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 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 instead 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
- 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

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
- Inderal
- Collene
- 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?

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

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Look over the pictures and check.

1. Where? 痛處在那裏?

Headache 5 (Chinese) Headache 6 (Chinese) Headache 1 (Chinese)
2. What type?

3. Gradual or sudden?

4. Time of day?

5. How long?

6. Other signs and symptoms?

7. Any causes?

Headache 2 (Chinese)

Headache 3 (Chinese)

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

0 hr 1 hr 2 hr 3 hr 4 hr +

8. Any other symptoms?

9.a. Past exam? 过去曾做过哪些检查?

9.b. Treatments? 试过哪种治疗?

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?
   - 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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Look over the pictures and check:

Picture Your Backache

英文/中文

Pain

Backache 5 (Chinese) Backache 6 (Chinese)

Backache 1 (Chinese)
2. What type? 層那一類型？

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? 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
Your age 你的年齡 years 歲

10. Which do you prefer, verbal or visual?
你比較喜歡那種交流方法，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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English/ Chinese

Picture Your Discomfort

用圖畫描述你身體不舒服的地方

Look over the pictures and check.

1. Which part? 那一部份？

1. Which part? (continued)

2. What type of pain?

3. Gradual or sudden?

4. Body surface?

5. How long?

6. Any other symptoms?
7. Any Causes? (continued)

8. Headache in your family?

9-a. Past exam? 자난 경건검진은?

9-b. Medication? 투약은?

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.

D very helpful  D helpful  D not helpful

2. Which form do you prefer, verbal or visual?

D verbal  D equal  D visual

D verbal  D equal  D visual

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English/ Korean

Picture Your Headache

당신의 두통을 살펴 보시다.

Look over the pictures and check.

1. Where? 어디에?
2. What type?  어떤 종류?  

3. Gradual or sudden?  점차적인 것인지 또는 갑작스런 것인지?  

4. Time of day?  하루 중 어느 때가 주로?  

5. How long?  얼마나 오랫동안?  

6. Other signs and symptoms?  다른 증상들은?  

7. Any causes?  어느 원인?  

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

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1 hr</th>
<th>2 hr</th>
<th>3 hr</th>
<th>4 hr+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9-a. Past exam? 지난 검사결과는?

9-b. Treatments? 치료는?

10. Your sex

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

11. Which do you prefer, verbal or visual?

- Which would you recommend if you were to speak to international patients?
  - Very helpful
  - Helpful
  - Not helpful

- Which form do you prefer, verbal or visual?
  1. To establish a good rapport with patients:
     - Verbal
     - Equal
     - Visual
  2. To educate patients:
     - Verbal
     - Equal
     - Visual
  3. To make a diagnosis within a limited time:
     - Verbal
     - Equal
     - Visual

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Look over the pictures and check.

Picture Your Backache

- Backache 5 (Korean)
- Backache 6 (Korean)
- Backache 1 (Korean)
2. What type? 

3. Gradual or sudden? 

4. Time of day? 

5. How long? 

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

7. Habits

8. Allergy?

9. Your sex

10. 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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Look over the pictures and check.

1. Which part? 이 부분이 아디시네요?
1. Which part? (continued) 어느 부분이 아름거나?

2. What type of pain? 어떤 종류의 통증입니까?

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

4. Body surface? 신체 표면은 어머나?

5. How long? 얼마나 오랫동안?

6. Any other symptoms? 다른 증상들은?
Picture Your Headache

1. Where? 痛いところは？

2. Which form do you prefer, verbal or visual?
   
   a. To establish a good rapport with patients; 0 verbal 0 equal 0 visual
   b. To educate patients; 0 verbal 0 equal 0 visual
   c. To make a diagnosis within a limited time; 0 verbal 0 equal 0 visual

3. Which do you prefer, verbal or visual?
   
   a. To establish a good rapport with patients; 0 verbal 0 equal 0 visual
   b. To educate patients; 0 verbal 0 equal 0 visual
   c. To make a diagnosis within a limited time; 0 verbal 0 equal 0 visual

4. Any Causes? (continued) 原因は？（続き）

5. Headache in your family? 家族にも頭痛？

6. Where? 痛いところは？

7. Past exam? 検査を受けたことは？

8. Medication? 薬を飲んだことは？

9. Your sex? 性別

10. Your age? 年齢

11. Your age? 年齢

Look over the pictures and check.

絵を見て、チェックしてください。

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?
   a. To establish a good rapport with patients; 0 verbal 0 equal 0 visual
   b. To educate patients; 0 verbal 0 equal 0 visual
   c. To make a diagnosis within a limited time; 0 verbal 0 equal 0 visual

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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. 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？

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

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?
  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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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？

   - Years 年
   - Months 月
   - Days 日
   - Hours 時間

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

Your age years 年齢

10. 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;
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   2-c. To make a diagnosis within a limited time; □ verbal □ equal □ visual

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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? 間は？

6. Any other symptoms? 他の症状は？