

Language: INDONESIAN

Title: I'm as sick as a dog!



### 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's very urgent, they can go to **rumah sakit** (hospital).

Some aspects of the health care system are quite different to Australia, however.

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 private clinics.

Other health services in Indonesia include **Puskesmas (Pusat Kesehatan Masyarakat)** which provides similar services to our Community Health Centres and **Posyandu (Pos Pelayanan Terpadu)** which is a special clinic servicing family planning and baby health care programs.

Although Indonesia does not have a universal health care system such as Medicare, the community health clinics referred to above and a system of social health insurance known as **Jaminan Kesehatan Masyarakat** or **JAMKESMAS**, which was introduced in 2008, assist up to 76.4 million people to access health services.

### Intercultural Note

#### A coin for a cure ...



**Kerokan** is the Indonesian home remedy par excellence 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. The process involves rubbing eucalyptus oil onto 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:

<b>sakit</b>	sick / ill
<b>penyakit</b>	illness
<b>kesakitan</b>	pain
<b>rumah sakit (RS)</b>	hospital (lit. a house for the sick)

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

**Saya sakit** I am ill / sick

or

**Saya merasa sakit** 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:

<b>Saya sakit flu</b>	I have the flu
<b>Saya sakit pilek</b>	I have a cold
<b>Saya sakit asthma</b>	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 suffering the illness.

For example:

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

If a body part is in pain or is temporarily sore rather than suffering from an ailment, the body part that is in pain precedes the word **sakit**.

For example:

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

### **Infections:**

If part of your body is suffering from an infection, the body part that is infected precedes the word infeksi.

For example:

<b>Mata saya infeksi</b>	My eye is infected	
<b>or</b>	<b>Saya infeksi mata</b>	I have an eye infection
<b>Telinga saya infeksi</b>	My ear is infected	
<b>or</b>	<b>Saya infeksi telinga</b>	I have an ear infection
<b>Tenggorokan saya infeksi</b>	My throat is infected	
<b>or</b>	<b>Saya infeksi tenggorokan</b>	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:

<b>Saya demam</b>	I have a fever
<b>Saya mau muntah</b>	I feel nauseous / I need to vomit
<b>Saya sesak nafas</b>	I have difficulty breathing
<b>Hidung saya tersumbat</b>	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' and 'I'm feeling blue.' As you can see, idiomatic expressions have a figurative meaning which differs from the literal meaning. Every language has 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:

**Saya pusing tujuh keliling** My head is spinning 7 times I'm very dizzy  
**Saya tidak enak badan** My body is not delicious I'm not feeling well

Notice how the Indonesian language does not have a large number of colourful idiomatic expressions related to health. This is because health is a serious matter in Indonesia and not something to be taken lightly

### Intercultural Note



### I'm dizzy, faint, stressed out, going mad, worried, confused, bewildered and, on top of all that, have a headache!!!

All the above 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 outlined above (and probably several other as well). Therefore, a non-Indonesian may be at some loss as to the exact affliction that is being experienced.

### Take one pill, three times daily

A Indonesian doctor may ask you the following initial questions:



**Apa yang bisa saya bantu?** How can I help you?

**Gejala apa yang Anda rasakan?** What symptoms are you having?  
**Sudah berapa lama Anda merasakan gejala-gejala ini?** How long have you had these symptoms?

**Apa badan Anda panas?** Do you have a temperature?

**Apa Anda batuk?** Do you have a cough?



**Apa Anda pusing?**  
**Bagaimana nafsu makan Anda?**  
**Apa Anda mual?**  
**Apa Anda sudah muntah?**

Do you feel faint?  
How is your appetite?  
Do you feel nauseous?  
Have you vomited?

The advice you receive depends upon your symptoms. After listening to 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 **nasehat** (advice). This advice may begin with the auxiliary verbs **harus** (must) or **perlu** (need). For example:

**Anda harus minum antibiotik empat kali sehari.**

You must take antibiotics four times a day.

**Anda perlu istirahat selama seminggu.**

You need to rest for one week.

Other common advice might include:

**Banyak minum air**

Drink plenty of fluids

**Hindari makanan yang mengandung susu.**

Avoid foods containing milk.

**Minum teh hangat dengan madu dan jeruk.**

Drink warm tea with honey and lemon.

**Coba berolahraga sedikit.**

Get some exercise.

**Banyak makan buah-buahan dan sayuran.**

Eat plenty of fruits and vegetables.

**Berbaring dan angkat kaki tinggi-tinggi.**

Lie down and keep your foot elevated.

**Kompres dengan es selama 24 jam.**

Keep ice on it for 24 hours.

**Minum dua tablet setiap 6 – 8 jam.**

Take two tablets every 6-8 hours.

**Minum satu tablet setiap hari sesudah makan.**

Take one (pill) per day after a meal.

**Cuci luka dengan sabun.**

Wash the cut with mild soap.

**Tutup luka lecet dengan perban bersih.**

Cover the abrasion with a clean bandage.

**Ganti perban setiap 24 jam.**

Change the dressing every 24 hours.

**Kembali ke sini di akhir minggu.**

Come back and see me at the end of the week.

**Ambil resep ini.**

Take this prescription.