

Scripted Role Play #2 - Hmong

Anger Management

Background: According to the chart, a patient is coming in to see his primary care physician for anxiety.

Doctor: Good to see you John. My notes tell me you're here because you're having some anxiety?

Patient: Yog li mas

Doctor: Can you tell me more about it?

Patient: Nws ua heev zuj zus thiab nws tsis tshuav zoo li yog kev ntshai.

Doctor: So how would you describe it?

Patient: Ua li, Hnub ib kuv cov menyuam phov ua si ntawm chav ua noj thiab kuv tseem tab tom tu vaj tsev. Peb nyiam qhuav noj hmo tag thiab nws yeej qab heev. Kuv ib tug menyuam ua ib lub tog vau, nws twb tsi dam los yog ua li cas li thiab ces kuv cia li nthe cem lawv. Nkawv ob leej puav leej zoo li ntshai heev thiab nkawv cia mus nkaum rau hauv nkawv chav.

Doctor: Is that the first time it has happened?

Patient: Tsis yog, zaum i yog lub sijhawm uas kuv nrog kuv tus pojniam thiab wb tseem tabtom tu lub yoj. Kuv mus nrhiav tus toom txhob tiamsis nws pawv lawm. Kuv cia li npau taws zuj zus lub sijhawm ua kuv nrhiav ces kuv cia li cev nws vim nws tsi paub xyov mus rau qhov twg lawm. Nws ntsia kuv thiab tsis paub xyov yuav hais li cas. Tom qab nrhiav tau na yog, cov menyuam muab coj mus khaub qhov hauv qab tso ntoo thiab muab tso rau ntawd lawm. Kuv mus thov txiv tiamsis yeej tsis zoo siab qhov kuv ua txhaum ntawd.

Doctor: How many times would you say this has happened?

Patient: Nyob li ntawm ob peb lub hlis no mas kuv yeej tias nws yeej ua li ntawd ob peb zaug tuaj ib lim tiam. Ua ntej ntawd kuv yeej tsis cem kuv tus pojniam los yog cov menyuam los yog leej twg li.

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Doctor: Any idea why this might be happening?

Patient: Kuv kuj paub tsi meej. Kuv tsis paub xyov yuav ua licas. Tom qab ua li tas, kuv lub siab yeej khiav ceev thiab kuv paub tias nws tsis yog lawm tiamsis kwv mloog mas zoo li kuv tsis yog kuv tus kheej li. Kuv yeej muaj kev nyuaj siab ntau ob peb hnuv no tiamsis nws yeej tsis phem npaum li cas. Kuv tus pojniam yuav kom kuv tuaj ntsib koj hnuv no. Nws tias yog kuv tsis nrhiav kev pab nws tsis xav nrog kuv nyob.

Doctor: Tell me about the first time that this ever happened.

Patient: Ntshe li ntawm ib lub xyoo tag los no. Hnuv ntawd peb nyob hauv tsev thiab tabtom npaj hmo. Ze lub sijhawm uas yuav noj mov ces kuv txawm mus saib seb kuv tus poj niam ua dab tsi rau hauv qhov cub ci nqaj thiab pom tau tias nws tsis nco qab nta qhov cub ces txog caij noj hmo yuav tsis tau hmo noj. Kuv cia pib cem thiab cem heev zuj zus ua rau cov menyuam khiav mus nkaum hauv lawv chav tas. Kuv tus pojniam cia pib quaj thiab khiav mus hauv wb chav pw. Kuv cia li zaum ntaum tog tsis paub xyov ua cas los yog yuav ua li cas thiaj zoo.

Doctor: I'm glad that you came in to see me about this. Have you ever had any mental health problems in the past like depression, panic attacks or any trauma? It's good for me to know your mental health history.

Patient: Tsi muaj raws li kuv nco tau.

Doctor: Are you aware of when this is going to happen? Do you have any feelings or any clue that you might be about to get angry?

Patient: Tsis paub.

Doctor: I really think that you should see a psychiatrist about this problem but I can get things started here. I know a psychiatrist that speaks Hmong. His staff also speaks Hmong. For now I can prescribe a few pills to help calm your nerves until you see the psychiatrist. I want you to pay attention to how you feel. If you think you are getting angry I want you to leave the situation right away and come back after five minutes or so. Maybe you can stop yourself before you get really angry. Do you think you can try to do that?

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Patient: Kuv mam ua zoo li zoo tau. Kuv xav mas tas tsev neeg txhua tus yeej chimsiab txog txhua tshav yam no. Kuv cov menyuam tej yam txwv los zoo li txawv zuj zus lawm nyob rau tom tsev kawm ntawv.

Doctor: So if it is OK with you I would like to have your wife come in and talk a bit more to her. I think if she knows the plan she can help you. Maybe she can give us some idea of why you might be so angry also. Is that OK?

Patient: Ua li los tau.