



**B1 → B2+ • PROFESSIONAL DUTCH**

# ZorgNederlands Field Notes

Patient-centred phrases, safe communication patterns, SBAR language and a map toward the Dutch level your healthcare profession may require.

Name / Pangalan:

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# One healthcare garden, different heights

BIG-register currently states different Dutch requirements by professional education level. Always confirm the current requirement for your exact profession and recognition route.

| PROFESSIONAL LEVEL   | EXAMPLES NAMED BY BIG-REGISTER                              | DUTCH LEVEL |
|----------------------|-------------------------------------------------------------|-------------|
| <b>MBO</b>           | Nurse (verpleegkundige), verzorgende-IG                     | <b>B1</b>   |
| <b>HBO</b>           | Physiotherapist, midwife, dietitian, occupational therapist | <b>B2</b>   |
| <b>Academic / WO</b> | Physician, dentist, pharmacist                              | <b>B2+</b>  |

**Certificate rules matter too.** BIG-register's current page says an accepted language certificate must test reading, writing, speaking and listening, be passed at the required level and generally be no more than two years old. Check exceptions and accepted providers directly.

## A progression that works

### B1

Clear everyday care, common symptoms, routine instructions and simple notes.

### B2

Nuanced patient conversations, formal writing, reasoning and professional collaboration.

### B2+

High-precision academic medical communication between B2 and C1.

## Four skills every week

- ☐ Speak: one 3-minute intake aloud.
- ☐ Listen: write down five facts from a care dialogue.
- ☐ Read: summarize one patient-information text.
- ☐ Write: produce one concise note or SBAR handover.

# Ask gently, listen precisely

| DUTCH                                   | TAGALOG                                   | PURPOSE             |
|-----------------------------------------|-------------------------------------------|---------------------|
| Goedemiddag, ik ben uw verpleegkundige. | Magandang hapon, ako po ang inyong nurse. | Introduce your role |
| Wat is er gebeurd?                      | Ano po ang nangyari?                      | Open question       |
| Sinds wanneer heeft u klachten?         | Kailan pa nagsimula ang inyong reklamo?   | Onset               |
| Waar heeft u pijn?                      | Saan po kayo masakit?                     | Location            |
| Kunt u de pijn beschrijven?             | Maaari po bang ilarawan ang sakit?        | Quality             |
| Op een schaal van nul tot tien...       | Sa antas na zero hanggang sampu...        | Severity            |
| Heeft u dit eerder gehad?               | Naranasan na po ba ninyo ito dati?        | History             |
| Gebruikt u medicijnen?                  | May iniinom po ba kayong gamot?           | Medication          |
| Bent u ergens allergisch voor?          | May allergy po ba kayo?                   | Allergy             |
| Ik vat even samen...                    | Ibubuod ko lang po...                     | Check understanding |

**Conversation loop:** open question → focused question → reflect the patient's words → summarize → ask for confirmation.

## Practice case

**Patient:** "Sinds vanmorgen heb ik een scherpe pijn rechts in mijn buik. De pijn is een zeven."

Write three safe language questions. Do not diagnose.

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## Empathy that remains professional

|                                 |                                      |
|---------------------------------|--------------------------------------|
| Ik begrijp dat dit spannend is. | Naiintindihan kong nakaka-tense ito. |
| Neem gerust de tijd.            | Huwag po kayong magmadali.           |
| Wat is voor u belangrijk?       | Ano po ang mahalaga sa inyo?         |
| Heeft u nog vragen?             | May tanong pa po ba kayo?            |

# Clear words prevent confusion

## Medication language

|                    |                       |
|--------------------|-----------------------|
| één tablet         | one tablet            |
| twee keer per dag  | twice a day           |
| voor / na het eten | before / after eating |
| bijwerkingen       | side effects          |
| de dosering        | the dosage            |
| het recept         | the prescription      |

## Check understanding

|                                          |                                       |
|------------------------------------------|---------------------------------------|
| Begrijpt u de instructie?                | Do you understand?                    |
| Kunt u in uw eigen woorden vertellen...? | Can you tell me in your own words...? |
| Mag ik u onderzoeken?                    | May I examine you?                    |
| Gaat u hiermee akkoord?                  | Do you agree?                         |
| Kunt u dit bevestigen?                   | Can you confirm this?                 |

**Do not rely on “ja” alone.** In language practice, ask the patient to explain the instruction back in their own words. In real care, follow your organisation’s policy and professional standards.

## Turn technical into clear Dutch

**Dense:** “De medicatie dient tweemaal daags postprandiaal te worden ingenomen.”

**Clear:** “Neem dit medicijn twee keer per dag na het eten.”

**Your turn:** Rewrite as a clear patient instruction.

“U dient gedurende drie dagen voldoende vocht tot u te nemen.”

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## Privacy phrases

|                                           |                                                        |
|-------------------------------------------|--------------------------------------------------------|
| Uw gegevens blijven vertrouwelijk.        | Mananatiling kumpidensyal ang inyong datos.            |
| Mag ik deze informatie delen met de arts? | Maaari ko bang ibahagi ang impormasyong ito sa doktor? |
| We bespreken dit in een rustige ruimte.   | Pag-uusapan natin ito sa tahimik na lugar.             |

# SBAR language scaffold

| PART                      | USEFUL DUTCH FRAME                                                  | QUESTION TO YOURSELF                     |
|---------------------------|---------------------------------------------------------------------|------------------------------------------|
| <b>S • Situation</b>      | Ik bel over... De huidige situatie is...                            | Why am I calling now?                    |
| <b>B • Background</b>     | De patiënt is opgenomen vanwege... Relevante voorgeschiedenis is... | Which context changes the meaning?       |
| <b>A • Assessment</b>     | Op dit moment zie ik... Naar mijn inschatting...                    | What are the objective observations?     |
| <b>R • Recommendation</b> | Mijn voorstel is... Kunt u de patiënt beoordelen?                   | What response or action am I requesting? |

**Raw notes:** Mevrouw De Vries; 68 jaar; admitted with dehydration; dizzy after standing; BP checked; alert; request review.

**Write a concise Dutch SBAR:**

S:

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B:

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A:

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R:

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## Objective charting verbs

|                        |                        |
|------------------------|------------------------|
| De patiënt meldt...    | The patient reports... |
| Ik observeer...        | I observe...           |
| De waarde bedraagt...  | The value is...        |
| Ik heb overlegd met... | I consulted with...    |
| Afgesproken is dat...  | It was agreed that...  |

**B2 precision:** separate what the patient reports, what you observe and what you infer. Language such as *meldt*, *observeer* and *naar mijn inschatting* makes that boundary visible.

# Connect reasoning with care

| FUNCTION         | CONNECTOR             | EXAMPLE                                            |
|------------------|-----------------------|----------------------------------------------------|
| <b>Add</b>       | bovendien / daarnaast | Daarnaast meldt de patiënt misselijkheid.          |
| <b>Contrast</b>  | daarentegen / hoewel  | Hoewel de pijn afneemt, blijft zij duizelig.       |
| <b>Cause</b>     | doordat / vanwege     | Vanwege het verhoogde risico is observatie nodig.  |
| <b>Result</b>    | daardoor / daarom     | De intake is onvolledig; daarom bel ik terug.      |
| <b>Condition</b> | indien / tenzij       | Neem contact op indien de klachten toenemen.       |
| <b>Position</b>  | naar mijn inschatting | Naar mijn inschatting is herbeoordeling wenselijk. |

## Weekly professional workout

- ☐ Record a two-minute patient explanation without reading.
- ☐ Summarize a 300-word healthcare text in five Dutch sentences.
- ☐ Write one structured handover and remove every unnecessary word.
- ☐ Practise asking permission and checking understanding.
- ☐ Collect five corrections in a personal error log.

## My personal route

|                                          |  |
|------------------------------------------|--|
| <b>Target profession</b>                 |  |
| <b>BIG / recognition procedure</b>       |  |
| <b>Required Dutch level</b>              |  |
| <b>Accepted exam / certificate</b>       |  |
| <b>Target date</b>                       |  |
| <b>Official requirement last checked</b> |  |

**Final language promise:** "Ik communiceer duidelijk, controleer of we elkaar begrijpen en vraag hulp wanneer iets niet zeker is."