

### 3-CTM

#### Question 1

**Stage 1: Original expression**

The hospital staff took my preferences and those of my family or caregiver into account in deciding what my health care needs would be when I left the hospital.

**Stage 2: Word-by-word in Finnish**

Henkilökunta otti huomioon kotiutuessa minun ja omaiseni näkemykset siitä, mitkä olisivat minun hoidolliset tarpeeni.

**Expression fluently in Finnish**

Henkilökunta otti huomioon minun ja / tai omaiseni näkemykset ja mielipiteet siitä, mitä sairauteni hoitaminen vaatii / mitä sairauteni hoitamisessa tarvitaan.

**Stage 3: Translation back into English (M.A. A. Ronkko, Official Language Consultant)**

The hospital staff took my opinions and those of my relative into account in deciding what it takes to treat my disease / what is needed to treat my disease.

**Stage 4: The proposal for an expression in Question 1**

Kotiutuessa minun ja omaiseni mielipiteet huomioitiin jatkohoitoani koskevissa asioissa ja päätöksissä.

**Stage 5: Approval of an expert panel (PhD, professor H. Kyngas, PhD O. Kanste, Department of Nursing Science and Health Administration, University of Oulu, Finland; supervisors of my doctoral dissertation)****Stage 6: Translation back into English (M.A. A. Ronkko)**

The hospital staff took my opinions and those of my relative into account in deciding what it takes to treat my disease when I left the hospital.

## Question 2

### Stage 1: Original expression

When I left the hospital, I had a good understanding of the things I was responsible for in managing my health.

### Stage 2: Word-by-word in Finnish

Kun lähdin sairaalasta, minulla oli hyvä käsitys asioista, joista olen vastuussa terveyteni suhteen.

### Expression fluently in Finnish

Sain sairaalassa hyvän käsityksen niistä asioista, joista olen itse vastuussa terveyteni ylläpitämisessä.

### Stage 3: Translation back into English (M.A. A. Ronkko, Official Language Consultant)

When I left the hospital, I had a good understanding of the things that I was responsible for in managing my health.

### Stage 4: The first proposal for an expression in Question 2

Sairaalasta lähtiessä tiesin, mitä minun tulisi tehdä itseni ja terveyteni hoitamiseksi.

**Stage 5: Assessment of an expert panel** (PhD, professor H. Kyngas, PhD O. Kanste, Department of Nursing Science and Health Administration, University of Oulu, Finland)  
The expression in stage 4. There is missing the responsibility aspect.

### Stage 6: Back again to the original expression taking into account my research copd-group:

**A** Sairaalasta lähtiessä tiesin asiat, joista olen itse vastuussa terveyteni hoitamisessa.  
(Translation of my own, not official or maybe not correct)

When I left the hospital I knew the things, I was responsible for in managing my health.

**B** Sairaalasta lähtiessä tiesin mitä minun on tehtävä kotona pysyäkseen kunnossa.  
(Translation of my own, not official or maybe not correct)

When I left the hospital I knew the things I must do at home in keeping a good health.

### Stage 7: The second proposal for an expression in Question 2 after discussing and analysing the meaning of the sentences with one of my nursing doctoral student colleague and one advanced practise pulmonary nurse

(Translation of my own, not official or maybe not correct)

## Grounds for choosing the alternative B

Hospital COPD-patients are old, over 65-years and mostly even older and they are heavily burdened with their illness.

“To be responsible for something” needs inner images or representatives in one’s mind of what those “things responsible for” would be in concrete (e.g. stop smoking and taking one’s medication etc.).

“Things to be responsible for” is too complicated expression for my research group. This emphasis of responsibility is ok with the group of healthy, younger or higher educated patients but “things must to be done” have the same nature of the expression but not making the emphasis of the responsibility aspect which brings extra complexity in a sentence.

In Finnish there is an auxiliary verb “täytyy” for “must” (one’s own inner demands) and a verb “pitää” for “have to” (demands from outside). The expression “on tehtävä” is a passive Finnish participle and has a neutral demand with no underlining if the demand is coming from inside or outside of one’s reality. The motive can be both as much internal as external.

“To have an understanding (understand)” is a verb “ymmärtää” in Finnish and “to know” is “tietää”. I’d better prefer to “I knew” instead of “ I had a good understanding”. In Finnish asking if someone has an understanding of something might have a shade of meaning or a cue that the respondent maybe can be a little bit slow-minded or thick-witted. In English there probably is not such a tone of the verb but in Finnish there is. It’s slightly impolite to ask about one’s understanding instead of knowing. Of course understanding is something deeper than knowing but in this case, in my opinion, it doesn’t make a crucial difference. Knowing or understanding both doesn’t anyway really guarantee of doing things one’s has to do.

The third arguing is concerning of “to keep in health” which precisely in Finnish means “pysyä terveenä”. I prefer to use a Finnish expression “pysyä kunnossa” which means, “that one is in that kind of condition that can manage or keep at home [e.g. instead of admit to hospital], has such kind of physical or psychological capability that is typical and normal to that person.

Salutogenetic thinking (there is always healthiness even in the worst sickness [e.g. with the ultimate severe copd]) can be seen as the ontological aspect of “keeping healthy”. But usually old people don’t think in the same explicitly way as the researcher does. It’s something like “When I have my COPD, I have an illness and if I hadn’t, I would be healthy.” So, I would prefer to the Finnish expression of “kunnossa” (I can live and do the things like I usually do and manage with my disease at home) instead of “health” which translation precisely is “terve”.

### **Stage 8: Translation B back into English (M.A. A. Ronkko)**

When I left the hospital I knew the things I must do at home to maintain my health.

### Question 3

#### Stage 1: Original expression

When I left the hospital, I clearly understood the purpose for taking each of my medications.

#### Stage 2: Word-by-word in Finnish

Kun lähdin sairaalasta, ymmärsin selvästi tarkoituksen, miksi ottaa lääkkeitäni.

#### Expression fluently in Finnish

Sairaalasta lähtiessäni olin hyvin selvillä lääkkeistäni ja siitä tarkoituksesta, mihin kutakin lääkettä käytetään.

#### Stage 3: Translation back into English (M.A. A. Ronkko, Official Language Consultant)

When I left the hospital, I clearly understood my medicines and the purpose for taking each of my medicines.

#### Stage 4: The proposal for an expression in Question 3

Sairaalasta lähtiessäni olin selvillä kaikista lääkkeistäni ja niiden käytöstä.

#### Stage 5: Approval of an expert panel (PhD, professor H. Kyngas, PhD O. Kanste, Department of Nursing Science and Health Administration, University of Oulu, Finland; supervisors of my doctoral dissertation)

#### Stage 6: Translation back into English (M.A. A. Ronkko)

When I left the hospital I was aware of all my medicines and how to use them.

It's not exactly the same "to understand the purpose of my medicines" and "to be aware of how to use the medicines". One can know that one of the white pills has to be taken once a day in the morning (knowing the usage but possibly not why, for what reason). But in Finland it's likely (happens at the same time), when somebody knows **all** of his /her medicines (e.g. there are five different kind of), that one knows also how and why to use them. "How to use" is an easier expression for heavily illness-burdened and often not so high-educated old "copd-people" than "understanding the purpose".

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