

Ask your doctor about a referral to the Palliative Care Program. We are available during business hours by referral to patients in the Gene Upshaw Memorial Tahoe Forest Cancer Center.

TAHOE FOREST HOSPITAL

PALLIATIVE CARE

Improving Your Quality of Life



EXCELLENCE *and* COMPASSION
IN *all* THAT WE DO.

TAHOE FOREST HOSPITAL
PALLIATIVE CARE

10121 Pine Ave, Truckee, CA 96161

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What is Palliative Care?

Palliative care is care given to improve the quality of life of patients who have a serious or life-threatening disease, such as cancer. Palliative care is an approach to care that addresses the person as a whole, not just their disease. The goal is to prevent or treat, as early as possible, the symptoms and side effects of the disease and its treatment, in addition to any related psychological, social, and spiritual problems.

Palliative care is also called comfort care, supportive care, and symptom management. Patients may receive palliative care in the hospital, an outpatient clinic, a long-term care facility, or at home under the direction of a physician.

- *National Cancer Institute*

Palliative care is specialized health care for people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of an illness, and it is based on need, not prognosis. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a specially-trained team of physicians, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer 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.

- *Center to Advance Palliative Care*

Goals of Palliative Care:

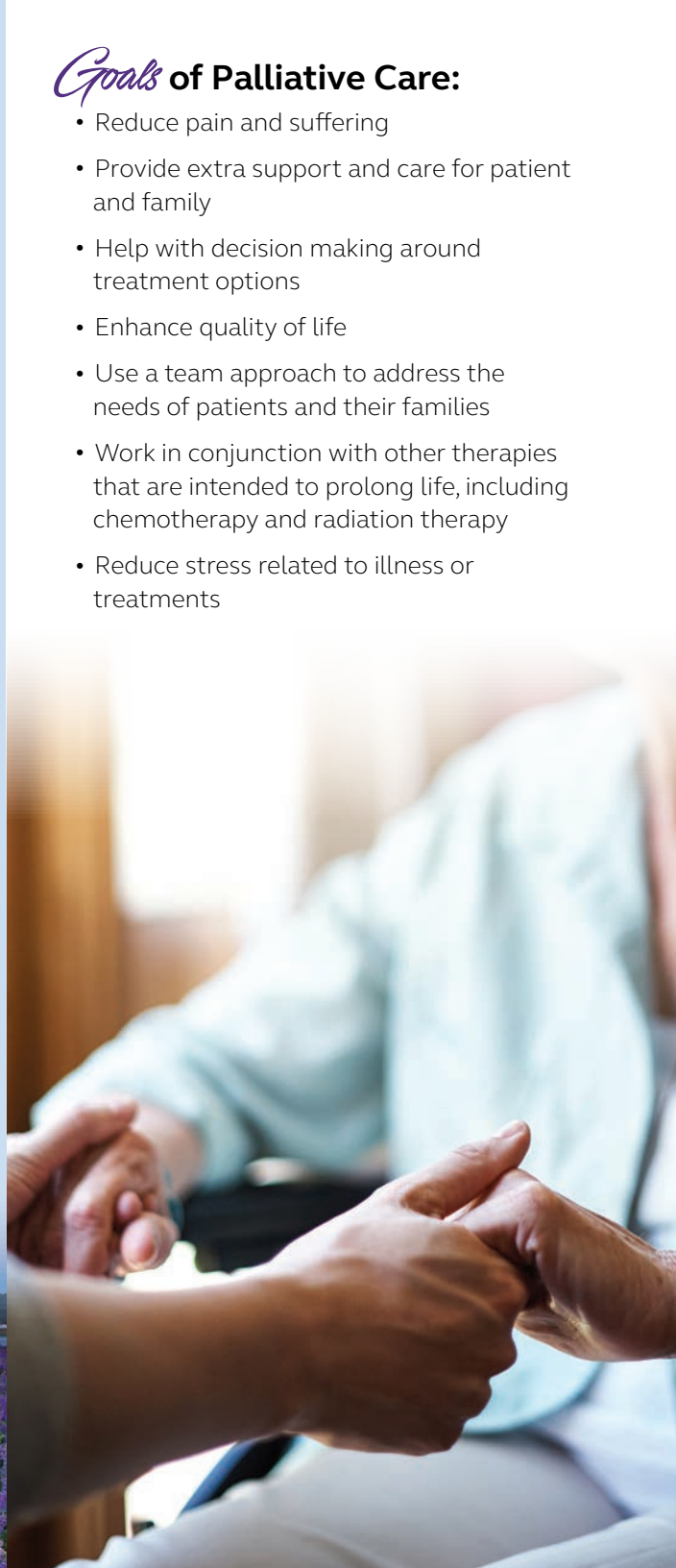
- Reduce pain and suffering
- Provide extra support and care for patient and family
- Help with decision making around treatment options
- Enhance quality of life
- Use a team approach to address the needs of patients and their families
- Work in conjunction with other therapies that are intended to prolong life, including chemotherapy and radiation therapy
- Reduce stress related to illness or treatments

Who Can Receive Palliative Care?

Any person who is experiencing a serious illness is appropriate for palliative care. It is appropriate for any age at any stage of serious illness, and it can be provided along with curative treatment.

Who Provides Palliative Care?

A specially-trained team of physicians, advanced practitioners, nurses, social workers, and other specialists who work together with the patient's other doctors to provide an extra layer of support.



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