

## What is Palliative Care?

Palliative Care, or medicine, is both a philosophy of care and an organized system of caring for our patients. It is appropriate for anyone, of any age, who has a serious illness.

The goal of palliative care is to relieve suffering and provide the best possible quality of life for people facing the pain, symptoms and stresses of serious illness. It can be provided along with treatments that are meant to cure.

### **Palliative Care vs. Hospice Care**

Patients often confuse Palliative Care with Hospice Care; and, understandable so since the two services are very similar. Hospice care begins when the patient is diagnosed as terminally ill. It is intended to help them have the best possible quality of life when it has been determined that nothing can be done medically to cure their illness.

Palliative care, on the other hand, doesn't wait until a terminal diagnosis. It can start as soon as you're admitted to the hospital and continue throughout your treatment.

### **What are the Goals of Palliative Care?**

- Better understanding of conditions, choices for care and assistance regarding illness.
  - Relief and expert treatment from distressing symptoms such as pain, nausea, shortness of breath, fatigue, constipation, and difficulty sleeping
  - Assistance obtaining care after hospitalization
  - Integration of emotional, psychological, and spiritual support for your loved ones.
  - Help with advance care planning, establishment of patient and family goals, and difficult decision making.
  - Help attaining the best quality of life while dealing with a serious illness.
  - Help navigating the health care system.
  - Assistance with decisions to initiate or discontinue treatments.
- Close Communication and compassionate care.

### ***How to get started***

- If you are to be hospitalized, and would like a visit from Palliative Care, you or your family may request a visit. Simply ask your nurse to contact us at (765) 502-4949