

安宁疗护简介

Introducing Palliative Care

Transcripts of Palliative Care Podcasts in non-English languages – Mandarin (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.

新南威尔士州卫生署制作推出了一系列有声播客节目，帮助多元文化家庭的成员与挚爱亲人就他们的生命最后阶段和临终关怀问题展开对话。这组简短的节目采用普通话、广东话、越南语、希腊语以及阿拉伯语播讲，从多个视点谈论有关临终关怀和死亡等令人难以启齿的话题。社区成员将在节目中与听众分享他们的个人经历

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

当亲人患上不治之症时，他们和身边的人一定要考虑现有的各种选择，确保能过得舒适和获得支持。安宁疗护就是可以获得的一种选择。

我是吴医生，是安宁疗护领域的专家。我知道，讨论死亡在华人社区是一个敏感话题，有些人很忌讳提到死亡，担心谈到死亡，死亡就会更快来临。

但还是要了解安宁疗护可以为绝症病人做什么，这一点很重要，而且还要了解安宁疗护不可以做什么，这一点甚至更重要。

安宁疗护可以做什么：

- 帮助管理症状，减轻痛苦；
- 帮助您和家人决定在哪里渡过最后的日子；

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, wherever 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.

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.

如果您和家人希望在家里接受临终护理服务，也可以获得支持，但当然家人将在家里提供大部分照顾。本地安宁疗护团队会提供设备方面的帮助，增多上门护理的次数，并且还会有某种形式的24小时电话支持。

安宁疗护不是加快死亡速度，其实恰恰相反，安宁疗护力求帮助患者活得尽可能好，活得尽可能长。

无论患者身在何处，安宁疗护方法都侧重于绝症病人的身心、社交和精神需要。安宁疗护由护士、医生、联合健康专业人士、牧师和志愿者提供，他们协助控制症状，照顾患者的福祉，帮助家人为病人提供支持。为此，专科护士、甚至医生可能每两周上门服务一次，也可能每天一次——也可能是牧师或社会工作者提供支持——这取决于需要什么服务，取决于本地安宁疗护团队可以提供什么服务。

安宁疗护不是对您做什么，而是对待疾病的一种方法，其中健康团队与患者及其家人协作，了解他们在这段艰难时期中想要什么和需要什么，尽可能提供最佳的帮助和护理。

要及早考虑和了解安宁疗护，越早越好。因此，请跟您的家人谈谈您想要什么，不要让他们去猜测。

如果您对安宁疗护或本节目中提出的其它问题有何疑问，请向医生或医务人员查询。为了在华人社区展开安宁疗护讨论，我们设计了更广泛的一系列项目，本信息就是其中的一部分，并由新南威尔士州健康部资助制作。这是新南威尔士州政府的一项举措。