|  |
| --- |
| **Palliative care dying and death | 安宁疗护** |
| 安宁护理帮助绝症末期患者改善生活的质量。病人能做的虽然有限，但是我们能提供多种协助。维州提供多种服务，包括入住安养院和居家及社区护理。澳大利亚提供优质的安宁护理，包括社区医院和住院病人服务。这些服务在全世界都是数一数二的。不过现在焦点逐渐转移到管理疾病造成的影响，包括非恶性的慢性病，需要向病人提供支持的疾病。我们需要在医院和社区中都提供支持。他们提供的服务非常好，这些医生和护士都非常敬业。如东方安宁护理等服务旨在帮助病人尽可能久地住在家里。我们的工作是向有特殊安宁护理需要的病人提供全面的安宁护理服务。安宁护理包括居家护理、特殊安养院护理、辅导、辅助设备、义工支持以及医院照护。比较之下，在社区中得到良好、专业安宁护理的病人活的时间较长，这点已经获得研究证实了。除了医护人员以外，家人往往是主要的看护人。 |  |
| Palliative care helps improve the quality of life for someone living with a life limiting illness. Illness may limit what a patient can do, but there are many ways we can help. Victoria offers a range of services, from inpatient to homeland community-based care.  "Australia has one of the best developed and advanced palliative care services in the world for community hospital and inpatient palliative care services.  But increasingly people are focusing on management of illness as it progresses, chronic disease, non-malignant disease, diseases that need supporting, not only in the hospital sector, but also in the community sector.""You couldn't wish for better services from anywhere, and the doctors and the nurses at the hospital have been exceptional.""Services such as Eastern Palliative Care focus on people staying at home as long as possible.  It's our job to provide comprehensive suite of palliative care services to people that have specialist palliative care needs."Palliative care services include at home care, specialist inpatient palliative care, counselling, equipment and aids, volunteer support and hospital care.  "The fact is that people who have their symptoms well managed by a specialist palliative care team in the community do live longer than those who don't have that same kind of care and that’s been proven in research."As well as support from health professionals, for many, the primary carer is a family member.  父亲生病后，我其实很早之前就留意到他的健康出了问题。于是我就开始照顾他了。病人可以使用多种辅助工具帮助他们行动或活动。他现在有行动辅助工具了。之前我也只能尽力帮他，现在他有了电瓶车，方便多了，也帮了我大忙。如果要爬坡，可以按下加强马力的按钮，这个功能很好用。对看护人来说，还是需要有暂息服务让看护人能休息一下。询问安宁护理机构有关暂息服务和其他支持。安宁护理可以在患病初期与化疗等治疗一起进行。预先制定的看护计划书使用逐渐频密。当事人事先表明希望哪种看护。家人要坦率沟通，表明自己对善终时的意愿，当时人希望在哪走完一生？在哪里接受看护？希望有谁参与？如果家人不知道当事人的意愿，将承受更大的压力。开诚布公的沟通能帮助当事人事先拟定看护计划，这样的沟通很重要。事先拟定看护计划，这样的沟通很重要。安宁护理服务的费用由Medicare全额或部分补助。但是一些特殊设备、药物或疗法可能需要额外的费用。私人安宁护理服务则须自费。决定前应该先询问相关费用。维州提供居家和安养院安宁护理服务，给予当事人医疗、护理、社交以及精神支持。要尽早使用安宁护理服务，向医生及医护人员提出使用安宁护理服务的要求。应尽早让安宁护理参与照护工作。详情请访问：BETTERHEALTH.vic.gov.au/palliative"And when Dad got sick I’d noticed quite a while beforehand that his health was not quite right.  And that's how I've sort of became Dad's carer."A range of aids is available to help with moving around and other activities of daily living.  "He's got mobility aids to help him and before I just tried to help him the best I can.  And now he's got his new scooter, that’s made things a lot easier for him and me, I suppose.""If you're going up a hill it’s got a little button on it  to give you a bit more power into the back end of the motor,  so that's been very good.""For carers, I think at some point, as a carer you do need some sort of respite for people you're helping out."Talk with your palliative care service about support and respite care options. Palliative care can be involved early in the illness, and at the same time as treatment, such as chemotherapy. Increasingly, advance care plans are used, where the patient makes it clear in writing the way they want to be treated.  "I think it's really important that families talk to each other about what their wishes are at the end of life, so if we don't know where someone wants to die or where they want their care to be delivered or who they want involved, there’s a lot of guessing that goes on for families and that adds to the stress. So having those open discussions which can often lead to the development of an advance care plan for people, are really useful discussions to have."Palliative care services are free or subsidised through Medicare. However, there may be costs involved for some specialist equipment, medications, and treatments. If you do choose private palliative care services, you will need to pay. It's best to ask about costs before you make a decision. Victoria offers home-based and specialist inpatient care where clients receive medical, nursing, social, and emotional support.  "My best advice is to engage early, advocate, push to your healthcare professionals to engage palliative care.  We need to be part of the team early rather than late."  To find out more, make sure you log on to betterhealth.vic.gov.au/palliative. |  |
|  |  |

安宁护理服务的费用由Medicare全额或部分补助。

但是一些特殊设备、药物或疗法可能需要额外的费用。

私人安宁护理服务则须自费。

决定前应该先询问相关费用。

维州提供居家和安养院安宁护理服务，给予当事人医疗、护理、社交以及精神支持。

要尽早使用安宁护理服务，向医生及医护人员提出使用安宁护理服务的要求。应尽早让安宁护理参与照护工作。

详情请访问：<BETTERHEALTH.vic.gov.au/palliative>