

World Hospice and Palliative Care Day 2018 – Because I Matter

2018 世界安宁日—因为我是重要的

## **Key Messages**

### **关键信息**

#### ***Campaign key messages***

##### ***活动的关键信息***

Listen to people directly affected by serious illness.

倾听面临危及生命的疾病病人的心声

Support people with serious illness to demand quality palliative care for all as part of Universal Health Coverage

支持面临危及生命的疾病病人获得全民健康覆盖政策里高质量安宁缓和医疗服务

Everyone, everywhere should get the care they need when facing serious illness.

无论身在何处，每一个人面临危及生命的疾病时都因该得到所需的照护

#### **Key messages – Because I Matter**

##### **关键信息-因为我是重要的**

- Listen to people with direct experience of serious illness when discussing individual care and planning healthcare policies.

在拟定诊疗计划和医疗政策时，倾听患有危及生命的疾病病人的心声

- People directly affected by serious illness must also be included in palliative care services and advocacy.

患有危及生命的疾病病人应被纳入安宁缓和医疗服务和宣传活动中

- People with direct experience of serious illness are a vital part of the solution and should be engaged and involved in making positive change to improve access to quality palliative care services worldwide.

患有危及生命的疾病病人是各国提高安宁缓和医疗服务的覆盖率的重要伙伴，应让他们参与其中

- People experiencing serious illness are as important as those without any health problems.

无论身患危及生命的疾病或健康，每个人都一样重要

- Getting appropriate health care is a basic human right and should be part of all UHC programmes.

获得适当的医疗照护是人最基本的权力，应该是全民健康覆盖项目的一部分

- Governments must equitably distribute health services including palliative care for all people, including older people and children.

政府必须平等分配医疗资源，包括提供安宁缓和医疗服务给所有人，无论老少

- Building on the principle of 'leaving no one behind', palliative care is a holistic approach essential to achieving sustainable development for all.

安宁缓和医疗是达成联合国的可持续发展目标宣言之「不让任何一个人掉队」的关键

- Palliative care is essential to achieving and maintaining an optimum quality of life, so why is there limited access?

安宁缓和医疗对实现和维持高品质的生活质量是不可或缺的，为什么却有人没有办法获得这个医疗照护？

- All people deserve the best possible quality of life.

每个人都应该拥有最好的生活质量

- All people deserve excellent pain and symptom control.

每个病人都应该得到疼痛的缓解跟症状的控制

- All healthcare providers, social workers and allied health professionals should be trained in palliative care.

所有医护的专业人士、社工和健康护理提供者都应该受过安宁缓和医疗的培训

- Healthcare workers must learn about palliative care, practice palliative care and uphold palliative care values and principles in their work.

从事医疗卫生服务的工作者应该学习，实践和在岗位上坚守安宁缓和医疗的原则与价值

- Every person with disability should have access to palliative care.

每一位残障人士都有获得安宁缓和医疗服务的权利

- Hospices and palliative care providers should have financial assistance to provide palliative care to all who need it.

临终关怀和安宁缓和医疗的服务提供者需要得到经济援助，才可确保所有需要这类医疗的人都可以获得照护

- Palliative care is everyone's business.

安宁缓和医疗关乎每一个人

### **Key messages – What Matters to Me**

#### **关键信息-人生中什么对我来说是重要的？**

- People experiencing serious illness should be treated with equal respect to those who do not need palliative care

面临危及生命的疾病病人应该得到跟大家一样的尊重

- People experiencing serious illness should be respected and enabled to function equally in society

面临危及生命的疾病病人应获得尊重、应被辅助，赋予能够履行社会责任的能力，像正常人一样

- People experiencing serious illness should be provided with care such as pain relief, and enabled to engage as fully as possible in life

应为面临危及生命的疾病病人提供诸如疼痛缓解之照护，让他们尽可能地维持从前的生活

- People experiencing serious illness should have their psychological and spiritual needs supported – as well as their physical needs – to function in a dignified and thoughtful way

面临危及生命的疾病病人在生理、心理及灵兴上的需求都该被得到照料，才可能活得有尊严

- Involve palliative care teams at an early stage in caring for people with life limiting illness.

在照顾面临危及生命的疾病病人时，应在诊断的初期加入安宁缓和医疗团队的照护

- We must eradicate stigma associated with HIV and chronic diseases like cancer, so that all people can live a dignified and full life regardless of their healthcare status.

去除爱滋病、癌症等慢性病的污名，确保每个人无论健康与否，都可活得圆满、有尊严

- Governments must make palliative care available to all as part of UHC.

政府需要将安宁缓和医疗服务普及到大众，做为全民健康覆盖政策的一部分

### Key messages – Why does palliative care matter to me?

#### 关键信息- 为什么我该重视安宁缓和医疗?

- With palliative care, people are supported to live a good quality of life in the context of health difficulties.

有了安宁缓和医疗服务，人们能在健康面对问题时获得医疗团队得照护继续获得高品质的生活

- Palliative care allows people with serious illness to function as fully as possible.

安宁缓和医疗让面临危及生命的疾病病人尽可能维持患病前的生活素质

- Palliative care aims to manage pain and optimize everyday functioning

安宁缓和医疗的目标在于缓解疼痛，并尽可能地恢复病人的日常生活活动能力

- Palliative care addresses not only the effects of the disease, but also side effects of medications

安宁缓和医疗不仅能处理疾病带来的症状，也能处理药物的带来的副作用

- Palliative care helps to combat social isolation and stigma.

安宁缓和医疗帮助人们对抗社交孤立和病耻感

- Palliative care is about living, not dying!

安宁缓和医疗是要帮大家好好地活着，而非死亡！