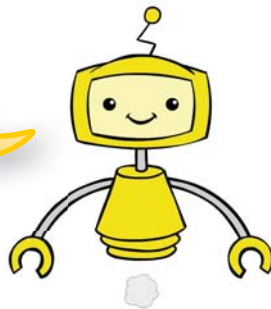


My head is pounding!

Fit, strong, well-oiled, the picture of perfect health, I am such a machine! Too bad the rest of the Smart family doesn't have my cast-iron constitution! They seem to be dropping like flies! Let's see if we can help them to feel better!



LINKS TO:

Stage 2, Module 14

Learning Object 3: My head hurts

PRIOR LEARNING:

Stage 2

Module 5 Work Sheet 2: *Expressing obligation*



1 Doctor Who?

In Indonesia, just like in Australia, when people are sick, they go to see a *dokter umum* (general practitioner), a *dokter spesialis* (specialist) or, if they are seriously ill or it is very urgent, they can go to *rumah sakit* (hospital).

However, some aspects of the healthcare system are quite idifferent to that in Australia.

In Indonesia, you don't need a referral or an appointment to see most specialists such as *spesialis kulit* (dermatologist) or *spesialis telinga hidung tenggorokan* (ear, nose and throat specialist).

All Indonesian-trained doctors are obliged to work in the public health system for a tenured period, usually three years, after which they have

the option of staying in the public health system or opening a private clinic.

Other health services in Indonesia include *Puskesmas (Pusat Kesehatan Masyarakat)*, which provide similar services to our Community Health Centres, and *Posyandu (Pos Pelayanan Terpadu)*, which are special clinics that provide family planning and baby healthcare programs.

Although Indonesia does not have a universal healthcare system, such as Australia's Medicare, the community health clinics and a system of social health insurance — introduced in 2008 and known as *Jaminan Kesehatan Masyarakat* or JAMKESMAS — assist as many as 76.4 million people in accessing health services.

Source: Financing and Management of Health Insurance (KPMAC) website, viewed December 2011.

2 A coin for a cure ...

Traditional medicine in Indonesia has a history that can be traced back 1300 years to the Mataram Kingdom. The practice, which is predominantly based on herbal medicine, is called *Jamu* and varies from region to region depending on the plants that are available to provide the herbal remedies. The traditional doctors who practise *Jamu* are called *dunkun* or *tabib*.

Kerokan is an Indonesian home remedy for a wide range of ailments caused by *masuk angin* or 'bad wind', such as 'flu and cold symptoms and the muscular aches and pains that often accompany these symptoms.

Kerokan involves rubbing eucalyptus oil on the back or chest then taking a metal coin and scraping its edge along the patient's skin, generally following the lines of the rib cage. It induces sweating and considerable pain as it opens up the pores and brings the 'bad blood' to the surface allowing the 'bad wind' to leave the body.

The process leaves stripes akin to being clawed by a tiger across the skin for several days but Indonesians swear to its efficacy.

Are you *sakit*

The universal word to describe illness in Indonesian is *sakit*, with all words relating to illness being derived from this base word.



For example:

<i>sakit</i>	sick, ill, pain
<i>penyakit</i>	illness
<i>kesakitan</i>	suffering from pain
<i>rumah sakit (RS)</i>	hospital (literally, a house for the sick)

In Indonesian, when you want to say you are ill, you can simply say:



<i>Saya sakit.</i>	I am ill (sick).
or	
<i>Saya merasa sakit.</i>	I feel ill (sick).

Illnesses

To say that you are suffering from a particular ailment the word *sakit* is placed before the illness.



For example:

<i>Saya sakit 'flu.</i>	I have the 'flu.
<i>Saya sakit pilek.</i>	I have a cold.
<i>Saya sakit asma.</i>	I have asthma.

Aches and pains

When aches and pains result in an ailment, the word *sakit* is placed before the body part that is involved.



For example:

<i>Saya sakit kepala.</i>	I have a headache.
<i>Saya sakit telinga.</i>	I have an earache.
<i>Saya sakit gigi.</i>	I have a toothache.
<i>Saya sakit tenggorokan.</i>	I have a sore throat.
<i>Saya sakit perut.</i>	I have a stomach ache.

If a body part is causing pain or is temporarily sore, the body part that is causing the pain precedes the word *sakit*.



For example:

<i>Kepala saya sakit.</i>	My head hurts.
<i>Mata saya sakit.</i>	My eyes hurt.
<i>Kaki saya sakit.</i>	My leg hurts.

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Infections

If a part of you has an infection, the body part that is infected is placed after the word *infeksi*.



For example:

Mata saya infeksi.

My eye is infected.

or

Saya infeksi mata.

I have an eye infection.

Telinga saya infeksi.

My ear is infected.

or

Saya infeksi telinga.

I have an ear infection.

Tenggorokan saya infeksi.

My throat is infected.

or

Saya infeksi tenggorokan.

I have a throat infection.

Other symptoms

When describing specific symptoms there is no single pattern that can be used in all eventualities. Some of the variations that may arise include:



For example:

Saya demam.

I have a fever.

Saya mau muntah.

I feel nauseous or I need to vomit.

Hidung saya tersumbat.

My nose is blocked.

I'm feeling crook!

In English, we often use idiomatic expressions to describe how we feel, such as 'I feel as sick as a dog', 'I'm feeling under the weather', or 'I'm feeling blue'. As you can see, idiomatic expressions have a figurative meaning that differs from the literal meaning. Every language has its own, unique idiomatic expressions.

When you are learning a new language, some of these expressions can be quite baffling. Learning a few idiomatic Indonesian expressions will enrich your understanding of Indonesian language and culture, and help you know what to do when your friend tells you his head is spinning seven times!

Here are some Indonesian idiomatic expressions related to health:

Pusing tujuh keliling.

My head is spinning seven times. (I'm confused or bewildered.)

Tidak enak badan.

My body is not delicious. (I'm not feeling well.)

All these states of being are summed up in Indonesian by the word *pusing*. It is common to hear an Indonesian say, '*Saya pusing ...*' to cover the whole range of conditions. Therefore, a non-Indonesian may be confused as to the exact affliction that is being experienced.

Take one pill, three times daily

An Indonesian doctor may ask you the following initial questions:

<i>Apa yang bisa saya bantu?</i>	How can I help you?
<i>Gejala apa yang Anda rasakan?</i>	What symptoms are you having?
<i>Apa badan Anda panas?</i>	Do you have a temperature?
<i>Apa Anda batuk?</i>	Do you have a cough?
<i>Apa Anda pusing?</i>	Do you have a headache?
<i>Bagaimana nafsu makan Anda?</i>	How is your appetite?
<i>Apa Anda mual?</i>	Do you feel nauseous?
<i>Apa Anda muntah?</i>	Have you vomited?
<i>Sudah berapa lama Anda merasakan gejala-gejala ini?</i>	How long have you had these symptoms?

The advice you receive depends upon your symptoms. After hearing your symptoms and perhaps doing some tests, like taking your temperature or listening to your heart rate, the doctor will make a diagnosis, and offer *anjuran* (advice). This advice may include the auxiliary verbs *harus* (must), or *perlu* (need).



For example:

<i>Anda harus minum antibiotik empat kali sehari.</i>	You must take antibiotics four times a day.
<i>Anda perlu istirahat selama seminggu.</i>	You need to rest for one week.

Other common advice might include:

<i>Banyak minum air.</i>	Drink plenty of fluids.
<i>Hindari makanan yang mengandung susu.</i>	Avoid foods containing milk.
<i>Minum teh hangat dengan madu dan jeruk.</i>	Drink warm tea with honey and lemon.
<i>Coba berolahraga sedikit.</i>	Get some exercise.
<i>Banyak makan buah-buahan dan sayur-sayuran.</i>	Eat plenty of fruits and vegetables.
<i>Berbaring dan angkat kaki tinggi-tinggi.</i>	Lie down and keep your foot elevated.
<i>Kompres dengan es selama 24 jam.</i>	Keep an ice pack on it for 24 hours.
<i>Minum dua tablet setiap 6–8 jam.</i>	Take two tablets every 6–8 hours.
<i>Minum satu tablet setiap hari sesudah makan.</i>	Take one pill per day after a meal.
<i>Cuci luka dengan sabun.</i>	Wash the cut with mild soap.
<i>Tutup luka lecet dengan perban bersih.</i>	Cover the abrasion with a clean bandage.
<i>Ganti perban setiap 24 jam.</i>	Change the dressing every 24 hours.
<i>Kembali ke sini pada akhir minggu.</i>	Come back and see me at the end of the week.
<i>Ambil resep ini.</i>	Take this prescription.

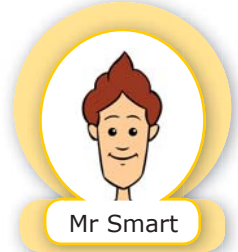
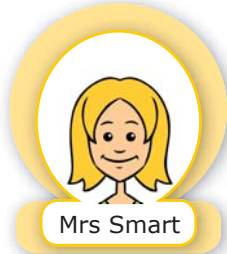
Exercise 1

It seems like the whole Smart family has fallen ill. They have decided to call in a doctor to diagnose their illnesses.

Playing the role of doctor, read the description of each patient's symptoms and fill out the patient history chart on the following page.

Patient 1:

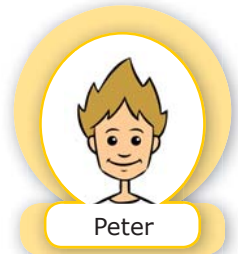
Sudah dua hari terakhir ini kepala saya sakit sekali. Saya sudah minum obat tradisional setiap empat jam tapi rasanya sama sekali tidak menolong. Kepala saya berdenyut-denyut di sini dan di sini. Saya pikir ini migren. Bagaimana menurut Anda, Dokter?

**Patient 2:**

Halo, Dokter. Sudah tiga hari terakhir ini saya demam dan menderita pegal linu. Saya merasa sedikit pusing dan lemas dan tidak punya nafsu makan. Saya sudah minum tablet paracetamol setiap 6-8 jam dan merasa sedikit lebih baik. Saya alergi codeine dan penicillin jadi saya agak enggan minum obat lainnya. Apakah ada cara lain yang bisa saya lakukan supaya cepat sembuh?

Patient 3:

Saya benar-benar merasa sakit payah! Saya makan mie bakso di kantin untuk makan siang kemarin dan sejak itu saya menderita sakit perut. Saya juga mengalami diare paling tidak empat kali dan muntah tadi siang. Saya merasa mual dan saya pikir akan muntah lagi. Uggghhh! Saya merasa benar-benar mual!

**Patient 4:**

Saya ditabrak pemain lain dan jatuh ketika main hockey tadi siang dan sekarang sepertinya saya cedera di beberapa tempat. Anak perempuan ini tiba-tiba muncul dan BUM! Saya tersandung dan dia menggebuk kaki saya dengan tongkat pemukul. Waktu jatuh kedua lutut saya lecet dan siku kiri saya sekarang kelihatan mengerikan. Ada juga memar besar di tulang kering saya dan pergelangan kaki saya luar biasa sakitnya. Saya kira mungkin terkilir. Pergelangan kaki saya sudah dikompres oleh Ibu selama setengah jam, tapi rasanya masih berdenyut-denyut. Menurut Dokter apa pergelangan itu patah?

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Nama	Gejala	Diagnosa	Lamanya sakit	Obat yang diminum
Michael Smart				
Susan Smart				
Peter Smart				
Anna Smart				

Exercise 2

Referring to the patient history chart from Exercise 1 and using the expressions you have learnt, help the doctor write out some basic advice for each patient in Indonesian.

3.1 Bapak Michael Smart

3.2 Ibu Susan Smart

3.3 Peter Smart

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3.4 Anna Smart

3.5 Zak

Exercise 3

Zak has been feeling a bit neglected and left out since everyone has fallen ill. Not one to be left on the sidelines he has decided to approach the doctor with a list of his own exaggerated, life-threatening symptoms.

Write Zak's description of his illness, which he gives to the doctor.

Use as much description and as many idiomatic expressions as you can.
