

安寧療護：與病者家人達成共識

Palliative Care: Family Consensus

Transcripts of Palliative Care Podcasts in non-English languages – Cantonese (4 of 4)

NSW Health has produced a series of audio programs to help multicultural families and their loved ones discuss end-of-life and palliative care. The short programs, in Mandarin, Cantonese, Vietnamese, Greek, and Arabic, address the sensitive topic of palliative care and end-of-life conversations from various angles. The programs also share community members' personal experiences.

新州衛生部 (NSW Health) 製作了一系列音頻節目，幫助多元文化家庭與摯愛親人討論生命最後階段的問題和舒緩護理。這些簡短的節目以普通話、廣東話、越南語、希臘語和阿拉伯語，從不同角度講述有關舒緩護理和談及生命終結的敏感話題。這些節目還分享社區成員的個人經歷。

The podcasts are available at <https://www.health.nsw.gov.au/palliativecare/Pages/podcasts-non-English.aspx>.

Patient's Daughter

Mum I want to introduce you to Dr Liu. Dr Liu is from the palliative care team at this hospital. He has been asked to talk to you and me by Dr Cho, dad's cardiologist surgeon. Dr Cho spoke at length to dad about his condition.

媽媽，我想介紹廖醫生比你識。廖醫生係嚟自呢間醫院嘅安寧療護小組，係爸爸嘅心臟專家曹醫生叫佢同我哋兩個傾下嘅，曹醫生已經同爸爸詳細講過佢嘅病情。

Specialist

Dear Mrs Chen/Chan I know how upset you must be about your husband's condition and the expectations for his deteriorating health. I am part of the Palliative Care team at the hospital. We help provide patients and families with support for their physical emotional social and even spiritual needs in the setting of a serious life limiting illness. We can also such practical things to help at home and I wanted to talk with you all about options for care which will be available to your husband during this next phase.

你好，陳太，我知你對丈夫嘅情況同埋預計佢嘅健康狀況會惡化呢件事，一定係感到好難過。我係呢間醫院安寧療護團隊嘅一份子，我哋係喺病人面對嚴重嘅晚期疾病嘅時候，為病人同佢嘅家人提供對佢嘅身體、情感、社交甚至精神需要上嘅支持。我哋亦可以喺病人屋企提供呢啲咁實際嘅幫助，我想同你傾下喺下一個階段，你丈夫可以從中選擇嘅所有護理方案。

Your daughter told me how hard she has found talking to him about what he wants in terms of care, pain management and where he wants to be cared for. I've met with him today and he seems open to considering palliative care. The main thing he is worried about is the burden that would fall to you and to your daughter if he would just to go home without support.

Patient's Wife

Dr I have been caring for him for the last five years since he was diagnosed with a heart condition. He has never talked about what he wants and I have never opened up this subject with him. I spoke to my daughter about this before and neither she nor I have the words to talk to him about what he would like for the next part of his life. We have always relied on what the doctors have told us to do and we have respect for their knowledge and skills.

Specialist

Yes it was obvious in my discussion with him that he feels this way. When I asked him what he wanted he responded by saying he didn't know so I talked to him about different options and services that can be provided both to help him and to help you as his carers.

I told him he had a choice about whether he wanted to stay at home and receive support and services there or if needed he can be cared for in a hospital or aged care home setting.

We also talked about that whilst Intensive Care unit aggressive therapies will no longer help him there may be lots of other treatments that may be worth considering from time to time. There are options you see depending on what he wants at the time. He may choose to come back into hospital for example to manage an infection or heart failure – or we can try and manage that with simpler treatment at home.

你個女話俾我知，佢覺得好難同爸爸傾到有關佢想要點樣嘅護理、疼痛管理同埋喺邊度接受護理嘅問題。我今日同佢見過面，佢似乎願意考慮安寧療護。佢擔心嘅主要問題係，如果佢喺無支持嘅情況下番屋企住，會俾你同你個女帶黎負擔。

醫生，自從佢被診斷出心臟有問題以黎，過去五年我一直喺度照顧佢。佢從來都無講過自己想要點，我亦從未同佢傾過呢個話題。我之前同個女傾過呢件事，我哋兩個都唔知點同佢傾到喺佢人生下一個階段佢想點。我哋一直都依賴班醫生話俾我哋知要點做，而我哋都好尊重醫生嘅知識同技術。

係呀，我同佢討論嘅時候，好明顯佢都有咁嘅感覺。當我問佢有乜野意願嘅時候，佢都係答話唔知道，所以我同佢傾到有關我哋可以提供嘅各種選擇同服務，係可以幫到佢同作為照顧者嘅你哋嘅。

我話俾佢知，佢可以選擇係咪留喺屋企果度接受支持同服務，抑或如果有需要，佢可以喺醫院或喺護老院度接受護理。

我哋仲傾到，雖然深切治療部嘅積極療法將唔能夠再幫到佢，但可能仲有好多其他嘅治療方法，可能有時係值得考慮嘅。有啲選擇係根據佢當時嘅需要而定，例如要對付感染或心臟衰竭情況時，佢可以選擇翻番嚟醫院 - 或者係我哋可以嘗試喺屋企進行較簡單嘅治療。

It is difficult as he wishes to be at home, but he worries about the burden on you both. There are ways we can help but I must be honest and say now that even towards the end of life when people are at home, the family will be most of the caring. What really helps however are the palliative care team members that can visit from time to time. Less or more depending on the level of need. We can help manage his breathing or any pain, we may be able to liaise with home care services for help with showering several times a week. Also, our team can assess what equipment in the home can help at various stages of this illness.

So, you can see his wishes in all this will guide us and we will all work it out together.

Patient's Daughter

My father has always relied on my mother and me to care for him. I just don't know if he would accept other people coming into our home and taking this role.

Specialist

Your father acknowledged how much care and support you both give him but right now his biggest concern is that as he gets more frail and his needs increase that the burden on both of you will become too much. He is most concerned for your mother who he believes has neglected **your** own well-being and always put him first.

He certainly wants you both around to support him but understands that ultimately, he will a level of care and support which is best provided in a medical setting. In the meantime, I have suggested that you

Meet the Palliative Care team of Doctors and Nurses and allied health people and with you over the next few weeks we can see how we can help you all manage at home together. . The idea is that this support can keep your father at home for as long as possible.

由於佢希望住喺屋企，但又擔心對你哋兩個造成負擔，所以就感到困難。我哋有一啲方法係可以幫到嘅，但我必須而家坦白咁講出，雖然係時日無多，但當病人係住喺屋企嘅時候，家人仍然係要肩負大部份嘅照顧工作嘅。而真係有幫助嘅就係可以不時上門探訪嘅安寧療護團隊成員，佢哋係根據需要嘅程度而作出更少或更多嘅探訪。我哋係可以幫助照顧佢嘅呼吸問題或係任何痛楚，我哋或者可以同家庭護理服務部聯絡，以便每星期有幾次派人嚟幫佢淋浴。仲有，我哋嘅團隊可以喺個病嘅不同階段，評估屋企裡面可以有邊啲設備黎提供到幫助。

所以，你可以睇到，佢呢啲願望係可以比到我哋指引，而我哋會一齊合作達成嘅。

我爸爸一直依靠我媽媽同我嚟照顧佢。我真係唔知道佢會唔會接受到其他人嚟我哋屋企，同埋擔任呢個角色啫。

你爸爸承認你哋兩個俾咗佢好多嘅關懷同支持，但係而家佢最關心嘅就係，當佢變得虛弱而有越嚟越多嘅需要嘅時候，你哋兩個嘅負擔會變得太重。佢最擔心你媽媽，佢相信你媽媽忽略咗你地嘅身心健康，總係將佢放喺第一位。

佢當然希望你哋兩個都會喺佢身邊支持佢，但係佢明白最終佢會需要一定程度嘅照顧同支持，而喺一個醫療環境下提供會係最好嘅安排。同時，我建議你

同安寧療護團隊嘅醫生同護士、以及相關嘅醫療人員見面，喺跟住落嚟嘅幾個星期，我哋會同你哋一齊睇吓，可以點樣幫你哋喺屋企應付照顧嘅問題。我哋嘅諗法係，呢項支持可以令你爸爸喺屋企盡可能住得幾耐就幾耐。

Patient's Daughter

I know mum and I would really appreciate getting some help especially if dad is okay with it. Is there anything else we could do? We feel so powerless?

Specialist

The best thing you can do right now is talk to him. Ask him about what he wants in terms of spiritual or emotional support. Ask him if there is anything special he would like to do or achieve in the near future. Sometimes people have important matters – practical or personal that they will want to attend to.

By starting the discussion and opening up communication, you as a family will be in a position to be guided by him and to support his decisions. We can help you find support for yourselves through friends, family, spiritual leaders or community workers. The stronger you are, the more able you will be to support him.

Patient's wife

Thank you Dr Liu. We are not the type of people who expect things or feel that we can demand things, your kindness and offer of support is appreciated. Thank you also for talking to my husband about these difficult issues.

Ask your doctor or health professional if you have any questions about palliative care or other issues raised in this program. This message is part of a broader set of programs designed to start discussions around palliative care in the Chinese community and is made possible by New South Wales Health. This is a New South Wales Government initiative.

我知媽媽同我都真係會好感激有呢啲幫助嘅，特別係如果爸爸都接受嘅話。仲有啲乜嘢係我哋能夠做架呢？我哋覺得好無能為力？

你而家能夠做嘅最好嘅事就係同佢傾計，問下佢啱精神或情感支持方面有乜嘢需要，問佢啱不久嘅將來係咪有啲乜嘢特別想做或係想達成嘅事。有時啲人會有啲重要嘅事情 - 無論係實際抑或係個人嘅事，係佢哋想要處理嘅。

通過開始討論同埋互相溝通，你哋作為家人就會處於由佢指引嘅地位，嚟支持佢嘅決定。我哋可以幫你通過朋友、家人、精神領袖或社區工作者，尋求支持。你越堅強，就越有力量去支持佢。

多謝廖醫生。我哋唔係嗰種對事物有期望，或係覺得我哋係可以提出需要啲乜嘢嘅人，多謝你嘅善意同主動提出支持，亦都多謝你同我丈夫傾到呢啲難題。

如果你對安寧療護或呢個節目內提到嘅問題有任何疑問，請諮詢你嘅醫生或醫療專業人員。呢項係一系列更廣泛計劃嘅部份信息，目的係要嚟華人社區內開展有關安寧療護嘅討論，並且由新州衛生廳提供，係新州政府嘅一項倡議行動。