

2011

Capital Health Palliative Care Service

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What is Palliative Care?

Palliative care provides care to people who are living with or dying from advanced illness or are bereaved. The goals of palliative care are comfort and dignity for the person living with advanced illness as well as the best quality of life for this person and his/her family. A “family” may include relatives, partners and friends.

Palliative Care Services may be helpful in the early stages of an illness. It may be combined with the treatment aimed at reducing the illness.

Palliative care includes:

- managing pain and symptoms
- assisting with decisions about treatments
- social, psychological, emotional and spiritual support
- occupational therapy and physiotherapy support
- support for family caregivers
- end of life care
- bereavement support
- support and education of the professional caregiver
- research

Integrated Palliative Care Service in Capital Health

Services are available in all parts of Capital Health.

The Integrated Palliative Care Service in Capital Health is a partnership between Continuing Care District 9 and Capital Health. Many health care providers work closely together to provide this service. This ensures a patient can move easily to the setting that best meets his/her needs. The Primary Care Team and/or the Palliative Care Consult Team follows patients at home.

Primary Care Team

Your family doctor and home care services are the team members. Home care services are provided by Continuing Care. Home care services may include a community nurse, a home support worker and/or a volunteer. A Palliative Care Coordinator would coordinate this team. If needed, your family doctor or specialist will refer you to the Palliative Care Consultation Team.

Palliative Care Consultation Team

This team has a palliative care doctor and nurse. They will see the patient in the best setting (hospital, home, clinic, or long-term care facility).

The two teams will work closely together to plan your care.

Family doctors and community nurses provide care after regular work hours. QEII Palliative Care nurses and doctors can be contacted 24/7 as a resource to them.

Capital Health works closely with Dalhousie University providing education to students who are learning to be health care providers. From time to time, learners will be working with the Palliative Care Team.

Bereavement Support

After the death of a loved one, Palliative Care volunteers will maintain contact with family members. The Palliative Care Service offers bereavement follow up in the form of support groups and telephone calls.

Volunteers

Volunteers are valued members of our teams. Call 473-3119 for information if you are interested in volunteering.

Donations

The work of the Palliative Care Service is supported in part by donations. Gifts of money are used to support patient comfort, special services, equipment and education. If you would care to make a donation in your area, please complete the following:

Name _____

Address _____

Telephone _____

If you wish to make a memorial donation, name the person to be remembered:

A receipt for income tax purposes will be given.

Other information

Learn more about the Palliative Care Program from:

Your family doctor: _____

Continuing Care 1-800-225-7225

Palliative Care Intake 473-3119

Looking for more health information?

Contact your local public library for books, videos, magazine articles and online health information.
For a list of public libraries in Nova Scotia go to [HTTP://publiclibraries.ns.ca](http://publiclibraries.ns.ca)

*Capital Health promotes a smoke-free and scent-free environment.
Please do not use perfumed products. Thank you!*

Capital Health, Nova Scotia
www.cdha.nshealth.ca

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