

<p style="text-align: center;">ENGLISH</p> <p style="text-align: center;">Serious Illness Conversation Guide</p>	<p style="text-align: center;">CHINESE (SIMPLIFIED)</p> <p style="text-align: center;">严重疾病谈话指南</p>
<p>SET UP</p> <p>I'd like to talk together about what's happening with your health and what matters to you. Would this be okay?</p>	<p>开场</p> <p>我想与您谈谈您的健康状况以及您关心的一些问题。这样可以吗？</p>
<p>ASSESS</p> <p>To make sure I share information that's helpful to you, can you tell me your understanding of what's going on with your health now?</p>	<p>评估</p> <p>为了确保我分享的信息对您有帮助，您能告诉我您是如何看待自己现在的健康状况的吗？</p>
<p>How much information about what might be ahead with your health would be helpful?</p>	<p>关于您未来可能面临的健康状况的信息，您想了解多少？</p>
<p>SHARE PROGNOSIS</p> <p>I want to share my understanding of where things are with your health: [Choose one]</p> <p>Uncertain: It can be difficult to predict what will happen. I hope you will feel as well as you can for a long time, and we will work toward that goal. It's also possible that you could get sick quickly, and I think it's important that we prepare for that.</p> <p>Time: I wish this was not the case. I am worried that time may be as short as ____ [express as a range: days to weeks, weeks to months, months to a year].</p> <p>Function: It can be difficult to predict what will happen. I hope you will feel as well as you can for a long time, and we will work toward that goal. It's also possible that it may get harder to do things because of your illness, and I think it's important that we prepare for that.</p> <p>Pause: Allow silence. Validate and explore emotions.</p>	<p>分享预后</p> <p>我想与您分享我对您的健康状况的了解: [选择一项]</p> <p>不确定: 很难预测会发生什么。我希望您能长久地保持良好的状况，我们会朝着这个目标努力。您的状况也有可能恶化，我认为为此做好准备很重要。</p> <p>时间: 我希望情况并非如此。我担心时间可能会短至____ [以范围表示: 几天到几周、几周到几个月、几个月到一年]。</p> <p>功能: 很难预测会发生什么。我希望您能长久地保持良好的状况，我们会朝着这个目标努力。由于您的疾病，您可能会变得更难以完成事情，我认为为此做好准备很重要。</p> <p>暂停: 留出沉默思考的时间。确认并探索情绪。</p>

<p>EXPLORE</p> <p>If your health gets worse, what are your most important goals?</p> <p>What are your biggest worries?</p> <p>What gives you strength as you think about the future?</p> <p>What activities bring joy and meaning to your life that you can't imagine living without?</p> <p>If your health gets worse, how much would you be willing to go through for the possibility of more time?</p> <p>How much do the people closest to you know about your priorities and wishes for your care?</p> <p>Having talked about all of this, what are your hopes for your health?</p>	<p>探索</p> <p>如果您的健康状况恶化，您最重要的目标是什么？</p> <p>您最大的担忧是什么？</p> <p>当您考虑未来时，是什么给了您力量？</p> <p>哪些活动给您的生活带来了快乐和意义，您无法想象没有这些活动会怎样？</p> <p>如果您的健康状况恶化，您愿意为延长生命的可能性付出多少努力？</p> <p>您最亲近的人对您的优先事项和护理愿望了解多少？</p> <p>谈完所有这些之后，您对自己的健康有什么希望？</p>
<p>CLOSE</p> <p>I've heard you say _____. Keeping that in mind, and what we know about your health, I recommend that we _____. This will help us make sure that your care plan reflects what's important to you. How does this plan seem to you?</p>	<p>结语</p> <p>我听您说过_____。考虑到这一点，以及我们对您健康状况的了解，我建议我们_____。这将帮助我们确保您的护理计划能够体现对您来说重要的事情。您觉得这个计划怎么样？</p>
<p>We will do everything we can to help you through this.</p>	<p>我们将尽一切努力帮助您度过难关。</p>
<p>Handoff to Key Clinicians</p> <p>I talked with the patient about _____.</p> <p>I learned _____.</p> <p>I think they would benefit from talking with you about _____.</p>	<p>移交给主要临床医生</p> <p>我与患者谈论了_____。</p> <p>我了解到_____。</p> <p>我认为与您谈论_____对他们有好处。</p>

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