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| **Hospitals, surgery and procedures**  | **Hospitali, upasuaji na matibabu** |
| It's a fact of life that many of us will require a hospital stay at some point in our lives, whether it be due to illness, a surgical procedure, the birth of a child or an unexpected emergency. | Ni ukweli wa uhai kwamba wengi kati wetu watahitaji kukaa hospitalini kwa wakati mwingine maishani mwetu, kama kutasabibishwa na ugonjwa, upasuaji, mtoto kuzaliwa au hatari isiyotazamiwa. |
| Victoria is fortunate to have a diverse range of public and private hospitals spread across both metropolitan and regional centres state-wide. | Viktoria ina bahati kuwa na hospitali mbalimbali za umma na binafsi zinazoeneza maeneo yote ya mjini na ya mikoa jimboni. |
| These hospitals cover a vast amount of general and specialised areas of health-care practise. | Hospitali hizi zinashughulika na maeneo mengi sana ya jumla na ya pekee ya kazi ya kutunza afya. |
| Which hospital you ultimately end up attending will be largely based both on your location and your specific needs and circumstances. | Hospitali ipi utajikuta ndani mwishoni itategemea hasa na mahali pako na mahitaji ya pekee na hali zako. |
| Often, this can be determined by whether your hospital visit is planned or unplanned. | Mara nyingi, hiyo inaweza kuamuliwa kama kwenda kwako hospitalini kumepangiliwa au hakujupangiliwa. |
| An unplanned hospital visit usually means that you or someone you're helping has needed to go a hospital urgently because something unexpected has happened, an injury or an accident, for example. | Kwenda hospitali bila mpango kwa kawaida kuna maana kwamba wewe au mtu mwingine unayemsaidia amehitaji kwenda hospitali kwa haraka kwa sababu jambo lisilotazamiwa limetokea, kama kuumiwa jeraha au ajali, kwa mfano. |
| And in most cases, the best thing to do is go to the emergency department of your nearest hospital, or calling 000 for urgent medical advice and assistance if you are unable to get to a hospital in an emergency. | Na kwa visa vingi, kitu kizuri cha kufanya ni kwenda kwa idara ya dharura ya hospitali ya karibu zaidi, au kupigia simu 000 kupata ushauri wa udaktari wa haraka na msaada kama huwezi kwenda hospitali wakati wa dharura. |
| Planned hospital visits occur when your GP or other specialist healthcare professional advises you to visits a hospital for a specialist clinic, maternity services or specific treatment. | Kwenda hospitali kwa mpango kunatokea wakati GP yako au mtaalumu mwengine wa afya anakushauri uende hospitalini kwa kliniki ya utaalamu, huduma za uzazi au tiba maalum. |
| A fairly common example of this is to get a specialist opinion on whether you need surgery. | Mfano wa kawaida kidogo wa hiyo ni kupata maoni ya mtaalamu kuhusu kama ukihitaji upasuaji. |
| Before going into hospital, your doctor will usually refer you to see a specialist, and you'll need to contact the specialist clinic and make an appointment. | Kabla kuingia hospitalini, daktari yako kwa kawaida atakupendekeza kumwona mtaalamu, na utahitaji kuwasiliana na kliniki ya mtaalamu na kupanga mkutano. |
| The specialist will assess you and may send you for further tests before deciding on what kind of treatment you require and whether you need to go into hospital or surgery for treatment. | Mtaalamu atakukadiria na anaweza kukuomba ufanye vipimo zaidi kabla ya kuamua aina gani ya tiba utakayohitaji na kama utahitaji kwenda hospitali au kupasuliwa kwa matibabu. |
| At this stage, you will also be told how long you will have to wait for treatment. | Wakati wa hatua hii, utaambiwa pia itakuwa muda gani kwa wewe kungojea kwa matibabu. |
| Sometimes, you may be booked to attend a hospital for complex tests or treatments that require you to be admitted for a day or overnight. | Wakati mwingine, unaweza kupangwa kwenda hospitali kwa vipimo vigumu au matibabu yanayokuhitaji ulazwe kwa siku moja au kwa usiku. |
| How you are admitted to hospital depends on whether you are going through the public or private hospital system, what kind of treatment you're receiving and how urgent your treatment is. | Jinsi unavyolazwa hospitalini inategemea kama unatumia mfumo wa hospitali ya umma au binafsi, aina gani ya matibabu unayopokea na haraka ya kiasi gani ya matibabu yako. |
| In public hospitals, your waiting time for elective surgery depends on how urgent your condition is, which is discussed by you and the surgeon. | Katika hospitali ya umma, muda wako wa kungojea kwa upasuaji wa hiari unategemea haraka ya kiasi gani hali yako inavyokuwa, inayozungumza nawe na daktari wa upasuaji. |
| For emergency surgery, you may be admitted straight away from the emergency department or clinic with no waiting period. | Kwa upasuaji wa haraka, unaweza kulazwa mara moja kutoka idara au kliniki ya dharura bila muda wowote wa kungojea. |
| In the public hospital system, you may not be able to choose your treating specialist. | Kwa mfumo wa hospitali ya umma, labda hutaweza kuchagua mtaalamu wako wa kutiba. |
| In private hospitals, you may not have to wait as long for treatment and you can usually choose who your doctor or specialist is, but you should be aware there are costs and fees associated with any form of treatment within the private system. | Kwa hospitali wa binafsi, labda hutahitaji kungoja kwa muda mrefu kwa matibabu na kawaida unaweza kuchagua daktari au mtaalamu wako, lakini ufahamu kuna malipo na ada zinahusika na aina yoyote ya matibabu katika mfumo wa binafsi.. |
| Sometimes, even if you plan to be admitted to a private hospital, the best place for your treatment may end up being a public hospital. | Wakati mwingine, hata kama umepanga kulazwa hospitalini pa binafsi, mahali pazuri zaidi kwa tiba yako panaweza mwishoni kuwa hospitali ya umma. |
| This can be due to a particular public hospital having the specific equipment, facilities and specialists required for a particular health problem or treatment. | Hiyo inaweza kuwa kwa sababu hospitali fulani ya umma ina vifaa vya pekee, sehemu za pekee na wataalamu wanaohitajika kwa tatizo la afya au tiba ya pekee. |
| Once you've been admitted into hospital, you will stay in a hospital ward. | Ulipolazwa hospitalini, utakaa wadini ya hospitali. |
| How long you stay will depend on the specific treatment you require. | Kiasi cha muda utakachokaa kitategemea tabibu maalum gani utakayohitaji. |
| For minor procedures, you may only need to stay for a day, but for ongoing treatment or major surgery, you will need to stay longer. | Kwa matibabu madogo, unaweza kuhitaji kukaa kwa siku moja tu, lakini kwa matibabu yanayoendelea au upasuaji mkubwa, utahitaji kukaa kwa muda mrefu zaidi. |
| Outside of the hospital system, there are numerous other services that can provide treatment if you have an urgent need. | Nje ya mfumo wa hospitali, kuna huduma nyingi nyingine zinazoweza kutoa matibabu ikiwa unazihitaji kwa haraka. |
| For medical emergencies, you should always call 000. | Kwa tatizo la hatari, upigie simu 000 wakati wote. |
| For after-hours medical issues that are not emergencies, there are a range of options available to you, such as telephone helplines, pharmacies and after hours medical clinics. | Kwa masuala ya udaktari baada ya masaa ya kazi ambayo siyo hatari, kuna vitu vingi unavyoweza kuchagua kwako, kama zile laini za msaada za simu, famasia na kliniki ya udaktari baada ya masaa ya kazi. |
| If you are seeking general medical advice about a health issue, you can phone Nurse-On-Call at any time of the day or night, or contact Maternal and Child Health if you are concerned about your baby or your child. | Kama unatafuta shauri wa daktari wa jumla kuhusu kitu cha afya, unaweza kupigia simu Muuguzi-Kwa-Kuitwa wakati wowote wa siku au usiku, au wasiliana na Afya ya Uzazi na Watoto kama unahangaika kuhusu mtoto mchanga au mtoto wako. |
| For more information, visit BETTERHEALTH.vic.gov.au/hospitals | Kwa habari zaidi, enda:BETTERHEALTH.vic.gov.au/hospitals |