

① About this Channel 节目简介

- Repeats the same information 24 hours a day.
每天 24 小时不停重播。
- Covers all items in 12 minutes.
每段 12 分钟。
- This information is also in brochure format in English, Chinese, Japanese, Korean, Russian, Spanish, and Vietnamese.
所播放的内容亦有英文、中文、日文、韩文、俄文、西班牙文及越文等印刷本。
- Ask at the front desk on your unit for a copy of the brochure.
也可向您病房的前台索取印刷本。

① Meals for Patients 病人膳食

- Room service dining at your request.
随时可订餐会送到您房间。
- Call 8-3663 (8-FOOD) from your bedside phone to order.
请以床头电话拨 8-3663 (8-FOOD) 订餐。
 - Breakfast menu: 6:30 a.m. to 7:30 p.m. 早餐于上午 6:30 至晚间 7:30 供应。
 - Lunch and dinner menu: 11 a.m. to 7:30 p.m. 午餐及晚餐于上午 11 至晚间 7:30 供应。

① Plaza Café 餐厅

- Full-service cafeteria on the 1st floor near the Pacific Elevators.
位于一楼太平洋电梯旁边，是半自助式餐厅。
- Open every day from 6:30 a.m. to 7 p.m.
服务时间：早上 6:30 至下午 7 点。
 - Breakfast: 6:30 a.m. to 10 a.m. 早餐：上午 6:30 至 10 点。
 - Lunch and Dinner: 11 a.m. to 7 p.m. 午餐及晚餐：早上 11 点至下午 7 点。
- Pick up a weekly menu at the Information Desk on the 3rd floor.
每周菜单可在三楼询问处索取。

① Midnight Snacks 宵夜

- The after-hours Food Cart has a planned route through the medical center every night from 7 p.m. to 3:30 a.m.
每天晚间 7 至清晨 3:30 有食物推车停放在不同的地方。
- The schedule of stops is posted on your floor. Or, ask a staff person.
您病房的布告栏有食物推车停放站时间表。也可向职员索取。

① Espresso Stands 咖啡台

- Near the Gift Shop, 3rd floor: 靠近三楼礼品店:
 - Weekdays: 6:30 a.m. to 9 p.m. 周一至周五上午 6:30 点至晚上 9:00 点。
 - Weekends: 8:30 a.m. to 4:30 p.m. 周末上午 8:30 至下午 4:30。
- In the rear of the Plaza Café sitting area, 1st floor: 一楼餐厅后面:
 - Weekdays: 6:30 a.m. to 4 p.m. 点. 周一至周五上午 6:30 点至下午 4 点。
 - Closed on weekends and holidays. 周末及假日休息。
- In the Surgery Pavilion, 1st floor: 外科大楼一楼:
 - Weekdays: 7 a.m. to 2 p.m. 周一至周五上午 7 点至下午 2 点。
 - Closed on weekends and holidays. 周末及假日休息。

① Tea Room 茶坊

- On the 3rd floor in the hall that connects the Surgery Pavilion and the main Hospital 由总院通往外科大楼三楼的走廊中间。
- Weekdays: 7:30 a.m. to 4 p.m. 周一至周五上午 7:30 点至下午 4 点。
- Closed on weekends and holidays. 周末及假日休息。

① Self-Parking 自助停车场

• Triangle Garage 三角停车场

- Weekdays: 6 a.m. to midnight 周一至周五上午 6 点至午夜。
- Saturdays: 7 a.m. to 4 p.m. 周六上午 7 点至下午 4 点。
- Free parking after hours and on Sundays. 下班后及星期日免费。
Disability and van-accessible parking up to 6'8" available.
供高度 6 尺 8 寸以下的残障停车位及小巴停车位。

• Surgery Pavilion Garage 外科大楼停车场

- Weekdays: 6 a.m. to 10 p.m. 周一至周五早上 6 点至晚间 10 点。
- Closed on weekends. 周末不开放。
Disability and van-accessible parking up to 9'8" available.
供高度 9 尺 8 寸以下的残障停车位及小巴停车位。

- Ask at the nurses station on your floor for validation for reduced parking fees for both garages, 在这两个停车场都有减价优惠、请您住院房间的前台服务人员索取。
- If you plan to come and go on the same day, ask at the gatehouse for an in/out access card. 如您当天需要多次进出停车场、请向停车亭获取出入卡。

① Valet Parking Service 代客停车

- Stop at the booth located on the front drive near the main entrance to the medical center.
请在华大医疗中心正门前、行车道的停车亭交车。
 - Weekdays 8 a.m. to 5 p.m.
 - 服务时间是周一至周五上午8点 至下午5 点。
- Cost is the same as parking in the Triangle Garage.
费用与三角停车场相同。与三角停车场相同。
- Ask at the nurses' station on your floor for validation for reduced parking fees for valet parking.
请您住院房间的前台服务人员索取代客停车减价优惠。
- If you plan to come and go on the same day, ask at the gatehouse for an in/out access card.
如您当天需要多次进出停车场、 请向停车亭获取出入卡。
- If you pick up your car after 5:30 p.m., ask for your keys at the cashier's booth in the Triangle Garage.
如您在下午 5:30 取车、 可向三角停车场的收费处索取钥匙。

① Free Shuttles 免费通勤车

- **Health Sciences Express 免费通勤车**
 - Bus to Roosevelt Clinic and Harborview Medical Center.
往返于华大医院，罗斯福诊所，港景医院。
 - Call 685-3146 or pick up a schedule at the Information Desk in the main lobby (3rd floor).
请致电 685-3146 或在大厅（三楼）询问台索取时间表。
- **Seattle Cancer Care Alliance (SCCA) 往返于西雅图癌症中心及华大医院之间的通勤车**
 - Van to SCCA and Seattle Children's Hospital.
往返于西雅图癌症中心及儿童医院之间的通勤车。
 - Call 667-5099 or pick up a schedule at the Information Desk in the main lobby (3rd floor).
请致电 667-5099 或在大厅（三楼）询问台索取时间表。
(Be sure to dial 9 first when calling from your bedside phone.)
(使用病房电话时请先拨9。)

① Free Shuttles 免费通勤车

- **Fred Hutchinson Cancer Research Center (FHCRC) Shuttle 福瑞德哈金森癌症研究中心通勤车**
 - Van to FHCRC Public Health Science Building and Pete Gross House.
往返于福瑞德哈金森癌症研究中心，华大医院，彼得之家。
 - Call 667-5099 or pick up a schedule at the Information Desk in the main lobby (3rd floor).
请致电 667-5099 或在大厅（三楼）询问台索取时间表。
(Be sure to dial 9 first when calling from your bedside phone.)
(使用病房电话时请先拨9。)

① Gift Shop 礼品店

- On the 3rd floor. 位于三楼。
- Weekdays: 6:30 a.m. to 9 p.m. 周一至周五上午 6:30 至晚间 9:00 点。
- Weekends: 8:30 a.m. to 5 p.m. 周末上午 8:30 至下午 5:00 点。
- Sells newspapers, magazines, greeting cards, stamps, personal grooming supplies, snacks, beverages, gifts, and more.
销售报纸、杂志、贺卡、邮票、电话卡、各人梳洗用品、点心及饮料、礼品、等等。

① Health Information Resource Center 健康咨询中心

- On the 3rd floor near the main hospital entrance. 位于三楼医院大门附近。
- Weekdays: 10 a.m. to 4 p.m. 周一至周五：上午 10 点至下午 4 点。
- Staff can help users find health information. 工作人员可协助您寻找健康资讯。
- Free use of computer, printer, fax, and copy machine.
可免费使用电脑、打印机、传真机、及复印机。
- Call 8-7960 from your bedside phone. 可用床头电话打 8-7960。

① Mail and UPS 邮件

- Mail is delivered to patient floors every day. 每日邮件分发到病房。
- Put outgoing mail in the mailbox at the nurses' station or the U.S. mailbox in front of the medical center (near the bus stop).
请把要寄的信件放在柜台邮箱，或投入位于医院大门外的邮箱（公车站旁）。
- The Gift Shop on the 3rd floor has UPS services on weekdays. 三楼礼品店每周一至周五可寄 UPS 邮包。

① Outpatient Pharmacies 药房

- On the 3rd floor near the Cascade Elevator. 位于三楼靠近卡斯盖德电梯。
- Weekdays: 8 a.m. to 9 p.m. 周一至周五早上 8 点至晚间 9 点。
- Weekends: 8 a.m. to 8 p.m. 周末早上 8 点至晚间 8 点。
- Call 8-4363 from your bedside phone. 可使用床头电话打 8-4363。

① Paying for Prescriptions at the Outpatient Pharmacy

门诊药房处方药付款方法

- You will need to pay for your prescriptions when you pick them up. They are not included in your hospital bill.
您取药时需同时付款。它们不包括在您医院的账单里。
- You may pay with cash, check, VISA, or MasterCard.
您可付现金、支票、或 VISA、MasterCard 信用卡。

- The pharmacy may need to see your drug benefit card. This card may be different from your medical insurance card.

药房可能需查看您的药物保险卡。此卡可能与您的医疗保险卡不同。

① Finding Your Way 方向指南

- Get maps of each floor of the medical center at the Information Desk on the 3rd floor.
可向三楼讯问台索取各层楼面图。
- Ask any staff person with a badge for help with directions.
可向任何挂有名牌的职员讯问方向。

① Wi-Fi Access 接入 Wi-Fi

Free Wi-Fi access is available to UWMC patients and visitors:

华大医疗中心 UWMC 为病人及访客提供免费 Wi-fi 接入：

- Open your wireless device (laptop, smartphone, etc.).
打开您的无线设备（手提式电脑、智能手机等）。
- Choose the network called “Patients and Visitors.”
选择称为“病人及访客”的网络。
- Open your Internet browser.
打开您的互联网浏览器。
- Review our Terms and Conditions.
参看我们的条款及条件。

① Using a Web Page to Stay in Touch 个人网页

- Create a free, private web page with information and photos.
可设置一个免费的私人资讯及相片的网页。
- Stay in touch with family and friends without phone calls. 易与亲友联系而无需每次打电话。
- Available in English and Spanish. 备有英语及西班牙语。
- To get started, visit: 可使用下列网址开始：
 - www.carepages.com 或
 - www.caringbridge.org
- Staff at the Health Information Resource Center can help you set up your web page.
健康咨询中心的职员可协助您设置私人网页。

① Free Calls Outside the Medical Center 医疗中心外的免费电话

- Calls to area codes **206**, **253**, and **425** (and some to area code **360**) are free from your bedside phone.
使用您床头电话打区号 **206**、**253** 及 **425**（以及部分 **360**）均为免费。
 - To call **206** numbers, press 9, then the seven-digit number.
如打 **206** 的电话请先按 9、再按七个数字的电话号码。
 - To call **253**, **425**, and some **360** numbers, press 9, then the 10-digit number.
如打 **253**、**425** 及部分 **360** 的电话请先按 9、再按十位数的电话号码。

① Long-Distance Calls 打长途电话

- To call **800, 888, 877, 866, or 855** numbers: press 9, then 1, and then the 10-digit number.
打 800、888、877、866 或 855 的电话请先按 9、再按 1、再按十个数字的电话 号码。
- To make **long-distance collect** and **credit card calls**: press 9, then 0 to talk with an operator.
使用信用卡或对方付款方式请先按 9 再按 0 与接线生连线。
- To place a **calling card call**: press 9, then 0 and the 10-digit number. Listen for the progress tone, then press your calling card number.
使用电话卡：请先按 9 再按 0 及 10 个数字的号码。接通后再按您电话卡的号码。

① Cash Machines (ATMs) 提款机

- Near the cashier's desk on the 3rd floor of the medical center (*Bank of America*).
在医院三楼收费室旁边 (*美国银行*)。
- Near the vending machines by the Plaza Café on the 1st floor of the medical center (*Bank of America*).
在医院一楼餐厅靠近自动贩卖机旁边 (*美国银行*)。
- Near the Pacific Elevators on the 1st floor of the medical center (*WSECU*).
在医院一楼太平洋电梯旁边 (*华州公务员工会银行*)。
- Across the street from the rear of the medical center, inside the South Campus Center building (*U.S. Bank*).
医院后面街对面，在南校园大楼门前 (*美国国家银行*)。

① Fax and Notary Services 传真机及公证服务

- The Health Information Resource Center on the 3rd floor has a fax machine you may use. Or, your nurse can also help you if you need to use a fax machine.
三楼的健康资源中心有传真机可供您使用。您的护士也可协助您使用传真机。
- Free notary services in the hospital help you and your family notarize documents related to your health care. Ask a staff member at the front desk on your unit to contact a social worker for you.
您或您的家人有关健康的文件需要公证时、医院有免费的公证服务。请前台联系社工。

① Medical Records 病历

Contact Health Information Management if you want a copy of your medical records.
如需要病历副本、请与资讯管理室联系。

- There is a per-page fee for copies. 以页数计费。
- Go to Room BB306 on the 3rd floor, weekdays from 9 a.m. to 5 p.m.
周一至周五上午 9 点至下午 5 点可到三楼 BB306 室索取。
- Or, call 8-5323 from your bedside phone. 可使用床头电话打 8-5323。

① Financial Services 财务服务部

Financial counselors can help you and your family: 财务顾问可协助您和您的家人：

- Understand your hospital bills. 了解您住院的帐单。
- Work with insurance companies, DSHS, and Medicare.
与您的保险公司、政府福利部及联邦医疗保险配合。
- Apply for Medicaid and other financial aid. 协助申请医疗补助、或其他经济补助。

① Financial Services 财务服务部

- Financial counselors are available weekdays from 8 a.m. to 5 p.m.
财务服务人员办公时间在周一至周五上午 8 点至下午 5 点。
- To ask a financial counselor to come to your room, call 8-4320 from your bedside phone.
可使用床头电话致电 8-4320 请财务服务人员到病房会见。

① We Always Check Twice 我们经常确认两次

- We want to be sure we are providing the correct medicines and medical treatments for you.
我们一定要确认配给您的药物及治疗正确。
- To make sure we do that, we will check your name and hospital-number every time we give you a medicine, or do a procedure or other treatment.
因此在每次给您服药、做手术或其他的治疗时我们每次都会核对您的姓名及号码。

① Visitors 访客

- UWMC encourages family and friends to visit, as the patient wishes.
华大医疗中心鼓励家属及朋友来访问、遵照病人的意愿为主。
- The best times for visitors are from 9 a.m. to 9 p.m.
来访最好的时间是上午 9 点至晚间 9 点。
- A visitor ID is needed between 9:30 p.m. and 5:30 a.m. Get a visitor ID at the Information Desk in the hospital lobby on the 3rd floor.
晚间 9:30 至上午 5:30 访客需要有访客证。可到三楼医院大厅询问台索取访客证。

① To Call Public Safety 与公共安全室联系

- Safety problems are rare at UWMC.
公共安全问题在华大医疗中心 UWMC 是很少发生的。
- But, be sure to keep your valuables safe.
但是、请您一定要安全保管贵重的物品。
- If you need to report lost property, theft, or an assault, call 8-5555 from your bedside phone.
如果您需要报告遗失财物、盗窃或殴打、请用床头电话拨 8-5555。

① Prevent Infection 预防感染

- Ask all of your visitors and caregivers to wash or gel their hands when they enter your room.
请所有访客进病房时先洗手，或用消毒液擦手。
- Visitors who are sneezing or who have a cough, runny nose, or fever should wait to visit until they are well.

- 访客若有打喷嚏或咳嗽、流鼻涕、或发烧时、请痊愈后才来医院探访。
- To protect patients, some patient care areas may turn away visitors if they are ill.
为了保护病人、某些病房不能让带病者进入。

① Pain 疼痛

- We want you to be as comfortable as possible.
我们尽可能使您舒适些。
- If you are having pain, please tell someone on your health care team.
如您有疼痛、请告诉您医护组员。
- Use the pain level tool in your room to help you describe your pain to your health care team.
请采用病房内的疼痛指标来对您的医护人员描述您的疼痛。

① Rounds 查房

- Members of your health care team will visit you each morning. This is called “rounds.”
每早您的医疗组员会到病房来看您、即所谓的“查房”。
- The purpose of rounds is to check on your progress and to plan for your treatment.
查房的目的是看您病情的进展和作治疗的计划。
- You and your family are encouraged to ask team members about their role in your care and to tell them how you feel about your condition and treatment.
我们鼓励您讯问为您服务的医疗组员的职责，亦可告诉他们您的病况及对治疗的反应。
- Ask your nurse when rounds will take place on your unit.
可向您的护士征询查访的时间。

① Interpreter Services 翻译的服务

- We provide interpreters for patients who do not speak English, have limited English-speaking ability, or are hearing impaired.
我们为不会说英语的或英语能力不足的、及失去听力的病人，提供翻译服务。
- To arrange for an interpreter, call 8-4425 from your bedside phone.
可使用床头电话致电 8-4425 安排翻译。

① Bioenergy Treatments 生物能源治疗

The bioenergy treatment service at UWMC: 在 UWMC 的生物能源治疗服务：

- Offers treatments to all patients and their relatives
为所有患者及家属提供治疗
- Uses techniques similar to Reiki and Therapeutic Touch
使用技术类似气功及治疗性的触摸术。
- Is free of charge and not linked with any religion or other spiritual practice
这是免费的服务、亦不涉及任何宗教或修行。

To learn more: 要了解细节：

- Call 616-4731, or ask your nurse, relative, or friend to call
请致电：616-4731、或请您的护士、亲友为您打电话联系。
- Leave your name, hospital number, unit name, and room number
留下您的姓名、病历号码、单位名称及房间号码。
(Be sure to dial 9 first when calling from your bedside phone.)
(使用病房电话时请先拨9。)

① Spiritual Care 信仰

- As part of your care team, chaplains provide respectful spiritual and emotional care to persons of all faiths and beliefs.
您的医疗组也包括神职人员在内、因此会遵照各种宗教信仰为您提供心灵及信仰上的照顾。
- To speak with a chaplain, please 8-4630 from your bedside phone and leave a message.
如需与牧师谈话请使用床头电话致电语音信箱 8-4630。

① Hair Cuts and Styling 理发

- A hairstylist is available to come to patient rooms on weekdays.
周一至周五可安排理发师到病房为病人服务。
- Pay by cash or check. 使用现金或支票付款。
- Call 221-4284 to schedule an appointment. 请电 221-4284 预约。
(Be sure to dial 9 first when calling from your bedside phone.)
(使用您病房电话时请先按9字。)

① TV Channels and Movie Program Guide 电视台及电影片目单

- Ask at the front desk for a copy of the Program Guide. 请向前台索取节目单。
- Selected channels offer music and public radio. 亦可选择音乐台和教育台。

① Art Program 艺术品收集

- To create a more nurturing environment for our patients and staff, the Art Program provides a permanent art collection.
艺术品收集部长期收集艺术品，为我们的病人和职员培育一个更悦心的环境。
- We hope you enjoy the many pieces of art throughout the medical center.
我们希望您欣赏医院大楼内成列的各式艺术品。
- The Art Program is paid for by donations.
艺术品是由捐款采购。

① Artist-in-Residence Program 病人手工艺活动

- Learn to paint, knit, or make crafts while you're staying with us.
住院期间可以学习些绘画、针织或手工活动。

- Group or one-on-one sessions are available for all patients and guests. No art experience needed!
病者或访客均可参加团体或个人手工艺活动。无须经验。
- Call 8-6313 from your bedside phone for scheduled art groups or a bedside session.
请电 8-6313，安排团体或个人手工艺活动。
- To learn more, visit www.uwmedicine.org/uwmc-art.
如需详细资讯请上网: www.uwmedicine.org/uwmc-art.

① If You Smoke 如您抽烟

As of June 2011, UWMC is a smoke- and tobacco-free facility.

自 2011 年六月开始，华大医疗中心是禁烟区。

We are committed to a safe and healthy environment for our patients and the entire hospital community.

我们致力于为病人及整个医院社区维护一个安全及健康的环境。

① If You Smoke 如您抽烟

If you smoke or use tobacco, please ask your nurse for more information about these resources: 如您抽烟或使用烟草、请向您的护士索取这些资讯：

- UWMC handout: Resources to Quit Smoking or Using Tobacco
华大医疗中心手册：戒烟或戒烟草的资讯
- Nicotine patches or gum during your stay
在您住院期间使用戒烟贴片或口香糖
- Quit-smoking session with a pharmacist
与药剂师安排戒烟会谈

Family and visitors who smoke can buy low-cost nicotine gum in the Gift Shop on the 3rd floor and from the night snack cart.

抽烟的家人及访客、可在三楼的礼品店或夜间的宵夜车购买廉价的尼古丁口香糖。

① In the Area 医院近邻

- University of Washington campus is just across N.E. Pacific Street from the hospital, where you will find walking paths, open spaces, and gardens.
华大校园位于医院对面仅隔着 N.E. Pacific Street 街。在校园里散步小径、广大的休闲地及花园。
- Montlake Cut is a waterway just south of the hospital. Here you can watch boats and birds and enjoy the open space.
Montlake 河道是医院以南的航道。在这里您可以观看游艇及鸟类亦可享受休憩用地。

① In the Area 医院近邻

To learn about nearby restaurants and hotels: 有关餐馆及酒店的资讯：

- Visit the Health Information Resource Center in the hospital lobby.

可到三楼大厅的健康资讯中心查询。

- Or, call Social Work at 8-4370 from your bedside phone.
或使用病房电话拨 8-4370 与社工联系。

① Discharge Time 出院时间

- We try to discharge patients early in the day. But, many factors affect when you are ready to be released from the hospital.
我们希望病人在上午出院。但在出院前有很多事项会延误出院时间。
- Talk with the members of your health care team about your plans for discharge.
与您的医疗组员讨论您的出院计划。

① 3 Important Questions 3 个重要的问题

We want you to be able to answer these 3 questions before you leave the hospital:

在您出院前我们希望您能回答这 3 个问题：

1. What is my main health problem? 什么是我的主要健康问题？
2. What do I need to do about this health problem? 对此健康问题我需要做些什么？
3. Why is it important to do these things? 做这些事情有什么重要性？

Knowing this information will help you recover faster and more safely. Ask your nurse or doctor about anything you do not understand.

了解这些信息将帮助您康复得更快、更安全。如有不明白的地方请询问您的医生或护士。

① Care After Discharge 出院后的护理

- Your health care provider will want to see you in clinic after you leave the hospital.
出院后您的医护人员要您到诊所复诊。
- This follow-up appointment usually takes place 2 to 10 days after discharge.
复诊时间约在出院后 2 至 10 天。
- This appointment may be scheduled before you are discharged. If it is not, make sure you have the clinic phone number so that you can schedule your appointment and get directions.
复诊的时间可能在您出院前就为您安排好。如不能为事先安排则您务必取得诊所的电话号码以便预约门诊及取得驾车方向。

① Comment Cards 意见书

- Do you have a suggestion to help us improve our services?
您有任何建议可以改进我们的服务吗？
- Do you have a compliment for our staff?
您对某些职员有褒扬的地方吗？
- We would like to hear from you! Please fill out a comment card, found at the front desk of your unit.
我们希望听取您的宝贵意见，请向单位索取提议卡。

① Patient Survey 问卷调查

- You may receive a survey in the mail after your stay here with us.
出院后您可能收到一份问卷调查。
- Please complete and return your survey to tell us about the care you received.
把它填好后请寄回，此问卷调查有助于我们了解您住院的经验。
- We value your comments and input.
我们重视您宝贵的意见。

① To Report a Concern 投诉

- If you have a concern about your medical care or a safety issue, contact the manager of the unit where you received care.
当遇到医疗上的问题或个人安全问题、请与单位主管联络。
- If you are not satisfied with the response or results you receive from that manager, call Patient Relations at 8-8382 from your bedside phone.
如对主管的处理不满意、或与得到的结论有异意、可与病人公关组联络、电话：598-8382。
- You may also call the Washington State Department of Health at 1-800-633-6828, or The Joint Commission at 1-800-994-6610. *(Be sure to dial 9 first when calling from your bedside phone.)*
您也可上呈到华州健康部门 电话 800-633-6828, 或 医院联管部电话 800-994-6610。 (使用病房电话请先按9字。)

① Thank You for Watching the Information Channel 谢谢您收看华大医院资讯台

- Ask members of your health care team for details about the topics covered on the Information Channel.
关于此资讯台含盖的详细内容请向您的医护组人员查询。
- You may ask your nurse for a written copy of the information in this slide show.
您亦可向护士索取此资讯台的简介小册。
- To make comments or suggestions about the content, call 8-7498 from your bedside phone.
如对此资讯台有任何建议请电8-7498。