

When we go to a hospital for the first time, we usually worry about the procedure as well as our sickness.

If you know what the "MEDICAL QUESTIONNAIRE" is you can visit the hospital easily.

# What is the **MEDICAL QUESTIONNAIRE** (Monshinhyo) ?

**When you go to a medical institution you will be questioned about your health condition, etc.**

In Japan, when you go to a hospital for the first time, you are given a medical questionnaire at the reception area. The medical questionnaire is used to inform doctor of your basic health condition before you see doctor.

There are many detailed questions on this form for analysis of your current health condition, etc. The questionnaire varies from hospital to hospital. You may be confused to find a lot of questions or unfamiliar medical terms. To avoid concern and confusion you should acquire general knowledge of the medical terms in Japanese while your health is good. The knowledge will become useful at hospital.

The following is a sample questionnaire. When you go to a hospital of internal medicine (stomach examination) you are given a questionnaire like this.

Name	Date of Birth	Age	Sex Male      Female
Address		Phone	
①	What is wrong with you? • fever    • sore throat    • cough    • headache • stomachache    • diarrhea    • nausea    • vomiting    • others		
②	How long have you had problems?		
③	Have you ever been allergic to medication or food?		
④	Are you presently taking medication?		
⑤	What illnesses have you had in the past?		
⑥	Question for women: Are you pregnant or do you have a possibility of pregnancy? Yes (            months)    Not sure    No Are you presently breastfeeding?    Yes    No		



※Reference : "Multilingual Medical Questionnaire" produced by NPO International Community Hearty Konandai, Kanagawa International Foundation <http://www.k-i-a.or.jp/medical/>

Regardless of the type of illness, a questionnaire always includes questions about your allergies or medication you are presently taking. If you have allergies or you are presently taking medication, you should remember types of allergies and name of the medications. If possible, show the medications to the doctor.

You should also check the location of hospital in your area and go to the Japanese class to learn Japanese medical terms regularly. You may act calmly even if you are sick. To avoid panic, it is recommended to always carry a completed multilingual medical questionnaire. (Written by Junko ARAI)

**Free simultaneous translation consultation service via cell-phone is available.**



Have you ever hesitated to go to the city hall because you are not sure of your ability to speak Japanese? Or, have you ever had the communication problems? To solve such problem, Fujimino International Cultural Exchange Center has launched a simultaneous translation business via a cell phone as a joint venture with Saitama prefecture since this September. It's free of charge. This simultaneous translation business is executed as trial until March, 2011. Now, 9 cities and a town in Saitama Prefecture (Asaka-city, Kazo-city, Kawaguchi-city, Kawagoe-city, Hanno-city, Higashimatsuyama-city, Namegawa-town, Misato-city and Warabi-city.) are providing this free service. The method of getting this service is as follows.①go to the information booth at city hall and ask for the service. (We recommend that you write what you want to say in advance.) ②go to the designated department③tell personnel that you need an interpreter or show a written message "I need an interpreter"④the personnel make a phone call to an interpreter⑤you can consult the personnel through an interpreter on site. For more detail, call Fujimino International Cultural Exchange Center.

**To you who have not yet applied for the child rearing allowance.**

Since August, 2010, the Child Rearing Allowance has been provided to both single mother and single father families. If you have not yet applied for it or you did not know the system, please apply for it immediately at "Child Support Section". The allowance will be paid following month after the application.

**Health check-up for those who receive welfare benefits**

For the sake of good health management, it is important to get a health check-up regularly. Fujimino-city is providing health check-up for those who receive welfare benefits.

This check-up is targeted at people who are aged 40 years old and above as of next March 31. It is free of charge. To apply for it, you need to get the medical consultation form at Kamifukuoka Health Center. (You can also receive it in the mail.)

When you go to the health check-up, don't forget to bring a welfare recipient certificate.

**Get tested for hepatitis B and hepatitis C**

Hepatitis B and C tests has been offered. This test is targeted at people who are aged 40 years old and above as of next March 31. However, if you have been tested for it before, you are in treatment or you are taking a wait-and-see approach you can't receive this service. It's free. Please apply to Kamifukuoka Health Center and receive detailed instructions.

Soba is a must for Japanese people. We think it is healthy food for longevity.

We usually eat "Toshikoshi soba" on New Year's Eve to pray for good health and longevity. Just as last year, FICEC's Japanese class will hold a special event named "Soba Dojo" to experience Japanese culture. Ms. Tozuka who is a popular Japanese class's teacher will teach you how to turn sobako (buckwheat flour) into noodles.

You can learn how to knead soba dough and also enjoy handmade soba. It is free-for-all and free-of-charge event. Not only learners at FICEC Japanese class but also learners from neighboring 2 cities and a town, etc. can join the event. Everyone is welcome. Please come over with your Japanese teacher. Let's enjoy making and eating authentic soba.

- ◆Time and Date : December 16<sup>th</sup> (Thu)  
Starts at 11:00 a.m.
- ◆Place : Fujimino International Cultural Exchange Center
- ◆Instructor : Ms. Tozuka

**"Making Soba"  
at Japanese Class  
December 17<sup>th</sup> (Thu)**

**Please come to FICEC for studying Japanese. We are waiting for your visit.**

Three months have passed since FICEC moved to a new location. Though it is a long way from Fujimino station, it is a light-filled and clean place. After the move, the number of Japanese class students has been dropping. Please come over to Japanese class with your friend or acquaintance who is a newcomer to Japan. Teachers are waiting for your visit. If you don't know how to get to the new location, please call FICEC. A staff member will pick you up.

☎ 049-256-4290 We are waiting for your visit.

**Japanese-Language Class is held every Thursday,  
from 10:00 to 12:00**

**[www.ficec.jp/living/](http://www.ficec.jp/living/)**

●A new office is a 20-minute walk from fujimino station. Please see the last page for details.