

预先指示

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

预先指示是一种法律文件，目的是当您无法自行表述时告知您的亲人和医生，您希望得到的医疗救治方式。因为重疾或意外随时都可能发生，所以所有成人都应立有预先指示。

有必要让您的医疗护理团队知道您是否立有预先指示，从而让他们了解您的意愿并尊重您的医疗选择。如果您入院，您将被问及是否立有预先指示。

以下是有关预先指示的一些常见问题解答。

什么是预先指示？

预先指示可告知您的医生和其他医护人员，您无法做出医疗决定时希望获得的护理方式。您无法做出医疗决定可能是因为您：

- 发生严重事故
- 病重，濒临死亡
- 昏迷
- 非常混乱或处于痴呆晚期

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.

在美国，您可以填写表格告知医护人员您希望得到的护理方式。这些表格分别是：

- 医疗护理授权书(POA)
- 生前遗嘱
- 放弃急救(DNR)指示

在有些州，这些表格可能合并提供。

什么是医疗护理授权书？

您可以通过表格选择您信任的人员在您无法做决定时为您做出医疗决定。您可能也听说这被称为医疗授权书或医疗保健代理。

此人可以是您的配偶或伴侣、父母、朋友，或其他您确信可以代替您做出医疗决定的人。您也可以选择另一个候补，以防此人无法履行职责。医生与您选择的人分享有关您的身体状况和护理的信息。

- 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。

什么是生前遗嘱？

生前遗嘱是一张说明在特定情况下您希望获得的治疗方式的表格。此表仅在您进入病危时刻或永久无意识状态时才有效，例如昏迷不醒。在生前遗嘱中，您可以告知医疗机构您希望获得的帮助类型，例如依靠机器维持呼吸或在无法正常进食时利用辅助喂食管维持生命。

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.

什么是DNR指示?

放弃急救(DNR)指示是另一种类型的预先指示,也可以与生前遗嘱合并使用。您可以通过该指示告知医疗人员,在您心脏停止跳动或停止呼吸时,无需再进行心肺复苏(CPR)救治或其他试图帮助您维持生命的治疗。

填写完这些表格后,我应该将这些表格交给谁?

请将这些表格的复印件交给您的医生。将其中一份交给您的代表人。告诉医疗人员和看护人,您已立下预先指示。如果您需要去医院做手术或接受治疗,最好能随身携带一份复印件。

如何订立或更改预先指示?

如有疑问或希望以书面形式写下决定,请告知您的医生或医护人员。

您可随时更改或重新订立一份新的预先指示。销毁旧表并填写新表即可。确保向您的医生以及您的代表提供新复印件。