The West Virginia Center for End-of-Life Care Offers the Following Resources and Services:

Advance Directives

- Frequently Asked Questions Booklet about the Living Will and Medical Power of Attorney forms including the forms
- Do Not Resuscitate card brochure
- POST form brochure

Information about End-of-Life Care

- Palliative care brochure
- Hospice Services in the Nursing Home brochure
- "Hard Choices for Loving People" booklet
- Organ donation brochure
- Information about feeding tubes

Forms mailed to physicians or other health care providers for patient care

- Do Not Resuscitate card
- POST form
- Health Care Surrogate Checklist
- Pain Management card

WV Center for End-of-Life Care
64 Medical Center Drive
PO Box 9022
Morgantown, WV 26506-9022
www.wvendof ife.org
304-293-0695

West Virginia Center for End-of-Life Care
64 Medical Center Drive
P O Box 9022
Morgantown, WV 26506

Palliative Care

Comfort and Support for Persons with Serious Illness and Their Families



West Virginia Center for End-of-Life Care
www.wvendof ife.org
304-293-0695

"Palliative" (pa-lē-ā-tiv) means to relieve or reduce pain and discomfort. The goal of palliative care is to prevent and relieve suffering, and to support the best possible quality of life for patients and their families, regardless of their stage of disease or the need for other therapies, in accordance with their values and preferences.

Palliative Care

- provides relief from pain and other symptoms
- comforts whether one has years, months or days to live
- is appropriate at any age
- helps with the emotional and spiritual needs of patients and families
- affirms life and regards dying as a normal process
- neither hastens nor postpones death
- offers a support system to help patients live as actively as possible as long as possible
- offers a support system to help the family cope during the patient's illness and in their own grieving

"One of the hardest things in life is to watch a loved one suffer and feel an overwhelming sense of helplessness. Through palliative care the suffering and helplessness are replaced with a calming sense of peacefulness for both the patient and family."

Family member of patient receiving palliative care

Palliative Care Service

A palliative care team provides services from many different health care professionals for patients with life-limiting illnesses.

Palliative care services may be provided by:

- Hospitals
- Hospices
- Nursing homes
- Home health agencies

The team has special training in managing pain and other symptoms, and can help patients and families face difficult decisions.

For those not in the hospital, a palliative care service may be available to outpatients. The team can coordinate services with many other care providers such as home health agencies, hospices, and nursing homes. This service coordination provides extra support to patients and their families after they leave the hospital.

A Palliative Care Team May Include:

- Nurse Coordinator
- Physician
- Clinical social worker
- Pharmacist
- Psychiatrist
- Chaplain
- Physical therapist
- Occupational therapist
- Nutritionist
- Music therapist
- Speech therapist

Palliative Care Services Treat the Whole Person and May Include:

- Exploring patient goals and wishes
- Clarifying medication and treatments
- Promoting communication with the health care team
- Supporting the completion of an advance directive
- Discussing pain and symptom management and the meaning of comfort care
- Providing information and support regarding home care, skilled nursing, and hospice care

"Before palliative care consultation, 40% of patients reported severe pain. Within 48 hours after the palliative care consultation fewer than 8% still reported severe pain."

2008 West Virginia Palliative Care Network, Annual Report

To find out more about palliative care services available throughout West Virginia call the

West Virginia Center for End-of-Life Care

toll free at

304-293-0695