

安寧療護簡介

Introducing Palliative Care

Transcripts of Palliative Care Podcasts in non-English languages – Cantonese (1 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>.

When a loved one has an illness that is going to limit their lifespan, it is important for them and those around to consider options that are available to ensure comfort and support. **One option available is Palliative Care.**

My name is Dr Wu, I am a specialist in the area of palliative care. I know that any discussion of death is sensitive in the Chinese community and for some any mention of death is taboo; fearing that death is expedited by talking about it.

Still it is important to understand what palliative care is for those with life limiting illnesses and even more importantly what it is *not*.

What palliative care is:

- helping with symptom management and the reduction of suffering;

當你嘅親人患有晚期疾病，咁對佢哋同身邊嘅人嚟講，好重要嘅就係考慮吓一啲可以採用嘅選擇，嚟確保佢哋感到舒適同有人支持，其中一個可以選擇嘅就係安寧療護。

我係胡醫生，係安寧療護方面嘅專科醫生。我知道喺華人社區任何同死亡有關嘅討論都係好敏感嘅，對某啲人嚟講，一提到死就好禁忌架喇；擔心一講到死就仲會早啲死添。

雖然係咁，但係了解安寧療護對啲啲患有晚期疾病嘅人有乜嘢幫助，始終係好重要嘅，而更重要嘅就係了解安寧療護有邊啲方面係唔可以做得到嘅。

安寧療護係可以：

- 幫助症狀管理同埋減輕病人嘅痛苦;

- helping you and your family work through where you want your last days to be;

Should you and your family wish for End of Life Care at home there will be support available, though the family will of course provide most of the care at home. The local Palliative Care Team be very helpful with equipment, increased nursing visits and there will be some form of 24-hour phone support.

Palliative care **is not** the hastening of death, **in fact it is the opposite** and seeks to help people live as well as possible for as long as possible.

Palliative is an approach that focuses on the physical, emotional, social and spiritual needs of a person as they face a life limiting illness, where ever that person may be. Palliative Care is provided by nurses, doctors, allied health professionals, chaplains and volunteers to assist the symptom control and well-being of the patients as well as helping their family support them. It may mean a visit at home once a fortnight or once a day from a specialist nurse or even a doctor – or having the support of a chaplain, or social worker – depending on what is needed and what your local Palliative Care team can provide.

Palliative care is not something that is done to you, rather it is an approach to illness where the health team works with a person and their family to find out what they want and what support they need through this difficult period, and provides that help and care as well as possible.

- 幫助你同你嘅家人定出你希望嘅邊度渡過你最後嘅日子;

如果你同你嘅家人希望嘅屋企使用臨終護理服務，我哋會提供支持，但係家人當然嘅屋企就會承擔大部分嘅照顧工作。喺你個區嘅安寧療護小組會非常樂於提供設備、增加護士探訪次數、同埋會提供某種形式嘅24小時電話支持服務。

安寧療護唔係加速死亡，實際上係啱啱相反，係試圖幫助大家盡可能舒舒服服咁活得越長越好。

安寧療護係一種側重於晚期病人嘅身體、情感、社交同精神需要嘅治療方法，姑勿論個病人係喺邊度住。安寧療護係由護士、醫生、專職醫療人員、牧師同志願人士提供嘅服務，用以幫助患者嘅症狀控制及身心安寧，並且幫助病人嘅家人支持佢哋。形式可能會係由一名專科護士或甚至係醫生每兩星期或每日一次上門探訪 - 又或者有牧師或社工嚟提供支持 - 視乎你嘅需要同埋你當地嘅安寧療護團隊可以提供嘅乜嘢服務。

安寧療護唔係要對你做嘅乜嘢，而係由醫療小組同病人及佢哋嘅家人一齊合作，搵出究竟病人同家人喺呢個困難時期想點樣，同埋需要邊啲支持，然後盡可能提供比佢哋所要嘅幫助同關顧。

It is never too early to think about and understand palliative care. So, talk to your family about what you want, don't make them have to guess.

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.

而家並唔係過早考慮同了解安寧療護嘅時間。所以，你應該同家人傾下究竟你想點做，千祈唔好要佢哋嚟度估估下。

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，目的係要喺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。