



Palliative Care Services

As we move through life, most people will have to navigate the impact of a serious illness or life-threatening diagnosis of a loved one. However, while often difficult and emotionally challenging, palliative care services are available to help patients and their loved ones manage fear, anxiety or uncertainty for the future.

The Washington Palliative Care Team includes doctors, nurses and other care providers, who are committed to working with patients and their family to understand a new or progressing diagnosis and compassionately develop a path forward for care that helps with improving quality of life.

What we do

Palliative care is a holistic care approach that includes patients, family, health care providers and other members of a patient's support system following a serious illness diagnosis or the progression of a preexisting medical condition. At Washington Hospital Healthcare System, patients currently in – or considering – palliative care services, collaborate with our palliative care team to achieve the following:

- answer questions
- clarify health preferences and well as cultural or spiritual beliefs
- coordinate specialized medical needs
- symptom relief



How we do it

The Washington Palliative Care Team works tirelessly to ensure everyone involved in a patient's care team understands the comprehensive trajectory of the patient's illness diagnosis and the treatment path that represents the patient's values and care preferences. For some patients, this team-based process may also include end-of-life planning, but this is not necessary for all patients.

Palliative care provides:

- A coordinated long-term care plan that reflects a patient's personal health goals, values and beliefs
- A clear plan for symptom management, disease progression expectations and/or end of life planning when appropriate
- Education and additional information around treatment options, hospital support and other resources surrounding patient's diagnosis

Our vision

Palliative care greatly improves the quality of life for anyone facing a serious illness, and eases confusion or anxiety for family, friends and communities of support by protecting the wishes, values and preferences of the patient.

The Washington Palliative Care Team

Depending on the patient's unique situation, any of the following Palliative Care Team members could collaborate with the patient, family and loved ones:

- physician
- nurse practitioner
- social worker
- palliative care coordinator
- spiritual care representative

How to request palliative care*

It's simple. The patient should ask their doctor to order a palliative care consult. For questions or more information, call *510.818.5433.

*Both inpatient and outpatient palliative care consults are available.