

How do I start Palliative Care?

- A Palliative Care consult can be initiated by you, your provider(s), your family member or anyone else on your care team.
- We will contact your provider to get a Palliative Care order.
- Once the order and clinical information are obtained, we will contact you for scheduling.
- Palliative Care may be provided with other services, such as homecare provided by a VNA.
- The Nurse Practitioner will meet with you and your family wherever you call home!

Call us today for more information about our program and the referral process.

Business Office Hours:
Monday - Friday
8:00am - 4:30pm

(for assistance on the weekend, please contact your primary care provider)

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**Palliative Care
Consultation Service**
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What is Palliative Care?

Palliative Care is specialized medical care for people living with a serious illness. It focuses on providing patients with relief from symptoms and difficulties of living with the illness. The goal is to improve quality of life for both the patient and the caregiver(s).

Palliative Care is provided by Nurse Practitioners who work together with your treating providers to offer an extra layer of support. Palliative Care is based on the needs of the patient, not on the prognosis. It is appropriate at any age and at any stage in a serious illness and it can be provided along with curative treatment and other services. Our Nurse Practitioners do not write orders or prescribe medication, instead, they make recommendations to your physician(s).

Who pays for Palliative Care?

Palliative Care is often covered by Medicare and other health insurance plans.

Who can benefit from Palliative Care?

Patients who:

- Have been diagnosed with a life-limiting illness and need support with decision-making and treatment goals.
- Have chronic, progressive or complex medical condition(s).
- Have pain or troubling symptoms that are not well controlled, such as shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping.
- Have difficulty managing the complexity of their medical problems.
- Need assistance with communicating issues related to care and treatment.
- Have experienced multiple visits to the emergency room or re-admissions to the hospital in the past six months for the same issues.
- Would like to discuss alternatives to continuing treatment.
- Need to make difficult decisions about how to proceed with care and treatment.
- Would like to discuss Advance Care Planning options such as Health Care Proxy, Living Will, etc.

How does Palliative Care work with my own provider?

Under the direction of our Palliative Care Physician, our Nurse Practitioners work in partnership with your provider(s) to offer an extra layer of support to you and your family. After the Nurse Practitioner meets with you, they will discuss their findings and make recommendations to your provider(s). These recommendations may address concerns you have about your illness, unmanaged symptoms and goals of care.

What can I expect from Palliative Care?

Our Nurse Practitioners will provide you with expert symptom management, extra time for communication about your goals and treatment options and help navigating the health system. Palliative Care helps you carry on with your daily life by helping you better understand your conditions and your choices for medical care.

What is a "goals of care" discussion?

Goals of care conversations with our Nurse Practitioners can help patients with serious illnesses clarify what they value most and what they hope to see happen with their medical care. Providers can incorporate this information into their plan of care around the patient's wishes, values and preferences.