

English

**简体中文 Simplified Chinese
(Mandarin)**

**Coronavirus (COVID-19): Making a
plan for your care during the
COVID-19 pandemic**

Anticipatory care planning is about conversations between you, the people closest to you, and your care team – for example, your GP, nurse or consultant. These conversations should be about your wishes for your health and wellbeing if you become unwell.

Your wishes and decisions can then be entered in an Anticipatory Care Plan (ACP).

**2019新冠肺炎：制定COVID-
19大流行期间的护理计划**

预期护理计划是关于您、与您最亲近的人以及您的护理团队（例如，您的GP、护士或专科医生）之间的讨论。这些讨论应该涉及您感到不适时在健康和幸福方面的愿望。

因此，您的愿望和决定可以写入预期护理计划（ACP）。

Anticipatory care planning during the COVID-19 pandemic

People of all ages, who are living with a variety of health conditions, have ACPs. Making a plan helps you communicate what would matter to you if you fell ill during the COVID-19 pandemic.

By having these conversations and making an ACP with your health and care team, you can make informed choices about the type of care you'd like to receive if you need medical treatment during the COVID-19 pandemic. Your ACP will be added to your health records for use if you become unwell.

To limit the spread of COVID-19, hospitals and community care teams are taking a number of safety measures, such as limiting the number of visitors a patient can have in hospital. This means in some cases, your healthcare team may be unable to fulfil every part of your care plan. However, every effort will be made to respect your wishes and the wishes of those closest to you.

COVID-19大流行期间的预期护理计划

有各种健康问题的人都可以制定预期护理计划，年龄不限。

制定计划可以帮助您在COVID-

19大流行期间生病时传达您认为重要的事情。

在COVID-

19大流行期间，通过与您的医疗护理团队进行这些讨论并制定预期护理计划，您可以在需要医疗服务的情况下，根据自己的意愿选择想接受的护理类型。

如果您感觉不适，您的预期护理计划将添加到您的健康记录中，以供使用。

为了限制COVID-

19的传播，医院和社区护理团队正在采取大量安全措施，如限制到医院探望患者的人数。

这意味着在某些情况下，您的医疗团队在执行您的护理计划时可能无

法面面俱到。

但是，我们将尽一切努力尊重您和您最亲近的人的意愿。

Who should make an ACP during the COVID-19 pandemic?

If you're at extremely high risk of severe illness, it's important to start having conversations about an ACP and your wishes if you fell ill.

You may also benefit from an ACP if:

- you're aged 70 or older (regardless of medical conditions)
- you're under 70 with an underlying health condition, including anyone given the flu vaccination each year on medical grounds

Read a [full list of underlying health conditions](#)

An ACP can help:

- ensure both your care team and the people closest to you know your wishes if you become unwell during the COVID-19 pandemic

在 COVID-19 大流行期间，哪些人应该制定 ACP?

如果您患重症疾病的风险极高，开始讨论ACP和您生病时的愿望非常重要。

下列情况下，您也可能从ACP中获益：

年满70岁（不论有无疾病）

年龄在70岁以下，患有基础疾病，包括每年因健康状况欠佳接种流感疫苗的任何人

请阅读[基础疾病完整清单](#)

ACP有助于：

确保您的护理团队和与您最亲近的人知道您在COVID-19大流行期间生病时的愿望

<ul style="list-style-type: none"> • manage any changes to your health in an organised way • prevent confusion about what matters to you • reduce worry • promote quality of life <p>If you're discussing your ACP with your care team, this may have to be done over the phone or via a video call. This is because of necessary safety measures being taken during the COVID-19 pandemic. Your GP practice can tell you about the different options for having this conversation.</p>	<p>有组织地管理您健康状况方面的任何变化</p> <p>避免混淆对您重要的事项</p> <p>减少担忧</p> <p>提高生活质量</p> <p>如果您想和护理团队讨论ACP，可能必须通过电话或视频通话进行。这是因为在COVID-19大流行期间必须采取必要的安全措施。您的GP诊所可以告诉您讨论ACP时可采取的不同方式。</p>
<p>If you received a letter about planning your care</p> <p>You may have received a letter from the Government advising that as you have an underlying health condition you're at risk of severe illness from COVID-19.</p> <p>After you've received this letter, someone from your care team will be in touch as soon as possible to make sure you've understood the information, and discuss your options for creating an ACP or making changes to an existing one.</p>	<p>如果您收到有关制定护理计划的信函</p> <p>您可能已经收到政府的来信，告知您由于患有基础疾病，您将面临因COVID-19罹患重症疾病的风险。</p> <p>收到这封信后，您的护理团队会尽快与您联系，确保您了解这些信息，并讨论制定ACP或更改现有计划的可选方案。</p>

<p>The conversation should focus on how they can support you, and how to record what matters to you if you fall ill with COVID-19.</p> <p>Having conversations about care planning can be difficult – it might involve talking about end-of-life care, or how you feel about Cardiopulmonary Resuscitation (CPR). Any conversation about your wishes should be carried out in a sensitive way.</p> <p>Before you talk to your care team, it's a good idea to start having these conversations with those closest to you, so you can give your care team as much information as possible.</p> <p>Watch a video about care planning and conversations</p>	<p>讨论内容应侧重于他们如何为您提供支持，以及在感染COVID-19后生病时如何记录对您重要的事情。</p> <p>讨论护理计划的内容可能很困难——</p> <p>护理计划可能涉及临终关怀或您对心肺复苏 (CPR) 的看法。应以保密方式讨论您的愿望。</p> <p>与您的护理团队讨论您的愿望前，最好先与您最亲近的人讨论。这样，您就可以向护理团队提供尽可能多的信息。</p> <p>观看有关制定和讨论护理计划的视频</p>
<p>If you haven't received a letter</p> <p>It would be worthwhile to start having these conversations with those closest to you, if possible.</p> <p>If you're in a high-risk group and you'd like to consider making an ACP, contact your care team – for example, your consultant, nurse or GP.</p>	<p>如果您还没收到信</p> <p>如果可能，尽量与您最亲近的人讨论这些事宜。</p> <p>如果您属于高危人群，想制定ACP，请与您的护理团队联系——例如您的专科医生、护士或GP。</p>

If you don't have an ACP

Your care team will explain the purpose of an ACP and suggest you discuss what you would like to happen if you fall ill during the COVID-19 pandemic. They'll support you to have this conversation, and agree and record your wishes so they can be shared with your health and care team.

It can be difficult to start conversations about care planning with the people closest to you – discussing things like end-of-life care and your wishes about [CPR](#) can be emotional and challenging. However, if you do become seriously ill, it's reassuring for both you and those closest to you to have a record of your wishes and what matters to you most.

如果您还没制定ACP

您的护理团队将解释ACP的目的，并建议您讨论在COVID-19大流行期间生病时的安排。

他们会帮助您讨论这方面的内容，同意并记录您的愿望，以便与您的医疗护理团队分享。

与您最亲近的人讨论制定护理计划可能很困难——

讨论临终关怀以及您对[CPR](#)

心肺复苏的期望等事宜可能充满感伤且具有挑战性。

但是，如果您确实病得很重，记录您的愿望和对您最重要的事情，会让您和您最亲近的人感到欣慰。

If you already have an ACP

If you already have an ACP, it can be changed if you like. A member of your care team can contact your GP practice to ensure your health records are updated. This ensures the ACP stays up to date.

如果您已经制定ACP

如果您已经制定ACP，可根据需要更改。

您的护理团队成员可以联系您的GP诊所，确保更新您的健康记录，从而确保您的ACP保持最新。

COVID-19 and your ACP

To limit the spread of COVID-19, hospitals and community care teams are taking a number of safety measures, such as limiting the number of visitors a patient can have in hospital. This means in some individual cases, it may not be possible to fulfil every part of your care plan. However, your healthcare team will discuss your ACP with you and can advise on the best options for your situation. Every effort will be made to respect your wishes and the wishes of those closest to you.

If this has an effect on what you'd like to put in your ACP, discuss it with your care team.

COVID-19和您的ACP

为了限制COVID-19的传播，医院和社区护理团队正在采取大量安全措施，如限制到医院探望患者的人数。

这意味着在某些情况下，您的医疗团队在执行您的护理计划时可能无法面面俱到。

但是，您的医疗团队将与您讨论ACP，并针对您的情况推荐最佳方案。我们将尽一切努力尊重您和您最亲近的人的意愿。

如果这对您制定的ACP的内容有影响，请与您的护理团队讨论。

Talking about your care

讨论您的护理计划

<p>Even if you're in good health, it's important to talk to those closest to you about your wishes for future care, and the decisions you'd want to be made if you fell ill.</p> <p>Read our advice for having conversations about care</p>	<p>即使您身体健康，与您最亲近的人讨论您对未来护理的意愿以及您生病时希望做出的决定也很重要。</p> <p>请阅读我们对讨论护理计划的建议</p>
<p>For more information about coronavirus (COVID-19) in Chinese go to www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/other-languages-and-formats/coronavirus-covid-19-advice-in-chinese-simplified</p>	<p>更多有关2019新冠肺炎的中文信息，请前往 www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/other-languages-and-formats/coronavirus-covid-19-advice-in-chinese-simplified</p>
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