

## Palliative Care

### What Do Facilites Need to Know

<p><b>What is Palliative Care?</b></p>	<p>Palliative care is specialized medical care for people living with serious illnesses. It is focused on providing patients with relief from the symptoms 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 appropriate at any age and at any stage in a serious illness. It can be provided together with curative treatment.</p>
<p><b>Who provides Palliative Care?</b></p>	<p>Specialist palliative care teams (e.g., physicians, nurses, social workers, and chaplains) that provide expert consultation and/or co-management. This team works directly with the primary provider to coordinate care and case management.</p> <p>Agencies that Provide In-Home Palliative Care in your county include:</p> <ul style="list-style-type: none"> <li>• Agrace PalliaHealth</li> <li>• Hospice of Dubuque</li> <li>• The Monroe Clinic Hospice</li> </ul>
<p><b>What are the goals of Palliative Care?</b></p>	<p>The goals is to control symptoms and side effects so patient specific goals of care while also addressing:</p> <ul style="list-style-type: none"> <li>• Caregiver support</li> <li>• Social support (e.g., transportation, housing, and food)</li> <li>• Spiritual support</li> </ul>
<p><b>Who is appropriate for Palliative Care?</b></p>	<ul style="list-style-type: none"> <li>• Based on resident’s symptoms need(s), not prognosis</li> <li>• Can be provided concurrent with disease treatment, unlike Hospice (i.e., forego “curative” care)</li> </ul>
<p><b>Who would benefit the most from Palliative Care?</b></p>	<ul style="list-style-type: none"> <li>• One or more serious medical illnesses or multimorbidity</li> <li>• Frequent provider visits between regularly scheduled check ups</li> <li>• Recurrent hospitalizations</li> <li>• Frequent Emergency Service visits</li> <li>• Difficulty managing symptoms of pain, shortness of breath, loss of appetite, constipation, fatigue, or sleeplessness</li> <li>• Anxiety or stress due to spiritual, social, or financial difficultlies that can worsen anxiety or cause stress</li> <li>• Help with solutions for transportation and payment for treatment</li> </ul>
<p><b>Who pays for Palliative Care?</b></p>	<p>Most insurance plans, including Medicare and Medicaid, cover palliative care.</p>