

Services Available for Seniors in the Gaspé-Barachois Area



Vision Gaspé-Percé Now
28 St. Patrick Avenue
P.O Box 67
Gaspé (QC) G4X 1H0
Phone: 418-368-3212
www.visiongaspeperce.ca
www.facebook.com/visiongaspe/

Personal Information

Name: _____

Address: _____

Telephone Number: _____

Cellphone Number: _____

Family Doctor: _____

Spouse's name: _____

Emergency Contacts

Name: _____

Telephone number: _____

Name: _____

Telephone number: _____

Name: _____

Telephone number: _____

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Our Mission

Vision Gaspé Percé Now was created in 2004. It is a non-profit community organization whose mission is to serve the English-speaking community of Gaspé and Percé, specifically the CISSS de la Gaspésie – Local Service Network Côte-de-Gaspé, territory, covering the MRC de Gaspé and part of the MRC de Percé.

1. To foster understanding and cooperation among Anglophones who reside in the Gaspé Bay area of Québec.
2. To coalesce Anglophones in the interest of preserving their history, safeguarding their rights, promoting economic development and preserving their access to health and social services.
3. To forge links with our Francophone and Aboriginal Neighbours so as to advance common goals and joint projects.

CISSS de la Gaspésie

Local Service Network Côte-de-Gaspé

The Integrated Health and Social Service Centre of the Gaspésie (CISSS de la Gaspésie) was developed through the fusion of hospital centres (CH), local community service centres (CLSC), residential and long-term care centres (CHSLD), child and youth protection centres (CPEJ), and rehabilitation centres (CR). The CISSS de la Gaspésie comprises of Local Service Networks in Côte-de-Gaspé, Haute-Gaspésie, Baie-des-Chaleurs, and Rocher Percé.

General contact information

General telephone number: 418-368-3301

Centre intégré de santé et de services sociaux de la Gaspésie
215, boulevard York West
Gaspé (Québec) G4X 2W2

Website: <http://www.ciass-gaspesie.gouv.qc.ca/>

Services available through the Côte-de-Gaspé Hospital Centre

**To schedule appointments in a specific department,
dial 418-368-3301 followed by the appropriate
extension:**

Audiology, General Surgery, Ears, Nose and Throat
specialist (ORL): Ext. 3406

Dermatologist, Gynecology/Obstetrics, Hemato-Oncology,
Neurology, Pneumonology, Rheumatology, Urology:
Ext. 3625

Ophthalmology, Internal Medicine: Ext. 3276

Orthopedics, Pediatrics: Ext. 3089

Cardiology, Electrophysiology: Ext. 3206

Pain Clinic: Ext. 3036

Gastroenterology: Ext. 3289

List of Specialized External Clinics (Cliniques Externes)

**(Registration for all external clinics is located on
the 1st floor)**

Offices located on 1st floor

Cardiology

Dermatology

Ears, Nose and Throat (ORL)

Electrophysiology

General Surgery

Internal Medicine
MRI
Neurology
Ophthalmology
Pediatrics
Rheumatology
Urology

Offices located on 2nd floor

Gastroenterology
Pneumonology
Radiology

Offices located on 3rd floor

Pain Clinic
Gynecology/Obstetrics

Offices located on 4th floor

Audiology
Hemato-oncology

Other Services

Complaints Commissioner: 418-368-3301, ext. 3604

Emergency Department: 418-368-3301, dial 0
2nd floor

Family Medicine Unit (GMF) Drop-in clinic: 418-368-6663

Financial Assistance for Travel (Transport Électif):
418-368-3151

Pamphlets available at the reception desk on the 1st floor

Medical Archives: 418-368-3301, ext.3126 or ext.3121
2nd floor

Physiotherapy and Occupational Therapy:
418-368-3301, ext. 3287
6th floor

Readaptation Centre:
418-368-3301, ext. 3287
5th floor, Pavillon Monseigneur Ross

Users Committee: 418-368-3301, ext. 3006

X-Ray: 418-368-3301, ext. 3238 or ext. 3242
2nd floor

***If necessary dial 0 for the receptionist who will help guide you**



CLSC
(Local Community Service Centre)

Your local CLSC may provide the following services:

- Homecare services;
- Vaccinations;
- Emergency services;
- Addiction services;
- Other health and social services

Please contact your local CLSC for further information on the services they offer and their operating hours.

CLSC Gaspé

205, Boulevard York
West, 2nd floor
Gaspé (QC) G4X 2V7
(418) 368-2572

CLSC Barchois

1070, Route 132 East
Percé (QC) G0C 1A0
(418) 645-2572

CLSC Murdochville

600, William-May
Avenue
Murdochville (QC)
G0E 1W0
Tel.: (418) 784-2572

CLSC Grande-Vallée

71, Saint-François-Xavier
West
P.O Box 190
Grande-Vallée (QC)
G0E 1K0
Tel.: (418) 393-2572

CLSC Rivière-au-Renard

154, Boulevard Renard East
Gaspé (QC) G4X 5R5
Tél. : (418) 269-2572

The Waiting List to Find a Family Doctor

To find a family doctor you must register your name on the website:

gamf.gouv.qc.qa

or by phone at:

418-368-3301 ext. 3333

1-877-666-8766 ext. 3333

Info Santé - 811

Info-Santé 811 nurses evaluate your health situation and give advice based on your condition. They can answer your questions about your health and direct you to the most appropriate resource in your region. Calling Info-Santé 811 often helps avoid going to a medical clinic or emergency room.



Clinics

Clinic du Hâvre

79 rue Jacques-Cartier

418-368-5609

Clinic Synergie

125 Boulevard de Gaspé

418-368-0015

Long Term Care and Senior Residences

Provincial

Centre d'Hébergement Mgr Ross
150 Monseigneur Ross Gaspé
(418) 368-3301

Municipal

Maison des Aînées de Grande-Vallée
42 Route de la Rivière Grande-Vallée
(418) 393-2713

La Renardoise
178, Boulevard Renard East
(418) 269-7810

Résidence Bellevue
586 Boulevard Griffon
(418) 368-6644

Résidence Cap-aux-Os
1930 Boulevard Grande-Grève
(418) 368-6644

Résidence Pavillon d'Amour
658 Boulevard St. Maurice
(418) 368-6644

Résidence St. Martin
121 Boulevard Renard East
(418) 368-6644

Résidence St-Pierre
1069 Route 132 East Barachois
(418) 645-3955

Villa du Bassin
14 rue Frémont
(418) 368-6644

Villa des Buissonnets
218 Rue des Ursulines
(418) 368-6644

Private

Aventure Murdochville
640, Avenue des Pionnières
418-368-1355

Foyer de Gaspé
50 Bossé Gaspé
(418) 368-2125

Manoir St-Augustin
225 York West Gaspé
(418) 368-2215

Résidence du Phare
1268 de Cap des Rosiers Cap des Rosiers
(418) 892-5261

Local Organizations

Accueil Blanche Goulet (Shelter and food bank)

184 Rue de la Reine,
Gaspé, QC G4X 1T6
418-368-4700

Email: info@accueilblanchegoulet.ca

Accueil Blanche Goulet provides 24 hour bilingual services, including a shelter for homeless men and women, an emergency food counter and group cooking sessions.

L'Aid'Elle (Women's shelter)

Mailing Address: C.P. 6183
Gaspé, Québec G4X 2R5
418-368-6883

Email: laidelle@globetrotter.net

This shelter for battered and abused women is available 24hrs a day, 7 days a week. They offer shelter, around the clock telephone consultations, information, referrals, and individualized or group interventions. THE SERVICES ARE SAFE, FREE, PROFESSIONAL AND CONFIDENTIAL



Alzheimer's Society
189 Jacques-Cartier Street
Gaspé, QC G4X 2P8
418-368-1616

Provides information and assistance to people with Alzheimer's disease, as well as their loved ones.

**Association des Personnes Handicapées de Gaspé
(Association for Handicap People in Gaspé)**

37 Chrétien Street, Room 25
Gaspé, QC G4X 1E1
418-368-6585
Email: addphg@globetrotter.net

This organization offers educational, social, and recreational activities for people 18 and over who are limited in their daily activities. They also work to maintain their physical, mental and emotional wellbeing, as well as develop their intellectual skills, gross motor skills and autonomy.



CALACS
C.P. 6160
Gaspé, QC G4X 2R7
418-368-6686
Toll free: 1-866-986-6686
Email: direction@calacs-labomegaspesie.com

This association assists women who have been, or are currently subject to, sexual aggression. Services include phone support, consultation, referrals, individual visits, support groups, hospital, police and court accompaniment and documentation.

**Centre d'Action Bénévole Le Hauban
(Volunteer Centre)**
2-189 Rue Jacques Cartier
Gaspé, QC G4X 2P8
418-368-6634

This organization offers support to individuals through:

- Friendly Home Visits
- Medical accompaniment
- Friendly phone calls
- Meals on Wheels
- Frozen Meals
- Help filing income taxes
- Other activities

**Centre de Ressourcement, de Reinsertion et
d'Intervention (CRRI)**

230 Rue Wayman

B.P. 100

Gaspé, Québec G4X 0G1

418-368-1655

Email: crrri@crrigaspe.com

Website: <http://www.crrigaspe.com/>

The CRRI is a community organization in the Côte de Gaspé that provides services for people with mental health problems. One of its goals is to assist these people to integrate into society by teaching them life skills so they are able to find work and to live on their own. It also helps and supports people who are vulnerable and are experiencing financial difficulties.

Complaint Assistance and Support Centre (CAAP)

37 Chrétien Street, office 4

Gaspé (Québec) G4X 1E1

418-368-7433

Toll free: 1-877-SOS-CAAP

Email: caap-gim@cgocable.ca

Website: <http://www.caapgim.com>

The CAAP offers you all the necessary support to express your dissatisfaction concerning the services provided by health and social services.

Funeral arrangements

Résidence Funéraire Valère Fortin Inc.

86 Jacques-Cartier Street, Gaspé G4X 1M4
418-368-2158

Maison Funéraire Harris Gleeton

125 Renard West, Rivière-au-Renard G4X 5B2
418-269-3012

The Gaspé Cancer Foundation

Mailing address: P. O. Box 6078

Gaspé, QC G4X 2R6

Office: 215 York Blvd West, Room 143

418-368-5227 or 418-368-8994

Email: info@fcg-gcf.com

Website: <http://www.fcg-gcf.com>

Can provide financial assistance to cancer patients travelling for treatments.

Mi-Chemin Gaspé

189, rue Jacques-Cartier, bureau 11

Gaspé (Québec) G4X 2P8

418-368-6676

Email: mi-chemin1@hotmail.com

This organization offers a free service to the population for individuals concerned with alcohol, drugs, or other addictions.

Centre de justice de proximité de la Gaspésie–Îles-de-la-Madeleine

484 avenue de l'Hôtel-de-Ville, office 102
bureau 102

Chandler (Québec) G0C 1K0
418-689-1505

Toll free: 1-844 689-1505

The Centre can :

- Target your needs and answer your legal-related questions;
- Provide you with legal information to help you make enlightened decisions and be properly oriented in the judicial system;
- Help you get additional support through specialized resources such as, but not limited to, community organizations, legal and non-legal professionals or governmental organizations;
- Put at your disposal a broad range of brochures and materials from public, private and communitarian organizations;
- Help you find the right form or legal document and explain it to you;
- Inform you about the various private dispute prevention and resolution processes, and the conduct of proceedings in Court

Multi-Services Home Care Services

86, rue Saint-François-Xavier Est, C.P. 273

Grande-Vallée

G0E 1K0

418-393-3310

Email: multi-services@globetrotter.net

The goal of this organization is to assist seniors with loss of autonomy, to stay in the homes by offering home care services. Costs are determined by the income of the client.

Services include:

- Light and heavy housekeeping
- Yard work
- Laundry
- Meal preparation
- Shopping
- Respite care (upon referral from CLSC)

Notaries

Abdelnour & Desrois

155 Rue de la Reine, Gaspé G4X 2R1
418-368-3292

Guillaume Fleury

143 Rue de la Reine, Gaspé G4X 1T7
418-368-0700

Raymond Gagné

147 Rue de La Reine, Gaspé G4X 1T5
418-368-2525

Private Psychologists

Megan McCallum

104-11 rue de la Cathédrale, Gaspé
418-360-0097

**Transport Adapté et Collectif
(Assisted and Community Transport Service)**

1384 Route Haldimand

Gaspé, QC G4X 2K1

418-368-6324 ext. 2

Email: transport.adapte.gaspe@globetrotter.net

Website: <https://transport-adapte-de-la-cote.business.site>

This is a transit service available to the general public, on a reservation basis, for a fee.



Vision Gaspé-Percé Now

28 St. Patrick Avenue

P.O Box 67

Gaspé (QC) G4X 2Y2

Phone: 418-368-3212

Email: info@vgpn.ca

Website: www.visiongaspeperce.ca

Vision Gaspé-Percé Now offers a number of services for seniors in our community, including:

- Wellness Centres in Gaspé, Barachois and Murdochville
- Caregiver activities

- **Guide for Caregivers**
- **Community Health Education Program (CHEP);**
- **A toolkit to assist people who are travelling outside the region for health services. (This toolkit which was developed by CASA, in partnership with Vision and CAMI, is available upon request at the Vision office)**
- **Other events and services offered throughout the year**

For more information on these or other services offered by Vision please contact us.



Other Resources

Canadian Cancer Society

1-888-939-3333

Email: info@cis.cancer.ca

Website: <http://www.cancer.ca/en/?region=qc>

Provides information about cancer, the different types of cancer, diagnosis and screening, prevention, support services and more.

Diabetes Québec

3750 Boul Crémazie Est, Suite 500

Montréal QC H2A 1B6

1-800-361-3504

Email: info@diabete.qc.ca

Website: <http://www.diabete.qc.ca/en>

Provides information about diabetes, prevention, resources, diet and physical activity, care and treatment, and more.

Éducaloi

C.P. 55032, CSP Notre-Dame

11, rue Notre-Dame Ouest

Montréal (Québec) H2Y 4A7

Website: <https://www.educaloi.qc.ca/en>

Provides general legal information to Quebecers in everyday language.

Heart and Stroke Foundation of Quebec

1434 Sainte-Catherine Street West, Suite 500

Montreal, Quebec H3G 1R4

1-800-567-8563 or 514-871-8038

Website: <http://rcr-fmc.ca>

The Heart and Stroke Foundation's mission is to:

Prevent disease

- Give children and youth the best start for a long, healthy life
- Empower Canadians to live healthy lives

Save lives

- Enable faster, better cardiac emergency response and treatment
- Enable faster, better stroke response and treatment

Promote recovery

- Enhance support for survivors, families and caregivers



Hope Air

Suite 207, 124 Merton Street
Toronto, Ontario
M4S 2Z2

1-877-346-HOPE (4673)

Email: mail@hopeair.ca

Website: <http://www.hopeair.ca/>

Hope Air's mission is to arrange free flights for Canadians who are in financial need and must travel for healthcare.

Hope Air is the only registered, national charity that provides free flights to people who cannot afford the cost of an airline ticket to get to medical expertise or specialized medical technologies that usually exist only in larger urban centres.

Hôtellerie Omer Brazeau

(For Cancer Patients from anywhere in Eastern Quebec)

151 Saint-Louis Street
Rimouski, QC
1-800-463-0806

Provides a warm and welcoming short-term care residence for people who are receiving cancer treatment at the Rimouski Regional Hospital.

Lifeline

1-866-784-1992

<https://www.lifeline.ca/en/>

Lifeline is an easy-to-use personal response service that lets you summon help any time of the day or night – even if you can't speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast.

Multiple Sclerosis Society of Canada (Quebec Division)

550, Sherbrooke Street West, East Tower, Suite 1010
Montréal, QC H3A 1B9

1-514-849-7591

Email: info.qc@mssociety.ca

Website: <https://mssociety.ca/division/quebec-division>

The MS Society offers a variety of programs to help people affected by multiple sclerosis effectively manage and cope with the disease.



The Patient Navigator – Quebec City

Are you travelling to Quebec City for health services? Are you looking for support while you are there? The patient navigator can accompany you while you are in Quebec City.

418-932-0095

navigator@qchfoundation.org

www.travel4health.ca

Public Curator of Quebec

600, boulevard René-Lévesque West

Montréal, QC H3B 4W9

1 800 363-9020

Website: <http://www.curateur.gouv.qc.ca/cura/en/>

The Public Curator strives to protect incapacitated individuals and the property of minor children. To this end they:

- Sensitize the public concerning the protection needs resulting from incapacity;
- Assist families and relatives who represent an incapacitated person and administer their patrimony or that of a minor, and those who are members of a tutorship council;
- Oversee tutors and curators in their administration duties, ensuring that decisions are made in the interests of the represented person, and that their rights and autonomy are safeguarded;
- They may serve as a curator or tutor

Ombudsman of Québec

800 Place D'Youville

19^e étage

Office #1.25

Québec, QC G1R 3P4

1-800-463-5070

Email: protecteur@protecteurducitoyen.qc.ca

Website: <https://protecteurducitoyen.qc.ca/en>

Their mission is to assure that the rights of citizens are upheld in their dealings with the public service.

Rimouski Regional Hospital Volunteer Services

1-418-724-8306

Email: gina.marmen.crssr@ssss.gouv.qc.ca

The following services can be offered by Volunteer Services at the Rimouski Hospital when arrangements are made in advance:

- Presence of a translator for your visits;
- If you are hospitalized, friendly visits by English-speaking volunteers;
- Assistance in accommodation for family members or person accompanying you for medical appointments

Senior Abuse Helpline

1-888-489-2287

Website: <http://www.aideabusaines.ca/?lang=en>

This is a provincial helpline and referral service for those seeking support and information in cases of elder abuse. They provide services to a variety of clientele, including the general public, professionals and trainers specialized in elder abuse.



Health Passport

Note to users

The primary purpose of this section is to help you prepare for a visit with a health professional, most specifically in emergency situations. It is conceived to assist you in communicating in English and convey your health concerns with non-bilingual health professionals. However, it was impossible to cover all health topics. We focused on health issues that are the most frequent reasons to visit an emergency room or a walk-in clinic. We hope you find it useful.

Disclaimer

This booklet is meant as a guide to facilitate communication between English-speakers and French speaking health professionals. It does not in any way, shape or form replace a professional medical opinion.

A Web Version of the Health Passport is Available!

Visit www.visiongaspeperce.ca to save the electronic version of the Health Passport to your smartphone, or computer.

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How to prepare for a visit to the doctor

- 1- Write down your health concerns in order of priority (concise, prioritize one)
- 2- Current list of medications (taking or have taken since last visit)
- 3- Make a list of over-the-counter and herbal remedies tried since last visit
- 4- Change of lifestyle (diet, exercise, travel out of the country)
- 5- List of symptoms (what makes them better or worst)



Medical History

Allergies:

Current medications:

Current medical conditions:

Past Medical History

Past medical conditions

Past surgeries



Living Habits

Smoking

(how many per day?)

Alcohol

(how many per week?)

Physical activities

Sleep

(how many hours a night?)



Helpful Translations

This section will help you communicate with a health professional who cannot speak English.

Greetings

Good day/Hello

Bonjour/Salut

Good evening

Bonsoir

Good bye

Au revoir

If you speak slowly in French, I will understand you

Si vous parlez lentement, je peux vous comprendre

Can you get someone who speaks English?

Pourriez-vous aller chercher quelqu'un qui parle anglais?



Type of Pain

I have pain	J'ai de la douleur
Burning pain	Douleur brûlante
Constant pain	Douleur constante
Crushing pain	Douleur écrasante
Moderate pain	Douleur modérée
Numbing pain	Engourdissement douloureux
Severe pain	Douleur sévère
Squeezing pain	Douleur qui serre
Stabbing pain	Douleur en coup de poignard
Throbbing pain	Douleur élancement



Pain Scale

Describing the pain and its severity is a key factor in establishing diagnosis. Always try to rank it on a scale of **0 to 10**, 10 being the worst pain you ever had.

0 Pain free

1 Very minor annoyance - occasional minor twinges.

2 Minor annoyance - occasional strong twinges.

3 Annoying enough to be distracting.

4 Can be ignored if you are really involved in your work, but still distracting.

5 Can't be ignored for more than 30 minutes.

6 Can't be ignored for any length of time, but you can still go to work and participate in social activities.

7 Makes it difficult to concentrate, interferes with sleep. You can still function with effort.

8 Physical activity is severely limited. You can read and converse with effort. Nausea and dizziness set in as factors of pain.

9 Unable to speak. Crying out or moaning uncontrollably, near delirium.

10 Unconscious. Pain makes you pass out.

My pain is ...out of 10 Ma douleur est à...sur 10

Timing

Since	Depuis
It has been	Ça fait maintenant
Today	Aujourd'hui
Yesterday	Hier
Morning	Matin
Afternoon	Après-midi
Evening	Soirée
Last night	La nuit dernière
One, two, three, four days	Un, deux, trois, quatre jours
An hour ago	Depuis une heure
Once, twice, three times	Une, deux, trois fois



Orientation

Right	Droit
Left	Gauche
Front	Devant
Back	Derrière
Up	Haut
Down	Bas
Higher	Plus Haut
Lower	Plus bas

Body Location

Abdomen	Abdomen	Chest	Poitrine
Ankle	Cheville	Elbow	Coude
Anus	Anus	Eyes	Yeux
Arm	Bras	Finger	Doigt
Back	Dos	Foot	Pied
Cheek	Joue	Forearm	Avant-bras

Forehead	Front	Nose	Nez
Genitals	Organes génitaux	Pubic area	Pubis
Hair	Cheveux	Shoulder	Épaule
Hand	Main	Sinus	Sinus
Head	Tête	Stomach	Estomac
Hip	Hanche	Teeth	Dents
Knee	Genou	Thigh	Cuisse
Lips	Lèvres	Throat	Gorge
Mouth	Bouche	Tongue	Langue
Neck	Cou		

Associated Factors

(What makes it better or worse)

1) **I have taken medication and it helped a little /**
J'ai pris des médicaments et ça m'a aidé un peu

2) **I've applied ice and the pain decreased /**
J'ai mis de la glace et la douleur a diminuée

3) **It hurts more when I... /**
La douleur augmente si je...

4) **It's less painful when I... /**
Ça fait moins mal quand je...

5) **It hurts when I move like this...** /
Ça fait mal lorsque je bouge comme ça...

6) **Even if I don't move it hurts** /
Ça fait mal même quand je ne bouge pas

7) **It's worse when I press on it** /
C'est pire si j'appuie dessus

8) **Last time this happened I took...** /
La dernière fois que c'est arrivé, j'ai pris...

9) **It's the same since it began** /
Ça n'a pas changé depuis le début

Head Pain

1) **I have a headache since...** /
J'ai mal à la tête depuis...

2) **I did (did not) hit my head** /
Je me suis (Je ne me suis pas) cogné la tête

3) **My neck does (does not) hurt** /
Mon cou fait (ne me fait pas) mal

5) **The pain is in the back (front) of my head** /
J'ai mal en arrière (avant) de la tête

6) **I feel nauseous** /
J'ai des nausées

7) **I have (not) vomited** /
J'ai (je n'ai pas) vomi

8) **The pain is squeezing, pressing /**
La douleur serre, écrase

9) **The pain is throbbing, pounding /**
La douleur est pulsatile, martèle

10) **I saw stars before it started /**
J'ai vu des étoiles avant que ça commencé

11) **My eyes are sensitive to lights /**
La lumière me fait mal aux yeux

12) **Loud sounds bother me /**
Les bruits forts me dérange

13) **I am (am not) dizzy /**
Je suis (je ne suis pas) étourdi

Cold and Flu Symptoms

Chest pain	Douleur thoracique	Dry cough	Toux sèche
Cold sweats	Sueurs froides	Earache	Mal d'oreille
Cough with phlegm	Toux avec crachats	Fatigue	Fatigue
Difficulty swallowing	Difficulté à avaler	Fever	Fièvre

General malaise	Malaise général	Sinus pain	Sinus douloureux
Greenish phlegm	Crachat verdâtre	Shortness of breath	Souffle court
Muscle aches	Douleur musculaire	Sneezing	Éternuement
Nasal congestion	Congestion nasale	Sore throat	Mal de gorge
Nausea	Nausée	Wheezing	Sifflement bronchique
Runny nose	Écoulement nasale	Yellowish phlegm	Crachat jaunâtre

It hurts when I cough/
Ça fait mal quand je tousse

There's blood in my phlegm/
Il y a du sang dans mes crachats

Chest Pain

- 1) **I have chest pain /** J'ai une douleur thoracique
- 2) **It's a crushing, stabbing pain/**
C'est une douleur écrasante
- 3) **The pain came suddenly (gradually) /**
La douleur c'est apparu soudainement (graduellement)
- 4) **The pain appeared during (after) a physical effort /**
La douleur est apparue durant (après) un effort physique

- 5) **The pain appeared at rest /**
La douleur est apparue au repos
- 6) **I had (never had) this pain before /**
J'ai déjà (jamais) ressenti cette douleur
- 7) **It usually goes away with rest /**
Ça disparaît habituellement avec du repos
- 8) **I have (don't have) a heart condition /**
J'ai (pas) un problème cardiaque
- 9) **I take medication for my heart /**
Je prends des médicaments pour mon coeur
- 10) **I have trouble breathing/**
J'ai de la difficulté à respirer
- 11) **It hurts when I take a deep breath /**
Ça fait mal lorsque je prends une grande respiration
- 12) **The pain is radiating to my arm, shoulder and my jaw/** La douleur irradie dans mon bras, épaule et ma mâchoire
- 13) **The pain is caused by emotion, aggravation, exercise /** La douleur est causée par les émotions, L'énervernement des exercices physiques
- 14) **I feel clammy /** Je me sens mouillé de sueurs.
- 15) **My heart is racing /** Mon coeur bat rapidement.

Abdominal Pain

Abdominal cramps	Crampes abdominales
Diarrhea	Diarrhée
Heartburn	Brûlement d'estomac
Mucus in my stool	Mucus dans mes selles
Painful rectum	Douleur au rectum
Reflux	Reflux
Stomach pain	Douleur à l'estomac
Vomiting	Vomissement
Watery stool	Selles liquides

- 1) **My stomach hurts** / J'ai de la douleur à l'estomac
- 2) **I have heartburn**/ J'ai des brûlures d'estomac
- 3) **I feel dehydrated** / Je me sens déshydraté
- 4) **I have no appetite** / Je n'ai pas d'appetit
- 5) **I have not eaten or drunk since** /
Je n'ai rien mangé ni rien bu depuis
- 6) **I feel nauseous** / J'ai des nausées
- 7) **I have reflux when I bend, sometimes at night**
/J'ai des reflux quand je me penche, et parfois la nuit

8) **I've been vomiting** / J'ai des vomissements

9) **I have (have not) vomited blood** /
J'ai (je n'ai pas) vomi du sang

10) **The pain has remained in my stomach, not radiating** / La douleur reste dans mon estomac sans irradier

11) **The pain has moved to my lower abdomen** / La douleur a descendue dans le bas de mon ventre

12) **I feel bloated** / Je me sens gonflé

13) **The pain has spread through my back** / La douleur s'étend au travers de mon dos

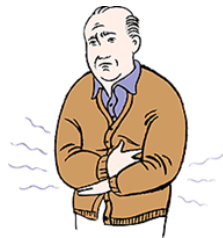
14) **I've had diarrhea since** /
J'ai de la diarrhée depuis

15) **I did (did not) see blood in my stool** /
J'ai (je n'ai pas) vu de sang dans mes selles

16) **My stool is dark** / Mes selles sont foncées

17) **It hurts when I urinate** /
Ça fait mal quand j'urine

18) **I have not urinated much lately** /
Je n'ai pas urine beaucoup ces derniers temps



Muscle and Joint Pain

Numb	Engourdi
Painful	Douloureux
Tender	Sensible

- 1) **I have shoulder, elbow, ankle pain /**
J'ai de la douleur à l'épaule, coude, à la cheville
- 2) **I fell and hurt my /** Je suis tombé et je me suis fait mal au
- 3) **I twisted my ankle while walking /**
Je me suis tordu la cheville en marchant
- 4) **I did (did not) hear a cracking sound /**
J'ai (je n'ai pas) entendu un craquement
- 5) **I felt a tear /** J'ai senti un déchirement
- 6) **It hurts when I move it /**
Ça fait mal quand je le bouge
- 7) **I was (was not) able to walk on it after /**
Je (n') étais (pas) capable de marcher dessus après
- 8) **It does (does not) feel numb /**
Je (ne) le sens (pas) engourdi
- 9) **I have lost sensation in this area /**
J'ai une perte de sensation dans cette région
- 10) **My strength is decreased in this area /**
Mes forces ont diminué dans cette région

11) **It hurts more when I walk up (down) the stairs /**
C'est plus douloureux quand je monte (descends) les
escaliers

12) **It feels like my knee will give out /**
J'ai l'impression que mon genou va lâcher

13) **The swelling doesn't decrease /**
L'enflure ne diminue pas

14) **The stiffness goes away as the day progresses /**
La raideur diminue comme la journée progresse

15) **It's not as swollen as it was /**
Ce n'est pas aussi enflé que c'était

16) **I can't take an anti-inflammatory /**
Je ne peux pas prendre des anti- inflammatoires

17) **I have unexplained shakes /**
J'ai des tremblements inexplicables



Other Symptoms

Neurologic

Change in personality	Changement de personnalité
Confusion	Confusion
Difficulty speaking	Difficultés à parler
Difficulty walking or moving	Difficulté à marcher ou à bouger
Dizziness	Étourdissement
Double vision	Vision double
Drooping eyelid	Paupière tombante
Episode of bizarre behavior	Épisode de comportement bizarre
Fainting	Évanouissements
Memory loss	Perte de mémoire
Ringing in the ears	Bourdonnement dans les oreilles

Circulatory

Abnormal pulse

Pouls anormal

Bruise

Ecchymose

Chest pain

Douleur thoracique

Cold extremities

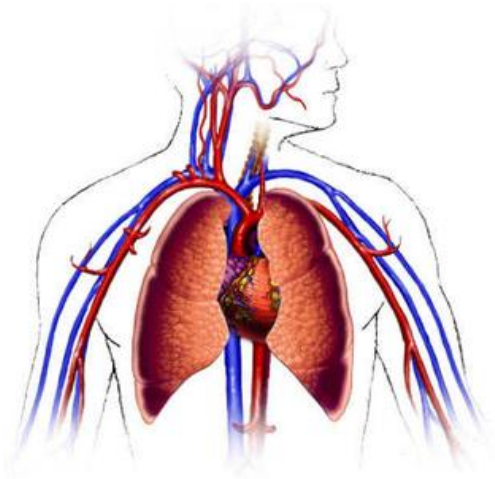
Extrémités froides

Cyanosis (bluish skin)

Cyanose

Poor wound healing

Plaies longues à guérir



Blood Pressure Record

Measurement

Date

Blood Glucose Record

Measurement

Date

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