

# PALLIATIVE CARE PROGRAM



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## PALLIATIVE CARE

Palliative Care is specialized medical care for people with a serious illness. This type of care is focused on providing relief from the symptoms and stress of serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by an expert team of doctors, nurse practitioners and other specialists who work together with the patient's team of doctors. This provides an extra layer of support. You can expect relief from symptoms such as pain, shortness of breath, anxiety, depression, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. It is appropriate at any age and at any stage in a serious illness, and it is provided along with other medical treatments.

## OUR SERVICES

- Coordination of Care with Primary Care Physician (PCP), Specialist and Outside Agencies such as Home Health and Skilled Nursing Facilities
- Emotional Support and Education Provided by a Clinical Social Worker
- Spiritual Support and Counseling Provided by a Chaplain
- Patient and Family Meetings to Discuss Prognosis, Goals of Care and Advanced Directive Options

## PALLIATIVE CARE LETS YOU LIVE LIFE IN COMFORT

Palliative Care provides relief from distressing symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, problems with sleep and many other symptoms. It can also help you deal with the side effects of the medical treatments you're receiving. Perhaps, most importantly, palliative care can help improve your quality of life.

## CONTACT US

### Palliative Care Program

12522 Lambert Rd.  
Whittier, CA 90606

T: 562.967.2273

[PIHHealth.org/PalliativeCare](http://PIHHealth.org/PalliativeCare)

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## IS PALLIATIVE CARE RIGHT FOR ME?

If you are currently receiving treatment for a serious illness and have difficulty managing symptoms or unpleasant side effects, palliative care may be right for you. Serious illnesses may include cancer, heart disease, lung disease, kidney disease, Alzheimer's, HIV/AIDS, amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's and more. Palliative care is provided at any state of illness and along with other treatment.

## HOW DOES PALLIATIVE CARE WORK WITH MY PHYSICIAN?

The palliative care team works in partnership with your physician to provide an extra layer of support for you and your family. The team provides expert symptom management, extra time for communication about your goals and treatment options and help navigating through the health system.

## HOW DO I RECEIVE PALLIATIVE CARE?

Ask for it! Tell your doctors and nurses you would like to see the palliative care team.

## DOES MY INSURANCE COVER PALLIATIVE CARE?

For questions regarding insurance and payment options, please contact the Palliative Care Program at 562.967.2273.

## NEXT STEPS

Health professionals and hospitals are providing palliative care more than ever before. Patients and their families like this kind of care, because it treats illness and provides comfort at the same time. If you or your loved ones feel palliative care may be a good choice for your situation, write down your questions and talk about them with your doctor during your next visit.

## OUR TEAM



REGINA CHRIST  
Nurse Practitioner



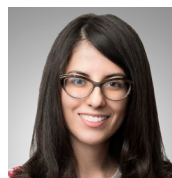
BRIAN ROWE  
Nurse Practitioner



JOSIE ESPINOZA  
Medical Assistant, Patient  
Care Coordinator



DAN OGLETREE  
Clinical Social Worker



YENY GUARIN  
Clinical Social Worker



MELISSA RADCLIFF  
Nurse Practitioner



CHERRY SANTOS  
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