

If you or a family member has a serious illness, you should know that Mercy has a support team to help. We will work with your physician to help you navigate the many important decisions you may face during this time. Palliative care brings peace to patients and families.

"Palliative care provided kind counseling in preparing our hearts and minds. You provided clarity for me, especially in my struggle to carry out Mom's wishes."

"The complete commitment to bring him comfort with his consuming pain and the ability to bring him relief was made possible by palliative care."

"You provided the support that was needed in the hardest time of my dad's life and also in mine."

"You are instrumental in caring for the whole person, and you maintained our loved one's dignity."

"Thanks for your expertise, kindness and patience with care. Your willingness to help and give supportive advice has been a blessing to each of us."

Mercy Clinic Palliative Care
621 S. New Ballas Rd.
Suite 6017-B
St. Louis, MO 63141
314-251-7840
mercy.net/service/palliative-care



Your life is our life's work.

mercy.net

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Mercy Clinic Palliative Care

*Offering Support and Comfort
Through Serious Illness*



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What is palliative care?

Palliative care is specialized medical care for people with serious illnesses. This type of care is focused on providing patients with relief from the symptoms, pain 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 provided by a team of doctors, nurses and other specialists who work with a patient's other doctors to provide an extra layer of support. Palliative care is appropriate at any age and at any stage in a serious illness, and can be provided together with curative treatment.

Where does palliative care begin?

Palliative care begins any time during treatment that you or your doctor decide that an extra layer of support would be helpful to you. We can see you in the hospital or in our outpatient clinic.

What can you expect?

- Improved management of pain and symptoms, such as nausea, fatigue or shortness of breath.
- Early and thorough explanation of various options to help you make more informed decisions, especially during a crisis.
- Enhanced treatment team communication.
- Assistance with and review of the goals of care throughout the illness, including advance care planning when appropriate.

- Spiritual care that respects and honors the patient's cultural beliefs and rituals.
- Emotional support for patients and families during stressful periods of illness.

How is palliative care different from hospice care?

Hospice is one type of palliative care, focused on a patient's end-of-life needs. But palliative care is far more inclusive than that. Palliative care can help anyone who has an illness that may become worse over time. For example, palliative care might help a patient feel better during treatment for heart failure by treating their pain/shortness of breath, or help a cancer patient with fatigue.

Your palliative care team may include:

- Palliative Care Nurse Practitioner
- Physician
- Chaplain
- Pharmacist
- Dietitian
- Respiratory Therapist
- Hospice
- Counseling Services
- Integrative therapies (*massage, acupuncture, physical therapy, etc.*)
- Other support services as needed

If you are interested in palliative care, please talk to your physician.

For more information or to schedule an appointment in our outpatient clinic, please call 314-251-7840.