|  |
| --- |
| **hospitals-surgery and procedures | 醫院,手術,和醫療程序** |
|  |  |
| 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.Victoria is fortunate to have a diverse range of public and private hospitals spread across both metropolitan and regional centres statewide.These hospitals cover a vast amount of general and specialised areas of health-care practice.Which hospital you ultimately end up attending will be largely based both on your location and your specific needs and circumstances.Often, this can be determined by whether your hospital visit is planned or unplanned.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.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.Planned hospital visits occur when your GP or other specialist healthcare professional advises you to visit a hospital for a specialist clinic, maternity services or specific treatment.A fairly common example of this is to get a specialist opinion on whether you need surgery.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.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.At this stage, you will also be told how long you will have to wait for treatment.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.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.In public hospitals, your waiting time for elective surgery depends on how urgent your condition is, which is discussed by you and the surgeon.For emergency surgery, you may be admitted straight away from the emergency department or clinic with no waiting period.In the public hospital system, you may not be able to choose your treating specialist.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.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.This can be due to a particular public hospital having the specific equipment, facilities and specialists required for a particular health problem or treatment.Once you've been admitted into hospital, you will stay in a hospital ward.How long you stay will depend on the specific treatment you require.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.Outside of the hospital system, there are numerous other services that can provide treatment if you have an urgent need.For medical emergencies, you should always call 000.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.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.For more information, visit: betterhealth.vic.gov.au/hospitals | 人在生命中的某一階段很多時都需要入院治療，例如生病、需要做手術、分娩，或意想不到的緊急事故，這都是會發生的。維多利亞州很幸運，在整個州的市區和郊區，擁有各種各樣的公立和私家醫院。這些醫院涵蓋非常廣泛的一般性和專門性的醫護照顧服務。你最終會到哪間醫院醫治，很大程度上視乎你的所在地區，和你的特殊需要及情況。但很多時也取決於你前去醫院治療，是預先計劃，抑或是事前沒有計劃的。事前沒有計劃的入院，一般是你或你正幫助的人，因發生了一些意想不到的事情，例如是受了傷或遇到意外，而需要緊急入院。一般來説，遇到這些情況最適當的做法，便是把病人送到就近醫院的急症室，可是，當碰上緊急情況，卻因爲其他原因而不能前去醫院，你也可致電 000 尋求緊急醫護意見及協助。所謂有計劃前去醫院，是指你的家庭醫生或其他醫護專業人員，建議你到醫院的專科診所、婦產服務或接受特殊治療。而其中一個頗常見的例子，就是去找專科醫生，查詢你是否需要做手術。入院前，你的醫生一般會把你轉介到一位專科醫生。你需要聯絡這個專科診所，並作預約。專科醫生對你進行評估，或會要求你進行更多測試，之後才決定你應該接受何種治療，和你是否需要入院治療或接受手術。在這時候，你將會知道治療的輪候期是多久。有時候，你可能需要和醫院預約作複雜的測試或治療，這會要求你入院一整天或需要過夜。你以何種方式入院，視乎你是通過公立醫院或私家醫院系統、你接受何種治療及治療的逼切程度。在公立醫院系統中，非急需手術的輪候期，需視乎你的情況有多急切，而你的醫生將就此和你作討論。要是緊急手術的話，急症室或診所會立即爲你進行該手術，你毋須輪候。在公立醫院系統中，你未必能選擇你的主診專科醫生。在私家醫院，你的治療輪候期可能不需太長，而你也可選擇你的主診醫生或專科醫生。不過，要注意的是，在私家醫療系統中，任何治療方式都需要付費。有時候，就是你計劃入住私家醫院，但最終你可能會被轉到公立醫院，因為它是醫治你病情的最佳地方。原因可能是某間特定的公立醫院，擁有針對某種健康問題所需的設備、儀器，又或者是專科醫生。你一旦入院，你會住在醫院病房。留院多久，視乎你所需的特定治療方法而定。簡單的手術或療程，你可能只需逗留一天，但若療程持續，或要做大手術的話，你可能需要留較長時間。如果你有緊急需要的話，除了醫院系統外，還有其他的醫護服務可以幫忙。碰上急症，你應當致電 000。非辦公時間的醫療問題，如果不是急症的話，你有多個不同的選擇，例如是電話熱線、藥房，或非辦公時間的診所。如果你打算對健康問題尋求一般醫療意見的話，你可於早晚任何時間致電 Nurse-On-Call，而如果你擔心你的初生嬰兒或子女的情況，你也可聯絡母嬰健康院。欲知詳情，請瀏覽：betterhealth.vic.gov.au/hospitals |
|  |  |