Palliative Care
Victoria

什么是宁养疗护?

What is Palliative Care?

宁养疗护[1]是为绝症患者提供的医疗保健服务。该服务专注于患者及其家属的舒适感，为他们提供支持并帮助维持生活质量。宁养疗护帮助人们在尽可能长的时间内尽量过上舒适的生活。

Palliative care is health care for people living with a terminal illness. It focuses on comfort, support, and quality of life for patients and their families. It helps people live as well as they can for as long as they can.

什么时候可以开始接受宁养疗护?

宁养疗护可以在进行性疾病的任何阶段开始，而非必须等到最后的几周或几天。在大多数情况下，患者可以在接受疾病的其他治疗的同时接受宁养疗护。

When can palliative care start?

Palliative care can start at any time of a progressive illness, not just in the final weeks or days. In many cases, a person can receive palliative care while they are still receiving other treatments for their illness.

1 旧称姑息治疗

宁养疗护由谁提供?

任何医疗专业人员都可以提供宁养疗护，例如全科医生、专科医生或护士。

当患者的症状变得更加复杂时，可以让专业宁养疗护服务机构介入。这些机构通常由控制临终症状（如强烈的疼痛、呕吐和呼吸困难）的专业医生或护士负责。

专业宁养疗护团队将继续与患者的现有医疗团队合作，成员可能包括：

- 医生
- 护士
- 专职医疗保健专业人员
- 药剂师
- 心理学家
- 精神或牧灵关怀工作人员
- 宁养疗护志愿工作者

如何获得专业宁养疗护服务?

个人、家属、照护者或任何医疗专业人员都可以转介专业宁养疗护服务。

Who provides palliative care?

Palliative care can be provided by any health professional such as a general practitioner, medical specialist or nurse.

Specialist palliative care services can be involved when a person's symptoms become more complex. They are usually led by a doctor or a nurse who specialises in controlling end of life symptoms such as strong pain, vomiting and difficulty in breathing.

A specialist palliative care team will continue to work in partnership with a person's existing healthcare team and may include:

- Doctors
- Nurses
- Allied health professionals
- Pharmacists
- Psychologists
- Spiritual or pastoral care workers
- Palliative care volunteers

How to get specialist palliative care services?

A referral to specialist palliative care services can be made by an individual or family member or carer, or any health professional.

Simplified Chinese

专业宁养疗护服务可以提供哪些护理?

专业宁养疗护服务包括:

- 帮助控制复杂的身体症状
- 提供社交、文化和精神支持
- 为患者及其家属或照护者提供心理咨询和哀伤支持

可以在哪里接受专业宁养疗护服务?

宁养疗护可以在以下地点提供:

- 家中
- 医院里
- 宁养疗护机构内
- 养老院里
- 有专人支持的残障人士住所内

专业宁养疗护服务的费用是多少?

大多数宁养疗护服务是免费的。药品或设备可能会产生一些费用，可在有需要时进行讨论。

家属和照护者可以获得哪些支持?

专业宁养疗护服务还为家属和照护者提供实际和情感支持。

English

What care do specialist palliative care services provide?

Specialist palliative care services include:

- Help controlling complex physical symptoms
- Support with social, cultural and spiritual concerns
- Counselling and grief support for the person and their family or carers

Where can specialist palliative care services be provided?

Palliative care can be provided:

- At home
- In hospital
- In a hospice
- In a residential aged care home
- In supported disability accommodation

How much do specialist palliative care services cost?

Most palliative care services are free. There may be some costs for medicines or equipment which will be discussed if required.

What support is available for family and carers?

Specialist palliative care services also provide practical and emotional support for families and carers.

如果需要口译员怎么办?

如果接受服务时需要口译员帮助，请务必告知服务机构。

我该如何寻找服务机构或获取更多信息?

- 咨询您的医生、专科医生或任何医疗专业人员
- 致电您当地的宁养疗护服务机构
- 联系 Palliative Care Victoria（维多利亚州宁养疗护协会）
  - » 电话: 03 9662 9644（周一至周五，上午 9 点至下午 5 点）
  - » 电子邮件：info@pallcarevic.asn.au
  - » 访问网站：https://www.pallcarevic.asn.au/



我们可以安排电话口译服务。
请告诉我们您需要哪种语言。

What if an interpreter is needed?

It is important to let the service know if an interpreter is needed for a visit.

How do I find a service or get more information?

- Talk to your doctor, specialist or any health professional
- Call your local Palliative Care Service
- Contact Palliative Care Victoria
  - » Telephone 03 9662 9644 (9am to 5pm, Monday to Friday)
  - » Email: info@pallcarevic.asn.au
  - » Visit the website: https://www.pallcarevic.asn.au/



A telephone interpreter can be arranged. Please tell us what language you need.

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