



PalliativeCare
VICTORIA

Glossary of Terms

Chinese Simplified

简体中文

February 2024

Palliative Care Victoria Glossary of Terms

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The **Palliative Care Victoria Glossary of Terms** has been developed to help patients, carers, family members and staff to better understand and communicate terms and acronyms often used in palliative care.

It is also designed to provide language professionals with access to accurate and culturally and linguistically appropriate palliative care terminology to ensure consistency both within and across languages.

The glossary is **free to download** and has been published in the following languages: Arabic, Chinese Simplified, Chinese Traditional, Croatian, English, French, German, Greek, Hindi, Italian, Macedonian, Polish, Serbian, Spanish, Tagalog and Vietnamese. Each version has been professionally translated and tested with community representatives for accuracy and readability.

Palliative Care Victoria

Palliative Care Victoria (PCV) is the peak body for palliative care and end of life services in Victoria. PCV is committed to ensuring that all people with a life limiting illness and their families are supported to live, die and grieve well.

Established in 1981, it is an incorporated association and charity supported by the Victorian Government, organisational and individual members, other groups and funders. A founding and current member of Palliative Care Australia, it also contributes to national policies and initiatives in collaboration with the state and territory palliative care peak bodies.

Acknowledgement of Country

PCV acknowledges the Traditional Owners and Custodians of the land on which it works across Victoria recognising their continuing connection to lands, waters and communities and paying respect to their Elders past, present and emerging.

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Further information

For further information about any of the terms or acronyms listed in this publication please contact PCV or visit the website.

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Website: www.pallcarevic.asn.au

PCV can be contacted 9am to 5pm Monday to Friday, excluding public holidays.

actively dying

临终时分

The last hours and days of a person's life.

acute pain

剧痛

Pain which is of short duration and normally resolves when the body heals itself, such as after injuries or operations.

advance care planning

预立医疗照护计划

The process of planning ahead for future health and personal care should a person be unable to communicate or make medical decisions for themselves.

advance care directive

预立医疗指示

A legally binding document that sets out a person's future healthcare treatment preferences. These preferences must be followed if the person is unable to communicate or make medical decisions for themselves. This is also sometimes referred to as an advance care plan.

advocacy/advocate

倡权/倡权者

The process of supporting and enabling people to express their opinions and concerns, to access information and services, to defend and promote their rights and responsibilities, and to explore choices and options. A person who supports others in this way is called an advocate.

allied health professional

专职医疗保健专业人员

Health professionals with specialised expertise in preventing diagnosing and treating a range of conditions and illnesses.

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bereavement

居丧期

A period of mourning after a loss, especially after the death of a loved one. Bereavement is recognised as a final stage in the palliative care continuum.

capacity

能力

Being capable of making one's own treatment decisions.

carer

照护者

A person who looks after someone who needs help with day-to-day living. The term is most often used to describe unpaid carers but sometimes used to describe those who provide care as professionals.

care coordination

医护协作

When health workers and/or medical professionals work together in a team to provide health care.

care navigator

护理服务引导员

A trained professional who assists someone to find the right care and support services to meet their needs.

chronic condition/disease

慢性病/慢性疾病

An ongoing long-term illness characterized by persistent and recurring health consequences lasting for three months or more.

chronic pain

慢性疼痛

Any pain lasting more than 12 weeks.

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consent to treatment

医疗知情同意

Giving permission before receiving any type of medical treatment, test or examination. Consent is not required for palliative care, but clinicians should take into consideration the person's preferences and values when providing palliative care.

comfort care

舒适护理

Commonly used to mean end of life care.

community palliative care

社区宁养疗护

Is palliative care that is provided in your home or residential aged care.

comorbidity

共病

When people have more than one health condition at the same time. Each health condition is called a comorbidity.

CPR - cardiopulmonary resuscitation

CPR - 心肺复苏术

An emergency procedure performed when a person's heart or breathing stops. It can involve a combination of physical techniques including chest compressions, mouth-to-mouth breaths, electric shock to the chest (defibrillation) and insertion of a breathing tube into the lungs.

curative care

积极治疗

Medical treatments or interventions expected to remove a health problem completely and allow the person to recover to their previous level of health.

cultural needs

文化需求

Values, practices, beliefs and protocols that are important to an individual.

care with dignity

维护尊严的护理

Supports the self-respect of a person, recognising their capacities and ambitions and does nothing to undermine it.

delirium

谵妄

A sudden altered conscious state experienced by people when they are unwell. When a person develops delirium, they may become confused, lose attention quickly or become agitated and irritable. They may also become unusually quiet and not interact as usual.

dementia

脑退化症

A term used for several progressive disorders of the brain that cause confusion or memory loss as well as difficulty with language, problem solving and performing day to day tasks.

emotional support

情感支持

Showing care and compassion for another person.

end of life

临终

The period of time when someone is likely to die in the next 12 months.

end of life care

临终关怀

Care needed for people who are likely to die in the next 12 months due to progressive, advanced or incurable illness or frailty.

frailty

衰弱

A physical state that can include unintentional weight loss, muscle loss/weakness, feeling fatigued, low levels of physical activity and reduced walking speed.

goals of care

护理目标

What a person wants to achieve during an episode of care, within the context of their clinical situation and their treating medical team.

grief

悲痛

The emotional reactions and processes experienced from the illness or death of a loved one.

health care

医疗保健服务

Any type of services provided by health professionals that impact on health.

holistic care

整体护理

Care that involves considering all of a person's needs taking into account their physical, emotional, social and spiritual wellbeing.

home care

居家照护

Health care or supportive care services provided in a home setting.

hospice

善终方案/安宁病房

A program or place that cares for people who are nearing death.

hospice care/specialist inpatient unit

临终关怀/专科住院部

A type of service delivering palliative care and can include both free-standing hospices and/or palliative care wards within a hospital.

life limiting condition

不治之症

A condition for which there is no reasonable hope of cure and from which a person will inevitably decline and is expected to die.

Medical Treatment Decision Maker

医疗决策者

A person formally appointed or identified from a legal hierarchy of decision-makers, to make medical decisions on behalf of someone in capacity to make decisions for themselves. Appointed Medical Treatment Decision Makers were formerly known as a Medical Power of Attorney, and these Medical Powers of Attorney, completed prior to 12th March 2018 are still valid. The term, Medical Treatment Decision Maker was introduced as part of Victoria's Medical Treatment Planning and Decisions Act 2016. A person must be deemed to have capacity at the time of appointing a Medical Treatment Decision Maker.

medical treatment

治疗

The medical management and care of a patient to treat a disease or disorder.

medication

治疗疾病的药物

Any medicine or preparation used to treat, manage or cure illness.

morbidity

患病

Suffering from a disease or medical condition.

multidisciplinary team

多学科团队

A group of health, allied health and other professionals from different disciplines who collaborate to meet the care needs of a patient.

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NFR - not for resuscitation

NFR指令 - 暂停心肺复苏术

A medical order to withhold cardiopulmonary resuscitation (CPR).

pain relief

止痛方法/止痛药物

The act of treatment or therapy for reducing, managing or eliminating pain.

palliation

和缓治疗

Treatment that helps a patient feel more comfortable and improves quality of life but does not cure the disease.

palliative approach

宁养疗法

Recognises that death is inevitable and focuses on the care rather than cure of a person with a life-limiting illness.

palliative care continuum

宁养疗护全流程

Health care that can span from the point of diagnosis with a serious illness to death.

palliative care patient

宁养疗护患者

A person receiving a palliative care service.

palliative care services

宁养疗护服务

Community, hospice, hospital or residential aged care programs with health professionals who have advanced training in palliative care. They provide holistic care to patients with complex palliative care needs, provide advice and educate non-specialist health care professionals who are providing palliative care.

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palliative care specialist/doctor

宁养疗护专家/医生

A doctor who has specialised in the field of palliative medicine. Palliative care specialists can also be nurse practitioners.

palliative care

宁养疗护

Care that helps people live their life as fully and as comfortably as possible when living with a life limiting or terminal illness by treating distressing or painful symptoms of the condition and supporting their emotion, psychological, cultural and spiritual wellbeing.

palliative care team

宁养疗护团队

Palliative care may be provided by a wide range of health, allied health and other professionals.

person centred approach

以人为本的方式

An approach to health care that treats each person respectfully as an individual.

primary carer

主要照护者

A person who undertakes the main role in the coordination and delivery of care and support for another person.

quality of life

生活质量

A term used to capture a person's subjective physical, psychological, social, cultural and spiritual wellbeing.

referral

转诊

The act of referring someone or something for consultation, review, or further action.

refusal of treatment

拒绝医疗措施的权利

A person's legal right to decline the use of medical treatment. They should be given the opportunity to understand what that treatment involves, the consequences of not having it and alternatives that may be available. Whilst a person with capacity may refuse palliative care, their Medical Treatment Decision Maker is not able to refuse it on behalf of a person lacking medical decision-making capacity. The person's own preferences and values should still be taken in consideration.

respite care

暂息护理

When someone else takes care of the person you care for, so that you can have a break.

specialised palliative care services

专业宁养疗护服务机构

Community, hospice or hospital-based programs with health professionals who have advanced training in palliative care. They provide holistic care to patients with complex palliative care needs, provide advice and educate non-specialist health care professionals who are providing palliative care.

spiritual care

精神关怀

An aspect of healthcare that supports the inner person (spirit/soul) to help deal with health care challenges.

symptoms

症状

Physical or mental changes that occur as part of a disease process.

substitute decision maker

代理决策者

A person who is legally recognised as an appointed or non-appointed decision-maker to make health care or medical treatment decisions for a person who has lost decision-making capacity. If the decision is about medical treatment, in Victoria this will be the person's Medical Treatment Decision Maker.

supportive care

支持性护理

Where the focus of treatment is what is important to the patient.

supported decision making

辅助决策

The provision of support to enable a person to be able to exercise their legal decision-making rights. The additional support enables the person with decision-making capacity to make their own decisions - the person providing support does not make the decision on behalf of the person needing support.

terminal condition

晚期疾病

When a diagnosed health condition cannot be cured and will eventually cause death.

terminal illness

绝症

An illness that cannot be cured and will eventually cause death.

terminal phase

临终期

The final hours or days before a person dies.

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therapy/therapeutic

疗法/治疗

Treatment provided to a patient with the goal of curing, delaying progress of an illness or provision of symptom and pain relief.

treatment

医治

Any medical, surgical or other health care intervention.

wellbeing

身心健康

A complex combination of a person's physical, mental, emotional and social health factors.

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Living, dying & grieving well