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| **Seeing a doctor,** **specialist or health professional | 见家庭医生、专科医生或医护人员** |
| 维州有多种医疗专业人员满足您的健康需要。家庭医生、专科医生、辅助医疗服务，提供传统与辅助医疗服务。各种不同医疗专业人员满足您的健康需要。对于非紧急日常医疗需要，可以首先向家庭医生寻求医疗专业意见。家庭医生又称为全科医生。病人无须转介信即可见家庭医生和辅助医疗专业人员，包括物理治疗师、心里学家、足部医生、牙医等。我们称之为初级医疗服务。此外，还有专科医生，见专科医生需要有家庭医生开立的转介信。请与家庭医生详谈。您的家庭医生比较了解您的病例。与家庭医生保持关系良好非常重要。他们是值得病人信任的专业人士。家庭医生起到重要的作用，任何健康方面的问题，包括精神健康方面的问题，都可以和家庭医生讨论。跟医生谈话的内容绝对不外泄，是完全保密的，所以您可以放心。 |  |
| Victoria has a wide range of health care professionals to meet all your health needs.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.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.GPs, as well as other allied health professionals, such as physiotherapists, psychologists, podiatrists, and dentists can be accessed directly without referral.This is called primary, or first, care.There are also medical specialists.However, you will need to have a referral from your GP to access these services.Talk to your GP for more information.Your GP will have an understanding of you and your medical history.“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.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.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.”看医生的时候，需要告诉医生你的情况，你正在服用的所有药物，无论是处方药、非处方药、草药、自然疗法补充剂等。请您放心地告诉医生。还有如果喝酒或使用毒品，也应该告诉医生。为了您的健康关系，需要让医生知道。家庭医生可以开处方药，将您转介至专科医生，向您推荐辅助医疗服务，并开立医生证明，供请假用。无论是家庭医生或其他医疗人员，请与他们开诚布公，他们才能全力帮助您，照顾您的健康。如果您对医疗服务不满意，您有权寻求第二个医生的意见。医疗人员提供专业意见，帮助您预防疾病，维持身体健康。他们可以在多方面提供意见，例如饮食、运动、保持心理健康。举个例，您的膝盖感觉很疼痛。家庭医生也许会将您转介给放射科医生。您也许会想约见物理治疗师。有些服务不需要转介信。但是就这些问题去见家庭医生也有好处。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.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.If you are dissatisfied with a healthcare professional, you have the right to get a second medical opinion.Healthcare professionals play an important role in advising and helping you to prevent illness and maintain good health.They can help with a whole range of health and wellbeing issues, such as eating well, keeping active, maintaining good mental health.As an example, let's say you're concerned about a painful knee.Your GP will assess your condition and may refer you to a radiologist.You may decide to contact a physiotherapist and make an appointment.You don't always require a referral from your GP.There are, of course, benefits to seeing your GP about this issue, too.Your GP can assess your issue in conjunction with the picture they already have of your overall health.家庭医生能综合您的病史，做出较全面的评估。看过放射科医生后，造影报告会寄给家庭医生。家庭医生会跟您讨论下一步的医疗计划。如果发现需要做进一步诊疗，也许需要见骨科医生，家庭医生就会帮您写转介信。见家庭医生的费用全免或有补贴。如果家庭医生收Medicare医保卡，您就不需要付费。如果家庭医生收诊疗费，Medicare 将支付一部分。其他医疗服务的诊疗费用收费不一。大部分都会收费，一部分可从Medicare领回。接受治疗之前，建议先了解收费细节。有时也许找不到家庭医生或其他医疗人员。这时，可以致电医疗意见专线，例如24小时都可拨打Nurse-on-Call 值班护士专线询问一般保健问题。您可以找家庭医生、专科医生和其他医疗人员。关心自己的健康，与家庭医生坦诚交流就能获得最佳的医疗协助。别忘了向医生提问，有需要的话，可以寻求第二个医生的意见，要求翻译服务，不要延误就医。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.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.Seeing your GP is either free or subsidised by a government rebate.If your GP bulk bills, medicare should cover the whole cost.If they charge a set consultation fee, medicare pays a portion of this.Costs to see other healthcare professionals or other specialists can vary.Most charge a fee, but medicare refunds part of that cost.It's a good idea to check how much you will have to pay before you start your treatment.There can be times when your GP and other healthcare professionals are unavailable.In this instance, there are telephone helplines, like nurse on call, available 24 hours a day for general medical advice.Finding a GP, specialist, or other healthcare professional is something you can play a big part in.By being involved in your healthcare and talking openly and honestly with your GP, you'll get the best results.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.For more information, visit: betterhealth.vic.gov.au/healthprofessionals. |  |
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详情请访问：<BETTERHEALTH.vic.gov.au/healthprofessionals>