



# 医学英语讲座系列

## 如何与医生有效沟通

第七讲：加拿大的专科医生

2024.11.07

Funded by the  
Government of Canada's  
New Horizons for Seniors Program



# 加拿大的专科医生 SPECIALIST



## 1. 中国和加拿大专科医生访问机制对比

Comparison of specialist access mechanisms between China and Canada

## 2. 转诊到专科医生的方法

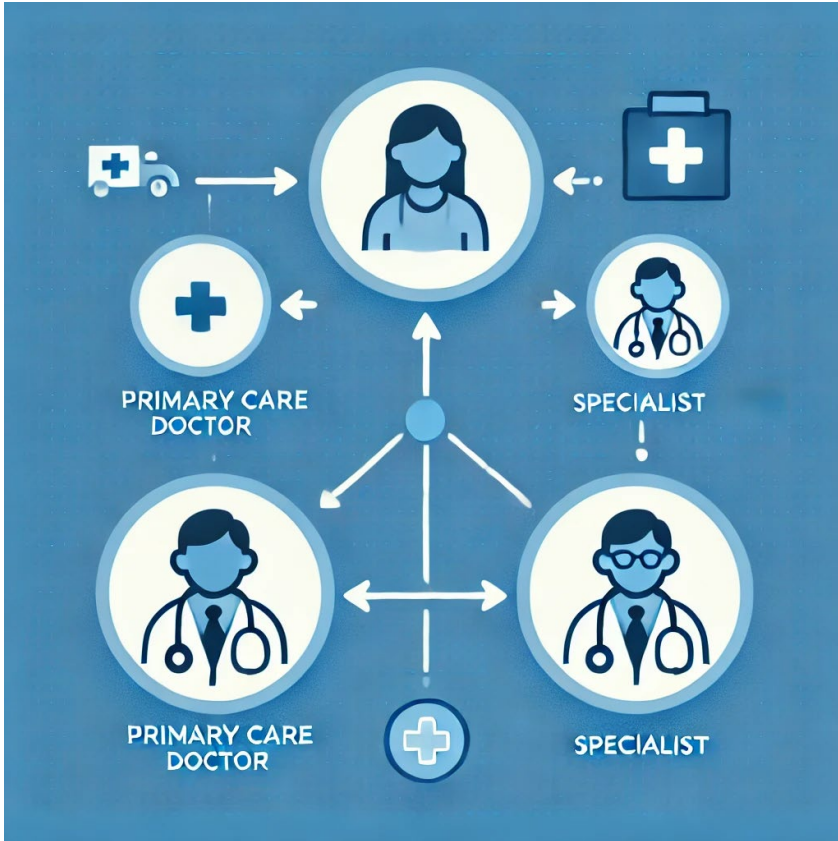
Methods of Referral to a Specialist

## 3. 常见的专科医生类别

Most Common Types of Specialists

# 中国和加拿大的专科医生机制

## SPECIALIST ACCESS MECHANISM IN CANADA AND CHINA



### 专科医生的培养 (Specialist Training)

中国和加拿大的专科医生培养路径不同，中国的培养流程更分阶段，而加拿大的培养体系更加标准化。

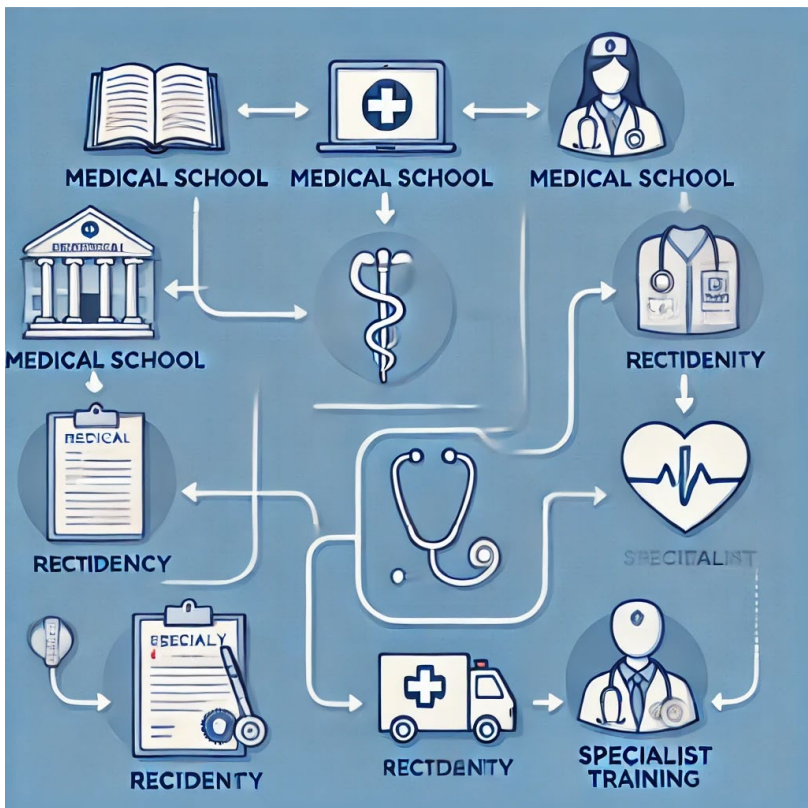
The specialist training pathways in China and Canada differ, with China's process being more stage-based, while Canada's system is more standardized.

### 专科医生的访问机制 (Access Mechanism)

中国的患者可以直接访问专科医生，而加拿大的患者通常需要通过家庭医生转诊才能就诊专科医生。

In China, patients can directly access specialists, whereas in Canada, patients typically require a referral from a family doctor to see a specialist.

# 专科医生的培养 SPECIALIST TRAINING



**中国 (China)**：在中国，专科医生的培养流程分为多个阶段，包括执业医师考试、住院医师培训、专科医师培训等，最终晋升为副主任医师或主任医师需要较长时间和严格考核。

**In China**, specialist training involves multiple stages, including licensing exams, residency training, and advanced specialty training. It can take many years and rigorous evaluations to advance to senior titles like associate chief physician or chief physician.

**加拿大 (Canada)**：在加拿大，专科医生的培养体系高度标准化，主要通过住院医师和进修项目完成。认证由全国的医学委员会负责，医生必须持续教育以保持资格。

**In Canada**, specialist training is highly standardized and primarily conducted through residency and fellowship programs. Certification is overseen.

# 专科医生的培养 SPECIALIST TRAINING

## 1. 医学教育体系 (MEDICAL EDUCATION SYSTEM)

**中国 (China)**：在中国，医学教育通常分为五年制本科（临床医学专业）或八年制本硕博连读项目（少数顶尖高校提供）。医学生本科毕业后通常需要通过国家执业医师资格考试，获得“执业医师”资格后，才能进一步申请进入住院医师规范化培训（相当于加拿大的住院医师阶段）。

**In China**, medical education usually consists of a five-year bachelor's degree (in clinical medicine) or an eight-year MD-PhD combined program (offered by top universities). After graduation, students must pass the National Medical Licensing Examination to obtain the “licensed physician” status before applying for standardized residency training (similar to Canada's residency stage).

**加拿大 (Canada)**：在加拿大，学生需先完成一个四年制本科（通常是理科专业），然后申请四年制的医学院。在获得医学学位（MD）后，学生需通过国家考试并申请住院医师培训项目，开始专科培训。

**In Canada**, students must first complete a four-year undergraduate degree (often in a science-related field) before applying to a four-year medical school program. After obtaining their medical degree (MD), they must pass national exams and apply for a residency program to begin specialized training.

# 专科医生的培养 SPECIALIST TRAINING

## 2. 住院医师培训 (RESIDENCY TRAINING)

**中国：** 在通过执业医师考试后，医学生进入住院医师规范化培训，通常需要3年时间。住院医师培训期间，医生需在不同科室轮转，之后可以选择专科方向继续培训。完成培训并通过考试后，医生才能被正式认可为专科医生。

**In China,** after passing the licensing exam, medical graduates enter a standardized three-year residency program. During residency, doctors rotate through different departments and can then choose a specialty for further training. After completing residency and passing assessments, they are officially recognized as specialists.

**加拿大：** 在医学院毕业后，加拿大医生进入住院医师项目，结合了综合培训和专科培训。住院医师的培训时长因专科而异，通常在2到5年之间。例如，家庭医学需要2年，而其他专科如内科或外科可能需要5年。完成住院医师培训并通过皇家内外科医师学会考试后，医生才被正式认可为专科医生。

**In Canada,** after medical school, doctors enter a residency program that combines general and specialized training. The length of residency varies by specialty, typically ranging from 2 to 5 years. For instance, family medicine requires 2 years, while other specialties like internal medicine or surgery may take 5 years. Upon completion and passing the Royal College of Physicians and Surgeons exams, doctors are recognized as specialists.

# 专科医生的培养 SPECIALIST TRAINING

## 3. 专科分层和晋升机制 (SPECIALTY TIERS AND ADVANCEMENT)

**中国：**在中国，医生完成住院医师规范化培训后，通常会进入高级培训阶段，称为“专科医师培训”或“高级住院医师培训”。此阶段的专科培训时间一般为2-3年。之后，医生在医院内还可以晋升，逐步从“住院医师”晋升为“主治医师”“副主任医师”“主任医师”等不同级别。

**In China,** after completing standardized residency training, doctors typically enter an advanced training stage called “specialist physician training” or “advanced residency training,” which lasts about 2-3 years. In hospitals, doctors can also be promoted through ranks from “resident” to “attending physician,” then “associate chief physician,” and finally “chief physician.”

**加拿大：**在加拿大，完成住院医师培训后，医生被视为完全有资格行医的专科医生。如果想要进一步深造，医生可以选择1-3年的专科进修（fellowship）。医院内的晋升主要基于临床经验、科研成果和教学贡献，但通常没有中国那样的职称分级。

**In Canada,** after completing residency, doctors are fully licensed to practice as specialists. Those seeking further specialization may pursue an additional 1-3 years of fellowship training. Career advancement within hospitals is generally based on clinical experience, research, and teaching contributions, but there is no hierarchical ranking system like in China.

# 专科医生的培养 SPECIALIST TRAINING

## 4. 学位与资格认证 (DEGREES AND CERTIFICATION)

**中国：**在中国，医学生完成五年制或八年制的医学教育后获得学士或博士学位。通过全国统一的住院医师规范化培训和考试后，获得专科医生资格证书。进一步的高级职称评定由医院和卫生主管部门进行，考核因素包括临床经验、科研成果等。

**In China,** medical graduates obtain a bachelor's or doctoral degree upon completing the five- or eight-year medical education program. After completing standardized residency training and passing exams, they receive a specialist qualification certificate. Higher-level titles are awarded by hospitals and health authorities, based on clinical experience, research achievements, and other criteria.

**加拿大：**在加拿大，医学毕业生获得医学博士学位（MD）。完成住院医师培训并通过皇家内外科医师学会（RCPSC）或加拿大家庭医师学会（CFPC）的考试后，他们被正式认证为专科医生。认证高度标准化，医生需要通过持续教育来维持资格。

**In Canada,** medical graduates receive an MD (Doctor of Medicine) degree. After completing residency and passing exams from the Royal College of Physicians and Surgeons of Canada (RCPSC) or the College of Family Physicians of Canada (CFPC), they are officially certified as specialists. Certification is highly standardized, and doctors must maintain their qualifications through continuing medical education.



# 专科医生的培养 SPECIALIST TRAINING

## 5. 继续教育与职业发展 (CONTINUING EDUCATION AND CAREER DEVELOPMENT)

**中国：**在中国，专科医生需要定期参加继续教育、发表科研成果、并满足职称评审要求，才能在职业上晋升。专科医生的晋升与科研、临床表现等密切相关，职称评审通常由医院和卫生部门评定。

**In China,** specialists are required to participate in continuing education, publish research, and meet professional evaluation criteria to advance their careers. Specialist promotions are closely linked to research and clinical performance, and title evaluations are generally conducted by hospitals and health departments.

**加拿大：**在加拿大，专科医生必须参加持续的职业发展，以保持其认证。RCPSC和CFPC对继续教育有严格要求，以确保医生及时掌握最新的医学进展。职业发展主要侧重于临床技能，而不是医院内的职称晋升。

**In Canada,** specialists are required to engage in continuing professional development to maintain their certification. The RCPSC and CFPC have strict continuing education requirements to ensure that physicians stay current with the latest medical advancements. Professional development mainly focuses on clinical skills rather than formal promotions within the hospital.

# 专科医生的培养 SPECIALIST TRAINING

## 6. 培养周期的长短 (TRAINING DURATION)

**中国：**由于住院医师规范化培训和专科医师高级培训等流程，培养一名专科医生通常需要8-10年时间，从大学入学算起甚至更长。医生在获得执业医师资格后，仍需较长时间才能独立开展专科工作。

**In China,** due to the stages of standardized residency training and advanced specialist training, it typically takes 8-10 years to become a specialist, or even longer from the beginning of undergraduate studies. After obtaining a medical license, doctors still need significant additional time to work independently in their specialty.

**加拿大：**在加拿大，从本科学习开始，成为专科医生通常需要10-12年，包括医学院和住院医师培训。如果医生选择进修（fellowship）进一步专科化，可能需要更长时间。

**In Canada,** the process of becoming a specialist generally takes 10-12 years from the start of undergraduate studies, including medical school and residency. Some subspecialties require even longer if fellowship training is pursued.

# 专科医生的培养 SPECIALIST TRAINING

对话情境：两位医学专业的学生，张明和Sarah，正在讨论中国和加拿大的专科医生培养方式的不同。

张明：你知道中国和加拿大在专科医生培养上有什么不同吗？

**Ming:** Do you know what the differences are between China and Canada in training specialists?

**Sarah:** 有一点了解。加拿大的医生在医学院毕业后，必须先完成住院医师培训才可以成为专科医生，对吗？

**Sarah:** I have some idea. In Canada, doctors must complete a residency program after medical school to become specialists, right?

张明：对的。在中国也是这样。不过中国的医生在拿到“执业医师”资格后，才可以进入住院医师培训。然后，完成住院培训后还需要继续高级专科培训。

**Ming:** That's right. It's the same in China. However, doctors in China must obtain a "licensed physician" qualification before starting residency training. After residency, they still need to undergo further advanced specialist training.

**Sarah:** 那这样的话，培养一个专科医生大概需要多长时间？

**Sarah:** So, how long does it take to train a specialist in China?

张明：大约8到10年，从大学本科算起的话。要成为高职称的专科医生，还需要额外的时间和严格的考核。

**Ming:** About 8 to 10 years, starting from undergraduate studies. To become a senior specialist, it takes additional time and requires passing strict evaluations.

# 专科医生的培养 SPECIALIST TRAINING

**Sarah:** 听起来很全面！在加拿大，从本科开始的话，培养专科医生大约需要10到12年。如果医生还想进一步进修，可以选择额外的专科进修项目。

**Sarah:** That sounds thorough! In Canada, it usually takes about 10 to 12 years from the start of undergraduate studies to become a specialist. If doctors want further training, they can opt for additional fellowship programs.

**张明:** 原来如此。所以加拿大的培养体系更集中在住院医师和进修阶段，主要由国家的医学委员会负责认证？

**Ming:** I see. So Canada's training system focuses more on residency and fellowship stages, with certification mainly managed by national medical boards?

**Sarah:** 是的，皇家内外科医师学会和家庭医师学会负责认证和继续教育，确保医生的知识和技能持续更新。

**Sarah:** Yes, the Royal College of Physicians and Surgeons and the College of Family Physicians are responsible for certification and continuing education, ensuring that doctors' knowledge and skills stay up-to-date.

**张明:** 看来两国的体系各有特色！中国的专科医生培养是分阶段的，侧重临床经验和科研，而加拿大的体系更加标准化。

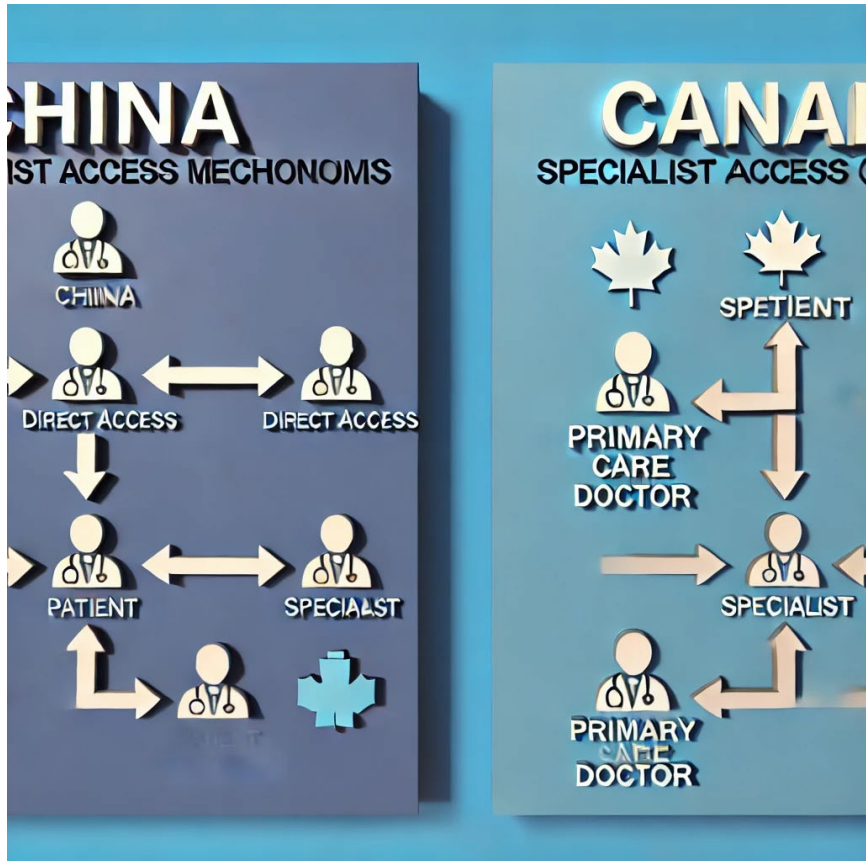
**Ming:** It seems like each system has its own features! China's specialist training is more stage-based, emphasizing clinical experience and research, while Canada's system is more standardized.

**Sarah:** 确实如此，培养方式不同，但都是为了确保医生有足够的能力为患者提供高质量的医疗服务。

**Sarah:** Exactly. Different training methods, but both aim to ensure that doctors are well-qualified to provide high-quality healthcare to patients.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM



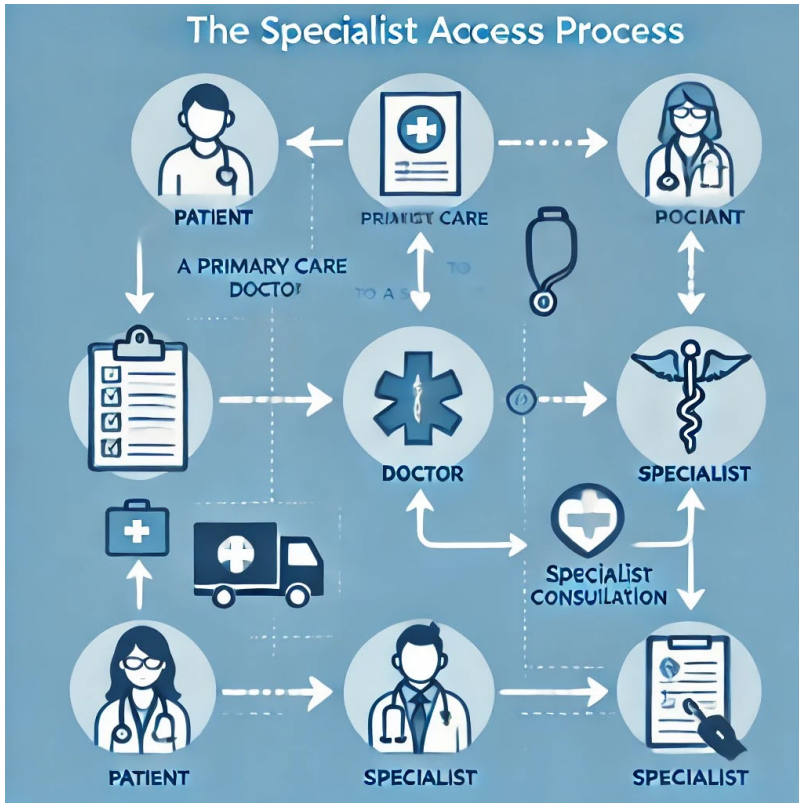
中国和加拿大在专科医生访问机制上存在显著差异。在中国，患者可以直接预约专科医生，无需家庭医生的转诊，因此大多数患者会直接前往大医院的专科就诊。然而在加拿大，家庭医生是医疗系统的“守门人”，患者通常需要通过家庭医生的转诊才能就诊专科医生。这种机制有助于合理分配医疗资源，确保专科医生服务优先用于更复杂或紧急的病例。总体而言，中国的机制提供了更直接的专科访问，而加拿大的机制更注重分级管理和资源优化。

China and Canada have notable differences in specialist access mechanisms. In China, patients can directly book appointments with specialists without a referral from a family doctor, so most patients go directly to specialist departments in large hospitals. In Canada, however, family doctors act as “gatekeepers” in the healthcare system, and patients typically need a referral from a family doctor to see a specialist. This mechanism helps allocate medical resources efficiently, ensuring that specialist services are prioritized for more complex or urgent cases. Overall, China’s system offers more direct specialist access, while Canada’s system emphasizes tiered management and resource optimization.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

### 1. 访问流程 (ACCESS PROCESS)



**加拿大：** 在加拿大，家庭医生是患者的第一联系人，几乎所有医疗问题都由家庭医生先处理。只有当家庭医生认为患者的病情需要更专业的治疗时，才会发起转诊至专科医生。

**Canada:** In Canada, family doctors are the primary point of contact for patients, and almost all medical issues are first handled by them. Only when the family doctor deems that a patient's condition requires specialized treatment will a referral to a specialist be initiated.

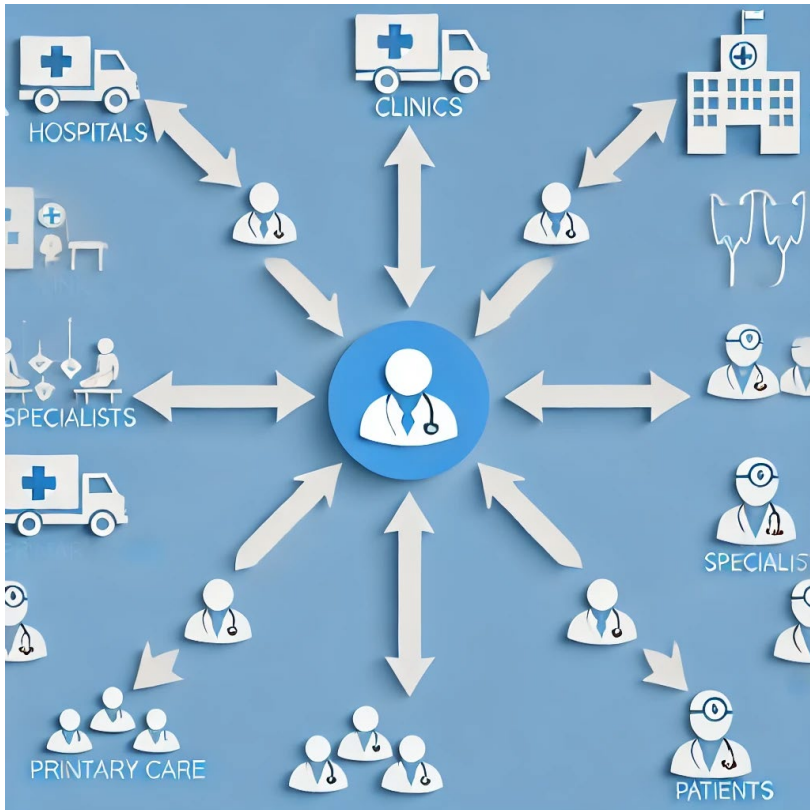
**中国：** 在中国，患者可以直接到医院挂号预约专科医生，无需先通过家庭医生。大中型医院通常设有多个专科，患者可以根据自身症状或需求选择挂号。

**China:** In China, patients can go directly to hospitals to register and make appointments with specialists without needing to go through a family doctor first. Larger hospitals typically have several specialty departments, allowing patients to choose the one that best suits their symptoms or needs.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

### 2. 医疗资源的分配 (ALLOCATION OF MEDICAL RESOURCES)



**加拿大：** 专科医生资源主要集中在大城市， 偏远或小城市的患者可能需要通过远程医疗或前往大城市接受专科服务。

**Canada:** Specialist resources are primarily centralized in large cities, so patients in remote or smaller towns may need to rely on telemedicine or travel to major cities to access specialist care.

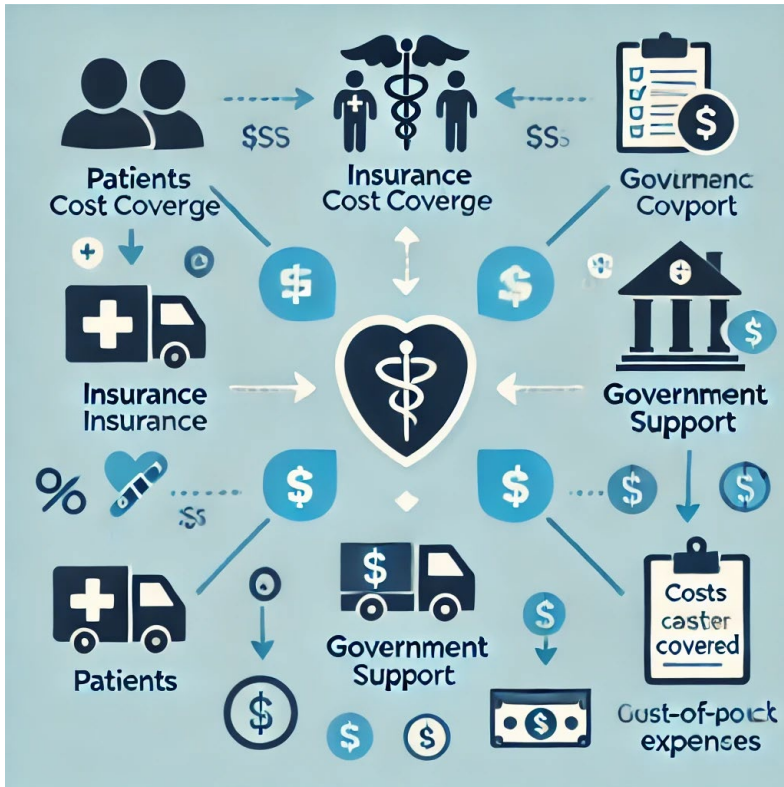
**中国：** 优质医疗资源高度集中在大城市的三级医院， 特别是省会和大型城市的三级甲等医院。城乡之间、东部和西部地区之间的医疗资源分布不均衡。

**China:** High-quality medical resources are concentrated in major urban hospitals, especially in tertiary hospitals in provincial capitals and large cities. There is an uneven distribution of medical resources between urban and rural areas, as well as between the eastern and western regions of the country.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

### 3. 费用覆盖 (COVERAGE OF COSTS)



**加拿大：** 加拿大的公共医疗系统覆盖大部分的专科服务，患者通常无需为专科诊治支付费用，但某些服务（如处方药、牙科等）可能需要私人保险或个人支付。

**Canada:** Canada's public healthcare system covers most specialist services, so patients typically do not need to pay for specialist consultations. However, certain services, such as prescription drugs and dental care, may require private insurance or out-of-pocket payment.

**中国：** 中国的医保体系覆盖基本医疗服务，但部分专科服务或高端医疗项目可能需要患者自费。大医院的挂号费和诊疗费也可能因医生的职称和医院等级而有所不同。

**China:** China's health insurance system covers basic medical services, but some specialist services or high-end medical procedures may require out-of-pocket payments. Registration and consultation fees at large hospitals can also vary based on the doctor's title and hospital level.



# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

### 4. 转诊制度 (REFERRAL SYSTEM)



**加拿大：** 家庭医生的转诊是患者获得专科医生诊治的主要途径。转诊信详细记录患者的病史、检查结果和转诊原因，以便专科医生有针对性地提供治疗。

**Canada:** Referrals from family doctors are the primary means for patients to access specialist care. The referral letter details the patient's medical history, test results, and the reason for referral, allowing the specialist to provide targeted treatment.

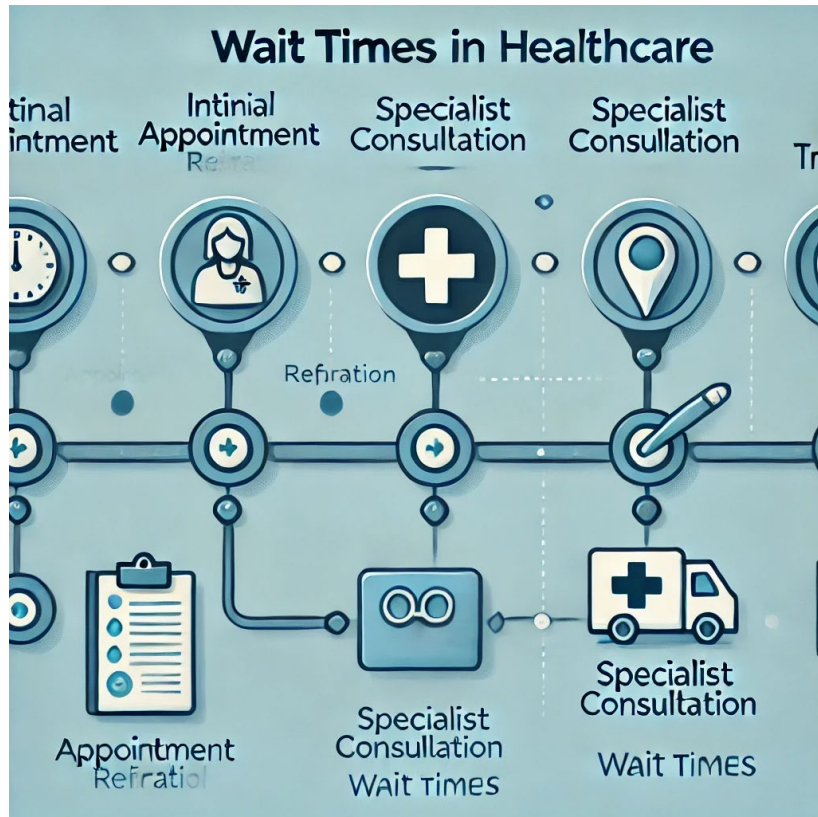
**中国：** 在中国，患者通常可以直接前往专科就诊，但近年来国家提倡“分级诊疗”制度，鼓励患者先在基层医院就诊，再根据病情转诊至大医院。

**China:** In China, patients can typically go directly to see a specialist. However, in recent years, the government has promoted a “hierarchical medical system” to encourage patients to first visit primary care facilities and then be referred to major hospitals as needed.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

### 5. 等待时间 (WAIT TIMES)



**加拿大：** 加拿大的专科转诊等待时间通常较长，非紧急专科预约可能需要等待几周甚至几个月。对于紧急病症，家庭医生会标记为“紧急”，加快专科医生的预约速度。

**Canada:** Specialist referral wait times in Canada are generally long, with non-urgent appointments often requiring weeks or even months. For urgent cases, family doctors will mark the referral as “urgent” to expedite the specialist appointment.

**中国：** 大医院的热门专科等待时间较长，但患者可以通过加号或特需门诊获得加急服务。此类服务通常需支付更高费用。

**China:** Popular specialties at large hospitals have long wait times, but patients can secure faster service through additional appointments or VIP clinics, which typically require higher fees.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

**对话情境：** 两位医学专业的学生，李华和Emily，正在讨论中国和加拿大在专科医生转诊机制上的不同之处。

**李华：** Emily，你知道中国和加拿大在专科医生转诊机制上有什么不同吗？

**Li Hua:** Emily, do you know the differences between China and Canada in terms of specialist referral mechanisms?

**Emily：** 我知道一些。在加拿大，如果你想看专科医生，通常需要家庭医生的转诊，对吗？

**Emily:** I know a bit. In Canada, if you want to see a specialist, you usually need a referral from a family doctor, right?

**李华：** 对，在加拿大，家庭医生是患者进入专科的主要途径。没有家庭医生的转诊，患者很难直接预约专科医生。

**Li Hua:** Yes, in Canada, family doctors are the main entry point for patients to access specialists. Without a referral from a family doctor, it's difficult for patients to book an appointment with a specialist directly.

**Emily：** 那在中国呢？你们的专科医生访问机制是怎样的？

**Emily:** What about in China? How does the specialist access system work there?

**李华：** 在中国，患者可以直接去医院挂号预约专科医生，不需要家庭医生的转诊。所以很多人会选择直接去大医院的专科就诊。

**Li Hua:** In China, patients can go directly to a hospital and register to see a specialist without needing a referral. So, many people choose to go straight to the specialist departments at large hospitals.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

**Emily:** 哦，明白了。这样的话，患者可以更快看到专科医生，但大医院的压力应该会更大吧？

**Emily:** Oh, I see. That way, patients can see specialists more quickly, but it must put a lot of pressure on large hospitals, right?

**李华:** 没错。这就是为什么中国近年来在推广分级诊疗制度，鼓励患者先到基层医疗机构就诊，再转诊到大医院。如果病情复杂或者需要专科治疗，医生会推荐患者去更高级的医院。

**Li Hua:** Exactly. That's why China has been promoting a tiered healthcare system in recent years, encouraging patients to visit primary care facilities first, and then be referred to larger hospitals if needed. If the condition is complex or requires specialist treatment, doctors will recommend the patient to a higher-level hospital.

**Emily:** 听起来有点像加拿大的系统。我们通过家庭医生筛查后，再转诊给专科医生，这样有助于优化医疗资源，专科医生就能优先处理更复杂的病情。

**Emily:** That sounds a bit like the Canadian system. We go through the family doctor first, who screens and then refers patients to specialists. This helps optimize medical resources so specialists can prioritize more complex cases.

# 专科医生访问机制的对比

## COMPARISON OF SPECIALIST ACCESS MECHANISM

**李华:** 是的，各有优缺点。中国的方式让患者更直接接触到专科医生，但也容易导致大医院人满为患。加拿大的系统则更有序，不过等待时间可能较长。

**Li Hua:** Yes, both have pros and cons. The Chinese system allows patients direct access to specialists, but it can lead to overcrowded hospitals. The Canadian system is more organized, but it might involve longer wait times.

**Emily:** 看来这两种机制都是为了更好地利用医疗资源，适应不同的医疗需求。

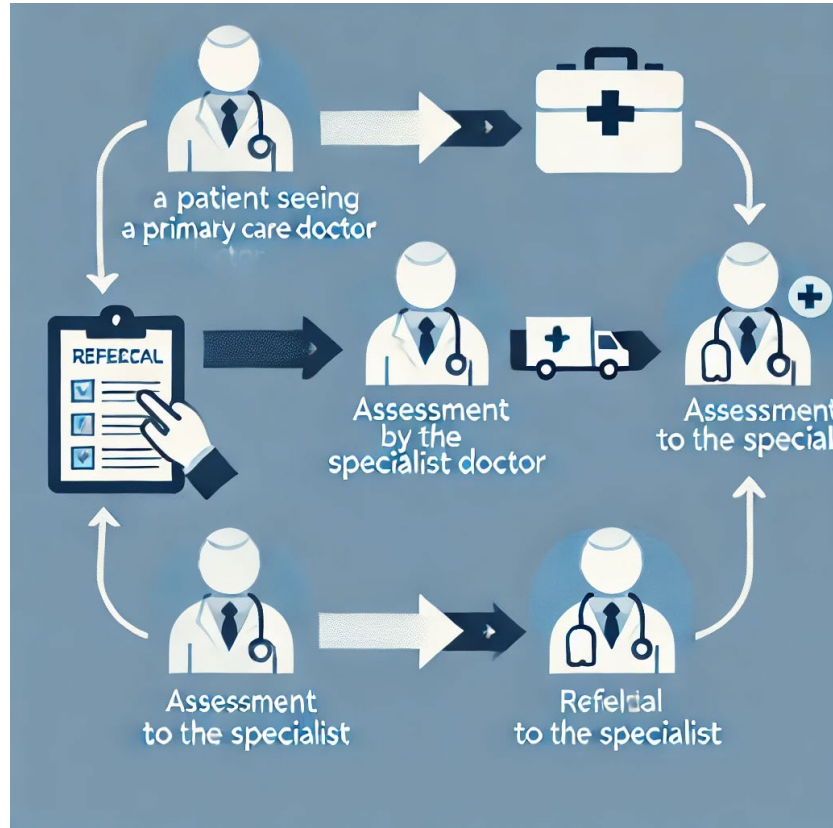
**Emily:** It seems like both systems aim to use medical resources more effectively and meet different healthcare needs.

**李华:** 没错。适合不同的国家和医疗条件。

**Li Hua:** Exactly. They're suited to different countries and healthcare conditions.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST



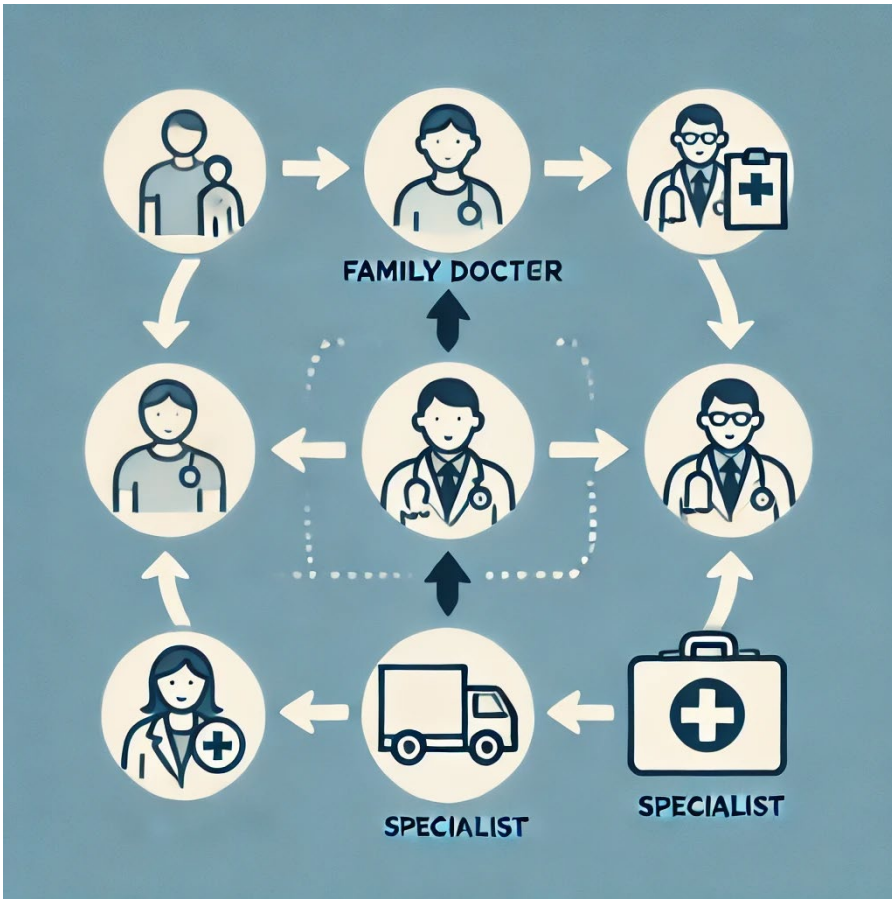
转诊到专科医生的方法主要包括家庭医生转诊、急诊科转诊、社区健康中心推荐、远程医疗转诊、自费私人专科预约，以及某些省份的自助转诊服务。在加拿大，家庭医生是最常见的转诊途径，患者通常需要家庭医生的转诊才能获得专科医生的治疗。而对于紧急情况或特殊需求，急诊科和远程医疗也能帮助患者快速连接到专科服务。

Methods of referral to a specialist primarily include referrals from family doctors, emergency department referrals, recommendations from community health centers, telemedicine referrals, self-pay private specialist appointments, and self-referral services available in some provinces. In Canada, family doctors are the most common referral pathway, as patients typically need a family doctor's referral to access specialist care. However, for urgent situations or special needs, the emergency department and telemedicine can also provide quick access to specialist services.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

### 1. 家庭医生转诊 (REFERRAL FROM FAMILY DOCTOR)



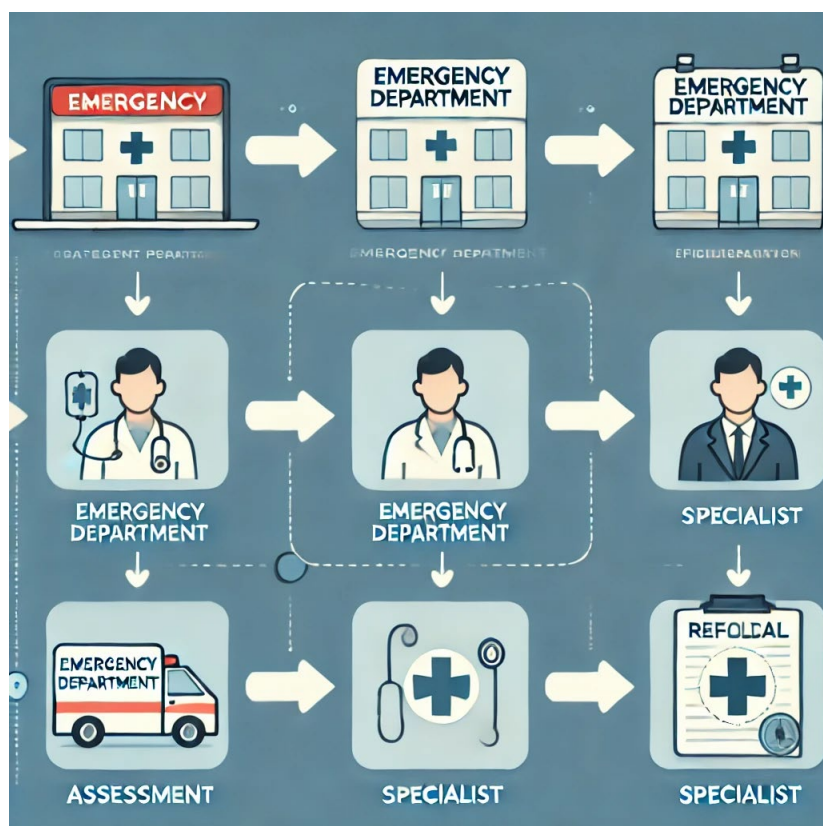
家庭医生是加拿大医疗系统的核心，也是患者访问专科医生的主要途径。患者先预约家庭医生，由家庭医生进行初步评估。如果家庭医生认为患者的情况需要专科医生的进一步诊治，就会发起转诊。家庭医生会撰写一封转诊信，详细记录患者的病史、症状和初步检查结果，然后将转诊信发送到专科医生的诊所或医院。

The family doctor is the cornerstone of Canada's healthcare system and the primary gateway for patients to access specialists. Patients first book an appointment with their family doctor, who performs an initial assessment. If the family doctor determines that the patient's condition requires specialist care, they will initiate a referral. The family doctor prepares a referral letter that details the patient's medical history, symptoms, and initial test results, which is then sent to the specialist's clinic or hospital.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

### 2. 急诊科转诊 (REFERRAL FROM THE EMERGENCY DEPARTMENT)



在紧急情况下，患者可以直接前往急诊科就诊。急诊医生会对患者进行评估，如果需要专科医生的进一步诊治，急诊科医生可以直接安排转诊。例如，疑似心脏病发作、急性呼吸问题或严重创伤等情况，急诊科医生会联系相关专科医生安排紧急会诊或后续的专科预约。

In emergency situations, patients can go directly to the emergency department. The ER doctor assesses the patient, and if specialist care is needed, the ER doctor can arrange an immediate referral. For example, in cases of suspected heart attacks, acute respiratory issues, or severe trauma, the ER doctor contacts the relevant specialist for an urgent consultation or a follow-up specialist appointment.



# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

### 3. 社区健康中心的推荐

## RECOMMENDATION FROM COMMUNITY HEALTH CENTERS



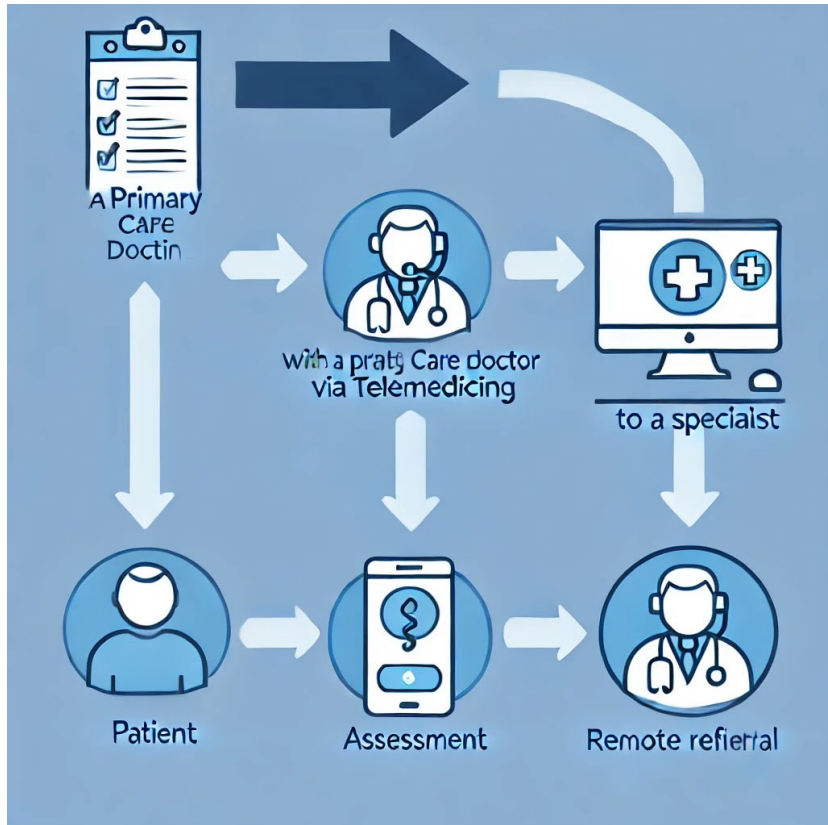
社区健康中心（Community Health Centers, CHCs）为一些没有家庭医生的居民、低收入人群或偏远地区的居民提供医疗服务。社区健康中心的护士、护理师或医生会在初步评估后，如果认为患者需要专科治疗，可以向患者推荐专科医生。虽然这些推荐并不总是正式的转诊，但社区健康中心会帮助患者联系到家庭医生或专科医生，协助他们安排后续治疗。

Community Health Centers (CHCs) provide healthcare services for residents without family doctors, low-income individuals, or those in remote areas. Nurses, nurse practitioners, or doctors at CHCs conduct an initial assessment, and if they believe specialist care is necessary, they can recommend a specialist. While these recommendations may not always be formal referrals, CHCs assist patients in connecting with family doctors or specialists and help coordinate follow-up care.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

### 4. 远程医疗转诊 (TELEMEDICINE REFERRAL)



在一些偏远地区或资源不足的地区，患者可以通过远程医疗获得专科医生的服务。家庭医生可以通过远程医疗平台将患者推荐给专科医生，专科医生可以通过视频或电话为患者提供远程会诊。这种方式减少了患者长途奔波的需要，让偏远地区的患者也能获得专科治疗。

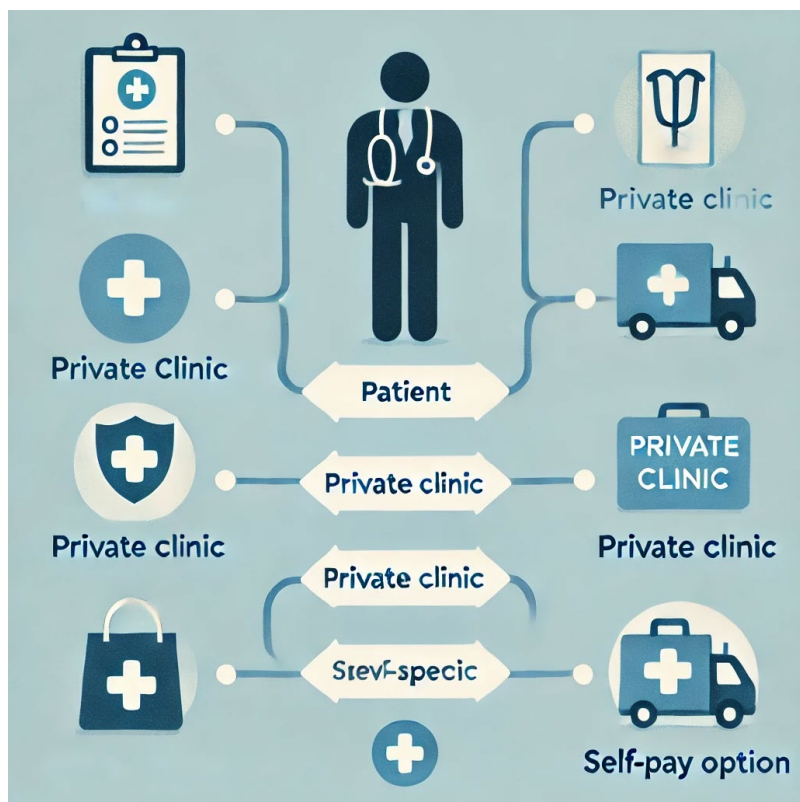
In remote or underserved areas, patients can access specialist services through telemedicine. Family doctors can refer patients to specialists via telemedicine platforms, allowing specialists to conduct remote consultations through video or phone. This approach reduces the need for long-distance travel and ensures that patients in remote areas have access to specialist care.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

### 5. 私人诊所或自费专科咨询

### PRIVATE CLINICS OR SELF-PAY SPECIALIST CONSULTATIONS



在加拿大的部分领域（例如心理健康、整形外科或运动康复），患者可以选择自费前往私人诊所或专科诊所。这种情况无需家庭医生转诊，患者可以直接预约。不过，私人诊所的费用通常不由公共医保系统覆盖，因此患者需要自行承担这部分费用。

In certain fields in Canada, such as mental health, plastic surgery, or physical rehabilitation, patients can choose to visit private clinics or specialist clinics at their own expense. No referral from a family doctor is needed, and patients can book directly. However, these private clinic costs are generally not covered by the public health insurance system, so patients need to pay out-of-pocket.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

**对话情境：** 两位医学专业的学生，李明和Alex，正在讨论加拿大转诊到专科医生的不同方法。

**李明：** Alex，在加拿大除了通过家庭医生，还有哪些方法可以转诊到专科医生？

**Li Ming:** Alex, besides going through a family doctor, what other ways are there to get a referral to a specialist in Canada?

**Alex:** 家庭医生确实是最常见的途径，但还有其他选择，比如急诊科转诊。比如患者出现急性心脏问题时，可以去急诊科，由急诊医生直接转诊给心脏科医生。

**Alex:** The family doctor is definitely the most common way, but there are other options, like referrals from the emergency department. For example, if a patient has an acute heart issue, they can go to the ER, and the ER doctor can directly refer them to a cardiologist.

**李明：** 明白了。那如果患者没有家庭医生，能通过社区健康中心得到转诊吗？

**Li Ming:** Got it. If a patient doesn't have a family doctor, can they get a referral through a community health center?

**Alex:** 可以的。社区健康中心会为没有家庭医生的人提供基本医疗服务。如果他们认为患者需要专科治疗，可能会帮助联系专科医生或推荐去看家庭医生。

**Alex:** Yes, they can. Community health centers provide primary care services for people without a family doctor. If they think a patient needs specialist care, they might help connect them with a specialist or recommend seeing a family doctor.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

**李明:** 那在偏远地区的患者怎么办？去大城市看专科医生会很麻烦吧？

**Li Ming:** What about patients in remote areas? It must be challenging for them to travel to cities for specialist care.

**Alex:** 这时候远程医疗就很有用啦！家庭医生可以通过远程医疗平台把患者推荐给专科医生，这样专科医生就可以通过视频或电话给出诊疗建议。

**Alex:** That's when telemedicine becomes really useful! Family doctors can refer patients to specialists through telemedicine platforms, so specialists can provide consultations via video or phone.

**李明:** 原来如此，远程医疗确实方便！我还听说有些专科领域可以自助转诊，比如心理健康服务？

**Li Ming:** I see, telemedicine is really convenient! I also heard that some specialties allow self-referrals, like mental health services?

**Alex:** 没错！在心理健康领域，患者可以直接预约心理咨询、成瘾治疗等服务，而不需要家庭医生的转诊。这种自助转诊减少了心理健康支持的障碍。

**Alex:** Exactly! In the mental health field, patients can book appointments directly for services like counseling or addiction treatment, without needing a referral from a family doctor. This self-referral reduces barriers to accessing mental health support.

# 转诊到专科医生的方法

## METHODS OF REFERRAL TO A SPECIALIST

**李明:** 那私人诊所呢? 如果患者愿意自费, 是不是也可以直接预约专科医生?

**Li Ming:** What about private clinics? If a patient is willing to pay, can they also book a specialist directly?

**Alex:** 对的, 在一些领域, 比如心理健康、整形外科或物理治疗, 患者可以自费去私人诊所, 直接预约专科医生。这类费用通常不由公共医保系统覆盖。

**Alex:** That's right. In fields like mental health, plastic surgery, or physical therapy, patients can pay out of pocket to see a specialist at a private clinic. These costs are generally not covered by the public healthcare system.

**李明:** 非常有帮助! 看来加拿大的转诊方式还挺多样化的, 能够适应不同的需求和情况。

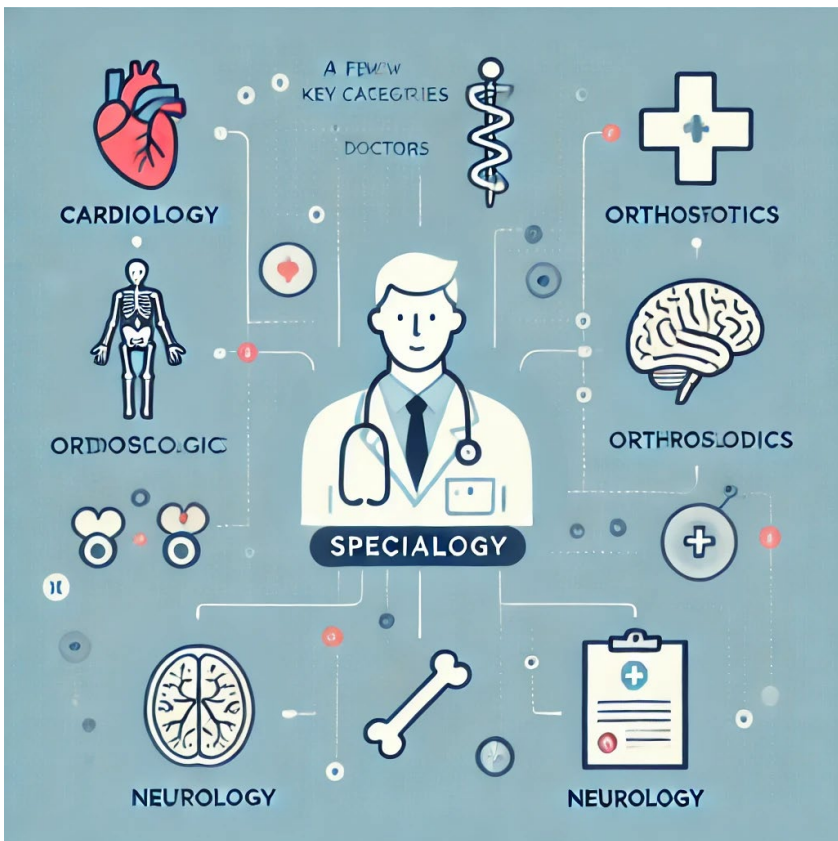
**Li Ming:** This is very helpful! It seems Canada has quite a variety of referral methods to accommodate different needs and situations.

**Alex:** 没错, 每种方式都有它的作用, 这样可以让患者在不同情况下获得适当的专科服务。

**Alex:** Exactly, each method has its purpose, allowing patients to access appropriate specialist care in different situations.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS



以下列出的专科医生类别涵盖了患者最常见的健康问题，为各种疾病提供了专门的治疗支持。在加拿大和中国等地，心脏科、神经科、消化科、眼科和皮肤科等专科医生在诊断和治疗复杂的疾病方面发挥着重要作用。这些专科医生通过不同的检测和治疗手段，帮助患者获得更有针对性的医疗护理，从而改善他们的健康状况和生活质量。

The specialist categories listed below cover the most common health issues that patients encounter and provide targeted treatment support for a range of conditions. In countries like Canada and China, specialists in fields such as cardiology, neurology, gastroenterology, ophthalmology, and dermatology play vital roles in diagnosing and managing complex diseases. Through various diagnostic tests and treatments, these specialists offer patients more focused care, ultimately improving their health outcomes and quality of life.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

### 1. 心脏科医生 (Cardiologist)

- 心脏科医生专注于心血管系统的疾病，包括高血压、冠心病、心律失常和心力衰竭等。他们通常进行心电图、超声心动图和心脏导管检查等评估，以诊断和管理心脏问题。
- Cardiologists focus on diseases of the cardiovascular system, including hypertension, coronary artery disease, arrhythmias, and heart failure. They commonly perform tests such as ECGs, echocardiograms, and cardiac catheterization to diagnose and manage heart issues.

### 2. 呼吸科医生 (Pulmonologist)

- 呼吸科医生负责肺部和呼吸系统疾病的诊治，包括哮喘、慢性阻塞性肺病（COPD）、肺炎和睡眠呼吸暂停等。他们可能会进行肺功能测试和胸部影像检查。
- Pulmonologists treat diseases of the lungs and respiratory system, including asthma, chronic obstructive pulmonary disease (COPD), pneumonia, and sleep apnea. They often perform pulmonary function tests and chest imaging.



# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

### 3. 神经科医生 (Neurologist)

- 神经科医生诊治脑、脊髓和神经系统的疾病，如癫痫、帕金森病、中风和多发性硬化。他们可能会进行脑电图（EEG）和磁共振成像（MRI）等检查。
- Neurologists diagnose and treat disorders of the brain, spinal cord, and nervous system, such as epilepsy, Parkinson's disease, stroke, and multiple sclerosis. They may perform tests like EEGs and MRIs.

### 4. 消化科医生 (Gastroenterologist)

- 消化科医生专注于消化系统疾病，包括胃肠炎、胃食管反流病、肠易激综合症和肝病。他们常进行胃镜和结肠镜检查以帮助诊断。
- Gastroenterologists specialize in diseases of the digestive system, such as gastritis, gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), and liver disease. They commonly perform endoscopies and colonoscopies for diagnosis.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

### 5. 内分泌科医生 (Endocrinologist)

- 内分泌科医生处理激素失调和内分泌系统疾病，如糖尿病、甲状腺疾病、肾上腺功能异常和骨质疏松症。
- Endocrinologists deal with hormone imbalances and endocrine system disorders, such as diabetes, thyroid disorders, adrenal dysfunction, and osteoporosis.

### 6. 风湿科医生 (Rheumatologist)

- 风湿科医生治疗影响关节、肌肉和骨骼的炎症性疾病，如类风湿性关节炎、骨关节炎、痛风和红斑狼疮。
- Rheumatologists treat inflammatory diseases affecting the joints, muscles, and bones, such as rheumatoid arthritis, osteoarthritis, gout, and lupus.

### 7. 泌尿科医生 (Urologist)

- 泌尿科医生专注于泌尿系统和男性生殖系统的疾病，包括肾结石、前列腺增生、尿路感染和膀胱问题。
- Urologists specialize in conditions of the urinary system and the male reproductive system, including kidney stones, prostate enlargement, urinary tract infections, and bladder issues.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

### 8. 皮肤科医生 (Dermatologist)

- 皮肤科医生诊治皮肤、头发和指甲的各种疾病，如湿疹、牛皮癣、皮肤癌和痤疮。他们可以进行皮肤活检和激光治疗等。
- Dermatologists treat conditions related to the skin, hair, and nails, such as eczema, psoriasis, skin cancer, and acne. They may perform skin biopsies and laser treatments.

### 9. 眼科医生 (Ophthalmologist)

- 眼科医生治疗各种眼科疾病和视力问题，包括白内障、青光眼、黄斑变性和视网膜疾病。他们可以进行眼科手术，例如白内障摘除术。
- Ophthalmologists treat eye diseases and vision problems, including cataracts, glaucoma, macular degeneration, and retinal disorders. They can perform surgeries, such as cataract removal.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

### 10. 肿瘤科医生 (Oncologist)

- 肿瘤科医生专注于癌症的诊断和治疗，包括化疗、放疗和免疫疗法。他们根据癌症类型和分期制定个性化的治疗方案。
- Oncologists specialize in diagnosing and treating cancer, providing chemotherapy, radiation therapy, and immunotherapy. They create personalized treatment plans based on cancer type and stage.

### 11. 骨科医生 (Orthopedic Surgeon)

- 骨科医生治疗肌肉骨骼系统的疾病和损伤，包括骨折、关节置换、运动损伤和脊柱问题。
- Orthopedic surgeons treat conditions and injuries of the musculoskeletal system, such as fractures, joint replacements, sports injuries, and spinal issues.

### 12. 妇产科医生 (Obstetrician/Gynecologist, OB/GYN)

- 妇产科医生负责女性生殖系统的健康管理，包括妊娠、分娩、产后护理、月经问题 and 不孕症。
- OB/GYNs are responsible for the health of the female reproductive system, including pregnancy, childbirth, postpartum care, menstrual disorders, and infertility.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

**对话情境：**两个朋友，张婷和Lisa，正在讨论不同类型的专科医生以及各自的职责。

**张婷：** Lisa，你知道有哪几类常见的专科医生吗？

**Ting:** Lisa, do you know what the most common types of specialists are?

**Lisa:** 我知道一些。比如，心脏科医生，他们专门治疗心脏和血管疾病，比如高血压和心脏病。

**Lisa:** I know a few. For example, cardiologists specialize in treating heart and blood vessel diseases, like hypertension and heart disease.

**张婷：** 没错。还有神经科医生，他们主要诊断和治疗脑部、脊髓和神经系统的疾病，比如癫痫和中风。

**Ting:** That's right. There are also neurologists who mainly diagnose and treat disorders of the brain, spinal cord, and nervous system, like epilepsy and strokes.

**Lisa:** 对了，还有皮肤科医生。他们负责皮肤、头发和指甲的健康，常见的问题有湿疹、痤疮和皮肤癌。

**Lisa:** Oh, and dermatologists. They handle health issues related to the skin, hair, and nails, with common problems like eczema, acne, and skin cancer.

# 最常见的专科医生类别

## MOST COMMON TYPES OF SPECIALISTS

**张婷:** 眼科医生也很常见，他们主要帮助患者解决视力问题，比如青光眼、白内障等。

**Ting:** Ophthalmologists are also common; they help patients with vision issues, like glaucoma and cataracts.

**Lisa:** 还有消化科医生，专门处理消化系统疾病，比如胃炎、肠易激综合症和肝病。

**Lisa:** And gastroenterologists, who specialize in digestive system disorders, like gastritis, irritable bowel syndrome, and liver disease.

**张婷:** 没错。看来每种专科医生都有特定的职责，帮助患者解决不同的健康问题。

**Ting:** Exactly. It seems like each type of specialist has a specific role to help patients with different health issues.

**Lisa:** 是啊，所以如果出现特殊的健康问题，找到合适的专科医生会非常重要。

**Lisa:** Yes, so if there's a specific health issue, it's really important to see the right specialist.

# 今天的作业 (TODAY'S HOMEWORK)

## 2. 练习今天给出的场景对话 (Practice today's mock conversation)

练习时, 可以修改内容, 置换内容, 拓展, 或者采用全新的内容

During practice, you can modify, replace, expand, or use entirely new content.

THANK YOU



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