

Palliative Care



What is Palliative Care?

Palliative care is specialized medical care for people with serious illnesses. This type of care is focused on providing patients with relief from the symptoms, pain and stress of a serious illness – whatever the diagnosis.

The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a team of doctors, nurses, and other specialists who work with a patient's other doctors to provide an extra layer of support.

Palliative care is appropriate at any age and at any stage in a serious illness, and can be provided together with curative treatment. (Center to Advance Palliative Care, 2017)

Which Patients Would Benefit from a Palliative Care Consultation?

Patients with serious illnesses, including, but not limited to:

- Cancer (Metastatic/Recurrent)
- Advanced Cardiac Disease
- Advanced COPD
- Kidney Failure
- Liver Failure
- Dementia
- Stroke
- Parkinson's
- Multiple Sclerosis
- ALS

Patients with uncontrolled symptoms concurrent with their illness, such as:

- Difficult pain management issues
- Uncontrolled dyspnea
- Uncontrolled nausea/vomiting
- Anxiety

- Agitation
- Depression
- Lack of appetite
- Progressive/profound weakness and fatigue
- Dependency (unable to perform Activities of Daily Living)

Other indications for referral to palliative care:

- Help with complex decision-making and determination of goals of care
- Unmet psychosocial or spiritual issues
- Support for family/caregivers
- Conflict regarding goals of care
- Multiple hospital visits

When you are living with a serious illness, quality of life counts.



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