

HOSPICE KLANG 成立于 1996 年，目的在于为巴生及周边的社区提供“安宁疗护”。我们是一个非政府的慈善团体，不附属于任何政治，宗教或健康团体。所有安宁疗护的服务都是免费的。

“安宁疗护”指的是医疗团队协助末期病患，尤其是癌症患者舒缓身体上痛苦的症状，同时提供病人及家属心理上的支持照顾，以及为家庭提供专业建议和支持，使病患达到最佳生活质量，并使家属顺利度过悲伤期。

受益人

我们免费服务的对象为巴生地区的所有末期癌症患者。在 2017 年，我们已为多过 300 名病患者提供安宁疗护。我们的护士和医生也在 2017 年进行了 5000 多次的住家探访。在任何时候，我们在为大约 150 名患者提供服务。

核心活动

HOSPICE KLANG 的主要活动是“家庭护理”计划。

经验丰富的护士和志工团队将定期到病患家中提供医疗服务。医生会在必要时到访。在每次门诊拜访，将对患者进行评估。

- ） 是否需要更强的药物治疗疼痛？
- ） 患者是否需要拐杖或轮椅才能到处走动？
- ） 需要一张特殊的卧床吗？
- ） 家人是否对疾病有正确的理解？
- ） 患者和家人如何应对？

患者的生理与心里的需要应该得到一定关注。家人依然需承担照顾患者的责任。我们的职责是提供病患所需的纾解与支持。

护理和治疗的服务

一般而言，我们提供的服务包括：

- ） 治疗身体症状 -

例如疼痛，呕吐，呼吸困难。这包括提供用于治疗这些痛苦的基本药物和用品。对象主要是针对贫困患者。我们鼓励有能力的病患向药房或医院购买。

- ） 护理 -

例如喂养管护理，导尿管，褥疮预防和治疗，伤口护理，教育等。

- ） 教育和咨询 -

例如解释诊断和对病情发展的预测，讨论治疗方案，教育照顾病患者基本护理技巧

- ） 租借医疗设备 -

例如轮椅，医院病床，床垫，氧气机

未来的计划

经过多年的规划，Hospice Klang 于 2018 年 1 月 13 日开设了新的中心。

地点位于 PT 140457, Persiaran Delima KS/09, Kota Bayu Emas, 41200, Klang。

新的安宁疗护中心将有多种用途 -

-)] 行政办公室
-)] 家庭护理服务行动中心（我们的核心活动）
-)] 日间护理服务 - 提供病患照顾者“临时护理”服务，工作人员和志工团队将协助照顾病患者。这有助于减轻病患照顾者的负担和压力。
-)] 安宁疗护门诊服务 – 建议由政府及马大医院安宁疗护部门协助执行。
-)] 提供教育课程，教育社区，以及提升医学界对安宁疗护的认知。

我们需要额外的资金来维持新中心的运作。您的捐助将是 Klang Hospice 未来计划成功的关键。您的善心将会促成一个互助友爱的社会。

HOSPICE KLANG was set up in 1995 to provide "palliative care" to the community in Klang and the surrounding district. We are a charitable, non-governmental organization, not affiliated to any political, religious or health group. **Service and care are given FREE to all who need palliative care**

"Palliative Care" - is medical care given to patients whose diseases no longer respond to curable treatment. The majority of such patients are those suffering from cancer. The aim of hospice-palliative care is to alleviate the sufferings of these patients and to enhance the quality of life in the remaining days of life. Hospice work involves providing for the relief of pain and other distressing symptoms, as well as the giving of professional advice and support to families of cancer patients to help them care better for these patients.

Beneficiaries

Our **free services** are for all patients with terminal cancer in the Klang Area. More than **300 patients** were enrolled to our service for the year 2017. Our nurses and doctors made more than **5000 home visits** in 2017 to treat patient under our care. At any one time, we have about **150 patients** under our care

Core Activity

The main activity of HOSPICE KLANG is the **"Home Care" program**.

Experienced nurses and volunteers visit homes to see sick patients. Doctors will visit when necessary. At each visit, the patient is assessed.

- Is there a need for stronger medication for pain?
- Does the patient need a walking stick or a wheel-chair to get around?
- Is a special bed needed for the bed-ridden?
- Is the family properly informed about the illness?
- How are the patient and family coping?

Both physical and emotional needs are looked into. The responsibility of caring is still with the family. Our role is to provide relief and support.

Care & Treatment provided

In general, care is needed and given in 4 areas:

- **Treatment of physical symptoms** -
e.g. pain, vomiting, breathlessness. This included provision of essential medications and consumables used to treat these sufferings. This is mostly for poor patients. Those who can afford are encouraged to buy from pharmacy or hospital.
- **Nursing care** -
e.g. care of feeding tubes, urinary catheter, prevention & treatment of bed sores, wound dressing, teaching nursing care
- **Education & Counseling** -
e.g. Explaining diagnosis & prognosis. Discussing treatment options. Teaching care-givers nursing skills
- **Loan of medical equipment** -
e.g. wheel-chairs, hospital beds, ripple mattress, oxygen machines

Future Plans

After many years of planning, **Hospice Klang has its new centre.**

It was opened by the Menteri Besar, Selangor, on January 13, 2018.

It is located at PT140457, Persiaran Delima KS/09, Kota Bayu Emas, 41200 Klang

The New Centre will have several uses –

- **Administrative office and Home** for our organization
- **'Nerve' centre** for Home care service (our core activity)
- **Day Care (Respite Care)** service at centre - provides "respite" for care-givers. It lessens the burden and stress of caring for a sick loved one. Patients are selected to be looked after for a day at the centre.
- **Out-patient Palliative Care** - proposed to be run with help from Palliative Care departments from Government Hospitals and University Hospital (UM).
- **Venue for 'awareness' programs** to educate the community in general, and the medical community

Funds will be needed to implement these plans and to continue for the future. To make this project a success we need your help and assistance. We hope you will contribute in our step towards a more caring society.