

預先指示

Advance Directives

Advance directives are legal documents to tell your loved ones and your doctors about the medical treatment you would want if you are not able to speak for yourself. Because a severe illness or accident can happen at any time, all adults should have advance directives.

It is important to let your health care team know if you have advance directives, so they are aware of them and can honor your health care choices. You will be asked if you have advance directives if you are in the hospital.

Here are answers to some common questions about advance directives.

What is an Advance Directive?

An advance directive tells your doctors and other health care workers what types of care you would like to have if you become unable to make medical decisions. This may occur because you are:

- In a serious accident
- Very ill and near death
- In a coma
- Very confused or in late stages of dementia

如果您無法自行表述，預先指示是一種可讓您告知親人和醫生有關您希望得到醫療救治的法律文件。因為嚴疾或意外隨時都可能發生，所以所有成年人都應該有預先指示。

讓您的醫療護理團隊知道您是否立有預先指示非常重要，因為這可以讓他們知道您的意願並尊重您的醫療選擇。如果您在醫院，您會被問及是否立有預先指示。

以下是有關預先指示的一些常見問題解答。

什麼是預先指示？

預先指示可以告知您的醫生和其他醫護人員，當您無法做出醫療決定時，您希望獲得的護理方式。這可能是因為您：

- 發生了嚴重事故
- 病重，瀕臨死亡
- 昏迷
- 精神混亂或處於癡呆晚期

In the United States, there are forms you can fill out to tell health care workers about the care you want. These forms are called:

- Health Care Power of Attorney (POA)
- Living Will
- Do Not Resuscitate (DNR) Order

In some states, these forms may be combined.

What is a Health Care Power of Attorney?

This form allows you choose someone you trust to make health decisions if you are unable to do so yourself. You may also hear this called a medical power of attorney or health care proxy.

This person can be a spouse or partner, parent, friend, or someone you trust to make health decisions for you. You may also choose to have an alternate, in case the person is not able to fulfill the role. The doctor shares information about your condition and care with the person you choose.

- The doctor and other members of your health care team are not able to serve as your health care power of attorney.
- This is not the same as a power of attorney for financial decisions.

What is a Living Will?

A living will is a form that tells the type of medical treatment you want in certain situations. It only comes into effect if you are terminally ill or permanently unconscious, such as in a coma. In a living will, you can tell health care providers about the type of help you want or do not want, such as machines to help you breathe or feeding tubes if you cannot eat normally.

在美國，您可以通過填寫表格來告知醫護人員您希望得到的護理方式。這些表格被稱作：

- 醫療護理授權書(POA)
- 生前遺囑
- 放棄急救 (DNR) 指示

在某些州，這些表格可能會被合併。

什麼是醫療護理授權書？

此表格允許您選擇您信任的人在您無法自行做決定時代替您做出醫療決定。您可能也聽說這被稱為醫療授權書或醫療護理代理。

此人可以是您的配偶或伴侶、父母、朋友或其他您確信可以代替您做出醫療決定的人。您也可以選擇另一個候補，以防此人無法履行職責。医生与您选择的人分享有关您的身体状况和护理的讯息。

- 医生和您的医疗护理团队的其他成员不能作为代表人。
- 这与财务决策授权委托书不同。

什麼是生前遺囑？

生前遺囑是一種告知您在一些特定情況下希望獲得的治療方式的表格。此表僅在您病危時刻或永久無意識狀態(例如昏迷不醒)時才有效。在生前遺囑中，您可以告知醫療機構您希望獲得的幫助類型，例如依靠機器維持呼吸或在無法正常進食時利用輔助餵食管維持生命。

What is a DNR order?

A do not resuscitate (DNR) order is another type of advance directive, or it may be combined in the Living Will. It allows you to tell your doctors you do not want to have cardiopulmonary resuscitation (CPR) or other treatment to try to revive you if your heart stops or if you stop breathing.

When I fill out these forms, who do I give Advance Directive papers to?

Give a copy of these forms to your doctor. Give one to the person or people who will represent you. Tell health care providers and caregivers that you have an advance directive. It is also a good idea to have a copy with you if you need to go to the hospital for surgery or treatment.

How can I make or change my Advance Directive?

If you have questions or wish to put your choices in writing, tell your doctor or health care provider.

You can change or make a new advance directive at any time. Simply destroy the old one and complete a new form. Be sure to provide new copies to your doctors and to the person or people who will represent you.

什麼是DNR 指示?

放棄急救 (DNR) 指示是另一種類型的預先指示，也可能被合併在生前遺囑中。在您心臟停止跳動或停止呼吸時，它可以告知醫生無需再進行心肺復蘇(CPR) 救治或其他試圖幫助您維持生命的治療。

當我填寫完這些表格後，應將這些預先指示表格交給誰?

將這些表格的副本交給您的醫生。將其中一份交給您的代表。告訴醫療機構和看護人，您已立下預先指示。如果您需要進醫院做手術或接受治療，最好能隨身攜帶一份副本。

如何訂立或變更預先指示?

如果您有疑問或希望將決定寫下來，請告知您的醫生或醫療機構。

您可隨時變更或重立一份新的預先指示。僅需銷毀舊表，填寫新表即可。請務必將新副本交給您的醫生以及您的代表。