

This
guide provides
medical institutions,
traditional Chinese medicine,
healthcare processes, and more,
giving you a well-rounded
understanding of China's healthcare
system and medical culture, and
helping you navigate medical
services with greater
ease.



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I. Medical Institutions in Changning District



1.1 Public Medical Institutions



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1.2 Foreign-funded or Joint-venture Medical Institutions



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1.3 Pharmacies



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2. Explore Shanghai's Expat-Friendly Hospitals by Medical Specialty

2.1 Pediatrics

- ☒ Children's Hospital Affiliated to Fudan University
- ☒ Shanghai Children's Medical Center
- ☒ Xinhua Hospital

2.2 Obstetrics and Gynecology

- ☒ Obstetrics and Gynecology Hospital Affiliated to Fudan University
- ☒ Shanghai First Maternity and Infant Hospital
- ☒ International Peace Maternity & Child Health Hospital of China Welfare Institute

2.3 Ophthalmology

- ☒ Shanghai Ninth People's Hospital
- ☒ Shanghai General Hospital

2.4 Orthopedics

- ☒ Huashan Hospital Affiliated to Fudan University
- ☒ Shanghai Sixth People's Hospital

2.5 Oncology

- ☒ Huashan Hospital Affiliated to Fudan University
- ☒ Renji Hospital

2.6 Dermatology

- ☒ Ruijin Hospital
- ☒ Shanghai Skin Disease Hospital

2.7 Stomatology

- ✓ Shanghai Ninth People's Hospital
- ✓ Xinhua Hospital
- ✓ Stomatology Hospital Affiliated to Tongji University

2.8 General Surgery

- ✓ Huashan Hospital Affiliated to Fudan University
- ✓ Zhongshan Hospital Affiliated to Fudan University
- ✓ Ruijin Hospital

2.9 Thoracic Surgery

- ✓ Zhongshan Hospital Affiliated to Fudan University
- ✓ Ruijin Hospital

2.10 Cardiology

- ✓ Zhongshan Hospital Affiliated to Fudan University
- ✓ Renji Hospital
- ✓ Ruijin Hospital

2.11 Neurosurgery

- ✓ Huashan Hospital Affiliated to Fudan University

2.12 Neurology

- ✓ Huashan Hospital Affiliated to Fudan University
- ✓ Ruijin Hospital

2.13 Urology

- ✓ Renji Hospital

2.14 Gastroenterology

- ✓ Renji Hospital
- ✓ Zhongshan Hospital Affiliated to Fudan University

2.15 *Respiratory Medicine*

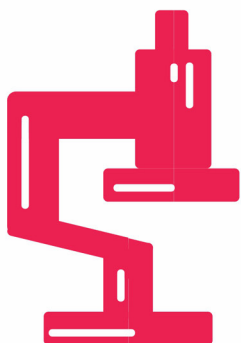
- ✓ Zhongshan Hospital Affiliated to Fudan University
- ✓ Ruijin Hospital

2.16 *Endocrinology*

- ✓ Zhongshan Hospital Affiliated to Fudan University
- ✓ Ruijin Hospital
- ✓ Shanghai Sixth People's Hospital

2.17 *Otolaryngology*

- ✓ Shanghai Ninth People's Hospital
- ✓ Shanghai Sixth People's Hospital



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Hospital details




3、Chinese Medical Culture

Traditional Chinese medicine (TCM), stands as a vital component of mainstream Chinese culture, its historical roots substantiated by an extensive body of existing literature spanning over four millennia.



Over 2,000 years ago, the emergence of Yellow Emperor's Classic of Internal Medicine marked the inception of the earliest extant medical classic in China. This seminal work provides a comprehensive and systematic exploration of various subjects, including the relationship between man and nature, the physiology and pathology of the human body, as well as the diagnosis, treatment, and prevention of diseases. It also uses the theories of yin-yang and the five elements to deal fully with the principles of treatment by differentiation of syndromes according to the climatic and seasonal conditions, geographical localities and individual constitution.



The Yellow Emperor's Classic of Internal Medicine laid the initial groundwork for the theoretical development of Traditional Chinese Medicine (TCM). Subsequently, another medical classic, The Classic of Difficult Issues, emerged before the Eastern Han Dynasty, focusing primarily on foundational TCM theories, including physiology, pathology, diagnosis, and treatment of diseases. This work served as a valuable supplement to the Yellow Emperor's Classic of Internal Medicine, addressing aspects that the latter may have lacked. Following this period, numerous medical schools and diverse medical classics were established successively, each with its own unique strengths.

TCM is a label that covers a broad range of traditional medicine practices spread throughout Asia. This includes various modalities such as herbal medicine, acupuncture, massage therapy, and dietary therapy.



3.1 Treatment Methods



Traditional Chinese medical science cures people with traditional Chinese herb medicine, acupuncture and moxibustion, Chinese Medical Massage, cupping, and skin scraping. The idea is to help the patient recover by achieving the natural balance of his yin and yang.

Pulse Diagnosis

The four diagnostic methods are a collective term employed by traditional Chinese medicine practitioners to describe fundamental approaches for diagnosing illnesses. These



methods include diagnosis through observation, auscultation and olfaction, inquiry, and pulse palpation.

Observation diagnosis involves doctors diagnosing diseases by observing the patient's physical condition, including complexion and tongue coating. Auscultation diagnosis refers to doctors judging the patient's condition by listening to their speech, coughing, and breathing sounds, as well as smelling their mouth or body for any odors. Interrogation involves doctors inquiring about the patient's symptoms and medical history to assist in diagnosing diseases. Pulse diagnosis, on the other hand, signifies doctors diagnosing a patient's condition by feeling their pulse or palpating their abdomen.

Acupuncture

Acupuncture involves the stimulation of anatomical points on the body with thin needles. Contrary to what you might think, acupuncture patients usually feel little to no pain.



Moxibustion

Moxibustion is a traditional therapy that involves the use of mugwort. The mugwort is processed into a stick resembling a cigar, which is then used to apply warmth to specific areas of the body and acupuncture points.



Cupping

Cupping is an important part of non-drug therapy in TCM. Under the action of pressure, this therapy promotes blood circulation by mechanical effects of dragging and pressing, which is thought to have the ability to offer significant effects on various disease.



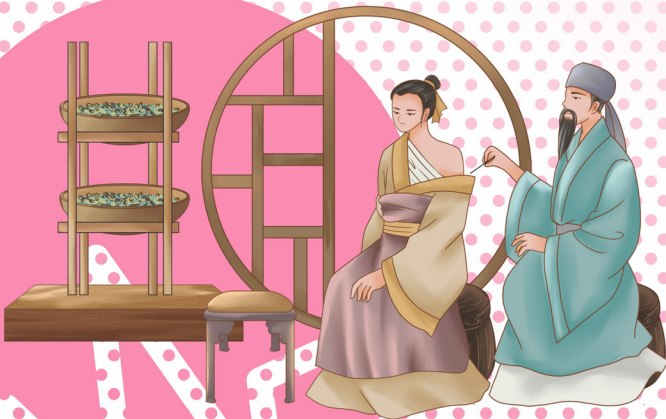
Tui Na

Tui Na is a treatment method, by which the physician apply his hands to the body surface, in proximity to the patients' injuries using multiple techniques (pushing, holding, pressing, friction, rubbing, kneading, dotting and patting) , in order to 'dredge meridians' and relieve pain.



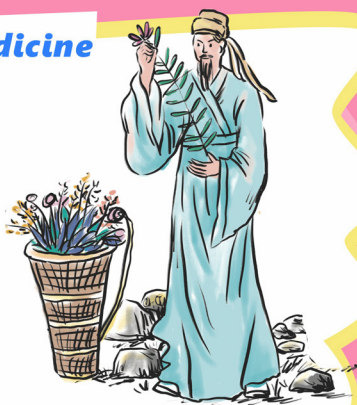
Gua Sha

Gua Sha is rooted in acupoint theory, involving the repetitive rubbing of the body surface using special instruments and techniques. This therapy aims to regulate muscle contraction and tension, potentially adjusting pressure between tissues and enhancing blood flow.



3.2 Chinese Herbal Medicine

Herbs play a crucial role in Chinese healing, with each ingredient possessing unique characteristics. When these ingredients work in harmony, they contribute to supporting the body, boosting Qi, and balancing Yin/Yang.



3.3 Baduanjin



Baduanjin (Bā duàn jǐn), also known as the Eight Pieces of Brocade, is a traditional form of qigong with a history of over 800 years. Renowned for its ability to strengthen tendons and bones while regulating qi, Baduanjin is widely practiced to promote overall health. It is effective in activating meridians, promoting the circulation of qi and blood, and harmonizing the internal organs.

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Modern medical research has confirmed that Baduanjin can improve neurohumoral regulation and enhance blood circulation. Additionally, it gently massages the abdominal organs and regulates the nervous, cardiovascular, digestive, respiratory, and motor systems. Baduanjin is considered an excellent exercise for staying healthy and fit.

Baduanjin works the limbs through eight gentle movements, aiming to strengthen the body and promote the smooth flow of qi and blood. This practice increases yang energy, boosts metabolic function, and enhances immunity.

You're welcome to scan the QR code in the image to learn more about Baduanjin.

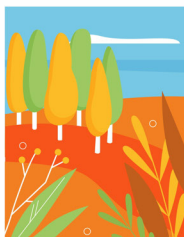
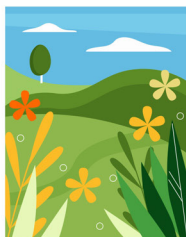
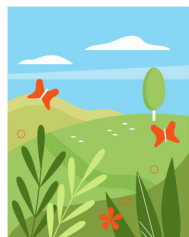
3.4 Regimen in Four Seasons in TCM

The four-season regimen seeks to achieve harmony and unity with nature. This involves adapting aspects of daily life, such as rest, diet, and emotions, to align with the annual changes in yin and yang in the environment, while also considering



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individual physiological characteristics. In nature, solar terms alternate, resulting in varying climates. Due to these climatic changes, we experience four distinct seasons: spring, summer, autumn, and winter. As the seasons alternate, the six forms of qi also shift, following a predictable pattern. Spring is warm, summer is hot, autumn is cool, and winter is cold; temperatures should be neither too high nor too low. To maintain health and prevent illness, individuals should align themselves with the universe and harmonize with the four seasons. Health preservation involves understanding how the human body responds to each season's characteristics. By being proactive and in tune with nature, one can coexist harmoniously and make appropriate adjustments based on seasonal changes, thus guarding against external threats and ensuring physical and mental well-being.





4. Medical Treatment and Insurance



4.1 Medical Treatment Processes

This is a step-by-step guide on what to do when you come to a local Chinese hospital. We will outline each process you need to go through to avoid confusion and make things easier.



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4.2 Common Medical Insurance Issues for Families of Overseas Talents

4.3 Guidelines for Foreign Patients Leaving Shanghai

If you need to leave China due to your medical condition, the following guide provides important information and steps to ensure a smooth departure.



1. If you remain conscious

The hospital will provide you with three essential documents:

- Medical certificate
- Risk disclosure notice
- Application for special passenger air travel

With these documents, your family members can assist in booking air tickets for your departure.

2. If you are unconscious

You will require an ambulance to the airport and an access pass to the tarmac.

The flight should be equipped with medical staff, either from your home country or from China, including a doctor and a nurse to take care of you during the journey.

Upon arrival at your destination, if the medical staff is from your home country, they will assist in transferring you to a local hospital.

If the medical staff is from China, they will return directly to Shanghai without leaving the airport.

IMPORTANT NOTE:

Communication with your embassy or consulate and medical professionals involved is crucial to ensure a safe and well-coordinated departure from Shanghai.

Source: International Services Shanghai



5. Common Phrases for Seeing the Doctor

<i>Fever</i>	发烧	fā shāo
<i>High fever</i>	发高烧	fā gāo shāo
<i>Running nose</i>	流鼻涕	liú bí tì
<i>Stuffy nose</i>	鼻塞	bí sè
<i>Sore throat</i>	喉咙痛	hóu lóng tòng
<i>Dyspnea</i>	呼吸困难	hū xī kùn nán
<i>Chillness</i>	寒颤	hán zhàn
<i>Cold sweating</i>	冒冷汗	mào lěng hàn
<i>Nausea</i>	恶心	ě xin
<i>Vomit</i>	呕吐	ǒu tù
<i>Fatigue</i>	全身无力	quán shēn wú lì
<i>General Weakness</i>	疲倦	pí juàn
<i>Muscle pain</i>	肌肉痛	jī ròu tòng
<i>Headache</i>	头痛	tóu tòng
<i>Cough</i>	咳嗽	ké sou
<i>Productive cough</i>	咳嗽有痰	ké sou yǒu tán
<i>Dry cough</i>	干咳	gān ké
<i>Inflammation</i>	发炎	fā yán
<i>Sneeze</i>	打喷嚏	dǎ pēn tì
<i>Toothache</i>	牙痛	yá tòng
<i>Joint pain</i>	关节痛	guān jié tòng
<i>Persistent pain</i>	持续痛	chí xù tòng
<i>Intermittent pain</i>	间歇痛	jiàn xiē tòng
<i>Swollen</i>	肿	zhǒng

<i>Sprain</i>	扭伤	niǔ shāng
<i>Abrasion</i>	擦伤	cā shāng
<i>Bruise</i>	淤伤	yū shāng
<i>Cramp</i>	抽筋	chōu jīn
<i>Allergy</i>	过敏	guò mǐn
<i>Drug allergy</i>	药物过敏	yào wù guò mǐn
<i>Dizzy</i>	头晕	tóu yūn
<i>Diarrhoea</i>	腹泻	fù xiè
<i>Paralysis</i>	麻痹	má bì
<i>Gastric pain</i>	胃痛/胃胀气	wèi tòng/wèi zhàng qì
<i>Stomachache</i>	肚子痛	dù zi tòng
<i>Knee pain</i>	膝盖痛	xī gài tòng

I don't feel very well. / I'm not feeling well.

我感到不舒服。

wǒ gǎn dào bù shū fú.

I have a headache.

我头痛。

wǒ tóu tòng.

I feel terrible.

我感到很难受。

wǒ gǎn dào hěn nán shòu.

I don't feel like eating anything.

我什么都不想吃。

wǒ shén me dōu bù xiǎng chī.

I don't feel any better now.

我感觉没有什么好转。

wǒ gǎn jué méi yǒu shén me hǎo zhuǎn.

I had noodles for lunch today.

今天午饭我吃的是面条。

jīn tiān wǔ fàn wǒ chī de shì miàn tiáo.

My symptoms started last week.

我的症状从上周开始的。

wǒ de zhèng zhuàng cóng shàng zhōu kāi shǐ de.

My main symptoms are headaches and coughing.

我的主要症状是头痛和咳嗽。

wǒ de zhǔ yào zhèng zhuàng shì tóu tòng hé ké sou.

I've been feeling very tired.

我一直觉得很累。

wǒ yī zhí jué de hěn lèi.

I haven't been sleeping well lately.

我最近睡得不好。

wǒ zuì jìn shuì de bù hǎo.

My skin has been reacting lately.

我的皮肤最近过敏了。

wǒ de pí fū zuì jìn guò mǐn le.

I feel a bit feverish.

我觉得身体有些发热。

wǒ jué de shēn tǐ yǒu xiē fā rè.

I have a sore throat and a blocked nose.

我喉咙疼，鼻子不通。

wǒ hóu lóng téng, bí zi bù tōng.

I've been coughing a lot.

我一直在咳嗽。

wǒ yī zhí zài ké sou.

I have aching muscles, I think I have a cold.

我觉得肌肉酸痛，可能是感冒了。

wǒ jué de jī ròu suān tòng, kě néng shì gǎn mào le.

My nose has been running all day.

我的鼻子一直在流鼻涕。

wǒ de bí zi yī zhí zài liú bí tì.

I've been experiencing blurry vision lately.

我最近看东西有点模糊。

wǒ zuì jìn kàn dōng xi yǒu diǎn mó hu.

I have a buzzing sound in my ears.

我耳朵里有嗡嗡声。

wǒ ěr duǒ lǐ yǒu wēng wēng shēng.

My gums have been swollen recently.

我的牙龈最近肿了。

wǒ de yá yín zuì jìn zhǒng le.

I've had diarrhea recently.

我最近有些腹泻。

wǒ zuì jìn yǒu xiē fù xiè.

I feel uncomfortable, like there's gas in my stomach.

我觉得胃里很不舒服,像是胀气。

wǒ jué de wèi lǐ hěn bù shū fú, xiàng shì zhàng qì.

I've been constipated lately.

我最近便秘。

wǒ zuì jìn biàn mì.

I have a severe stomach ache.

我的胃痛得厉害。

wǒ de wèi tòng de lì hài.

Have you been vomiting?

你有呕吐吗?

nǐ yǒu ǒu tù ma?

Do you have any abdominal pain?

你有没有腹痛?

nǐ yǒu méi yǒu fù tòng?

I've been having trouble breathing.

我最近呼吸有点困难。

wǒ zuì jìn hū xī yǒu diǎn kùn nán.

I feel a tightness in my chest.

我感到胸口有点压迫感。

wǒ gǎn dào xiōng kǒu yǒu diǎn yā pò gǎn.

My heartbeat feels irregular.

我的心跳好像有点不规律。

wǒ de xīn tiào hǎo xiàng yǒu diǎn bù guī lǜ.

I haven't been sleeping well lately.

我最近睡得不好。

wǒ zuì jìn shuì de bù hǎo.

I always feel tired.

我总是感觉很累。

wǒ zǒng shì gǎn jué hěn lèi.

What kind of tests do I need to take?

我需要做哪些检查？

wǒ xū yào zuò nǎ xiē jiǎn chá?

How long do I need to take the medicine?

我需要吃多久的药？

wǒ xū yào chī duō jiǔ de yào?

How many times a day should I take the medicine?

我一天要吃几次药？

wǒ yī tiān yào chī jǐ cì yào?

I would like to make an appointment to see a doctor.

我想预约看医生。

wǒ xiǎng yù yuē kàn yī shēng.

When is the next available appointment?

最近可以预约的时间是什么时候？

zuì jìn kě yǐ yù yuē de shí jiān shì shén me shí hòu?

Do you have a female doctor available?

你们有没有女性医生？

nǐ men yǒu méi yǒu nǚ xìng yī shēng?

Can I book a telephone consultation?

我可以预约电话咨询吗？

wǒ kě yǐ yù yuē diàn huà zī xún ma?

I have an appointment.

我有预约。

wǒ yǒu yù yuē.

My appointment is at 10 a.m. today.

我的预约时间是今天上午十点。

wǒ de yù yuē shí jiān shì jīn tiān shàng wǔ shí diǎn.

note .