

# 安宁疗护

对于风烛之年或疾病终末期患者，家庭医生可能会在某个时间点建议他们接受安宁疗护。对于许多人来说，提及安宁疗护可能会带来恐惧和焦虑。如果了解安宁疗护及其能够如何帮助您和亲人，可能就会比较容易迈出这一步。

## 何谓安宁疗护？

安宁疗护中心为身处疾病终末期的临终患者提供支持服务，重点放在提高病人的舒适度和改善生命质量，而不是治愈疾病。

安宁疗护侧重于控制疼痛和其他痛苦症状，向患者、家属和照顾者提供情感和精神支持。

尽管各家安宁疗护中心提供的服务有所不同，但都可能包括：

- 医疗和护理服务
- 社工支援，心理咨询和精神支持
- 物理疗法和替代疗法的各种疗法
- 丧亲关怀
- 为家属和照顾者提供培训和支持

## 安宁疗护的费用

安宁疗护中心的服务是免费的。

机构的大部分资金来自中央政府，但社会捐赠对于维持这项免费服务至关重要。

## 使用安宁疗护服务

每家安宁疗护中心都有自己的准入标准和转介流程。

请向您的家庭医生或护理团队了解转介到安宁疗护中心是否对您或亲人有所帮助。

欲详细了解当地的安宁疗护服务，请访问网站

[www.hospice.org.nz](http://www.hospice.org.nz)

## 对安宁疗护的常见误解

### 你需要住在安宁疗护中心才能享受它的服务

虽然许多安宁疗护中心提供住院护理，但也为在自己家中接受照顾的人士提供服务。

他们的工作人员可以与家庭医生和社区护士协同工作。

### 安宁疗护侧重于医疗护理

安宁疗护采用全面、综合的工作方式，满足患者的身体、情感、灵性和社会需求。

由一个跨部门的团队（包括医生、护士、社工、心理咨询师和治疗师）服务临终患者和其家属及朋友。

### 一旦进入安宁疗护中心就出不来了

许多患者在疗护中心住院只是为了更好地控制疼痛和其他症状，或是获得几天短期护理，然后会返回家中。

某些安宁疗护中心提供短期护理服务，以便患者的家属和照顾者可以从护理任务中抽身以稍作休息。

### 安宁疗护只适合癌症患者

虽然中心里的大多数患者是癌症患者，但任何疾病终末期的临终患者都可使用该服务，其中包括诸如运动神经元疾病，晚期失智症，末期肾脏、心脏或肺脏疾病的患者。



# Hospice care

**For a person living with a life-limiting or terminal illness, there may be a time when their GP or family doctor suggests a referral to a hospice service. For many people the mention of hospice may create fear and anxiety. Having information about hospice care and the ways in which it can help you and your loved ones may make this step easier.**

## **What is hospice care?**

Hospice provides supportive care to people who are in the final phases of a life-limiting illness, with a focus on comfort and quality of life, rather than cure.

Hospice services are focused on managing pain and other symptoms as well as providing emotional and spiritual support to patients, their families/whānau and carers.

Although services offered may differ from hospice to hospice, they are likely to include:

- medical and nursing care
- social work assistance, counselling and spiritual support
- therapies, including physiotherapy and complementary therapies
- bereavement care
- training and support services for families/whānau and carers

## **Cost of hospice care**

Hospice care and services are provided free of charge.

Hospices' receive the majority of their funding from central government; however, fund-raising plays an important part in keeping services free of charge.

## **Accessing hospice care**

Each hospice has its' own eligibility criteria and referral process. Talk to your GP or care team about whether a referral to hospice would be helpful for yourself or for a loved one. For more information about hospice services in your area, you can go to [www.hospice.org.nz](http://www.hospice.org.nz)

## **Common myths about hospice care**

### **You need to be a patient in a hospice to benefit from its services**

Although, many hospices offer inpatient care, they also have services that help people to be cared for in their homes. Hospice staff can work alongside family doctors and district nurses in the community.

### **Hospices focus on medical care**

Hospice care is a holistic approach, including looking after physical, emotional, spiritual and social needs. A multidisciplinary team which can include doctors, nurses, social workers, counsellors and therapists, cares for not just the person who is dying but their family, whānau and friends.

### **Once you go into a hospice, you won't leave**

Many patients go into a hospice for short stays, to gain better control of their pain and symptoms or, for a few days of respite care, and then return home. Respite care is offered by some hospices so that families/whānau and carers can have a break from their caring roles.

### **Hospices are available only for cancer patients**

While most patients using hospice services will have cancer illnesses, anyone with a life-limiting condition can access their services. This can include those with conditions **such as motor neurone disease, advanced dementia and end-stage kidney, heart or lung disease.**