

Palliative Care



**ST VINCENT'S
PRIVATE HOSPITAL**
BRISBANE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

What is end-of-life and palliative care?

End-of-life and palliative care is care provided to a person with an active, progressive, advanced and life-limiting disease, who has little or no prospect of cure.

Palliative care can be involved early in the course of an illness, in conjunction with other therapies that are intended to prolong life (such as chemotherapy and radiation therapy) and includes investigations needed to better understand and manage distressing clinical complications.

The primary goal of palliative care is to optimise quality of life. Palliative care helps people live their life as fully as possible when living with a life-limiting illness. Health professionals work with each person to identify and treat symptoms, which may be physical, emotional, spiritual or social.

Palliative care focuses on supporting each person's individual needs.

Care may involve:

- relief of pain and other symptoms (e.g. being sick and shortness of breath)
- provision of resources (e.g. equipment needed to aid care at home)
- links to other services (e.g. home help and financial support)
- support for emotional, social and spiritual concerns
- counselling
- referrals to respite care services.

In conjunction to caring for the person with the life-limiting illness, palliative care involves supporting family members and carers; meaning family and carers can receive practical and emotional support too.



At St Vincent's Private Hospital Brisbane, we focus on optimising quality of life for people with life-limiting illnesses. We treat everyone with **compassion, integrity and dignity**.

Our palliative care service is one of the most highly regarded and innovative models, providing comprehensive, specialised care to people with life-limiting illnesses.

Our aim is to provide seamless and coordinated care to people and those who support them at their place of choice – whether that be at home, their place of residence or in hospital.

Our team

Our Palliative Care Team is an experienced and highly qualified group of health professionals who work collaboratively to help people to manage their pain and other symptoms and provide emotional, spiritual and physical support. Our comprehensive and multidisciplinary approach ensures our team delivers the best possible care.

Our Palliative Care Team includes:

- Palliative Medicine Physicians
- Palliative Medicine Registrars
- Nurse Practitioners
- Clinical/Registered Nurses
- Physiotherapists
- Occupational Therapists
- Psychologists
- Counsellors
- Social Workers
- Dietitians
- Speech Pathologists
- Spiritual Care Practitioners.

Our services

Initial consultation

Your initial consultation may take place at your home, in a clinic or in hospital. A member of the Palliative Care Team will make an assessment and recommend a care plan. This initial consultation is an opportunity to discuss your illness, symptoms and treatment. We understand people respond differently to illness and treatment options. Our services are tailored to meet your individual needs.

After initial assessment and development of your care plan, follow-up consultations will monitor your progress and help you to remain in your preferred place of care, whether that be at home or in hospital. The Palliative Care Team will support your ongoing care.

Specialist palliative care at home

We offer palliative care at home to people who prefer the comfort of familiar surroundings. This service includes clinical assessment and care planning, consultation and access to 24/7 support and advice.

The Palliative Care Team monitors your medical condition and your care plan is modified to meet your needs. The team provides ongoing care and helps you remain within the comfort of your own home.

The Palliative Care Team will be there to support you, answer your questions and listen to your concerns. Our clinical nurses are available 24 hours a day, 7 days a week to provide you with support and advice. Ideally, your nursing care will be provided by one of our clinical nurses who will manage your care requirements. They will work closely with other health professionals involved in your care.

This service allows for intensive support at home and direct access to our Palliative Care Unit, if hospital care is required.

Prior to home visits

We value safety. It would assist us, if you could please do the following to ensure the safety of our Palliative Care Team.

- Ensure your house number is clearly visible from the road.
- Turn on an external light, if the home visit is during the night.
- Ensure pathways are free of hazards.
- Safely secure your pet(s).
- Meet the Palliative Care Team member at your front door, particularly after dark.
- Wait at your front door until the Palliative Care Team member is safely at their car.

Specialist palliative care in hospital

Overlooking the Brisbane River, our hospital is a calm and safe environment. Our Palliative Care Unit is available to those who require 24-hour hospital care, closer observation and help to manage and control pain or other distressing symptoms. The unit is supported by pharmacy, radiology and pathology services. The Palliative Care Team ensures seamless coordination of your care in hospital, including ongoing monitoring of your condition and modifying your care plan to meet your individual needs.

Rooms are modern, spacious and comfortable, each with an adjoining ensuite.

Whether being cared for at home or in hospital we aim to address and manage any symptoms that may be causing you distress. Our Palliative Care Team will discuss suitable options with you.

Patient and Family Support Service

After receiving news of a life-limiting diagnosis, you may experience overwhelming feelings of anger, anxiety, depression or grief. It can be confronting and tiring, both physically and emotionally. We are here to help during this time.

Our Patient and Family Support Service is available to those who would like to talk to a counsellor or social worker. The service is designed to assist patients and their families coming to terms with a life-limiting illness. Our social workers and counsellors offer psychological and emotional support. They help people navigate difficult processes associated with end-of-life planning and help manage mental, emotional and family stresses. Our Patient and Family Support Service also includes bereavement support to help people experiencing grief.

The service is free and accessible to you and your family. Counselling support is available at your home, onsite at St Vincent's Private Hospital Brisbane, as well as by telephone on 07 **3240 1380**.

Spiritual Care Service

Spiritual Care Practitioners form part of our Palliative Care Team. They provide holistic and integrated support for the spiritual, emotional and physical needs of every person. They are committed to helping you and your loved ones by providing a listening ear, opportunity for open discussion and support during times of anxiety, stress or concern.

Phone 07 **3240 1308** to contact our Spiritual Care Practitioners.

Accessing our service

You do not need to have private health insurance to access our palliative care service; it is available to all.

A referral to one of our Palliative Medicine Physicians from your Specialist or General Practitioner is required.

Visit **www.svphb.org.au** for a full list of our Palliative Medicine Physicians and more information about referral.

If you live in a regional area, you may be able to access *The Patient Travel Subsidy Scheme*. Our team will provide you with assistance and guidance to access this service.

Contact us

For more information about **palliative care at home** or **palliative care in hospital**, please phone 07 **3240 1111** during business hours and ask to speak to our Palliative Care Team.

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Website: www.svphb.org.au

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