

# What is Palliative Care?

Palliative care, and the medical specialty of Palliative Medicine, is specialized medical care that provides relief from the symptoms and stress of a serious illness. The goals are to improve quality of life for both your patients and their families.

Palliative Care is provided by a team of specialists, including palliative care doctors, nurses and social workers who work in conjunction with the primary medical team as an extra layer of support. It is appropriate at any age and any stage in a serious illness, and it can be provided along with curative treatment.

It is available as an inpatient service or wherever you call home.

## Consulting Palliative Care

Consulting palliative care is easy.  
Just ask for it.

You may already have referred to the palliative care team, but if not, just place an order for a referral. We work together with you and your patient's health care team.

We welcome questions  
from providers.



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**1.855.CARE.365**

## About Palliative Care



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# Palliative Care Improves Quality of Life and Lowers Symptom Burden

**Palliative care specialists improve quality of life for the patients whose needs are most complex.**

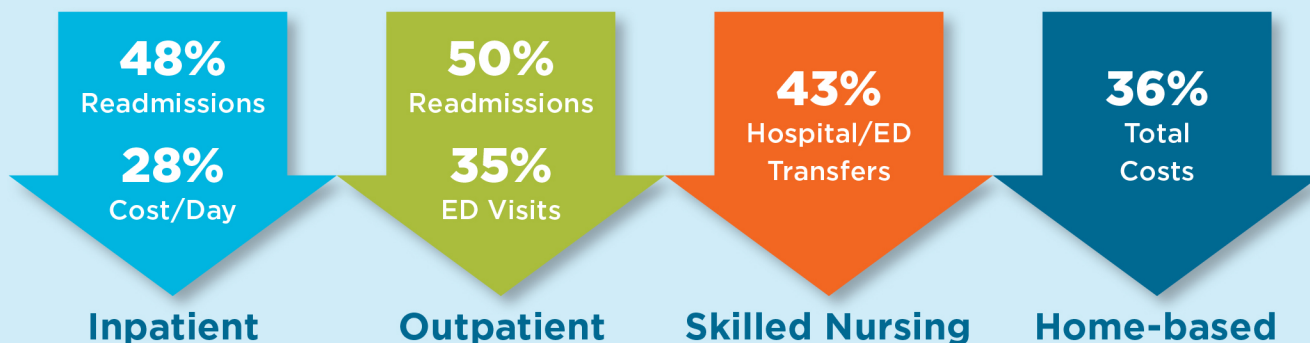
Working in partnership with the primary physician, the palliative care team provides:

- Time to devote to intensive family meetings and patient/family counseling
- Skilled communication about what to expect in the future in order to ensure that care is matched to the goals and priorities of the patient and the family
- Expert management of complex physical and emotional symptoms, including complex pain, depression, anxiety, fatigue, shortness of breath, constipation, nausea, loss of appetite, and difficulty sleeping
- Coordination and communication of care plans among all providers and across all settings
- Remote patient monitoring through Care Connect
- 24-hour telephonic support

Numerous studies show palliative care significantly improves patient quality of life and lowers symptom burden. This improved quality of life means an encounter with the healthcare system is less stressful for families.

## Palliative Care Improves Care Quality While Lowering Costs

*Palliative Care reduces avoidable spending and utilization in all settings.*



Source: Center to Advance Palliative Care

## General Referral Criteria

*Presence of a serious illness and one or more of the following:*

- New diagnosis of life-limiting illness for symptom control, patient/family support
- Declining ability to complete activities of daily living
- Weight loss
- Progressive metastatic cancer
- Admission from long-term care facility (nursing home or assisted living)
- Two or more hospitalizations for illness within three months
- Difficult-to-control physical or emotional symptoms
- Patient, family or physician uncertainty regarding prognosis
- Patient, family or physician uncertainty regarding appropriateness of treatment options
- Patient or family requests for futile care
- DNR order conflicts
- Conflicts or uncertainty regarding the use of non-oral feeding/hydration in cognitively impaired, seriously ill, or dying patients
- Limited social support in setting of a serious illness (e.g., homeless, no family or friends, chronic mental illness, overwhelmed family caregivers)
- Patient, family or physician request for information regarding hospice appropriateness
- Patient or family psychological or spiritual/existential distress
- Patients under the care of multiple medical specialists.