

What is Palliative Care?

Palliative care is the active, compassionate care of the chronically and terminally ill. The focus of palliative care is on relieving pain and managing symptoms, as well as on meeting the emotional, spiritual, social, and cultural needs of patients and loved ones. The goal of palliative care is to improve the quality of life for patients and to support their caregivers and families.

甚麼是緩和療養？

緩和療養是為患有嚴重疾病的病人和他的家人們而設。緩和療養主要是減輕疾病的疼痛、徵狀和疾病所造成各種身、心、社會與靈性上的壓力。給予病人照顧和尊重他的個人價值、讓病人和他的家人可生活舒服些、提高生活質素。

Dzi Yuan: Palliative Care Consultation Service

is supported by
The Fan Fox and Leslie R. Samuels Foundation
The Altman Foundation

Palliative care improves the lives of patients, caregivers, and families facing serious chronic or terminal illness. For more information about Dzi Yuan: The Palliative Care Consultation Service at New York Downtown Hospital, please call: (212) 312-5041. You can also find additional information on the internet by logging on to www.dziyuan.org.



致遠：緩和療養諮詢服務 是由

范霍士及理斯尼薩姆士基金會
岳文基金會贊助

緩和療養能幫助病人和家人面對嚴重的疾病。如果需要更多有關於致遠：緩和療養諮詢服務的資料或有任何查詢、請電：(212)312-5041。你也可以上網參看 www.dziyuan.org

NEW YORK
DOWNTOWN
HOSPITAL

紐約下城醫院

170 William Street, New York, NY 10038
(212) 312-5000
www.downtownhospital.org

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Dzi Yuan: Palliative Care Consultation Service

*Improving the lives of patients,
caregivers, and families facing
serious chronic or terminal illness.*



致遠： 緩和療養諮詢服務

提供良好的策略、
使病人確認生命的意義及目的、
讓病人和他的家人可生活舒服些、
提高生活質素。

Member
NewYork-Presbyterian Healthcare System
Affiliate: Weill Medical College of Cornell University

Who provides Palliative Care?

Palliative Care is a multidisciplinary team effort. The Palliative Care Consultation Service at New York Downtown Hospital includes doctors, nurses, case managers, patient advocates, social workers, and other professionals — all working together to ensure that the many different needs of patients and their loved ones are being met.

The Palliative Care Consultation team creates a plan of care tailored to meet the unique needs of each patient's situation. Palliative care does not end when the patient leaves the Hospital. Team members conduct a comprehensive follow-up once the patient has left the Hospital. Grief and bereavement counseling is also available.

誰提供緩和療養服務？

緩和療養服務是由緩和療養服務組提供，該組由醫生、護士、個案管理人、病人權益代表、社會工作者和其他專業者共同組成。他們與病人和病人的家人一起合作。

致遠：緩和療養服務組會和主治醫生共同仔細審核和討論每一位病人的病情，然後療養的計劃是按病人個別的需要而設立。組員將與病人和病者家人建立長期聯絡並共同執行計劃、不論是在住院期、還是在出院後的照顧。



What services does the Palliative Care Consultation Team provide?

Working closely with your primary care doctor, we provide both traditional and holistic health services including:

- Management of Pain and Symptoms (such as breathing difficulties, fatigue, constipation)
- Case Management
 - Coordination of care
 - Referrals to community resources
- Emotional and Spiritual Counseling
- Translation Services & Culturally-Sensitive Care
- Education, Information, and Advocacy
 - Health care proxy
 - Advance directives
 - Withdrawal/withholding of treatments
 - Nutrition and hydration options

紐約下城醫院的致遠：緩和療養諮詢服務組可以提供什麼服務？

致遠：緩和療養諮詢服務組與主治醫生共同仔細審核和討論每一位病人的病情、提供傳統和靈性需求之服務，包括：

- 疼痛和徵狀管理（例如：呼吸困難、疲勞、便秘）
- 個案管理
 - 協調服務
 - 社區資源轉介
- 感情和精神上的支援
- 翻譯服務、尊重理解病人的文化之治療
- 教育、諮詢及權益
 - 醫療委託書
 - 預立醫療指示計劃
 - 退出/拒絕接受治療
 - 營養及水份供給的考慮

Who can benefit from Palliative Care?

Patients, caregivers, and families coping with any serious chronic or terminal illness including, but not limited to, advanced cardiac or pulmonary disease, cancer, or dementia.

甚麼人可獲得緩和療養的益處？

他們是患有嚴重慢性或末期病者：包括但不限於嚴重心臟病或肺病、癌症或老人痴呆症患者和照顧病人者及患病者的家人。

How can I get help?

Ask your doctor or nurse for a referral to the Palliative Care Consultation Service at New York Downtown Hospital, or simply call (212) 312-5041 for more information.

如何能得到幫助？

可向紐約下城醫院醫生或護士查詢有關於致遠：緩和療養諮詢服務的推薦資料或電 (212) 312-5041 詢問。

Will my personal wishes and cultural values be respected?

Yes. The Palliative Care Consultation team at New York Downtown Hospital is specially trained to understand patients' cultural beliefs and to respect their individual wishes. Most team members speak more than one language and additional translation services are available whenever necessary.



我的個人志願和文化背景會得到尊重嗎？

會的。紐約下城醫院的致遠：緩和療養諮詢服務組經過特別訓練、明白病人的文化信仰和尊重他們個別志願。大部份工作者能說多種語言；並且在有特別需要時，可提供專人傳譯服務。