

What is Palliative Care?

When you or your family members are facing a serious illness, you need relief from pain and other symptoms, such as fatigue, nausea, lack of appetite, shortness of breath, stress, anxiety and inability to sleep. Palliative Care can help you understand your illness and provide guidance with difficult and complex treatment choices by close communication and coordinated care.

Palliative Care is a specialty of medicine focused on improving the quality of life and comfort for people of all ages with serious, chronic, and life-threatening illnesses. Palliative Care should not be confused with hospice care. While both programs provide pain relief and symptom management, Palliative Care can be introduced long before a patient reaches a terminal stage. Palliative Care begins as soon a patient is diagnosed with a serious illness; at the same time they continue to pursue treatment for curable illnesses.

Palliative Care treats people suffering from serious and chronic illnesses including cancer, heart disease like Congestive Heart Failure (CHF), lung diseases like COPD, kidney failure, Dementia, HIV/AIDS, brain diseases like severe stroke, Lou Gehrig's disease and Multiple Sclerosis. Palliative Care can be initiated in the hospital and can be continued even after discharge to home or to another facility.



COMFORT AND CARE IN THE HOSPITAL

Little Company of Mary's Palliative Care Unit and staff are dedicated to serving patients and their families with compassionate care in our state-of-the-art facility. Each patient room is private with private bathrooms, sleeper sofas, and a separate conference room is available for family meetings with the palliative care team. Our well trained staff will take care of the physical, emotional and spiritual needs of the patient and their families. In addition, the palliative care framework can be extended to patients throughout the hospital.

If you, your family or physicians are questioning whether Palliative Care may be of benefit to you or to someone you know, please call 708.229.4030 or visit our website at LCMH.org/PalliativeCare for more information. The Palliative Care Unit is located in the LCMH West Pavilion, 7W Nursing Unit.

07/14/B

PALLIATIVE Care Services



LITTLE COMPANY OF MARY
HOSPITAL AND HEALTH CARE CENTERS

2800 West 95th Street, Evergreen Park, IL 60805

www.LCMH.org/PalliativeCare

Are PALLIATIVE CARE services right for you?



LITTLE COMPANY OF MARY
HOSPITAL AND HEALTH CARE CENTERS

PLEASE ANSWER THE FOLLOWING QUESTIONS:

The following questions will help to determine whether palliative care might be right for you or someone close to you. Remember, you can receive palliative care at any point in your illness.

DO YOU, OR SOMEONE CLOSE TO YOU, HAVE A SERIOUS ILLNESS SUCH AS:

- Congestive heart failure
- Chronic obstructive pulmonary disease - COPD/emphysema
- Cancer
- Kidney failure
- Liver failure
- Dementia

Yes No

DO YOU, OR SOMEONE CLOSE TO YOU, HAVE SYMPTOMS SUCH AS:

- Pain
- Shortness of breath
- Fatigue
- Anxiety
- Depression
- Lack of appetite
- Nausea
- Constipation

Yes No

HAVE YOU, OR SOMEONE CLOSE TO YOU, EXPERIENCED THE FOLLOWING:

- Frequent emergency room visits
- Multiple hospital admissions with the same symptoms (3 or more in 12 months)
- A turning point in the illness where treatment is no longer working
- Eating problems associated with an advanced illness

Yes No



DO YOU, OR SOMEONE CLOSE TO YOU, NEED HELP WITH:

- Future planning
- Decision making
- Emotional support
- Spiritual or religious support

Yes No

If the answer is yes to any one of these, then please ask your doctor to refer you for a Palliative Care consult at your local provider.

WHAT WILL HAPPEN AFTER EVALUATION?

Palliative Care is not a one-size-fits-all approach. After the patient is evaluated by the Palliative Care physician, a social worker or the chaplain will arrange for a physical meeting with the patient and the family members. Palliative care is genuinely patient and family centered, meaning, we ask the patient what's important to them and what their major priorities are. Based on what the patient or the family tell us, we then develop a care plan and a strategy that meets the patient's goals and values.



WHO PROVIDES PALLIATIVE CARE?

At Little Company of Mary Hospital we have a dedicated team of experts, including Palliative Care physicians, nurses, social workers, and chaplains who work together with your own physician.

HOW CAN I GET PALLIATIVE CARE?

You can tell your physician, a nurse, social worker, or a chaplain, that you are considering palliative care. With your physician's permission, the nurse will inform the Palliative Care team. They will come and evaluate the patient.

Please see the reverse side for more information on a Palliative Care plan for you or your family member. ➤