

安寧療護：與病人的討論

Palliative Care: A Patient Discussion

Transcripts of Palliative Care Podcasts in non-English languages – Cantonese (3 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>.

Specialist

Mr Chan/Chen, as you know you have progressive heart disease which is unable to be fixed by any operation and we have increased your medication as high as we can. I am sad to inform you that this heart problem will almost certainly shorten your life. I know we have talked about heart treatment options before, but I now consider that the disease has moved past this. So, I would like us to focus on your quality of life and how we can help you if your time is short.

陳先生，你知道你有逐漸惡化嘅心臟病，做手術都無辦法可以好翻嘅，而我哋已經盡可能加藥，我好難過咁話俾你知，你嘅心臟問題幾乎肯定會縮短你嘅壽命。我知道我哋之前已經討論過一啲心臟治療方案，但係我而家認為個病已經無辦法挽救。所以，我希望我哋專注喺你嘅生活質素，同埋假如你嘅時間無多，我哋可以點樣幫到你。

Patient

Dr I'm not an ignorant man and I realise that things aren't looking good to me. As hard as it is, I do want to talk to you about what is available to help me. It's not just about the help I need. For these last few years my wife and daughter have been taking care of me. My daughter has had to stop work to do so. I can see what caring for me has done to them and I'm concerned that as I get sicker, I will become an increasing burden on them.

醫生，我唔係一個無知嘅人，我都意識到我嘅情況唔係咁好，雖然好困難，但係我都想同你傾下有啲乜嘢現成嘅幫助係可以幫到我嘅，唔單單係我需要嘅幫助，過去幾年，我太太同個女一直喺度照顧我，我個女仲要唔做工嚟照顧我。我可以睇到照顧我係幾影響

到佢哋，我擔心隨住病情惡化，我會仲成為佢哋更大嘅負擔。

Specialist

Yes, I can see you worry about the impact your illness is having on your family. I think it would help now to consider involving my Palliative Care colleagues. They can help you and help support your family whether you want to be at home or in a hospital setting as your condition deteriorates. The hospital where you been receiving treatment has a Palliative Care team, would you like to speak to them?

係呀，我睇到你擔心自己個病對你嘅家人會帶嚟嘅影響。我認為而家係你考慮比我嘅安寧療護同事參與嘅時候勒，咁係會有幫助嘅。當你嘅病情惡化，無論你係想喺屋企抑或係喺醫院度，佢哋都可以幫你同埋支持你嘅家人。你接受治療嘅醫院有一個安寧療護團隊，你想唔想同佢哋傾下？

Patient

I have heard the word before I really don't understand what the services are or how I will benefit from them. Will these services also help my wife and allow my daughter to get back to work?

我聽過呢個字眼，但係就真係唔了解係乜嘢服務，同埋我可以點樣得益，呢啲服務係咩都幫到我嘅太太同令我個女可以翻番工呢？

Specialist

Palliative care services look at caring for not only the physical, but also the psychological, social and spiritual aspects of a person. They are aiming to help you live as well as possible for as long as possible.

安寧療護服務不單止照顧個人嘅身體狀況，仲會照顧埋心理、社交同精神方面添，目的係要幫你盡可能舒舒服服咁活得越長越好。

Palliative Care focuses on minimising symptoms from terminal diseases and helps patients and families manage at home. Of course, the family still do most of the "at home" caring for the patient but it can be helpful having a nurse or doctor helping you manage pain or breathlessness especially if they can see you at home. You may also benefit from support from their allied health colleagues – it depends on what you and your family need.

安寧療護嘅重點係要盡量減少絕症病人嘅症狀，同時幫助佢同家人喺屋企能夠應付得到。當然，家人仍然會係喺屋企承擔照顧病人嘅大部分工作，但係如果有護士或醫生可以幫你控制痛楚或呼吸困難嘅問題，特別係如果佢哋能夠去你嘅屋企見你，咁就會有所幫助。你亦都可以從佢哋嘅專職醫療同事嘅支持中受益 - 而呢個係取決於你同你家人嘅需要。

What is most important now is to talk with the Palliative Care team and to let them know things that are important to you such as:

而家最重要嘅係要同安寧療護團隊傾下，等佢哋知道邊啲事情係你覺得重要嘅，例如：

- What worries you the most about the way you feel – we want to help with that. For some people it is fatigue or breathlessness, others may have more issues with chest pain: it's can be very different for each person.
- Where you want to receive care. I know you've talked about not wanting to be a burden so thinking about receiving palliative care in a hospital or nursing home setting as you get more frail will be important;

We've now reached a stage in your illness where Intensive care treatment options and life support machines won't help you live longer or better. We will not be offering aggressive therapy options like that when you get sicker. Along the way though there are still treatment choices to make.

Some people decide they never want to have a drip again or intravenous treatment if they get an infection or worsening heart failure but will stay at home. Other people want every possible medical therapy we can still offer. We will always advise you about what is best, but we can only do that if we know what is important to you, we want to support you and your family through this last phase of your disease as best we can.

We would recommend that you discuss these issues with your family so they can be assured that this approach is acceptable to you. The more at ease you are with your decisions the easier it will be for your family to accept them

- 喺你嘅感受方面，你最擔心嘅係乜嘢 – 我哋就希望喺嗰方面幫到你。對於一啲人嚟講，就係疲勞或者呼吸困難，其他人可能係喺胸痛方面有多啲問題：個個人都可能好唔同嘅。
- 你希望喺邊度接受護理。我知你已經講過唔想成為負累，所以當你越發虛弱嘅時間，考慮喺醫院或護老院度接受安寧療護就會係好重要嘅；

我哋而家已經去到你嘅病情階段，就係連選擇深切治療同埋用維持生命機器都無辦法幫到你活得更耐或更好。當你病情加劇嘅時候，我哋係唔會提供類似嘅積極治療方案。不過，喺嗰個階段就仍然會有一啲治療選項比你揀嘅。

有啲人會決定，如果有感染或係心臟衰竭情況惡化，佢哋就唔會再接受滴注或靜脈注射治療，但仍會住喺屋企。其他人就想接受我哋仍然可能提供嘅每一種藥物治療。我哋始終都會向你建議，乜嘢係對你而言最好嘅做法，但係我哋只可以喺知道乜嘢對你係重要嘅情況下，先能夠做得到呢點，我哋希望盡可能幫到你同你嘅家人渡過你個病嘅最後階段。

我哋建議你同家人討論呢啲問題，等佢哋確定呢個係你可以接受嘅方向。你對自己嘅決定感到越舒服，你嘅家人就越容易接受佢哋。

Under palliative care, services can also be provided to your wife and daughter to support them in caring for you. Again, it is very important that you talk to them and come to an agreement about how you want to be cared for and how you want them to be supported.

Patient

Will the Palliative Care team be the able to speak to me in my language?

Specialist

Each team is different, but there will either be the interpreter service, or many services have (Cantonese and Mandarin) speaking staff or volunteers to provide both information and support. Please let the team know if you do not understand something and need an interpreter, as it is critical that you and your family are very clear about your health care and that the team are clear on your needs.

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.

喺安寧療護下，有啲服務仲可以向你嘅太太同個女提供，嚟支持佢哋照顧你。同樣，好重要嘅就係你要同佢哋傾，而且協定你想其他人點樣照顧你，以及你想太太同個女喺邊方面得到支持。

安寧療護團隊能唔能夠用我嘅母語同我傾呢？

每個團隊都唔同嘅，但係一係就會有傳譯服務，一係就好多服務都有（廣東話同普通話）工作人員或志願工作者提供信息同支持嘅。如果你有啲嘢唔明白而又需要傳譯員，請話俾團隊知，因為好重要嘅係你同你嘅家人要對你嘅醫療照顧情況非常清楚，同埋團隊係咪了解你嘅需要。

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。