

## How can I get help from your palliative care team?

You, your family member or any health care professional working with you may ask your doctor to call our Palliative Care Services staff and request that they come see you.

To learn more about our palliative care services, visit [ucdavis.health/PalliativeCare](https://ucdavis.health/PalliativeCare).



### Palliative Care Services

2315 Stockton Blvd.  
Sacramento, CA 95817

[health.ucdavis.edu/  
cppn/palliative](https://health.ucdavis.edu/cppn/palliative)



## Palliative care

A unique service offered  
by UC Davis Health

Palliative Care specialists at UC Davis have unique expertise to help support you and your family in dealing with a serious illness.

## What is palliative care?

Palliative care is specialized medical care for people with living with a serious illness. It offers comfort, dignity and quality of life — through control of pain and other physical symptoms, along with relief of psychological, social, and spiritual distress.

Palliative Care is provided along with all other medical treatments, to add an extra layer of support while you are hospitalized. The ultimate goal is to achieve the best possible quality of life for you and your family.

Our Palliative Care specialists work together with your other doctors, to provide an extra layer of support while you are hospitalized.

### **How can palliative care services help me or my family member?**

The UC Davis Health Palliative Care Services team includes physicians, nurses, social workers, chaplains and pharmacists, all with specialized training and expertise in helping people feel better through serious illness.

The Palliative Care Services team can help:

- Relieve pain and other distressful symptoms such as nausea, fatigue, breathlessness, depression, and anxiety
- Help you understand complex treatment options, to be certain your care enhances your quality of life
- Coordinate communication among your health care providers
- Identify services to support you and your family after leaving the hospital

Palliative Care services are provided with respect for your unique values, personal choices, and cultural and religious beliefs.



### **How do I know if palliative care is right for me or my family?**

Palliative Care services may be a good option for you if you are experiencing discomfort, dealing with serious illness, or facing complex medical decisions.

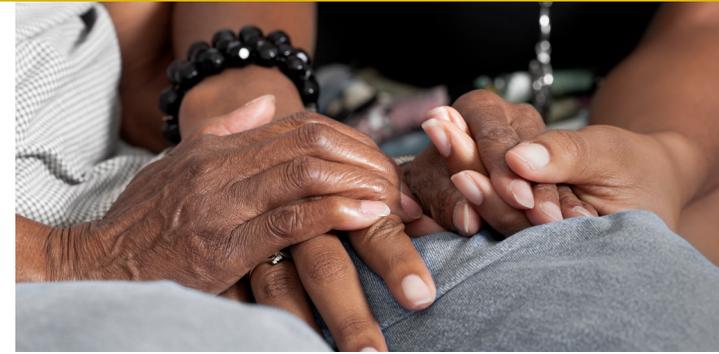
Palliative care may be especially helpful if you:

- Have a serious illness, like cancer, heart failure, liver disease, or dementia
- Have pain, difficulty breathing or other distressing symptoms from any serious illness
- Have difficult medical decisions to make, or you're facing questions about the future

### **Will my regular doctor continue to care for me if I also receive palliative care?**

Yes. Your “primary” doctor in the hospital will continue to take care of you and be in charge of your care. The Palliative Care team will work with your other doctors to make sure you receive the best possible care, with attention to your pain, symptoms, and emotional needs.

By focusing on your physical and emotional needs, the palliative care team can allow your regular doctors to concentrate on treating the condition that is causing your symptoms. Palliative Care experts are welcome and valuable members of your health care team.



“To cure sometimes, to relieve often, to comfort always — this is our work.”  
— Dr. Edward Trudeau

### **Is palliative care the same as hospice care?**

No. Palliative Care services can be appropriate for any stage of illness, and they are provided while you are in the hospital, along with the other treatments you receive. In contrast, hospice care is reserved for patients and families facing the final stages of a serious illness. It is generally delivered to patients at home, once they've reached a point where “curative” treatments are no longer available or no longer desired.

Dealing with a serious illness can be a lonely, demanding and complicated journey, especially during a hospitalization. The Palliative Care team can support you and your family — helping make sure you have the best possible quality of life at every step on that journey.