

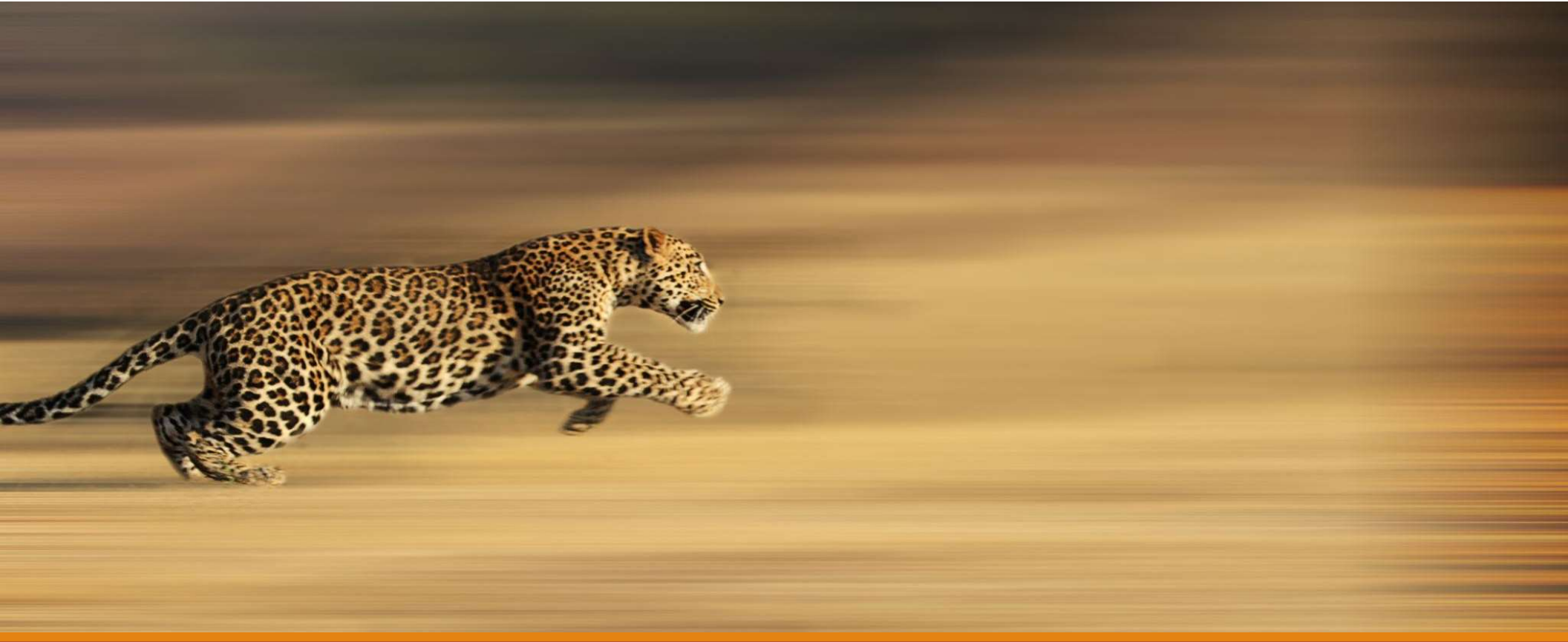


Keeping Up with a Caffeinated Cheetah

STRATEGIES FOR COPING WITH FAST SPEAKERS IN
SIMULTANEOUS INTERPRETATION

Johanna Parker, MA, CHI-Spanish

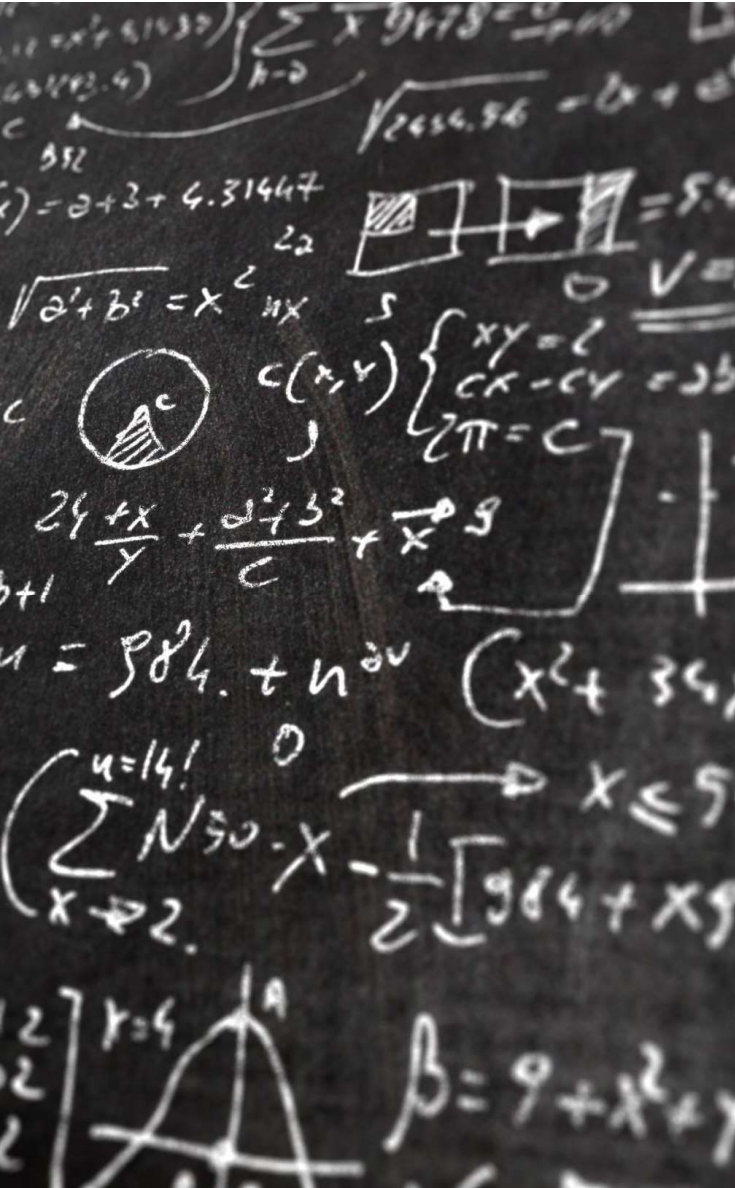
Maria Victoria Sormani, CHI-Spanish





Agenda

- Simultaneous interpreting and the brain
- Managing Fast Speakers
 - Before interpretation
 - During interpretation
- Practice
- Next Steps and Questions



The Challenge of Simultaneous Interpreting

Daniel Gile's Effort Model:

$$\mathbf{SI = L + M + P + C}$$

The Listening and Analysis or Comprehension Effort (**L**)

The Memory Effort (**M**)

The Production Effort (**P**)

The Coordination Effort (**C**)

**From Gile, Daniel. Basic Concepts and Models for Interpreter and Translator Training. 1995. Benjamins Translation Library.*

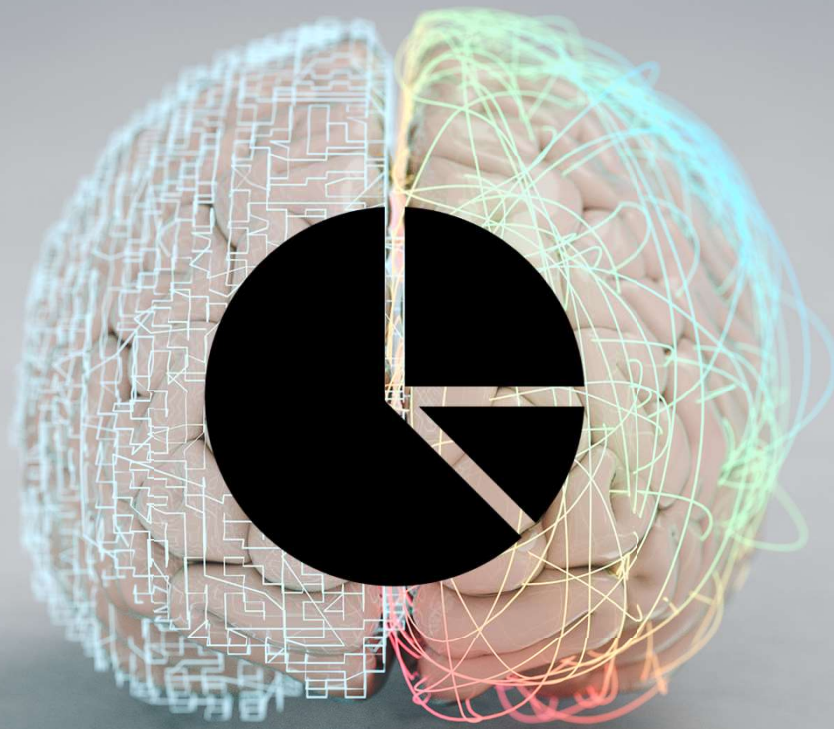
Case 1

I have been asked to interpret for an Emergency Department doctor about most common reasons for readmission into the ED. For the past 3 years, I have worked interpreting in the ED and I am quite familiar with this topic. I also know the doctor personally and I am familiar with his style. This doctor is a native English speaker, and he applies best practices when working with interpreters. His English is intelligible, he tends to reformulate his ideas and speaks at a reasonable pace.

Case 2

I've been asked to interpret for an NP who is *really* nervous and just had a Starbucks with 3 shots of espresso. I am not very familiar with the topic (chimeric white blood cells in patients with a kidney transplant to reduce risk of rejection). This assignment was given to me this morning and I had little time to prepare, although I read some articles 1 hour before the presentation. English is NP's second language, and he has a thick foreign accent. The environmental conditions are also not ideal. Our offices are too full, and I can hear colleague interpreters in the back, pagers beeping and doors opening and shutting.





Different kinds of “fast”



Fast dense (reading)



Fast extemporaneous



Each has its pros and cons and you
may have to employ different
coping strategies!

Coping with fast speakers



1. Reduce cognitive load

- Preparation
- Optimize interpreting conditions



2. Coping strategies during the session



3. Stop the speaker and ask them to slow down!

Coping with fast speakers



1. Reduce cognitive load

- Preparation
- Optimize interpreting conditions



2. Coping strategies during the session



~~3. Stop the speaker and ask them to slow down!~~

Optimize your working conditions



GOOD SOUND



VISUALS



QUIET
ENVIRONMENT



TOOLS YOU
NEED



BE RESTED AND
HYDRATED

Reducing the cognitive load

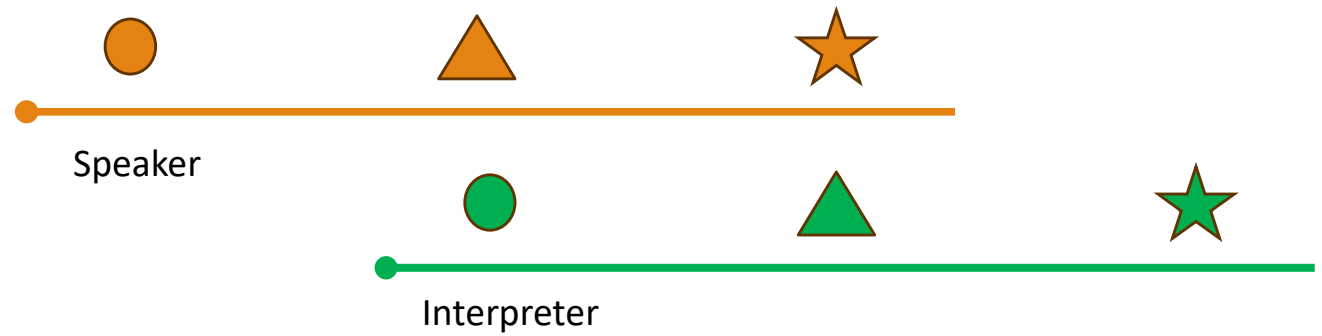


How do you prepare?

Preparing for the assignment

- Familiarize yourself with content/topic
- Glossary building
- Reviewing materials provided
- Warming up – shadowing, practicing
- Prepare documents that you may use during the session

Décalage



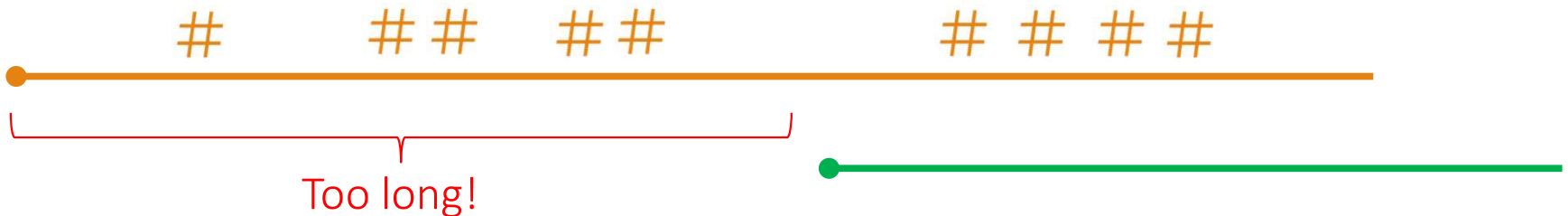
■ Short

■ Long

■ Adjust

Décalage

*Asthma among children under 18 decreased from 2008 to 2018, from 9.4 % to 7.5%. We also know that the percentage of adults who smoked cigarettes decreased from 20.6% in 2008 to 13.9% in 2018. Perhaps these facts are related.**



* adapted from <https://www.cdc.gov/nchs/hus/resources/infographics.htm>

Décalage

“The first thing I will say, before going any further, is that we need to remember what the two modes of interpreting, consecutive and simultaneous, have in common.”



Interpreter lag behind speaker

Décalage



Short – data, lists, dense, predictable structures



Long – extemporaneous, complex or unpredictable structures

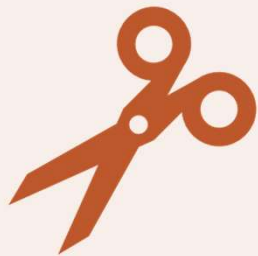


Adjust



Coping Strategies

Coping Strategies



“Trimming the fat”



Lists



Details



Repetitions / Reformulations

But how do you know what can be trimmed?

CONTEXT!

Practice: Trimming

“We watched a beautiful mother cheetah feed her baby cheetahs. When one of the baby cheetahs wandered off, the mother cheetah made a shrill sound to call the baby cheetah back.”

“We watched a beautiful mother cheetah feed her baby cheetahs. When one of the baby cheetahs wandered off, the mother cheetah made a shrill sound to call the baby cheetah back.”

“We watched a cheetah feed her babies. When one of them wandered off, she called it back.”

Practice: Trimming

Thank you all for being here today! My name is Mindy Smith and I am a registered nurse. I work in the Infusion Treatment Area at Corpus Christi General Hospital and have done so for the past 15 years. I provide care for bone marrow transplant patients. Today I am going to talk about the Bone Marrow Transplant process.

What's important?

- 1.If Mindy's audience are all nurses
- 2.If Mindy is training a group of new hires at Corpus Christi General Hospital.
- 3.If the audience are all patients receiving a Bone Marrow Transplant
- 4.What if the previous speaker was Nancy Smith?
- 5.What if the weather was terrible today?

Practice: Trimming

"The immune system, which is a complex network of cells, tissues, and organs, plays a critical role in defending the body against pathogens, such as bacteria, viruses, and other harmful invaders, and its dysfunction can lead to various autoimmune disorders where the immune system attacks the body's own tissues."

What to cut



Practice: Trimming

"The immune system, ~~which is a complex network of cells, tissues, and organs,~~ plays a critical role in defending the body against pathogens, ~~such as bacteria, viruses, and other harmful invaders,~~ and its dysfunction can lead to various autoimmune disorders ~~where the immune system attacks the body's own tissues.~~"

What to cut





Why did the interpreter bring a charcuterie board to the booth?

Because she was getting ready to use the salami technique.



Coping Strategies



“Salami Technique”

Complex speech

Tangents

Working into B language

Practice Segmentation

Considering the various factors that contribute to heart disease, such as high blood pressure, elevated cholesterol levels, smoking, a sedentary lifestyle, and a diet high in saturated fats and sugars, it is crucial for each individual to adopt heart-healthy habits in order to reduce the risk of cardiovascular problems.

~~Considering the~~ Various factors ~~that~~ contribute to heart disease. | ~~such as~~ High blood pressure, elevated cholesterol levels, smoking, a sedentary lifestyle, and a diet high in saturated fats and sugars. | It is crucial for each individual to adopt heart-healthy habits. | ~~in order to~~ This will reduce the risk of cardiovascular problems.

Practice Segmentation

In light of the recent advancements in the field of neuroscience...

There have been recent advancements in neuroscience. | In light of this...

As a result of the inflammation in your lungs and the narrowing of your airways...

You have inflammation in the lungs and narrowing of your airways. | As a result...

Considering the increasing integration of artificial intelligence in diagnostic procedures...

We have seen increasing integration of artificial intelligence in diagnostic procedures. | So,...

In order to prevent the development of Type 2 Diabetes that can result from factors like genetics, poor diet, and a sedentary lifestyle

Type 2 Diabetes can result from factors like genetics, poor diet, and a sedentary lifestyle. | To prevent it...

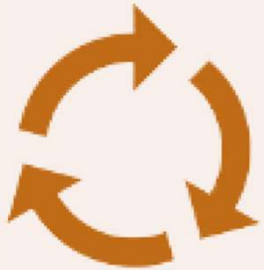
Practice Segmentation and Trimming

In order to achieve a balanced and nutritious diet that supports your overall health... because let's remember, you need to be strong enough to survive the transplant but sick enough to need one, so, it is essential to consume a wide variety of foods from different food groups, such as fruits, vegetables, whole grains, lean proteins and healthy fats, all of which provide important vitamins, minerals and energy that your body needs to function properly and maintain its well-being.

Practice Segmentation and Trimming

*In order to achieve **A** balanced and nutritious diet that supports your overall health... because let's **R**emember, you need to be strong enough to survive the transplant but sick enough to need one, so, it is essential to **C**onsume a wide variety of foods from different food groups, such as fruits, vegetables, whole grains, lean proteins and healthy fats, all of which **T**hey provide important vitamins, minerals and energy **nutrients** that your body needs to function properly and maintain its well-being.*

Coping Strategies



Reformulation

- Concise
- Idiomatic
- Simple
- Generalizations

Practice Reformulation

In the realm of mental health, it is important to raise awareness about the prevalence of anxiety and depression, which can significantly impact an individual's well-being; and to promote destigmatization so that more people feel comfortable seeking help and accessing the available therapeutic interventions.

When it comes to mental health, we should raise awareness about how common anxiety and depression are. This greatly affects one's well-being. By reducing stigma, more people may be likely to seek help and get treatment.

Reformulation

- In the realm of
- Prevalence of
- Which can significantly impact
- Individual
- To promote destigmatization so that more people feel comfortable seeking help
- Accessing available therapeutic interventions
- When it comes to
- How common...are
- This greatly affects
- One
- By reducing stigma, more people may be likely to seek help
- Get treatment

Practice Reformulation

When discussing the topic of diabetes management, it is essential to emphasize the significance of regular blood glucose monitoring, medication adherence, dietary choices that prioritize complex carbohydrates and portion control, as well as engaging in consistent physical activity, all of which play pivotal roles in achieving stable blood sugar levels.

To manage diabetes, it is important to monitor blood glucose, take medications, eat healthy, and exercise regularly. All of this is essential to stabilize blood sugar levels.

Coping Strategies



Abstracting

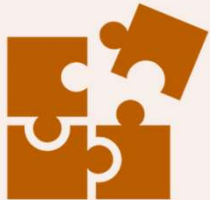
- Wait until you understand
- Pick out key points
- Render complete sentences

Abstracting

"We reviewed data from 16 patients across four phase II/III studies of ibrutinib. The patients all had heavily pretreated, posttransplant, relapsed/refractory, high-risk CLL and received ibrutinib monotherapy or in combination with ofatumumab. Ten of the 16 patients had high-risk CLL and 75% had received at least 4 previous therapies. The endpoints of the four studies included overall survival, progression-free survival, overall response rate, and duration of response. At a median follow-up of 23.3 months, OS, PFS, and duration of response had not been reached. Patients received ibrutinib for a median of 18 months, and 11 patients continued on study treatment."

We reviewed data from 16 patients in four studies of ibrutinib. They all had CLL. They got this medication alone or with others. 75% had received at least four previous therapies. Several factors were studied related to the response to treatment. Patients received the study drug for about 18 months. 11 continued on the treatment they received in the study.

Coping Strategies



Filling in gaps with written material

- Slides
- Scripts
- Sight Translation
- Translated Materials

You must practice this skill ahead of time and prep the material!
Be ready for changes!

Demo

Alimentos permitidos (sin límite) [Foods Allowed (Freely)]

- Vegetales de hoja verde [Green leafy vegetables]
- Otros vegetales sin almidón [Other non-starchy vegetables]
- Alimentos ricos en fibra (avena, salvado) [High fiber foods (Oats, bran)]
- Especias (Spices)
- Chile (Chili)
- Limón verde/amarillo [Lime/Lemon]
- Suero de mantequilla [Buttermilk]
- Café / té negro sin azúcar [Black coffee & tea without sugar]



Written Materials - Scripts



Good morning!

Welcome to this session on diabetes nutrition. My name is Jessica Morris. I am a dietitian at Mercy Hospital with over 15 years of experience.

Our topics for today are the warning signs of hypoglycemia and what to do if you experience them, the glycemic index – a score that is given to different foods based on how they raise your glucose level, and examples of foods that have a low to moderate effect on your blood sugar and those that do.

Written Materials - Scripts

Good morning! Welcome to this session on diabetes nutrition. My name is Jessica Morris. I am a dietitian at Mercy Hospital with over 15 years of experience. Our topics for today are the warning signs of hypoglycemia and what to do if you experience them, the glycemic index – a score that is given to different foods based on how they raise your glucose level, and examples of foods that have a low to moderate effect on your blood sugar and those that will cause it to go up too fast.

Good morning! **Thanks for driving through the rain to get here.** Welcome to this session on diabetes nutrition. My name is Jessica **Morris**. I am a dietitian **here** with over 15 years of experience. **Here's what we are going to cover today:** the warning signs of hypoglycemia, **or low blood sugar**, and what to do if you experience them. **We are also going to discuss** the glycemic index – a score that is given to different foods based on how they raise your **blood sugar** levels, and **I'll give you** examples of foods that have a low to moderate effect on your blood sugar and those that will cause it to go up too fast (**we want you to avoid spikes in your sugar levels**).



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Monitoring your performance

Don't let them see you sweat!

Breathe

Calm tone

Good enunciation

Finish sentences



Practice!



Kidney Donation facts...



All testing is done as an outpatient –preferably at the Transplant Center

There are no costs to the donor for evaluation, surgery or immediate post-operative care

Surgery is 3-4 hours

Hospitalization is 3-4 days

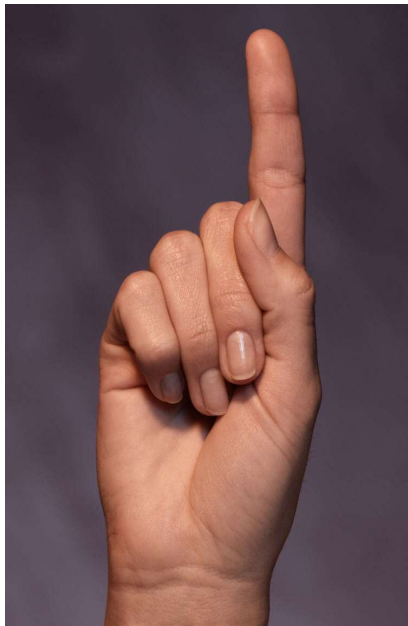
Recovery time is 2-6 weeks

No heavy lifting for 6 weeks

Women can become pregnant after kidney donation

The donor can be ruled out for medical/psychological reasons at any point in donation process

How Do I Begin the Donor Process?



- ▶ Blood testing
 - ▶ Blood Type
 - ▶ Genetic Typing
 - ▶ Cross-match
- ▶ Local donors
 - ▶ Tested at Transplant Center
- ▶ Out-of Area Donors
 - ▶ Will FedEx blood for testing against recipient

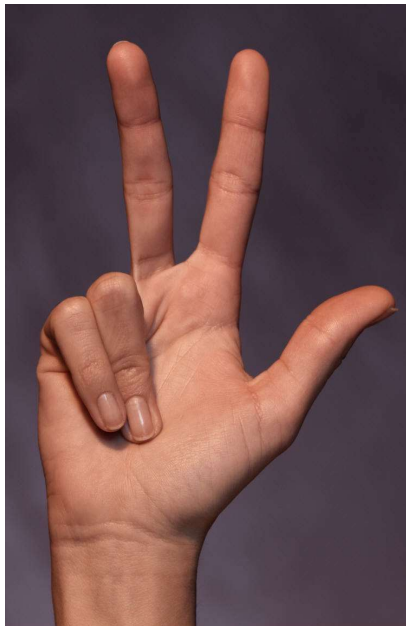
What is the Next Step?



Blood testing
Urine testing
Chest x-ray
EKG
TB test
GTT (if diabetes in family)
Gynecological evaluation



Final Donor Testing...



Spiral CT Scan of Kidneys
Psychological Evaluation
History and Physical
Surgical Consult
Anesthesia Consult
Dietician Consult

What's next?



Targeted Practice

Targeted Practice



- Set Goals
 - Try different coping strategies for managing speed
 - Terminology
 - Completing ideas
 - Performance
- Repetition
- Self-analysis

Targeted Practice



Warm up

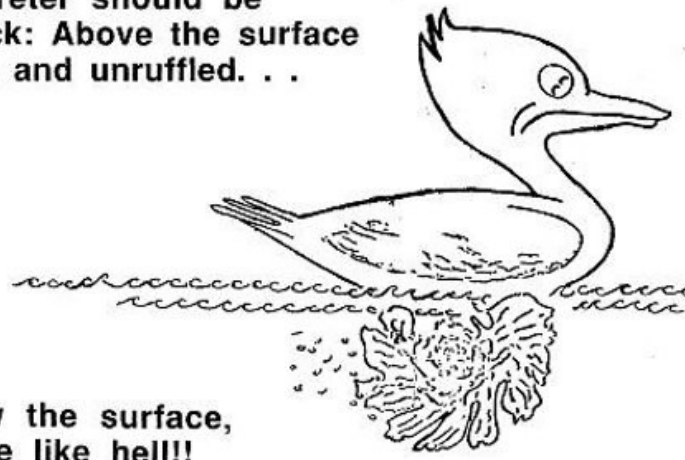
- Pre-interpreting exercises
 - Shadowing (source language)
 - Paraphrasing (source language)

If you are overwhelmed

- Pre-interpreting exercises
- Start with abstracting

Remember...

An interpreter should be like a duck: Above the surface look calm and unruffled. . .



Below the surface, paddle like hell!!

A photograph of a mother duck swimming with her ducklings on a body of water. The mother duck is on the right, facing right, with her reflection visible in the water. She has brown and white mottled feathers and a blue patch on her wing. There are five ducklings swimming behind her, also facing right. The water is dark blue-grey. The text "Thank you" is overlaid in white, sans-serif font, centered horizontally and partially overlapping the ducklings. Two thin white horizontal lines are positioned above and below the text.

Thank you