

# WHAT IS Palliative Care?

Palliative care (pronounced pal-lee-uh-tiv) is specialized care for people facing a serious illness. This type of medical care is focused on relieving suffering from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and their family.

Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra level of support. It is appropriate at any age and at any stage in a serious illness, and **it can be provided along with curative treatment.**

## IS PALLIATIVE CARE IS RIGHT FOR ME?

Palliative care may be right for you if you suffer from pain, stress or other symptoms due to a serious illness and are still receiving treatment. Serious illness may include cancer, heart disease, lung disease, kidney disease, Alzheimer's, HIV/AIDS, ALS, multiple sclerosis, Parkinson's and more.

## WHAT CAN I EXPECT FROM PALLIATIVE CARE?

You can expect relief from symptoms, which is a primary goal of palliative care and focuses on relieving pain, shortness of breath, nausea, vomiting, constipation, fatigue, loss of appetite and difficulty sleeping that many times go along with disease or treatments to cure the disease. It has been shown that when these distressing symptoms are managed it's more likely that the course of treatment will be completed.

## WHO PROVIDES PALLIATIVE CARE?

Palliative care is provided by a team of professionals including palliative care doctors, your attending physician, nurses, social workers, chaplains, pharmacists, dietitians and other specialists. The professionals that make up the palliative care team depend on the patient's needs and the needs of their family.

## HOW DOES PALLIATIVE CARE WORK WITH MY OWN DOCTOR?

The palliative care team works in partnership with your own doctor to provide an extra level of support for you and your family. The team provides expert symptom management, extra time for communication about your goals and treatment options and help navigating the health system.

## WHERE DO I RECEIVE PALLIATIVE CARE?

Palliative care can be provided along with curative treatment wherever you call home and at a variety of healthcare settings, including St. Augustine Health Campus.

