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СПОСОБЫ ВЫРАЖЕНИЯ БОЛИ В АНГЛИЙСКОМ ЯЗЫКЕ
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SUBJECTIVE AND OBJECTIVE EXPRESSION OF PAIN IN ENGLISH
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Резюме. Выражение боли в английском языке имеет полисемантический характер. В медицинском аспекте физическая боль может быть выражена объективно (с точки зрения врача) и субъективно (с точки зрения пациента). В клинической практике существуют системы тестов и опросов для описания как объективной и субъективной боли, которые не только имеют важное значение при коммуникации в системе врач-пациент, но и являются ключом к верной постановке диагноза.

Ключевые слова: боль, объективная боль, субъективная боль, способы выражения боли в английском языке.

Resume. The expression of pain in English is polysemantic. In medical aspect, physical pain can be expressed objectively (from a physician's point of view) and subjectively (from a patient's point of view). In clinical practice, there are systems of tests and questionnaires to describe as objective and subjective pain, which are not only consequential in communication in the physician-patient system, but are key to a correct diagnosis.

Keywords: pain, objective pain, subjective pain, expression of pain in English.

Relevance. The pain that the patient feels requires the use of a number of doctor's skills, not only instrumental, but also communicative. In the clinical aspect, pain is divided into psychological and physical, which is of a paramount importance. Physical pain serves as a coordinator for the doctor, as it is the basis for choosing the right treatment tactics. The doctor's understanding of pain is of a complex nature: own experience, special professional knowledge, as well as the patients' complaints of pain. Moreover, the ability to correctly interpret pain from the patient's words is a measure of medical professionalism [4; 6].

Aim of the research: to identify the ways of expressing pain in English from an objective and subjective point of views and methods of interpreting patients' complaints of pain by a doctor.

Material and methods. A continuous sampling of nouns denoting the concept of "pain" in English was made [2]. The contexts of the use of these nouns in professional medical texts were analyzed.

Results and their discussions. In English, there are several words that express physical pain in its various characteristics:

«Ache» - prolonged pain; palpable discomfort; aching, dull pain in a certain part of the body: «headache», «stomachache», «backache», «heartache», «earache».

«Pain» - sharp, severe, excruciating pain. The noun "pain" means acute and unbearable pain as a result of illness: «a dart of pain»; «doubled up with pain»; «stab of pain»; «cause pain»; «bear / endure / stand / take pain»; «cry out with pain».

«Sore» - a wound, ulcer, abscess (a sensitive or infection-affected place on the body). Most often this word is used as an adjective (sick, sensitive): «sore gum»; «sore mouth»; «sore throat». «Soreness» - used rarely, usually in the figurative meaning - soreness of the mouth.

«Hurt» - a damage, wound, contusion. In this form, it does not imply the presence of pain. Most commonly it is used as a verb with the meaning “to cause pain”: Does it hurt you to move this finger?

As a statistical analysis of the contexts showed two nouns are the most common: “Ache” and “Pain”.

As it is known, pain is perceived differently by the doctor and the patient. For the patient, this is a painful experience, sufferings. For a doctor, it is a symptom, the correct assessment of which helps the doctor to make a diagnosis [1; 5]. Therefore, pain can be described both subjectively and objectively.

Subjective pain (mainly from the patient's point of view) can be expressed by one or two constant pain "feelings" or a set of sensations.

Objectively, pain (mainly from the point of view of a doctor) is assessed taking into account the following characteristics: degree of manifestation, duration, localization.

Analysis of the contexts of the use of the two above-mentioned nouns showed that these nouns already in their semantics or syntactic compatibility contain indications of some objective characteristics of pain.

1. Degree of manifestation:

ache - not severe / weak

pain - rather pronounced

2. Duration:

ache - long time

pain - not stated

3. Localization:

ache - not stated. However, in most contexts it is used as part of complex nouns, the first component of which indicates the source (organ) of pain.

pain - not stated.

The noun “Ache” already in its semantics contains an indication of objective characteristics. There is no subjectivity expressed. It can be noted that the noun “Ache” itself indicates a disease of an organ, a synonym for this noun is the word “problem, condition, disease”, this is proved by the fact that the following contexts are often found: “Body aches: Causes and treatments”, “Most headaches are easily treated”. But, as you know, pain is not treated; it is only possible to treat a disease or condition. You can also sometimes see the direct equating of the noun “Ache” with nouns naming some medical conditions, for example, “back ache, i.e. lumbar syndrome”.

The noun “pain”, having no hidden indications of the degree, duration of pain, localization is often accompanied by other means that characterize pain.

1. Degree of manifestation

In clinical practice, the McGill Pain Questionnaire (Fig. 1) is used by the physician to facilitate the task of interpreting pain. There is a digital pain intensity scale with a set of descriptor words (adjective). Patients choose words that characterize their pain, distributed on a score scale from 1 to 10 [3].

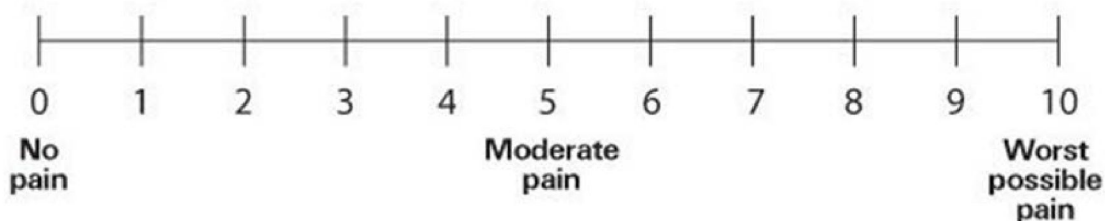


Fig. 1 - The McGill Pain Questionnaire

2. Duration of pain. To express it the noun “pain” is defined by the following adjectives:

- chronic/ acute (breakthrough)
- persistent/ constant/ continuous/ steady
- intermittent/ recurrent/ periodic/ rhythmic
- brief/ momentary/ transient.

3. Localization. In this case the word “pain” is combined with a noun stating the organ or region of pain – chest pain, neck pain, pelvic pain.

The noun “pain” unlike “ache” can express the subjective characteristic of pain, i.e. how pain is perceived by the patients based on their own feelings. A wide range of adjectives in English can define the noun “pain” to describe subjective pain. For example the McGill Pain Questionnaire lists 20 categories of 3-6 adjectives by which pain can be described by a patient:

1. Temporal: flickering, quivering, pulsing, throbbing, beating, pounding
2. Spatial: jumping, flashing, shooting
3. Punctate pressure: pricking, boring, drilling, stabbing, lancinating
4. Incisive pressure: sharp, cutting, lacerating
5. Constrictive pressure: pinching, pressing, gnawing, cramping, crushing
6. Traction pressure: tugging, pulling, wrenchin
7. Thermal: hot, boring, scalding, searing
8. Brightness: tingling, itchy, smarting, stinging
9. Dullness: dull, sore, hurting, aching, heavy
10. Sensory miscellaneous: tender, taut, rasping, splitting
11. Tension: tiring, exhausting
12. Autonomic: sickening, suffocating
13. Fear: fearful, frightful, terrifying
14. Punishment: punishing, grueling, cruel, vicious, killing
15. Affective-evaluative-sensory (miscellaneous): wretched, blinding
16. Evaluative: annoying, troublesome, miserable, intense, unbearable
17. Sensory (miscellaneous): spreading, radiating, penetrating, piercing

18. Sensory (miscellaneous): tight, numb, drawing, squeezing, tearing
19. Sensory: cool, cold, freezing
20. Affective-evaluative (miscellaneous): nagging, nauseating, agonizing, dreadful, torturing.

Conclusions: the pain in English can be can be expressed using individual nouns or combinations of nouns with other parts of speech, specifying objectively or subjectively one or another type of pain depending on the origin, nature, location, duration and other factors.

In the medical aspect, the understanding of pain is of key importance in the diagnosis and treatment.

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