

# 西醫傳統醫療以外的選擇和決定

## Alternative options and choice in End-of-Life Care

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# 常見「生命晚期」狀況 Common End-of-Life Conditions

➤老年人：

急症伴隨著慢性病，

如中風（病人已患認知障礙或帕金森病）

Elderly with acute on chronic conditions

e.g. stroke on dementia/ Parkinson

➤年輕人：

晚期慢性疾病，如癌症第四期或復發

Young with late stage chronic condition

e.g. cancer stage 4 or recurrent



# 不同層次的考慮 Different Levels of Consideration

➤ 症狀緩解

Symptomatic relief

➤ 延長壽命，若有好的生活質量

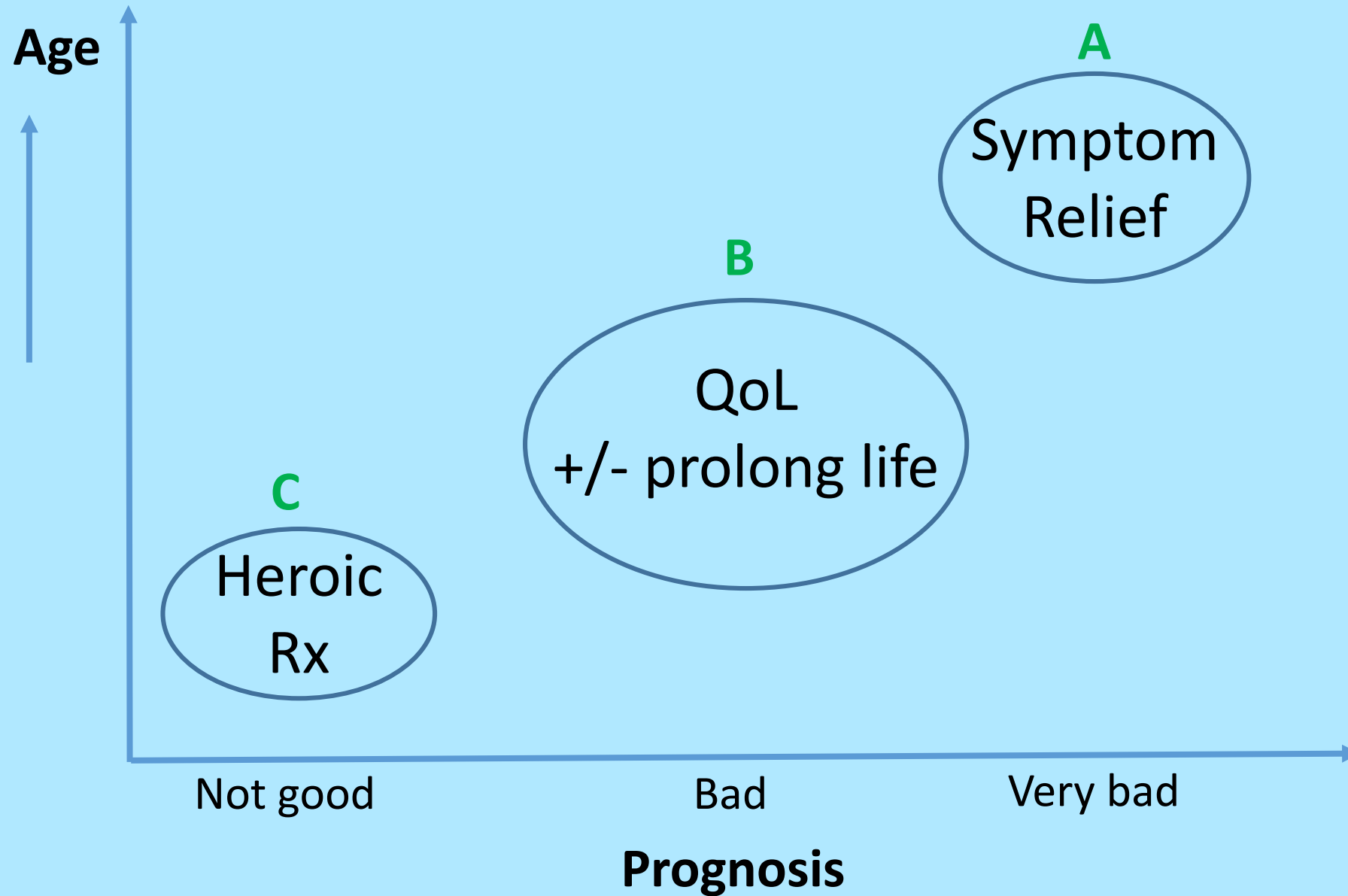
Prolong life if good quality of life

➤ 英勇、奇蹟治療：不惜一切代價

Heroic, miracle treatment at all cost



# Factors for Consideration



# 補充和替代醫學 Complementary & Alternative Medicine

- 身心靈管理 Mind Body Spirit Management (AB)
- 針灸和推拿 Acupuncture & Tuina (AB)
- 氣功 Qigong (ABC)
- 中醫會診 Chinese medicine consultation (ABC)
- 英勇治療：？證據？ Heroic treatment: ? evidence? (C)
- 昂貴的新藥：有一些延長生命幾週或數月的證據  
expensive new drugs with some evidence of prolonging life  
for weeks /months (C)



# 決定前的評估過程 Process of deliberation

➤ 從西醫獲得診斷、預後和治療的詳細情況

Get details of diagnosis, prognosis and treatment from WMP

➤ 從病人和家人獲得具體症狀以及身心照顧所面對的困難

Get details of symptoms, difficulties in physical & mental care from patient and family

➤ 探討財務、商務和家人承諾的期限

Probe financial, business and family commitments with time frame



# 誰？ 如何？ By whom? How?

➤ 團隊協作和溝通  
Teamwork & communication



➤ “循證醫學”與信心的博弈  
Paradox of Evidence Based Medicine  
vs Faith





