

For further information contact:

- Specialist Palliative Care is available 9am-5pm Monday to Friday:
Sue Oakes 0151 600 1630
Tracy Gill 0151 600 1247
- Associate Specialist in Palliative Care:
Dr. Helen Bonwick 0151 801 1400
- Social Workers:
Tracy Sweeney and Debbie O'Neill 0151 282 6000
- Occupational Therapist:
Sue Sutton 0151 600 1956

Useful contacts and websites

Macmillan Cancer Support
0845 601 6161
www.macmillan.org.uk

Cancerbackup
Freephone 0808 800 1234
www.cancerbackup.org.uk

The Sunflower Centre
0151 726 8934
www.liverpoolsunflowers.com

Lyndale –Knowsley Cancer Support Centre
0151 489 3538
www.knowsley-cancer-support.co.uk

NHS Direct
0845 4647 (24 hrs a day, 365 days a year)
www.nhsdirect.nhs.uk

Information Prescription Service- NHS Choices
Email: thechoicesteam@nhschoices.nhs.uk
www.informationprescription.info

Specialist Palliative Care at Liverpool Heart and Chest Hospital
0151 600 1630/1247
www.lhch.nhs.uk/Our-Team/Our-Nursing_Team/specialist_palliative_care.aspx

Or visit:

www.macmillan.org.uk
www.nhsdirect.nhs.uk

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

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| 如果您想索取一份以其他語文或形式 (如大字體) 編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。 |
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| W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język. |
| Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid. |

CTPALS021 Version 5
Date of Publication: February 2015
Date for Review: February 2018

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NHS Foundation Trust

Specialist Palliative Care

Excellent, Compassionate and Safe care for **every patient**, every day



This leaflet has been written to provide information about palliative care. We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical or nursing staff.

What is Palliative care?

Palliative care refers to the care of patients who may have cancer or other life threatening illnesses, when treatment may not be able to provide a cure. If this is the case, your doctor may suggest treatments that will aim to prolong your life and keep you as well as possible. Care is aimed at controlling pain and other symptoms and providing support for you and your family.

Who is involved in the Specialist Palliative Care Team?

The team consists of Palliative Care Clinical Nurse Specialists, Doctors, Occupational Therapists, Medical Social Workers, and a variety of other professionals including Physiotherapists, Dieticians and Pharmacists. The team also works closely with GP's and District Nurses and Community Macmillan Nurses.

Once you are referred to the Specialist Palliative Care Team you have an identified key worker. Your key worker will be available for you to contact if you have any concerns regarding your symptoms or any questions about your illness. The key worker will be a Palliative Care Clinical Nurse Specialist / Macmillan Nurse who will continuously assess your needs and discuss your care with you and your family at every stage of your illness. You may have other key workers who can visit you at home, like District Nurse or Community Macmillan Nurse.

Your key worker is:

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Why might I be referred to the Specialist Palliative Care Team?

It is recognised that coming to terms with a serious illness can be very difficult. The Specialist Palliative Care Team are able to offer support to you and your family throughout your illness, not just at the later stages as often thought. You may feel you need extra support from time to time and it can help to talk through your thoughts and feelings.

The team also advise on symptom and pain control and can be an expert source of information for you and for the people caring for you. The overall aim of the Specialist Palliative Care Team is to make sure the best possible quality of life is achieved for both you and your family.

Where does Palliative care take place?

This depends on your illness, any treatment you have, your symptoms and your personal choice. Palliative care takes place in a variety of settings depending on your individual needs. These include your own home, hospitals, either as an inpatient or an outpatient, nursing homes and hospices. Throughout your illness your key worker and Specialist Palliative Care Team will assess your needs and discuss your care with you and your family as required.

Supporting Services

Dietician

The dietician service is available should you experience any changes or difficulties with your food intake or loss of weight.

Occupational Therapist

The Occupational Therapist can assess issues with daily living activities such as mobility, bathing, breathlessness and quality of life issues.

Medical Social Worker

The Medical Social Worker can discuss practical support for you and your family at home and can assist you with benefit claims that you may be eligible for due to your condition.

Psychology Services

Anxiety and depression are often experienced by patients and their families when living with a serious illness. If you think that these feelings are affecting your day to day living, you may want to discuss this with your GP, District Nurse, Clinical Nurse Specialist or Hospital Doctor. In some circumstances specialist support from the psychology service may be felt to be helpful and your nurse or doctor will discuss this with you.

Complimentary Therapies

If you feel you would benefit from complimentary therapy please ask a member of the Specialist Palliative Care Team who can refer you.

This service is provided by non-NHS staff. In Liverpool, organisations providing these therapies are:-

The Marie Curie Hospice Liverpool in Woolton, Liverpool 25.
The Sunflower Centre in Aigburth, Liverpool 1.
Woodlands Hospice in Aintree, Liverpool 9.

Implantable Cardioverter Defibrillators (ICD)

If you have an ICD you may wish to discuss this with your Cardiac Team or another health care professional as in some cases it is necessary to review your therapy.

