

安宁疗护：患者需求

Palliative Care: A Patient Discussion

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

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.

陈先生，您知道您有渐进性心脏病，这种疾病是任何手术都无法治愈的，我们已经尽可能提高了您的药量。遗憾的是，几乎可以肯定，这种心脏问题会缩短您的寿命。我知道我们以前讨论过心脏治疗选择，但我现在认为，病情到了无可治疗的地步。如果您时日不多，我希望我们把重点放在您的生活品质上，看看我们怎样可以帮助您。

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.

医生，我不是一无所知，我意识到自己情况不好。尽管难以开口，我还是希望跟您谈谈有什么可以帮助我。这不仅仅是我需要帮助。在过去几年中，我的妻子和女儿一直在照顾我。女儿不得不放下工作来照顾我。我看得出照顾我给她们造成的影响，我担心随

着病情加重，自己会对她们造成越来越大的负担。

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?

是的，我看得出您担心自己的疾病给家人造成的影响。我认为现在考虑让我的安宁疗护同事参与进来会有所帮助。随着您的病情恶化，无论您希望留在家里还是住在医院里，他们都可以帮助您，也可以帮助支持您的家人。您接受治疗的医院有一支安宁疗护团队，您想跟他们谈谈吗？

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?

我以前听说过这个词语，但不是很明白这些是什么服务，也不明白我怎么可以从受益。这些服务是不是也可以帮助我的妻子并且让我的女儿重返工作岗位？

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.

安宁疗护服务不仅在于照顾患者的生理方面，而且照顾患者的心理、社交和精神方面。他们力求帮助您活得尽可能好，活得尽可能长。

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.

安宁疗护侧重于尽量减少绝症的症状，帮助患者和家人在家里管理症状。当然，家人仍然承担“在家”照顾患者的大部分工作，但如果有助士或医生帮助您管理疼痛或呼吸困难的症状，特别是可以上门提供服务，这可能会很有帮助。他们的联合健康同事也可以提供支持，让您从中受益——这取决于您和家人需要什么。

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:

现在最重要的是跟安宁疗护团队谈谈，让他们知道什么对您很重要，譬如：

- 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

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.

- 在自身感觉方面最让您担心的是什么呢——我们希望提供这方面的帮助。有些人可能感觉疲劳或呼吸困难，有些人可能多为胸痛方面的问题：这可能因人而异。
- 您希望在哪里接受护理。我知道您谈到自己不想成为负担，所以随着您变得更虚弱，考虑在医院或疗养院接受安宁疗护，这将变得非常重要；

我们现在到了这样一个阶段，重症监护治疗选择和生命维持设备不会帮助您活得更长或更好。在您的病情加重时，我们不会提供这样的激进型治疗选择。但在整个过程中还是需要做出一些治疗选择。

有些人决定，如果他们受到感染或心力衰竭恶化，他们不要再接受滴液或静脉注射治疗，而是要留在家里。有些人则想尽可能获得我们仍然可以提供的每一种医疗。我们一定会告诉您什么最好，但只有知道什么对您很重要，我们才能够告诉您，我们希望尽力支持您和家人渡过您的疾病的这一最后阶段。

我们建议您跟家人讨论这些问题，告诉他们您接受这种方法，让他们感到放心。您对自己的决定越自在，家人接受起来就会越容易。

安宁疗护还可以为您的妻子和女儿提供服务，支持她们照顾您。同样，您务必要跟她

们谈谈，对您希望获得怎样的护理以及您希望她们获得怎样的支持达成一致。

Patient

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

安宁疗护团队能够用我说的语言跟我交谈吗？

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.

每个团队都各不相同，但都可以提供口译员服务，许多服务机构都有讲广东话和普通话的工作人员或志愿者提供信息和支持。如果您有什么不明白，需要口译员，请告诉他们。您和家人需要对您的健康护理非常清楚，团队也需要对您的需求非常清楚，这一点至关重要。

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。