

## Interpreting for Palliative Care – Chinese Simplified

### Bilingual Glossary of Palliative Care Terms English-Simplified Chinese



| <i>Term</i>                        | <i>English Definition</i>   | <i>Simplified Chinese Equivalent</i> |
|------------------------------------|---|--------------------------------------|
| advance directive <sup>i</sup>     | An Advance Directive is a paper you write to tell doctors and your family what medical treatments you want if you get very sick and can't make decisions yourself. For example, you can say you don't want machines to keep you alive if you are not going to get better. You can also write down if you want pain medicine, antibiotics, water, food, or help with breathing or your heart if you ever need it. This paper also names the person you trust to be your Health Care Power of Attorney (Health Care Agent). | 医护服务事前指示书                            |
| advance care planning              | Is a process of thinking about, talking about, and sharing your wishes for care with your provider and loved ones and documenting those wishes in an Advance Directive.   | 事前护理计划                               |
| artificial nutrition and hydration | Providing nutrition through a tube which is placed up the nose, down the throat and into the belly or via a surgical port directly to the stomach. Hydration is often provided via an intravenously directly to the blood stream  | 人工营养和维持水分                            |
| autopsy                            | An examination of the body in order to determine the cause of death, involving dissection of the remains.   | 验尸                                   |
| bereavement counseling             | Counseling to help deal with on-going sadness regarding a loved one who has died or who is dying.   | 丧亲咨询                                 |
| braindeath                         | A clinical condition in which the most basic functions of the brain are gone, including basic reflexes and control of breathing, so that life can only be maintained through artificial means.  | 脑死亡                                  |
| caregiver                          | A person who provides direct care for a patient. Caregivers can be professionals, such as Home Health Aides, or simply caring individuals such as family and friends.   | 护理者                                  |

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| chaplain <sup>ii</sup>                              | A chaplain is someone who is trained to help people feel better when they are sick, hurt, or going through a hard time. They give support to patients, families, and hospital workers by listening and talking about things like hope and finding meaning in tough situations. Chaplains help everyone, no matter what they believe, even if they don't belong to a religion. Besides comforting people, chaplains can help with important decisions about end-of-life care, speak up for patients, and help arrange religious or spiritual activities. | 牧师 <sup>i</sup>                      |
| coma  | A coma is when a person is very deeply asleep and cannot wake up or respond to anything because they are very sick, hurt, or have been poisoned.  | 昏迷                                   |
| code status   | A patient's "code status" tells providers whether a patient should be resuscitated or not should cardiac or respiratory arrest occur.   | 病者的维生决定                              |
| comfort care  | Treatments that focus only on promoting comfort, not prolonging life artificially   | 舒适护理                                 |
| coping skills                                       | The skills needed to emotionally handle difficult situations in life  | 应对技能                                 |
| coroner   | A coroner is a government worker whose job is to find out how someone died if it wasn't from natural causes. Coroners are usually chosen by the community and sometimes they don't have special training about figuring out why people died.  | 验尸官                                  |
| CPR<br>(cardiopulmonary resuscitation) <sup>i</sup> | CPR, or cardiopulmonary resuscitation, is a way to help someone whose heart has stopped and who isn't breathing. It has two main steps: first, you push hard on the chest to help move blood through the body, and second, you blow air into the person's lungs to help them breathe. This can be done by mouth-to-mouth or with special equipment.   | 心肺复苏术                                |
| do-not-resuscitate order (DNR) <sup>iii</sup>       | A doctor's written instructions not to attempt cardiopulmonary resuscitation (CPR) on a specific patient in the event of cardiac or respiratory arrest. The DNR order should be noted in a person's medical chart like any other medical order, and may be filed at hospitals, in private practice, with local emergency services, and with companies such as MedicAlert (which provides a bracelet to wear).   | 不施行心肺复苏术医嘱                           |

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| durable power of attorney <sup>1</sup>                         | A durable power of attorney is a paper you fill out that lets you pick someone you trust to make important decisions for you if you get really sick or hurt and can't decide for yourself. This person can help with things like paying your bills, handling your money, or doing things for you while you can't.  | 永久授权书                                |
| Health Care Power of Attorney                                  | A health care power of attorney is a paper where you choose someone you trust to make medical decisions for you if you are too sick or hurt to decide for yourself. This is different from a regular power of attorney, which lets someone take care of your money and bills. When doctors talk about a "power of attorney," they usually mean the kind that helps with health care decisions, not money.                    | 健康护理永久授权书                            |
| feeding tube   | A tube placed into the stomach or small intestine to provide nutrition to a person who cannot eat or drink.  | 胃管/给养管                               |
| funeral home   | A funeral home is a business that helps families by getting a person's body ready for burial or cremation and helps organize the funeral service.  | 殡仪馆                                  |
| goals of care  | Goals of care are what a patient or their family hopes will happen because of their medical treatment. Sometimes, the goal is to make a sickness go away completely. Other times, the goal is to help manage pain or help the person move better again.  | 护理目标                                 |
| healthcare agent (also called healthcare proxy in some states) | A legal document in which an individual designates another person to make health care decisions for them if they cannot participate in medical decision-making, for any reason.<br><br>This term also refers to the person who has been so designated. The healthcare agent has, in essence, the same rights to request or refuse treatment that the individual would have if capable of making and communicating decisions. | 医护代理人                                |
| health status  | The condition of an individual's health.   | 健康状况                                 |
| heart/lung machine   | A machine that artificially takes over the function of the lungs and heart.  | 心/肺机                                 |

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| home health aide                         | A trained and certified healthcare worker who monitors a home-bound patient's condition and assists with personal hygiene and light housework.   | 家庭保健助理                               |
| hospice care <sup>iii</sup>              | Hospice care is a special kind of help for people who are very sick and probably won't get better. It is meant for people who might die in the next six months, according to their doctor. Hospice care focuses on making the person as comfortable as possible by helping with pain and other problems. It also supports the person's feelings, family, and spiritual needs. Hospice helps the person and their family understand what is happening and feel cared for during a difficult time. | 临终护理                                 |
| immediate family                         | A patient's closest relatives, usually considered to be parents, siblings, spouse and children.  | 直系亲属                                 |
| intensive care unit (ICU) <sup>iii</sup> | A specialized part of the hospital designed for care of the critically ill whose conditions require constant monitoring.   | 加护病房/深切治疗部                           |
| intubation <sup>i</sup>                  | Intubation is when a doctor puts a tube through your mouth and down into your windpipe so you can get air from a machine if you can't breathe by yourself. This is sometimes called "putting in an airway."  | 插管                                   |
| life support                             | Equipment, material or treatment used to keep a seriously ill patient alive: e.g. artificial nutrition such as a feeding tube, mechanical ventilation, dialysis.   | 生命维持                                 |
| long-term care                           | A healthcare facility that provides nursing care to patients over an extended period of time.  | 长期护理                                 |
| Medical Examiner                         | A qualified physician, often with advanced training in forensic pathology (the application of medical knowledge to questions of the law), who investigates deaths not due to natural causes. Medical examiners are usually appointed to the position.  | 验尸官                                  |
| metastasis                               | The spread of a disease (usually cancer) from the initial site to another part of the body.  | 癌症转移                                 |
| morgue                                   | In a hospital, an area where the body of the deceased is kept under refrigeration until the funeral home can arrange for transport to the mortuary.  | 停尸房/陈尸所                              |

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| next of kin                                     | A legal term referring to the person or persons most closely related by blood to an individual. While not related by blood, a spouse is usually included as “next of kin.”   | 最近亲属/至亲                              |
| organ donation                                  | The act of giving permission for a patient’s organs to be removed after his death to be given to another individual for a transplant.  | 器官捐赠                                 |
| persistent vegetative state (PVS) <sup>iv</sup> | A persistent vegetative state is when a person is alive but does not know what is happening around them or who they are. People in this state might open their eyes or seem to wake up and go to sleep, but they do not respond to anything or anyone. Unlike a coma, people in a persistent vegetative state are not expected to get better. Most people in this state live for two to five years, but some can live much longer with machines that help keep them alive. In the United States, there are about 15,000 to 35,000 people in a persistent vegetative state at any time. | 持续性植物人状态                             |
| POLST   | Provider Orders for Life-Sustaining Treatment. POLST is a medical order form for seriously ill or frail individuals, valid outside of hospitals, that communicates the person’s medical wishes during emergencies. A POLST is filled out by a provider in conversation with the patient, takes effect immediately upon signing and is honored by emergency medical personnel.  | 维持生命治疗医嘱                             |
| prognosis                                       | This means how likely it is that someone will get better after being sick or hurt. Doctors look at what usually happens with that sickness or injury, and also think about anything special about the person’s case. If someone is very sick and may not get better, sometimes doctors use the word “prognosis” to talk about how much time they think the person has left to live.  | 预后                                   |
| quality of life                                 | Quality of life means the things that make someone happy, comfortable, or feel good about their life. It is about what makes life special or enjoyable for each person.  | 生活素质                                 |
| respite care                                    | A program that either sends temporary caretakers to a patient’s home or allows a patient to be admitted to a healthcare facility temporarily, in order to give the principal caregiver a break.  | 暂缓护理                                 |

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| restlessness                           | The inability to stay still, often involuntary  | 不安/心神不定                              |
| skilled nursing facility <sup>ii</sup> | A residential facility that provides professional nursing care around the clock, usually along with rehabilitation  | 专业护理机构                               |
| support                                | Actions and attitudes that help an individual or group. In palliative care, when providers talk about patient “support,” they do not mean financial help but usually emotional and logistical help.   | 支撑/扶持                                |
| surrogate decision-maker               | Technically, the legal definition of a "surrogate" is an individual other than a designated health care agent or guardian who is authorized to make health care decisions for a patient who lacks capacity to do so, according to Hawaii Revised Statutes § 327E-2. This can be a person designated by the patient or appointed by a physician if no agent or guardian is available. The surrogate is legally required to make decisions based on the patient's known wishes, values, or best interests<br><br>However, medical professionals often refer to a “surrogate decision maker” as anyone who is making decisions for another person. | 有权做决定的代理人                            |
| ventilator <sup>ii</sup>               | A machine that takes over breathing for the patient, controlling the intake and expiration of air   | 呼吸机                                  |
| withdrawal of support                  | The removal of all forms of life support such as a ventilator, a feeding tube, or other treatment used to keep a seriously ill patient alive.   | 撤走维持生命的仪器                            |

<sup>i</sup> Definition from [www.eMedicinehealth.com](http://www.eMedicinehealth.com).

<sup>ii</sup> Definition from <http://www.mywhatever.com/cifwriter/content/66/4620.html>.

<sup>iii</sup> Definition from <http://www.pbs.org/secondopinion/episodes/endoflife/medicalglossary>

<sup>iv</sup> Definition from <http://www.dickinson.edu/endoflife/Glossary.html>

Kōkua Mau is a statewide coalition in Hawai'i to improve care for those with serious illness. Our website is a resource that has non-biased, accurate information on advanced care planning, advance directives, POLST and options for serious illness care including palliative care and hospice care: <https://kokuamau.org/>

We have translations and materials for interpreters in 13 languages at [kokuamau.org/languages/](https://kokuamau.org/languages/)