

Advance Directives

If you are unable to speak for yourself, advance directives are helpful legal documents. They allow you to tell doctors and health care workers about the type of medical treatment you would want when faced with a serious illness or unexpected accident.

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.

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.

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:

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

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. This person can be a spouse or partner, parent, friend, or someone you trust to make health decisions for you. The doctor shares information with the person you choose, but the doctor cannot be the representative.

预先指示

如果您无法自行表述，预先指示是一种有效的法律文件。您可以通过这种形式告知医生和医护人员，当您患有严重疾病或遭遇非预期事故时，希望得到的医疗救治方式。

有必要让您的医疗护理团队知道您是否立有预先指示，从而他们了解您的意愿并尊重您的医疗选择。

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。

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)
- 精神健康治疗委托书
- 生前遗嘱
- 放弃急救 (DNR) 指示

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。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。医生将此信息告知您选择的人，但医生不能作为代表人。

What about a Declaration of Mental Health Treatment?

Mental health is your ability to understand information and use judgment to think clearly when making decisions. If you are not able to think clearly to make health decisions, you can choose a person to help you. There are many reasons why this form may be needed, such as being very ill or taking medicines that affect your thinking ability.

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, such as machines to help you breathe or feeding tubes if you cannot eat normally.

What is a DNR order?

A do not resuscitate (DNR) order is another type of advance directive. It allows you to not 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?

You can change or make a new advance directive at any time. Simply destroy the old one and complete a new form. If you have questions or wish to put your choices in writing, tell your doctor or health care provider.

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什么是精神健康治疗委托书？

精神健康是指在做出决定时，您理解信息并通过判断清晰地考虑决策的能力。如果您无法清晰地做出医疗决定，您可以选择由他人代劳。需要此表格的原因有很多，例如病情严重或服用影响思考能力的药物等。

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。

什么是 DNR 指示？

放弃急救 (DNR) 指示是另一种类型的预先指示。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？

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。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。

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Advance Directives. Simplified Chinese.