Discomfort 5 (Japanese)

Discomfort 6 (Japanese)

Discomfort 1 (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？