

Community Health Newsletter

社區健康季刊 | 2018 Spring 春季刊



CHINESE HOSPITAL

119th Anniversary Celebration

Thursday • April 19th, 2018 • 6:00 – 9:00 pm

San Francisco Design Center • 101 Henry Adams Street • San Francisco, CA 94103

Chinese Hospital 119th Anniversary Celebration

By Lily Cun

Chinese Hospital Fund Development Manager

We invite you to join us as a sponsor for Chinese Hospital's 119th Anniversary Celebration on Thursday, April 19, 2018, at the San Francisco Design Center. As we reflect on the past 119 years of Chinese Hospital, we have helped each patient move through their challenges and into a healthier future. Chinese Hospital is constantly discovering connections through our vision for extraordinary health care. It is incredibly powerful when a community reflects on the past, embraces the present, and plans into the future. **We hope you can join us!**

This premier event will showcase and offer special tasting dishes from award-winning restaurants, live entertainment, and specialty cocktails. The support from the local Bay Area chefs and the delectable food they create will bring an unforgettable experience.

To reserve your ticket, please call the Office of Fund Development at 1-415-677-2470 or email lilyt@chasf.org

東華醫院成立一百一十九週年慶典

這篇文章由東華醫院基金發展部經理 Lily Cun 提供

我們誠意邀請您參加2018年4月19日(星期四)，在舊金山 San Francisco Design Center 舉行的東華醫院成立一百一十九週年慶典。回顧過去的一百一十九年當中，東華醫院不斷進步為社區體現超凡的醫療保健服務，幫助每位患者迎接挑戰，邁向更健康的未來。我們希望與您一起回顧東華醫院的過去、擁抱現在、展望將來！

這個盛大的慶典將由屢獲殊榮的餐廳提供美味佳餚、現場娛樂表演和特色雞尾酒供來賓品嚐。本地灣區廚師大力支持創造的美味食物將為您帶來難忘的體驗！

預訂門票，請致電 1-415-677-2470 聯絡基金發展部或發送電子郵件至 lilyt@chasf.org

Helpful Glossary of Health Coverage and Medical Terms

Advance Care Planning: Planning in advance for health decisions that may have to be made before you are not able to or at the end of life. People may choose to do this planning formally, by filling out an advance directives form, or informally, through talking with family members, friends and health care and social service providers, or a combination of both methods.

Advance Directive: A written form in which a person of a sound mind expresses his or her wishes should a medical problem arise. It is used when he or she no longer is able to make decisions regarding his or her medical treatment. Ask your doctor for a Physician Order for Life-Sustaining Treatment (POLST) form. Living will or living trust are other terms used for making decisions before a health crisis happens. Another option is choosing a durable power of

attorney for healthcare. This is someone who you trust and give written permission to make medical decisions for you.

保健計劃及醫療詞匯

醫療照護事前計劃是一個預先安排醫療照護意願的計劃。在您無法為自己作出任何醫療意願之前；事先正式填寫一份“醫療照護事前指示”；您亦可以通過與家人，朋友和醫療保健以及社會服務提供者的幫助填寫一份事前指示，為一些可能突如其來的事情作好準備。

醫療照護事前指示是一份以書面形式表達有關個人醫療照護意願的法律文件。一旦出現了醫療問題，不能為自己的醫療作出決定時，會使用這份事前指示。維持生命治療醫囑（POLST）的表格。生前意願或生前信託是在發生健康危機之前用於做出決定的其他術語。另一個選擇是持久的醫療保健委託人。意思是您以書面授權委託您信任的人，為您作出醫療決定。

Medicare Diabetes Prevention Program (MDPP)

Beginning April 1, 2018 MDPP services will be covered for eligible Medicare beneficiaries under all Medicare health plans including CCHP.

MDPP is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.

There is no coinsurance, copayment, or deductible for the MDPP benefit. CCHP members, can contact Member Services at 1-415-834-2118 for more information.

If you are looking for a certified Diabetes Management Program, please call 1-415-677-2458 Chinese Hospital Diabetes Management Program to find more information.

Source:
ahrq.gov
improvingchroniccare.org

聯邦保健糖尿病預防計劃（MDPP）

從2018年4月1日起，所有聯邦保健醫療計劃將會向所有合資格的醫療保健受益人提供聯邦保健糖尿病預防計劃（MDPP）服務，包括華人保健計劃（CCHP）。

此計劃是一個有結構的健康行為干預措施，為改善長期飲食習慣、提高運動量及解決問題的策略提供實用的培訓，以面對控制體重及維持健康生活模式的挑戰。

合資格人士享有此承保項目無需支付共付費、自付費或扣除額。華人保健計劃的會員可致電 1-415-834-2118 聯絡會員服務部了解詳情。

東華醫院設立糖尿病護理計劃，幫助我們的社區患者建立健康的生活方式。專業的醫生和醫護人員團隊為糖尿病患者提供在輕鬆及便利的環境下接受糖尿病護理服務。請致電 1-415-677-2458 查詢有關參加資格。

參考資料：
ahrq.gov
improvingchroniccare.org



Diabetes and Chinese Medicine

By Emily Yuen, L.Ac

Chinese Hospital East West Health Services

www.chewhs.org

Diabetes arises from a severe depletion of Yin, creating an accumulation of internal heat. This condition is called “Xiao Ke” which translates to “emaciation” and “thirst”. This is why most diabetic patients have “hot” symptoms such as unquenchable thirst, excessive hunger, and excessive urination. When this condition continues unchecked for a long time, the person becomes even more depleted and is sluggish, tired, and weak all the time.

In order to prevent diabetes, it is important to understand how it arises. Improper diet, extreme or prolonged emotional stress, and being overworked leads to Yin depletion. Therefore, we can do the opposite to prevent this depletion of Yin, such as eating regularly, eating well-balanced meals, and exercising regularly. This is the best way to prevent, as well as manage diabetes.

Since we know the main cause of diabetes is a result of Yin deficiency, there are certain foods we can incorporate into our diet to build Yin and clear heat. Some cooling foods are: pear, watercress, kelp, mung bean, yam, and fish. Some Yin tonifying foods are: millet, barley, black bean, sesame, coconut milk, goat milk, honey, and seafood such as clams and oysters.

Regular acupuncture treatments and Chinese herbal medicine can also benefit in a healthier life!

This article is meant as a general guideline. Please talk to your primary care physician or call Chinese Hospital East West Health Services to schedule an appointment if you have questions.



中醫與糖尿病護理

這篇文章由東華醫院中西醫學門診針灸師阮寶儀提供

根據傳統中醫，糖尿病是由於陰的嚴重消耗，身體內積聚了熱量而產生。這種情況被稱為「消渴」即「消瘦」和「口渴」。這就是大多數糖尿病患者有「熱」的症狀，如難以抑制的口渴、過度飢餓和過度排尿的原因。當這種狀況長期持續及不受控制的時候，患者變得更加枯乾、長期疲憊和虛弱。

要預防糖尿病，了解其成因是很重要的。不良飲食、極度或長期的情緒壓力、以及過度勞累會導致陰虧。因此，我們可以做相反的事情（如定時進餐，每餐營養均衡，定期運動），以防止這種陰虛衰竭。這是預防和治療糖尿病的最好方法。

由於我們知道糖尿病的主要病因是陰虛引起，所以我們可以在飲食中加入一些食物來建立陰和清熱。一些清熱的食物是：梨子，豆瓣菜，海帶，綠豆，蕃薯和魚。一些滋補食品是：小米，大麥，黑豆，芝麻，椰奶，羊奶，蜂蜜和海鮮，如蜆和生蠔。

經常性的針灸療法和中草藥也可以在更健康的生活中受益！

這篇文章是概括的指引。如有任何問題，請諮詢您的主治醫生或致電 1-415-795-8100 或電郵 www.chewhs.org 東華醫院中西醫學門診預約。



East West Health Services is moving its San Francisco clinic to a new location this spring – just minutes away!

Chinese Hospital East West Health Services is relocating its San Francisco clinic to a larger space in early 2018. The new clinic will remain in Chinatown/Financial District and it is only a few blocks away from its current location.

The new location will be at 445 Grant Avenue (between Bush and Pine) and will provide patients with:

- Larger space
- More privacy – additional private treatment rooms
- Expanded services
- Convenient location

Services provided:

- Acupuncture
- Ear Seeds
- Cupping
- Acupressure
- Moxibustion
- Herbal Medicine
- Acupuncture for weight loss
- Acupuncture for facial treatment (Coming soon)

We accept many health insurance plans, including CCHP, Anthem Blue Cross, Blue Shield, Heath Net, United Health Care and others.

For more information or to schedule an appointment, please contact 1-415-795-8100 (San Francisco) or 1-650-761-3542 (Daly City). Please note that there

will be no changes to the Daly City clinic, which is located at 386 Gellert Boulevard.

東華醫院中西醫學門診（三藩市診所）於今個春季遷移至新地點－相距僅數分鐘路程！

東華醫院中西醫學門診（三藩市診所）將於 2018 年初搬到更大的地方。新診所繼續留在華埠/金融區，與現時診所僅相隔數條街的距離。

新診所位於都板街 445 號（位於 Bush 街與 Pine 街之間），並為病人提供：

- 更大的空間
- 更多的私隱-增設更多私人診療室
- 更廣的服務
- 更方便的地點

服務包括：

- 針灸
- 耳穴貼
- 拔火罐
- 指壓
- 艾灸
- 中藥
- 針灸纖體療程
- 針灸美容療程（即將推出）

我們接受多種保險，包括華人保健計劃、藍十字、藍盾、Health Net 及聯合健康保險等等。

如有任何查詢或預約，歡迎致電 1-415-795-8100（三藩市）或 1-650-761-3542（帝利市）。請注意，位於帝利市 Gellert 大道 386 號的診所將不會有任何變動。



CHINESE HOSPITAL
EAST WEST HEALTH SERVICES
東華醫院中西醫學門診



445 Grant Avenue, Ground Floor
San Francisco, CA 94108

Tel: 1-415-795-8100
Fax: 1-415-795-4404
www.chewhs.org

**OPENING
SPRING 2018**

Clinic Hours:

Monday-Thursday: 9:00 a.m. - 6:30 p.m.

Friday: 9:00 a.m. - 6:00 p.m.

Saturday: 9:00 a.m. - 5:00 p.m.

營業時間:

星期一至四：上午9時至下午6時30分

星期五：上午9時至下午6時

星期六：上午9時至下午5時

Eat Well, Live Well Recipe – Hawaiian Stir-Fry

From Registered Dietitians at Chinese Hospital

Ingredients:

(Makes 3 servings)

3 oz. carrots (sliced)

9 oz. chicken breast

2 oz. pineapple

2 items celery

1 tbsp macadamia nuts

Seasoning:

2/3 tbsp oyster sauce

1/2 tbsp low saturated fat vegetable Oil

Thickener:

5 tbsp water

1 tsp corn starch

Instructions:

1. Heat 1/2 tablespoon vegetable oil in pan over medium high heat, cook chicken breasts until done.
2. Pour carrot and celery and cook for one minute, then add pineapple, nuts and thickener and cook to your preferred consistency. Serve immediately.

Nutrition information per serving:

Calories: 209 kcal

Protein: 27.16 g

Carbohydrates: 7.24 g

Cholesterol: 72.2 mg

Dietary Fiber: 1.8 g

Sodium: 211mg

每份材料含以下營養：

卡路里：209 千卡

蛋白質：27.16 克

碳水化合物：7.24 克

膽固醇：72.2 毫克

食用纖維：1.8 克

鈉（鹽）：211 毫克



東華醫院註冊營養師推介食譜 健康美食 – 夏威夷小炒

此食譜由東華醫院的註冊營養師設計

材料：

（3 人分量）

3 安士甘筍(切片)

9 安士雞胸肉(切片)

2 安士菠蘿 (切粒)

2 條西芹(切粒)

1 湯匙夏威夷果仁

調味料:

2/3 湯匙蠔油

1/2 湯匙低飽和脂肪植物油

芡汁:

5 湯匙水

1 茶匙生粉

做法:

1. 用 1/2 湯匙植物油炒熟雞胸肉。
2. 加入甘筍、西芹炒 1 分鐘再加入菠蘿、果仁和汁料，拌勻埋芡上碟便成。

Everyday Exercise Routine – Lower Back Stretch

By Chinese Community Health Resource Center (CCHRC)

Prolonged sitting and incorrect posture can cause lower back discomfort. Stretching increases flexibility, improves circulation, reduces stress on your spine, and may eliminate lower back pain.

- 1 Lie on your back, bend your knees together and keep your feet flat on the floor.
- 2 Roll your bent knees to the right and hold for 15 seconds.
- 3 Go back to the starting position
- 4 Roll your bent knees to the left and hold for 15 seconds.
- 5 Repeat each stretch 2-3 times.



1



2



3



4

日常運動小貼士 – 背部伸展運動

由華人社區健康資源中心 (CCHRC) 提供

長時間的坐著和不正確的坐姿會導致腰部不適。這運動增加脊柱靈活性，改善循環，減輕脊柱壓力，並可能消除腰痛。

- 1 首先平臥，背部靠在地上，雙膝彎曲，雙腳保持平放在地上。
- 2 雙膝同時向右彎曲，並維持 15 秒。
- 3 回到開始時的姿勢。
- 4 雙膝同時向左彎曲，並維持 15 秒。
- 5 重複左右兩邊伸展運動 2-3 次。



◀ CROSS ▶

ONLY at crosswalks.

◀ 慢 ▶

過馬路走行人道，車輛停定才踏步。

Diabetes and How You Can Prevent It

By Bonnie M. Holland, RN
CCHP Clinical Services Director

Diabetes is a disease of the blood. People with diabetes (diabetics) have high levels of sugar (glucose) in their blood. Glucose in the blood comes from the foods we eat.

The human body produces insulin, a hormone, in the pancreas. Insulin controls blood sugar, moving it to your muscles and other bodily cells, where it is used as energy.

Diabetics produce little or no insulin (Type 1 diabetes), or cannot process the insulin in their bodies (Type 2).

Diabetics must monitor their blood sugar levels, carefully watch their diet, and take insulin or oral medication. Foot problems are associated with the disease. Diabetes can also damage blood vessels and nerves, making diabetics more susceptible to infections. Other organs that are often affected include the kidneys and the eyes.

What is prediabetes?

If you have prediabetes, the glucose levels in your blood are higher than usual – but not high enough to mean you have Type 2 diabetes. Prediabetes increases your risk of developing Type 2 diabetes and other serious health problems, like heart disease and stroke. The good news about prediabetes is that healthy changes, like losing weight, eating healthy and staying active can stop it from becoming Type 2 diabetes.

Talk to a doctor about your risk for Type 2 diabetes.

- Ask your doctor or nurse questions about how to prevent Type 2 diabetes
- Contact the Chinese Community Health Resource Center (CCHRC) 1-415-677-2473 or ask your doctor for a diabetes prevention program near to you
- If you are pregnant or planning to get pregnant, talk to your doctor or midwife about gestational diabetes

Find out if you need to get tested for diabetes.

If you are at risk for Type 2 diabetes, ask your doctor about getting tested. People over age 40 who are overweight need to get tested for diabetes. Your doctor can tell you how often to get tested. Your doctor may also recommend you get tested if you are younger than age 40 and at risk for other health reasons, like having high blood pressure or having a

family member with Type 2 diabetes. The test for diabetes can also show if you have prediabetes.

Source:
mayoclinic.org
diabetes.org
cchrhealth.org

如何預防糖尿病

這篇文章由華人保健計劃臨床醫療服務總監
Bonnie M. Holland, RN 提供

糖尿病是一種血液的疾病。糖尿病患者血液中葡萄糖含量高。血液中的葡萄糖來自我們所吃的食物。

人體的胰臟產生一種稱為胰島素的激素以控制血糖，將葡萄糖轉移到您的肌肉和其他細胞中，作為能量使用。

糖尿病患者體內幾乎不能產生或產生的胰島素不足夠，形成一型糖尿病，或不能處理在體內的胰島素，即二型糖尿病。

糖尿病患者必須監測血糖水平，仔細觀察他們的飲食習慣，並採取胰島素注射或口服藥物治療。糖尿病能引發足部問題也會損害血管和神經，使糖尿病患者更容易受感染。其他經常受影響的器官包括腎臟和眼睛。

什麼是糖尿病前期？

如果您有糖尿病前期，您血液中的葡萄糖水平比正常水平為高，但是未達到二型糖尿病的高水平。糖尿病前期會增加患二型糖尿病和其他嚴重健康問題的風險，如心臟病和中風。好消息是通過改善健康，如減肥，健康飲食和保持活躍，可以阻止二型糖尿病的產生。

告訴醫生您有二型糖尿病的風險：

- 詢問您的醫生或護士關於如何預防二型糖尿病的問題。
- 聯絡華人社區健康資源中心（CCHRC）1-415-677-2473 或向您的醫生諮詢更適合您的糖尿病預防計劃。
- 如果您懷孕或計劃懷孕，請諮詢您的醫生或助產士有關妊娠糖尿病的問題。

查看你是否需要接受糖尿病測試：

如果您有二型糖尿病的風險，請諮詢您的醫生進行測試。40 歲以上超重的人需要進行糖尿病檢測。醫生可以告訴您適合的測試時間。如果您年齡低於 40 歲，並有其他健康風險（如高血壓或患有二型糖尿病的家庭史），您的醫生可能建議您接受測試。糖尿病的測試也可以測出您是否有糖尿病前期的問題。

參考資料：
mayoclinic.org
diabetes.org
cchrhealth.org

Healthy Eyes Matter, Especially in Diabetes Care

By Judy Pettibone, BSN, RN, PHN
CCHP Quality Improvement Manager

You only have one set of eyes and regular eye exams are an important way of keeping your eyes healthy. Many eye problems can occur without you noticing them. As a result, people are often unaware that problems exist.

If you have diabetes, you should get an eye exam every year or when you notice a change in your vision. All forms of diabetes carry the risk of long-term problems. If left untreated, diabetic eye disease can lead to vision loss or permanent blindness. Your eye doctor can check for early signs of diabetic eye diseases.

Depending on your insurance, you can get an eye exam from either an ophthalmologist (an eye doctor who specializes in medical and surgical eye diseases) or an optometrist (a healthcare professional who can prescribe and treat both vision and health problems but mostly can prescribe glasses and contact lens).

Your eye doctor will look for early warning signs of cataracts (lens in the eye becomes cloudy that can lead to blurred vision), glaucoma (damages to the eye nerve that can cause vision changes) and diabetic retinopathy (damages to the blood vessels in the eye). You should get an eye exam sooner if you experience any of the following symptoms:

- Red, dry, itchy eyes
- Spots, flashes of light, things floating in your vision
- Difficulty driving at night and seeing street signs in the dark
- Headaches, blurred vision, or very tired eyes after spending a long time in front of a computer or phone
- Motion sickness, dizziness, or trouble following a moving object
- Hold books or the newspaper far away from your face or squint to read clearly
- Changes in your vision or if your last eye exam was more than 1 year ago

Many health plans like CCHP offer an additional supplemental vision plan. They provide preventive vision care and helps cover some of the cost towards contact lens or prescription glasses.

As for Medicare Advantage plans like ones from CCHP, will cover eye exams under different eye doctors (ophthalmologist or optometrist). Regardless

of plan type, prior authorization rules may apply and there may be a copayment for the visit.

For complete details regarding your vision coverage, you may wish to refer to your individual Evidence of Coverage (EOC) Manual or call your plan's member services department.

CCHP Member Services can be reached at 1-415-834-2118.

眼睛健康在糖尿病護理中最重要

這篇文章由華人保健計劃醫療質量改進經理
Judy Pettibone, BSN, RN, PHN 提供

您只有一雙眼睛，而定期進行眼睛檢查是保持眼睛健康的重要方法。許多眼睛問題可能在您沒有留意的時候發生。因此，人們常常不知道問題的存在。

如果您患有糖尿病，而注意到視力改變時便應進行眼科檢查，或者每年進行一次眼科檢查。所有形式的糖尿病都有引起長期問題的風險。如果不及時治療，糖尿病誘發的眼病可導致視力下降或永久性失明。您的眼科醫生可以檢查出糖尿病眼疾的早期徵兆。

根據您的醫療保險，您可以在眼科醫生診所（內外科疾病的專科醫生）進行眼科檢查。驗光師（醫療專業人員，可以規定和治療視力和健康問題，但大多可以處方眼鏡和隱形眼鏡）。

您的眼科醫生會找出早期白內障的徵兆（眼睛晶狀體會變得模糊，導致視力模糊），青光眼（對視覺神經造成損傷及視力改變）和糖尿病視網膜病變（損害眼部血管）的問題。如果您遇到以下任何症狀，您應該盡快進行眼科檢查：

- 眼睛發紅，乾燥，痕癢。
- 看到斑點，閃光，或有飛蚊症。
- 在夜間駕駛出現困難或看不到路牌。
- 長時間使用電腦後出現視力模糊，眼睛疲勞。
- 暈車、眩暈症狀或眼睛不能跟隨物件移動。
- 看書籍或報紙時，需要保持很遠距離或眯著眼睛看。
- 視力出現變化，或者您最近一次眼科檢查的時間已超過1年以上。

許多醫療保健計劃如華人保健 (CCHP) 都提供了額外的眼科保健計劃。他們提供預防眼疾的視力護理，並幫助支付隱形眼鏡或處方眼鏡的部份費用。

至於聯邦醫療保健優惠計劃，如 CCHP 的東華耆英計劃，將由不同眼科醫生（眼科醫生或驗光師）為會員提供眼科檢查。這服務可能需要事先授權，並可能有自付費用。

有關承保範圍的完整細節，可參考您的個人保障說明（EOC）手冊或致電 1-415-834-2118 與您的 CCHP 會員服務部聯絡。

What is the Care Coordination Program?

By Bonnie M. Holland, RN
CCHP Clinical Services Director

A care coordinator is a health professional trained to help people with certain types of Medicare Advantage plans like CCHP's Senior Select (eligible for those on both Medicare and Medi-Cal) manage your care.

They are registered nurses and medical social workers who will mail a Health Risk Assessment (HRA) to each member to answer and mail back. After the care coordinators receive your HRA they will review it and create a care plan just for you with goals to maintain or improve your health. There will be a care plan and goals for each condition or disease you may have.

If you have a chronic condition, such as diabetes, high blood pressure or high cholesterol, that puts you at risk for serious health problems, you may work with a care coordinator. The trained nurse will help:

- Make sure your Primary Care Physician (PCP) is aware of your care plans and agrees with your goals (for example, what your target blood sugar or blood pressure should be)
- Connect you with other health care providers such as a dietitian
- Educate you about your condition and medications
- Work with you to set goals to improve your health
- Make sure you get the preventative care, treatments medical equipment and doctor's appointments you may need
- Assist with social service needs
- Assist with transportation to medical appointments
- Answer your questions



醫療護理協調計劃是什麼？

這篇文章由華人保健計劃臨床醫療服務總監
Bonnie M. Holland, RN 提供

醫療護理協調員是接受過專業訓練的註冊護士及醫務社工並專門為擁有聯邦健保（Medicare）及加州醫療補助（Medi-Cal）資格的人仕（例如東華智選保健計劃會員），提供醫療護理協調服務。這專業醫療護理協調員團隊會寄出及協助會員填妥健康風險評估問卷（HRA）並寄回醫療保健計劃。

護理協調員收到您的 HRA 問卷後，會為您制定一個醫療護理計劃，以維持或改善您的健康狀況。這個護理計劃會詳細列明改善每個疾病或健康狀況的目標。

如果您患有糖尿病，高血壓或高膽固醇等慢性疾病，並處於嚴重健康問題的風險之中，醫療護理協調員可以幫助您：

- 確保您的主治醫生（PCP）知道您的醫療護理計劃，並同意為您制定的目標（例如，您的目標血糖或血壓度數）
- 轉介您約見其他醫療保健提供者，如營養師
- 教育您了解自己的健康狀況和藥物處理
- 與您一起制定改善您的健康情況的目標
- 確保獲得您需要的疾病預防護理、疾病治療及醫療設備和協助您約見醫生
- 協助申請所需的社會服務
- 協助預約醫療所需的交通服務
- 回答您的問題

Emergency Department Part III – Your ER Evaluation and Disposition Status

*By Elliot Nipomnick, MD, FACEP
Chinese Hospital Medical Director,
Emergency Department*

Once you have been admitted into the Emergency Room (ER), the nurse will take a more detailed history of why you came in for an evaluation on that day. There will be many questions trying to pinpoint the exact timing of your symptoms, what sensations and concerns you may have, whether you have ever had these types of symptoms before, and if so, what prior evaluation and treatments you have had. We will want to know your past medical history, your allergies, medications, and recent travel. These questions will come from both the doctors and nurses.

The nurse will check your blood pressure, heart rate, temperature, oxygen saturation, and ask you about the pain you may be feeling. In some cases, an Intravenous (IV) line may be placed into a vein and you may be given medications to make you more comfortable. If there are treatments that “can’t wait”, they may be started immediately, sometimes before the full evaluation.



Chinese Hospital Emergency Room Main Entrance

Next, the doctor will usually perform a physical exam where she/he examines one or several parts of your body looking for information and hints about what the cause of your symptoms may be. This exam may be repeated several times during the evaluation in the ER.

Based on the findings of the history and physical exam, the doctor may or may not order diagnostic tests. These tests could consist of x-rays, urine tests, blood work, Electrocardiogram (EKG), ultrasounds, Computer Tomography (CT) scans, a combination, or none at all. If ordered, they usually take from 1-2 hours for the results to return. During that time, you will often be getting treatments and re-evaluations.

At the end of the evaluation, the doctor will make a decision about your disposition status or treatment options. It may be clear what the problem is and how to treat it or it may not be clear. The doctor will use her/his judgment to recommend admission to the hospital or to an observation area, discharge home with outpatient follow up, or possibly transfer to another hospital.

At this point in the ER visit, the doctor and nurse will discuss the results of the evaluation and the recommended disposition with you and perhaps your relatives/representatives. You, the patient have the right to agree or disagree with the doctor's recommendations. This process is called shared decision making.

急症室服務第三部分 – 您的急症評估和治療決策過程

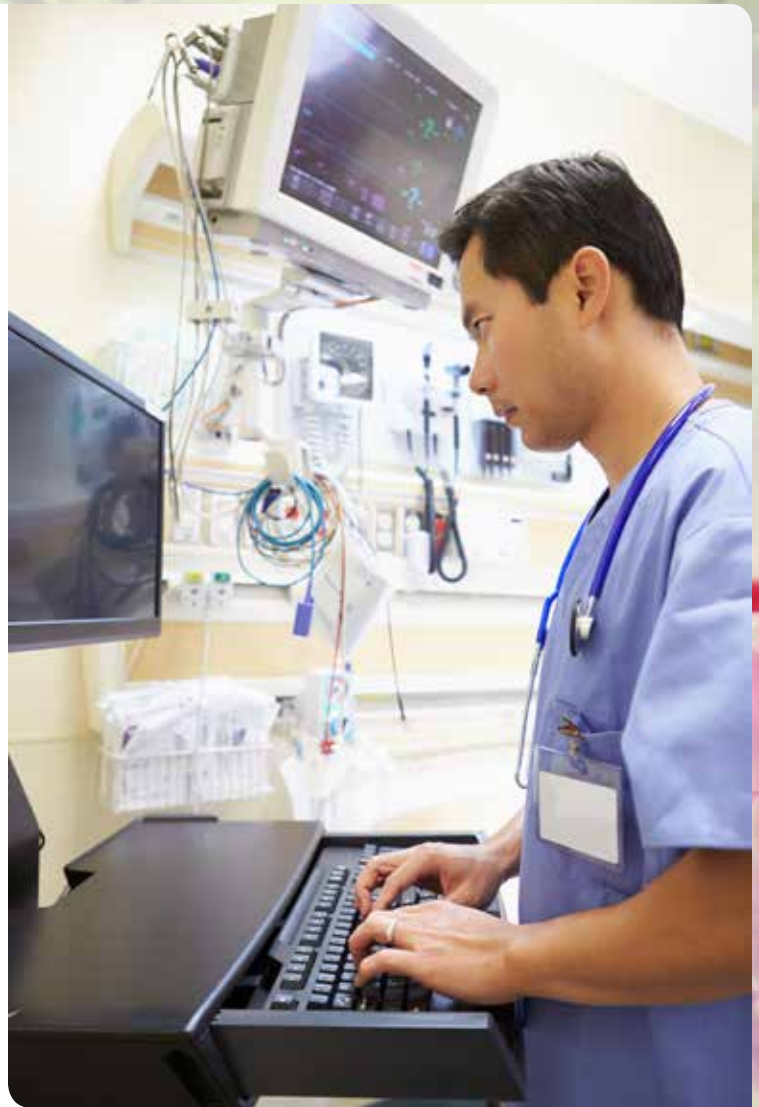
這篇文章由東華醫院急症室醫務總監
Elliot Nipomnick, MD, FACEP 提供

進入急症室（ER）後，護士會詳細記錄當天進行評估的原因，並提出許多問題試圖查明出現不適症狀的確實時間，是否有擔憂感覺或過去是否有同類型的症狀；如果有，先前的診斷和治療是什麼。醫生和護士會想知道您過去的病歷，是否有過敏症，正在服用的藥物和最近出遊地點。

護士會檢查您的血壓、心跳率、體溫、血氧飽和度，並詢問您是否感到的痛苦。在某些情況下，靜脈（IV）線可能被放置在靜脈中，您可能會被給予藥物，使您更舒適。如有“不能等待”的緊急治療的需要，這可能會在全面評估結束之前開始。



Chinese Hospital Emergency Department Information Desk (Top Photo); Chinese Hospital Emergency Department Treatment Area (Bottom Photo)



接下來，醫生通常會進行體檢，檢查身體的一個或多個部位，尋找出現症狀的原因。在 ER 評估過程中，這個檢查可能會重複多次。

根據病史和體檢結果，醫生有可能會要求進行診斷測試。這些測試可以包括X-光射線，尿液測試，驗血，心電圖（EKG），超聲波，CT掃描。測試可以同時多於一個或一個也沒有。測試結果通常需要等候 1至2 小時；在那段時間裡，你通常會接受治療和重新評估。

在評估完成時，醫生將對您的治療方案做出決定。醫生會根據專業的判斷建議您入院或到觀察區進行觀察，或出院回家但安排約見醫生跟進，或者轉介到另一間醫院。

此時，醫生和護士將與您和您的親屬或代表商討醫療評估的結果和建議下一部的處理。您作為患者有權同意或不同意醫生的建議。這個過程被稱為共同決策。



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這季刊會注重每季度健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電1-628-228-3257，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：

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IMPORTANT CONTACT INFORMATION 重要聯絡資料

| | | | | | |
|-----------------------------------|---|------------------------------|--------------------------------------|---|--|
| CCHP Member Services CCHP 會員服務 | CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 845 Jackson St., San Francisco www.CCHPHealthPlan.com/memberservices | 1-415-834-2118 NEW | Chinese Hospital Clinics 東華醫院門診中心 | Sunset Health Services 日落區華康醫務中心 1800 31st Ave., San Francisco www.chinesehospital-sf.org | 1-415-677-2388 |
| | CCHP Member Services Center - Daly City CCHP 會員服務中心 - 帝利市 386 Gellert Blvd., Daly City www.CCHPHealthPlan.com/memberservices | 1-415-834-2118 | | Excelsior Health Services 米慎區華康醫務中心 888 Paris St., #202, San Francisco www.chinesehospital-sf.org | 1-415-677-2488 |
| Health Education 健康教育 | Chinese Community Health Resource Center 華人社區健康資源中心 835 Pacific Ave., San Francisco www.cchrchealth.org | 1-415-677-2473 | | Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City www.chinesehospital-sf.org | 1-650-991-8883 |
| Chinese Hospital 東華醫院 | Chinese Hospital 東華醫院 845 Jackson St., San Francisco www.chinesehospital-sf.org | 1-415-982-2400 | | Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org | 1-650-761-3500 |
| | Support Health Services 東華醫院健康服務中心 845 Jackson St., Floor B1, San Francisco www.chinesehospital-sf.org | 1-415-677-2370 | | East West Health Services - Chinatown/Financial District 中西醫學門診 - 華埠/金融區 445 Grant Ave., Ground Floor San Francisco www.chewhs.org | 1-415-795-8100 OPENING SPRING 2018 |
| | Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org | 1-650-761-3500 | | East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd., Daly City www.chewhs.org | 1-650-761-3542 |