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# PALLIATIVE CARE

Providing extra support to patients with  
advanced illnesses and their families

*Penn Highlands Community Nurses*



## Penn Highlands Community Nurses

For more information about  
Palliative Care or to see if your loved  
one might be a candidate, please  
contact your family physician.

24 Hours A Day, 7 Days A Week  
**800-841-9397**

[www.communitynurses.org](http://www.communitynurses.org)



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# PALLIATIVE CARE

The term “Palliative Care” is a newer label being used by health care professionals to describe the type of care given to a patient with an advanced illness and not expected to recover. Patients and their families face unique challenges, like frequent trips to the hospital or doctor’s office for the management of pain and other symptoms. The goal of Palliative Care is to ease these challenges. Here are some of the ways we do that.

- Working with and educating families involved with care.
- Determining how the patient wants to be cared for and honoring those wishes. For example, a patient may decide she would rather forgo a medication than suffer the limitations of the side effects.
- Providing pain and symptom management to ensure the highest quality of life.
- Coordinating care and communicating with various health care providers.
- Supporting the patient and family by involving therapists, aides, clergy, social workers and bereavement counselors.

Palliative Care differs from Hospice Care in that patients on hospice have withdrawn from curative measures. By contrast, patients in Palliative Care may continue to receive treatment.

## WHO BENEFITS FROM PALLIATIVE CARE?

We serve patients with declining chronic conditions who have had two or more admissions to the hospital in the last six months. Some of these conditions may include but are not limited to:

- Cancer
- Heart failure
- Lung disease
- Kidney or liver failure
- ALS
- Dementia
- Parkinson’s Disease

If the patient is confined to a bed, has bed sores (press ulcers) or non-healing wounds, is unable to eat or drink enough to sustain weight, has bowel difficulties, or is overly agitated, Palliative Care may be able to help.

Our **Palliative Care Team** is comprised of highly-qualified and specially-trained nurses, physicians and other professionals. Our focus goes beyond medical care but also meets the psychological and spiritual needs of our patients and their families. We encourage open communication to achieve the highest quality of life possible with respect and dignity.

If you or a loved one might be ready for Palliative Care, one of our home health nurses will visit your home for a free assessment, upon discharge from the hospital.

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