



# 什么是安宁疗护?

## 帮助生命受限的病人舒适地生活

### 安宁疗护是一种综合的整体护理方法。

它专注于帮助人们带病生活的同时,也尽可能充分和舒适地享受生活。

安宁疗护的目的是缓解令人痛苦的症状,改善生活质量;并使每位病患及其家人能够决定他们希望如何度过生命余留下的日子。

安宁疗护服务适用于任何生命受限及无法治愈的病人。

它可以帮助患有癌症、运动神经元疾病、晚期痴呆和晚期肾病、心脏病或肺病等疾病的人。

### 根据您的需要,安宁疗护可能包括:

- 药物和其它疗法,以减轻您的疼痛和控制您的症状;
- 支持您的家庭成员;
- 提供帮助和设备,使您可以在家里舒适地生活;
- 帮助满足您的精神、宗教或文化需求;
- 卫生工作者和其他护理提供者的定期访问。

### 安宁疗护并不意味着结束

在您患病期间可以随时使用安宁疗护服务,而不仅仅是在您生命即将到达终点的时候。

使用安宁疗护并不意味着已无希望,您已“放弃”或您的家人不关心。

放疗或化疗等辅助治疗通常可以继续,但护理的重点是缓解症状和维持生活质量。

辅助疗法或传统药物仍然可以是您护理的一部分。

### 谁提供安宁疗护?

护理通常由一组护理专业人员提供,由您的家庭医生协调。该团队的构成取决于您的具体需求,可能包括:

- 您的家庭医生;
- 安宁疗护专科医生;
- 护士;
- 家居护理人员;
- 专职医疗人员 – 包括社会工作者、营养师、物理治疗师;
- 心理辅导员和宗教或灵修导师。

无论您住在哪里或在哪儿接受治疗,护理专业人员团队将伴随您和您的家庭成员。

这可能是在家或其它护理院舍。

也可能在医院或临终关怀安养院。

有关安宁疗护的更多信息,请访问

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





# What is palliative care?

## Helping people with life-limiting illness to live well

### **Palliative care is an integrated, holistic approach to care.**

It is focused on helping people to live their lives as fully and as comfortably as possible while they are also living with life-limiting illness.

The aim of palliative care is to relieve distressing symptoms, improve quality of life and enable each patient, and their family, to make decisions about how they wish to spend the remainder of their life.

Palliative care supports people of any age who have been told that they have a life-limiting illness that cannot be cured.

It can assist people with illnesses such as cancer, motor neurone disease, advanced dementia and end-stage kidney, heart or lung disease.

### **Depending on your needs, palliative care may include:**

- medication and other therapies to relieve your pain and manage your symptoms
- support for your whānau / family members
- assistance and equipment to enable you to live comfortably at home where possible
- help to meet your spiritual, religious or cultural needs
- regular visits from health workers and other care providers

### **Palliative care does not mean the end**

A palliative approach to care can be used at any time in your illness, not just when you are at the end of your life. Using palliative care does not mean there is no hope, you have 'given up' or your family doesn't care.

While treatment, such as radiotherapy or chemotherapy, can often be continued the focus of care is on relieving symptoms and maintaining your quality of life. Complementary therapies or traditional medicines can still be a part of your care.

### **Who provides palliative care?**

Care is usually provided by a team of health professionals, coordinated by your general practitioner or family doctor. The make-up of this team depends on your specific needs and may include:

- your general practitioner
- palliative care specialists
- nurses
- homecare workers
- allied health professionals – including social workers, dietitians, physiotherapists
- counsellors and pastoral support people

The team of health professionals involved in delivering care will work with you and your carer where you are living or where you receive treatment.

This may be at home or in a residential care facility.

It can also be in a hospital or hospice.

For more information about palliative care go to [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)