

	Serious Illness Conversation Guide	與重病者對話指引
	CONVERSATION FLOW	對話流程
1	<i>Set up the conversation</i> Introduce purpose Prepare for future decisions Ask permission	開始對話 介紹目的 為未來的決定做準備 徵求許可
2	<i>Assess understanding and preferences</i>	評估（病者對於疾病的）理解以及期望
3	<i>Share prognosis</i> Share prognosis Frame as a “wish...worry”, “hope...worry” statement Allow silence, explore emotion	分享今後病情及可能性/後果 商討今後病情及可能性/後果 使用“盼望……擔憂”，“希望……擔憂”的句式 允許病者沉默，探討病者的情緒
4	<i>Explore key topics</i> Goals Fears and worries Sources of strength Critical abilities Tradeoffs Family	探討關鍵主題 目標 懼怕與擔憂 面對重疾的力量來源 不可或缺的生活方式和能力（比如認人、與人互動、照顧自己等） 權衡（為換取病後能有限地延長生命，以達成心願而肯捨棄的事，比如住院、入住護理院、依賴呼吸機、接受更多化療等） 家庭
5	<i>Close the conversation</i> Summarize Make a recommendation Check in with patient Affirm commitment	結束對話 總結 提出建議 與病者保持溝通 承諾與病者一起面對

6	Document your conversation	將對話紀錄於檔案
7	Communicate with key clinicians	與有關醫療人員溝通
	PATIENT-TESTED LANGUAGE	曾經與患者測試的語言
	SET UP	開始
	“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? ”	“我希望可以與你一起談談你的病情有可能的變化，提前思考對你而言重要的問題，以便我可以確保為你提供你所想要的治療—— 可以嗎？ ”
	ASSESS	評估
	“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?”	“對於您的病情，目前據您 理解 是怎樣的？” “關於您病情日後的發展情況，您想從我得知多少 訊息 ？”
	SHARE	分享
	“I want to share with you my understanding of where things are with your illness...” <i>Uncertain:</i> “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 <i>Time:</i> “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 <i>Function:</i> “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.”	“有關您目前的病情，我想和您分享 我所了解的…… ” 不確定：“你的病情會如何發展，這難以預測。我總 希望 你活得健康長久，但是我 擔心 你的病情可能很快加劇，我認為提前為這種可能性做好準備是很重要的。”或者 時限：“我 希望 我們是未去到這個地步，但我擔心時間可能只剩下_____這麼短（……）。”或者 身體功能減退：“我 希望 不會發生這種情況，但是我 擔心 這個感覺可能如你感受的那般強烈，情況可能變得更加困難。”
	EXPLORE	探討

<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>“如果您的健康狀況惡化，那時對您人生最重要的將會是什麼？”</p> <p>“對於你未來的健康情況，你最懼怕和擔憂的是什麼？”</p> <p>“想到日後帶病的生活，是什麼給您支持的力量？”</p> <p>“有哪些重要的能力，你認為是你生活中所不可或缺的？”</p> <p>“如果您的病情加重，為了能夠延長壽命，您願意接受什麼程度的治療？”</p> <p>“您的家人對於您最關心的問題和您的意願所知多少？”</p>
<p>CLOSE</p>	<p>結束</p>
<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>“我瞭解到，你認為_____對你而言實在非常重要。考慮到這一點，以及我們對你病情的瞭解，我建議我們_____。這會幫助我們確保對你的治療計劃能夠顧及你所看重的問題。”</p> <p>“你認為這個計劃怎麼樣？” “我會盡我全力去幫您面對各種困難。”</p>

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