



Guidelines for Use

RDNS is committed to the Multicultural Victoria Act 2004, which informs RDNS' policies to ensure people from culturally and linguistically diverse (CALD) backgrounds can enjoy access to RDNS' services equally, and are treated with respect and sensitivity.

RDNS' clients originate from 145 countries and speak 74 languages.

Each of RDNS' nursing centres provides services to local CALD communities, which vary markedly from centre to centre. Some centres may have large population groups from single ethnic backgrounds; others may have several groups of varying ethnicity.

RDNS recognises that effective communication is essential to the delivery of high quality services and communicates with people who speak little or no English with the use of accredited interpreters (on-site and telephone), the provision of translated materials, and wherever possible employing staff who can provide services to clients in a language other than English.

In addition, RDNS makes available this information sheet which comprises common words and phrases that might be used when a client from a non-English speaking background is experiencing an episode of care from RDNS.

Whilst this document was originally developed for use by RDNS staff, it may of use to you or people you know and as a result is freely available for download and use.

This document includes information on the following:

Introduction to the language

Topic 1: Greetings

Topic 2: Making / changing appointments

Topic 3: Medical problems

Topic 4: farewell

RDNS remains committed to providing the best possible care to all of our clients.



Introduction to the Russian Alphabet

Russian is mostly phonetic. The Russian alphabet consists of 33 letters - 11 vowels, 20 consonants and 2 letters which do not have a sound (instead they make the end of the syllable harder or softer).

Russian Letter	English Equivalent	Closest Pronunciation in English
А	A	Car
Б	B	box
В	V	vet
Г	G	go
Д	D	dog
Е	Ye	yes
Ё	Yo	yonder
Ж	Zh	pleasure
З	Z	zoo
И	I	lip
Й	short Y	boy
К	K	kite
Л	L	leg
М	M	met
Н	N	not
О	O	dot
П	P	pot
Р	R	red
С	S	sit
Т	T	tap
У	U	put
Ф	F	fox
Х	H	hot
Ц	Ts	tsunami
Ч	Ch	chat
Ш	Sh	shot
Щ	Shch	"Sh" followed by "Ch"
Ъ	hard sign	-



Ы	Y	ill
ь	soft sign	-
Э	E	met
Ю	Yu	use
Я	Ya	yuppie



Topic 1: GREETINGS

English	Russian	Closest Pronunciation in English
Hello	Здравствуйтe	Zdr <u>a</u> ystvuyt <u>e</u>
Good morning	Доброе утро	D <u>o</u> broye <u>u</u> tro
Good day	Добрый день	D <u>o</u> bry dyen
Good evening	Добрый вечер	D <u>o</u> bry v <u>e</u> cher
Good night	Спокойной ночи	Spok <u>o</u> ynoy n <u>o</u> chi
What is your name?	Как вас зовут?	Kak vas zov <u>u</u> t?
I am a nurse	Я медсестра (медбрат)	Ya myedsyest <u>r</u> a [female nurse] (medbrat) [male nurse]
My name is	Меня зовут	Men <u>y</u> a zov <u>u</u> t
I am happy to see you again	Приятно снова встретиться с вами	Priy <u>a</u> tno sn <u>o</u> va vstry <u>e</u> titsya s vami
No	Нет	Ny <u>e</u> t
Yes	Да	Da
Good	Хорошо	Horosh <u>o</u>
Do you understand me?	Вы понимаете меня?	Vy ponim <u>a</u> yete myen <u>y</u> a?
I understand	Я понимаю	Ya ponim <u>a</u> yu
I don't understand you	Я не понимаю вас	Ya n <u>y</u> e ponim <u>a</u> yu vas
Do you need an interpreter?	Вам нужен переводчик?	Vam n <u>u</u> zhen pyeryev <u>o</u> dchik?
I need an interpreter	Мне нужен переводчик	Mne n <u>u</u> zhen perev <u>o</u> dchik

Topic 2: **MAKING / CHANGING APPOINTMENTS**

English	Russian	Closest Pronunciation in English
What day can I visit you?	В какой день мне можно прийти к вам?	V kakoy dyen mnye mozhno priytj k vam?
At what time?	В какое время?	V kakoye vryemya?
Monday	Понедельник	Ponyedyelnik
Tuesday	Вторник	Vtornik
Wednesday	Среда	Sryeda
Thursday	Четверг	Chyetyverg
Friday	Пятница	Pyatnitsa
Saturday	Суббота	Subbota
Sunday	Воскресенье	Voskryesyenye
Morning	Утро	Utro
Midday	Полдень	Poldyen
Evening	Вечер	Vyechyer
At Night	Ночью	Nochyu
I need to.....	Мне нужно...	Mnye nuzhno...
Make a phone call	Позвонить по телефону	Pozvonjt po tyelyefonu
Speak.....	Поговорить...	Pogovorjt...
to your doctor	с вашим врачом	s vashim vrachom
to your family	с членом вашей семьи	s chlyenom vashyey syemyj
to your son	с вашим сыном	s vashim synom
to your daughter	с вашей дочерью	s vashyey dochyeryu
to your husband	с вашим мужем	s vashim muzhyem
to your wife	с вашей женой	s vashyey zhyenyu
to your brother	с вашим братом	s vashim bratom
to your sister	с вашей сестрой	s vashyey syestroy
I need to change our visit time	Мне нужно изменить время нашего посещения	Mnye nuzhno izmyenjt vryemya nashyego posyeshchyeniya



Topic 3: MEDICAL PROBLEMS

English	Russian	Closest Pronunciation in English
How are you?	Как у вас дела?	Kak u vas dyela?
Where does it hurt?	Где болит?	Gdye bolit?
The chemist will bring your tablets this afternoon / tomorrow	Фармацевт принесет ваши таблетки сегодня во второй половине дня / завтра	Farmatsevt prinyesyt vashi tablyetki vego dnya vo vtoroy polovjnye dnya / zavtra
Show me the medications that you are taking	Покажите мне лекарства, которые вы принимаете	Pokazhitye mnye lyekarstva, kotorye vy prinyemyete
I want you to take your medicine	Я хочу, чтобы вы приняли ваше лекарство	Ya hochu, chtoby vy prinyali vashе lyekarstvo
Can you get yourself some water?	Принесите себе воды	Prinyesjte syebye vody
I need to.....	Мне нужно...	Mne nuzhno...
Check your blood pressure	Измерить вам давление	Izmyerit vam davlyeniye
Take your pulse	Пощупать ваш пульс	Poshchupat vash puls
Change your dressing	Поменять вашу повязку	Pomyenyat vashu povyazku
Ambulance	Скорая помощь	Skoraya pomoshch
Doctor	Доктор	Doktor
Medicine	Лекарство	Lyekarstvo
Are you constipated?	У вас запор?	U vas zapor?
Do you have diabetes?	У вас есть диабет?	U vas yest diabyet?



Topic 4: FAREWELL

English	Russian	Closest Pronunciation in English
You can ring me on	Вы можете позвонить мне по номеру...	Vy mozhyete pozvonit mnye po no_myeru...
Thank you	Спасибо	Spasibo
I'm pleased to have met you	Приятно было встретиться с вами	Priyatno bylo vstryetitsya s vami
You are welcome	Пожалуйста	Pozhgluysta
Good - bye	До свидания	Do svidaniya
Keep well	Будьте здоровы	Budtye zdorovy
All the best / Good luck	Всего хорошего / Счастливо	Vsego horoshyego / Schastlivo