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| **Seeing a doctor, specialist or health professional** | **Kumwona daktari, bingwa au mtaalamu wa afya** |
| Victoria has a wide range of health care professionals to meet all your health needs. | Viktoria ina anuwai pana ya wataalumu wa utunzaji wa afya kutosheleza mahitaji yote yako ya afya. |
| From your local GP to specialists and allied services covering both complimentary medicine and conventional treatments, there is a diverse range of expert to help you. | Kuanzia GP ya mtaa wako na mabingwa na huduma za kuhusika zinazotoa yote madawa ya mbadala na ya kawaida, kuna anuwai mbalimbali wa wataalumu kukusaidia. |
| For everyday non-emergency and ongoing health issues, your first place for treatment and advice will usually be your local GP, who is a general practitioner, but is commonly known as a GP. | Kwa masuala yasiyo dharura ya kila siku na masuala ya afya yanayoendelea, mahali pako pa kwanza kwa tiba na ushauri kawaida patakuwa GP yako wa mtaa, ambaye ni daktari wa jumla, lakini kawaida anajulikana kuwa GP. |
| GPs, as well as other allied health professionals, such as physiotherapists, psychologists, podiatrists, and dentists can be accessed directly without referral. | GPs, pamoja na wataalumu wengine wa afya kuhusika, kama mtaalamu wa tibamaungo, saikolojist, weledi wa miguu, na madaktari wa meno wanaweza kufikiwa moja kwa moja bila pendekezo. |
| This is called primary, or first, care. | Hiyo inaitwa utunzaji wa msingi, au wa kwanza. |
| There are also medical specialists. | Pia kuna wataalamu wa udaktari. |
| However, you will need to have a referral from your GP to access these services. | Hata hivyo, una haja kuwa na pendekezo kutoka GP yako ili kutumia huduma hizi. |
| Talk to your GP for more information. | Ongea na GP yako kupata maelezo zaidi. |
| Your GP will have an understanding of you and your medical history. | GP yako atakuwa na ufahamu kuhusu wewe na historia yako ya uganga. |
| - I think it's really important for someone to have a good relationship with their GP. As someone they can come to and trust with their health problems. | Naona ni muhimu sana kwa mtu fulani kuwa na uhusiano mzuri na GP yake. Kama mtu ambaye anaweza kuja kumwona na kumwamini na matatizo yake ya afya. |
| A GP is a person who's fairly central and you might have any kind of health problem, whether it be physical problem or a mental problem or you might want to just talk about your general health and prevention, you can be really well assured that anything you tell the doctor's not going to go outside of the room. It's completely confidential. | GP ni mtu ambaye ni muhimu kiasi na unaweza kuwa na aina yoyote ya taabu ya afya, kama ni ya kimwili au kama ni shida ya afya ya akili au unaweza kutaka tu kuzungumza kuhusu afya yako ya jumla na kuzuia, unaweza kuamini sana kwamba yoyote unayomwambia daktari haitatoka chumba chake. Ni siri kabisa. |
| It's really important when a person comes to the doctor to tell the doctor exactly what you're doing, exactly what you're taking. Whether it be prescribed medication or over the counter medication, alternative substances, natural medicines. That's all okay, just tell the doctor and also alcohol and any elicit substances you might be taking. The doctor just wants to know to get the best outcome for you. | Ni muhimu sana wakati mtu anapokuja kumwona daktari kumwambia daktari sahihi unachofanya, unachotumia kamili. Kama ni dawa iliyoandikiwa au dawa kununua dukani tu, vitu vya mbadala, madawa ya asili.Yote ni sawa, umwambie tu daktari na pia kileo na dawa za kulevya zozote unazotumia. Daktari anataka pekee kufahamu ili kupata matokeo mazuri zaidi kwa wewe. |
| Your GP can also prescribe suitable medications, refer you to specialists for further treatment, recommend allied health professionals, or write medical leave cover notes for your employer if you are unwell. | GP yako anaweza pia kuandikia madawa yanayofaa, kukupendekeza umwone mabingwa kupata tiba zaidi, kusifa wataalumu wa afya kuhusika, au kuandika vyeti vya ruhusa ya udaktari kwa mwajiri wako kama ukiumwa. |
| Having an open and honest relationship with your GP and any other healthcare professionals you see is essential to assist in helping you stay as healthy as possible. | Kuwa na uhusiano wazi na wa kweli na GP yako na wataalamu wowote wengine wa utunzajiafya unaowaona ni muhimu kusaidia katika kuwa mwenye afya kunavyowezekana. |
| If you are dissatisfied with a healthcare professional, you have the right to get a second medical opinion. | Kama hutosheki na mtaalamu wa utunzajiafya, una haki kupata maoni ya pili ya uganga. |
| Healthcare professionals play an important role in advising and helping you to prevent illness and maintain good health. | Wataalumu wa utunzajiafya wanakuwa na kazi muhimu kwa kukushauri na kukusaidia kuzuia magonjwa na kuendeleza na afya njema. |
| They can help with a whole range of health and wellbeing issues, such as eating well, keeping active, maintaining good mental health. | Wanaweza kusaidia na anuwai nzima ya masuala ya afya na ya ustawi, kama kula vizuri, kuwa na mashughuli, kutunza afya njema ya akili. |
| As an example, let's say you're concerned about a painful knee. | Kama mfano, tuseme una wasiwasi kuhusu goti lenye maumivu. |
| Your GP will assess your condition and may refer you to a radiologist. | GP yako atakadiria hali yako na anaweza kukupendekeza umwone mtaalamu wa eksirei.. |
| You may decide to contact a physiotherapist and make an appointment. | Labda utamaua kuongea na mtaalamu wa tibamaungo na kupanga miadi. |
| You don't always require a referral from your GP. | Hakuna haja wakati wote kupata pendekeza kutoka GP yako. |
| There are, of course, benefits to seeing your GP about this issue, too. | Kuna faida, kwa kweli kumwona GP yako kuhusu suala hii, pia. |
| Your GP can assess your issue in conjunction with the picture they already have of your overall health. | GP yako anaweza kukadiria suala yako pamoja na ufahamu anayekuwa naye wa afya yako jumla. |
| Once you have seen the radiologist you have been referred to the results will be returned to your GP who will talk with you about the next steps in your health plan. | Wakati umeshamwona mtaalumu wa eksirei uliyempendekezwa majibu yatarudishwa kwa GP yako atakayeongea nawe kuhusu hatua nyingine katika mpango wako wa afya. |
| If it turns out that you need further more specialised help, in this case it could be an orthopaedic surgeon, then a referral must be obtained. | Kama ikitokea kwamba unahitaji msaada wa maalum zaidi, katika kesi hii inaweza kuwa mpasuaji wa mifupa, ndipo lazima pendekezo lipatwe. |
| Seeing your GP is either free or subsidised by a government rebate. | Kumwona GP yako ni yoyote bila malipo au kusaidiwa na kipunguzo cha serikali. |
| If your GP bulk bills, Medicare should cover the whole cost. | Ikiwa GP yako akifanya bulk bills, medicare hupashwa kulipa gharama nzima. |
| If they charge a set consultation fee, Medicare pays a portion of this. | Ikiwa anatoza ada fulani ya kumwona mtu, medicare hulipa sehemu ya malipo. |
| Costs to see other healthcare professionals or other specialists can vary. | Malipo ya kuwaona wataalamu wengine wa utunzajiafya au mabingwa wengine wanaweza kubadili. |
| Most charge a fee, but Medicare refunds part of that cost. | Wengi wao wanatoza ada, lakini medicare inarudisha sehemu ya gharama hii. |
| It's a good idea to check how much you will have to pay before you start your treatment. | Ni wazo zuri kuangalia kiasi gani itabidhii ulipe kabla kuanza tiba yako. |
| There can be times when your GP and other healthcare professionals are unavailable. | Kunaweza kuwa wakati mwingine GP yako na wataalamu wengine wa utunzajiafya hawapatikani. |
| In this instance, there are telephone helplines, like nurse on call, available 24 hours a day for general medical advice. | Katika kisa hiki, kuna lainimsaada ya simu, kama muuguzi kuitwa, kupatikana masaa 24 kila siku kwa ushauri wa uganga wa jumla. |
| Finding a GP, specialist, or other healthcare professional is something you can play a big part in. | Kupata GP, bingwa, au mtaalamu mwengine wa utunzajiafya ni kitu ambacho unaweza kuchangia sana. |
| By being involved in your healthcare and talking openly and honestly with your GP, you'll get the best results. | Kujihusisha na utunzajiafya yako na kuongea wazi na kwa kweli na GP yako, utapata matokea mazuri zaidi. |
| Remember to ask questions, get a second opinion if you need to, listen to health advice, ask for a translator if needed, and act early. | Kumbuka kuuliza maswali, pata maoni ya pili ikiwa ukihitaji, sikiliza ushauri wa afya, omba kwa mfasiri akihitajika, na tenda mapema. |
| For more information, visit BETTERHEALTH.vic.gov.au/healthprofessionals. | Kwa habari zaidi, enda kwa BETTERHEALTH.vic.gov.au/healthprofessionals |