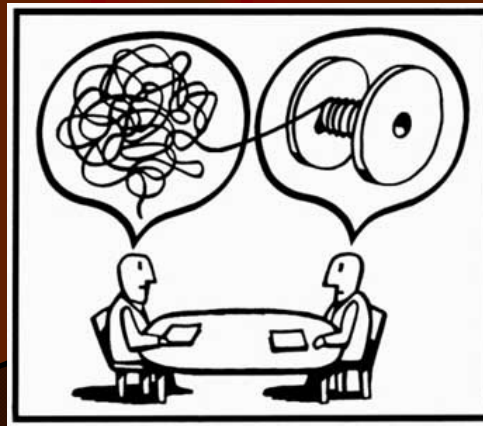


# Empowerment Through Translation

Min Dumas, MSc(A) Nursing  
CNL ACU ST Vancouver



給病人閱讀： **CAPECITABINE**  
別名： XELODA®

- **Capecitabine** (音 kape-SITE-a-been) 是一種用來治療不同癌症的藥物。是一種可以口服的藥片。它含有乳糖。
- 若你曾對 fluorouracil (5 FU, ADRUCIL®) 有過不尋常或 過敏反應，請於服用 capecitabine 之前通知你的醫生。
- 每次療程之前可能要先 驗血。你的服藥劑量和時間視乎你的驗血報告和服藥後的反應。
- 跟從醫生的指示來 服用 capecitabine 是非常重要的。為了確定藥量，可能會給你不同藥量的藥片。請確保你明白一切服藥指示。 **Capecitabine** 通常是相隔十二小時服一次，每天服兩次，每次服同樣數目之藥片。請在餐(早餐和晚餐)後 30 分鐘內用一杯水來服用 capecitabine。
- 若果你服了 capecitabine 後 嘔吐，請不要再次服藥。在辦公時間內盡早打電話給你的醫生查詢他的意見。
- 若果你 忘記服一次藥，可在應該服藥時間之六小時內補充服藥。若過了應該服藥時間六小時後便無需補吃，回復平常時間吃藥。若有疑問在辦公時間內打電話給你的醫生查詢有關補服藥片一事。
- 有時由於 capecitabine 引至的反應而需 短暫停止服藥。再開始服用 capecitabine 時，請不要補吃停止時應吃的藥片；必須依照醫生指示去服藥，並且依照原定停藥日期來停藥。例子：在十四天的療程裡若果第三天便停藥，後來又繼續服藥，也應依照原來第十四天停止服藥。再開始服藥後的藥量可能會更改，而令到你有剩餘藥片。請把剩餘藥片在下次覆診時退還給醫生。減少的藥量並不會影響 capecitabine 的效用。
- 請將 capecitabine 好好 儲藏，別讓小孩子拿得到。要室溫儲藏，不可放在太熱，太光亮，或太潮濕的地方。
- 有些藥物，如 warfarin(苊丙酮香豆素) (**COUMADIN®**)，phenytoin (苯妥英)(**DILANTIN®**)，和 **fosphenytoin (CEREBYX®)** 可能與 capecitabine 互相影響。若果你需要服用這些藥物，或其它藥物，請告訴你的醫生，可能你要額外驗血，或藥量會被調整。未用任何新藥之前，請先向醫生或配藥師查詢。
- 喝用酒精飲品 (少量)，並無發現會影響 capecitabine 的安全使用或效用。

# Goals of Project

- Empower patients who read Chinese to self-manage care (reduce risk)
- Reduce costs associated with interpreters



# Current situation

- 2007-2008 Fiscal Year:
  - 5677 interpreted visits at VCC
  - 4468 were Cantonese or Mandarin (79%)

\* There are many patients without interpreters who are not very adept in English

# Current situation



- BCCA looking to reduce cost of interpreters for 2008-2009
- Without Chinese education materials, interpreters are required for longer:
  - Interpreted teaching sessions take 90 min instead of 60 min as pts can't read materials in advance
  - Interpreters often stay late writing information for patient to take home

# Current situation

- Interpreters cost the Agency \$40 per hour
  - Can only be booked in 1-hour increments
    - 1 hour = \$40, 1.2 hours = \$80
- Assume that 80% of patients with Cantonese or Mandarin interpreters have a teaching session
  - 90 min = \$285 920
  - 60 min = \$142 960 (reading Chinese materials in advance)
  - Save: \$142 960 per year!

# Process of Change

- ACU nurses identified frequently used drugs in patient drug index
- Antonia Poon (Certified Translator) translated documents
- As no committee exists to approve patient materials, Sandy Kwong (Social Worker) reviewed the translations
- Mario DeLemos (Provincial Drug Information Coordinator) is helping to place translations on website for access by all

# Problem-solving



- Challenge

- Sustainability:

- Antonia Poon is volunteering her time. Who will translate and update if she is gone?

- Solution

- Certified translator can be hired for \$50/hr or will edit changes for 39 cents/word
- Approach Chinese community for funding?

**For the patient: CAPECITABINE (CHINESE)**

給病人閱讀： CAPECITABINE (CHINESE)

Other names: XELODA®

別名： XELODA®

***Capecitabine*** (kape-SITE-a-been) is a drug that is used to treat some types of cancers. It is a tablet that you take by mouth. The tablet contains lactose.

• ***Capecitabine*** (音 kape-SITE-a-been) 是一種用來治療不同癌症的藥物。是一種可以口服的藥片。它含有乳糖。

Tell your doctor if you have ever had an unusual or ***allergic reaction*** to fluorouracil (5 FU, Adrucil®) before taking capecitabine.

• 若你曾對 fluorouracil (5 FU, ADRUCIL®) 有過不尋常或 ***過敏反應***，請於服用 capecitabine 之前通知你的醫生。

A ***blood test*** may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.

• 每次療程之前可能要先 ***驗血***。你的服藥劑量和時間視乎你的驗血報告和服藥後的反應。

It is important to ***take*** capecitabine exactly as directed by your doctor. You may be given tablets of more than one strength to make the right dose. Make sure you understand the directions. Capecitabine is usually taken twice daily, about 12 hours apart with equal numbers of tablets taken at each dose. Capecitabine tablets should be taken within 30 minutes following the end of a meal (breakfast and dinner) with a glass of water.

跟從醫生的指示來 ***服用*** capecitabine 是非常重要的。為了確定藥量，可能會給你不同藥量的藥片。請確保你明白一切服藥指示。Capecitabine 通常是相隔十二小時服一次，每天服兩次，每次服同樣數目之藥片。請在餐(早餐和晚餐)後 30 分鐘內用一杯水來服用 capecitabine。

Thank you!

Questions?