



<h1>Serious Illness Conversation Guide</h1>	<h1>重病对话指南</h1>
	Simplified Chinese
<p>PATIENT-TESTED LANGUAGE</p>	<p>患者认可的用语</p>
<p>SET UP</p>	<p>开场白</p>
<p>“I’d like to talk about what is ahead with your illness and do some thinking in advance about what is important to you so that I can make sure we provide you with the care you want — is this okay?”</p>	<p>“我想和您谈谈，您的疾病在未来可能会出现什么样的情况，并且提前思考一下您觉得对您来说什么比较重要，以便确保我们提供的治疗是您想要的——您愿意和我讨论这些吗？”</p>
<p>ASSESS</p>	<p>评估</p>
<p>“What is your understanding now of where you are with your illness?” “How much information about what is likely to be ahead with your illness would you like from me?”</p>	<p>“您对自己目前的病情有什么样的理解？” “对于您的病情在未来可能会有什么样的发展，您希望从我这里了解到多少？”</p>
<p>SHARE</p>	<p>分享</p>
<p>“I want to share with you my understanding of where things are with your illness...”</p> <p>Uncertain: “It can be difficult to predict what will happen with your illness. I hope you will continue to live well for a long time but I’m worried that you could get sick quickly, and I think it is important to prepare for that possibility.” OR</p> <p>Time: “I wish we were not in this situation, but I am worried that time may be as short as ___ (express as a range, e.g. days to weeks, weeks to months, months to a year).” OR</p> <p>Function: “I hope that this is not the case, but I’m worried that this may be as strong as you will feel, and things are likely to get more difficult.”</p>	<p>“对于您目前的病情，我想和您分享我所了解的情况……”</p> <p>不确定性：“您的病情会如何发展是很难预测的。我希望您活得健康长久，但我担心您的病情也有可能快速恶化。我认为，提前为这种可能做好准备很重要。” <u>或者</u></p> <p>时限：“我也希望情况不至于到这个地步，但我担心可能只剩下短短 _____ 的时间了 (说出一个范围，如几天到数周、数周到数月、数月到一年)。” <u>或者</u></p> <p>身体机能：“我也希望实际情况是相反的，但我担心您的身体现在已经处于您所能达到的最好状态了，以后很可能会出现更多问题。”</p>

EXPLORE	探讨
<p>“What are your most important goals if your health situation worsens?”</p> <p>“What are your biggest fears and worries about the future with your health?”</p> <p>“What gives you strength as you think about the future with your illness?”</p> <p>“What abilities are so critical to your life that you can’t imagine living without them?”</p> <p>“If you become sicker, how much are you willing to go through for the possibility of gaining more time?”</p> <p>“How much does your family know about your priorities and wishes?”</p>	<p>“如果您的健康状况恶化，您觉得在那时来说最重要的目标是什么？”</p> <p>“对于您未来的健康状况，您最惧怕和担忧的是什么？”</p> <p>“想到日后的病情，什么会为您带来支持的力量？”</p> <p>“有哪些重要的生活能力，您认为失去了是难以接受的？”</p> <p>“如果您的病情加重，为了能够延长寿命，您愿意承受什么程度的治疗手段？”</p> <p>“对于您认为最重要的事情和您的个人意愿，您的家人知道多少？”</p>
CLOSE	结束
<p>“I’ve heard you say that ___ is really important to you. Keeping that in mind, and what we know about your illness, I recommend that we ____. This will help us make sure that your treatment plans reflect what’s important to you.”</p> <p>“How does this plan seem to you?”</p> <p>“I will do everything I can to help you through this.”</p>	<p>“我听到您说，_____ 对您而言非常重要。考虑到这一点，以及根据我们对您病情的了解，我建议 _____。这会帮助我们确保您的治疗计划将能够顾及到您所看重的问题。”</p> <p>“您认为这个计划听起来怎么样？”</p> <p>“我会尽力帮助您面对各种困难。”</p>
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