

center for

palliative

care



Center for  
Hospice Care

choices to make the most of life™



## you, your patient & palliative care

Palliative Care is a holistic approach to caring for patients with serious illnesses. By addressing the physical, emotional, and spiritual pain, our interdisciplinary team works together to improve the quality of living for patients and their families.

## who benefits from palliative care?

Those with a serious illness affecting their quality of life or causing them significant discomfort.

### **Helps with Discontinuation of Curative Treatment**

Continues to provide support, education, and symptom management when patient decides to focus on comfort care.

### **Assists with End-of-Life Care Decision Making**

Continues to provide expert support, guidance and education to patients and their families when end-of-life nears.

### **Provides Medical Consultation and Follow-Up**

Palliative Care providers will meet with you to learn about you and your medical history, symptoms, needs, concerns and wishes.

### **Provides Patient Assessment and Treatment Plan Recommendations**

- Comprehensive Assessment
- Individualized plan to address patient needs, concerns and preferences
- Palliative Care visits to wherever the patient resides
  - Home
  - Rehabilitation Facility
  - Assisted Living
  - Hospital

### **Supports Patient Goals**

Patient centered care provided by Palliative Care experts in multiple disciplines which:

- Improves symptoms
- Communication between patients, doctors and family
- Quality of living by ensuring care in line with patient wishes

### **Consultations to discuss cases and recommend treatment options with:**

- Primary care provider
- Specialists
- Hospital staff

### **Check In Calls**

- To see how your patient is doing, whether changes need to be made
- Provide telephone support
- Friendly voice

# what can the palliative care team do for you?

## Our experts can:

- Treat your patient's pain and symptoms such as nausea, fatigue, depression and anxiety
- Help your patient maintain the most comfortable, independent and active life possible
- Provide answers, assistance and emotional support to you, your patient and their family when making difficult medical decisions
- Work with you to help coordinate care and treatment for your patient
- Identify support services to help your patients during and after their hospital stay

## What can my patients expect from palliative care?

- Relief from distressing symptoms such as pain, shortness of breath, fatigue, loss of appetite, difficulty sleeping
- Improved ability to carry on with their life
- Improved ability to tolerate medical treatment
- Better understanding of their medical condition and medical choices

## Is Palliative Care the same as hospice care?

No, hospice care is meant specifically for those approaching the last stages of life. Palliative care is appropriate for all stages of a serious illness.

## How and where can I get Palliative Care for my patients?

To begin palliative care, please call our Center for Palliative Care. We can help your patient whether they hospitalized, at home or in a nursing home.

## center for palliative care

Our mission is to help alleviate patients and family suffering and to promote patient quality of life through high-quality clinical consultation, education and research.

## Where can I get more information?

This brochure provides a brief overview of our Palliative Care Consult Service. For more information about our services, please call 574-243-3125.



## what does palliative care do?

### Relieves distressing physical symptoms

- Pain
- Nausea
- Shortness of breath
- Constipation

### Manages psychosocial, emotional or spiritual distress

- Anxiety/depression
- Delirium
- Caregiver stress
- Existential concerns

### Facilitates conversations to guide advanced care planning

- Goals of care
- Plan for future
- Preferences about treatments at end of life

### Provides Education, Counseling and Support

Team of Palliative Care experts (specialists)

- PC doctors
- PC Nurses
- Social Workers
- Pastoral care
- Volunteers
- Supports patient and loved ones based on current condition and anticipates future needs

### Allows Coordination of Care

- Curative
- Symptom management
- Pharmacy
- Primary care
- Timely, thorough communication
- Continuity of care

# Center for Hospice Care Locations

112 South Center Street • Plymouth, IN 46563

(574) 935-4511

22579 Old US 20 East • Elkhart, IN 46516

(574) 264-3321

309 West Johnson Rd., Suite A • La Porte, IN 46350

(219) 575-7930

## **Administration • Hospice Foundation Life Transition Center**

501 Comfort Place • Mishawaka, IN 46545

(574) 277-4100 • Fax: (574) 822-4876

**1-800-HOSPICE**

(In our nine-county service area)



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[www.cfhcare.org](http://www.cfhcare.org)