




Finding HELP

A PATIENT'S GUIDE TO PALLIATIVE CARE



Social, spiritual, psychological and emotional support are the cornerstones of palliative care.

How do I know if palliative care is right for me?

Often people with life-threatening illnesses have to deal not only with pain but multiple other physical symptoms such as shortness of breath, nausea, loss of appetite and difficulty sleeping.

Palliative care can help you with pain and symptom management as well as setting goals and making decisions about your care.

Why not receive hospice care instead? What are the differences?

Although palliative care finds its origins within hospice, they are quite different. Hospice is specifically aimed at end of life care for patient's with a prognosis of less than six months. Palliative care can assist anyone that could benefit from symptom and pain management regardless of their current prognosis. Even if you are not yet experiencing any pain or symptoms, the palliative care team at The Nebraska Medical Center can prepare you for what may lie ahead.

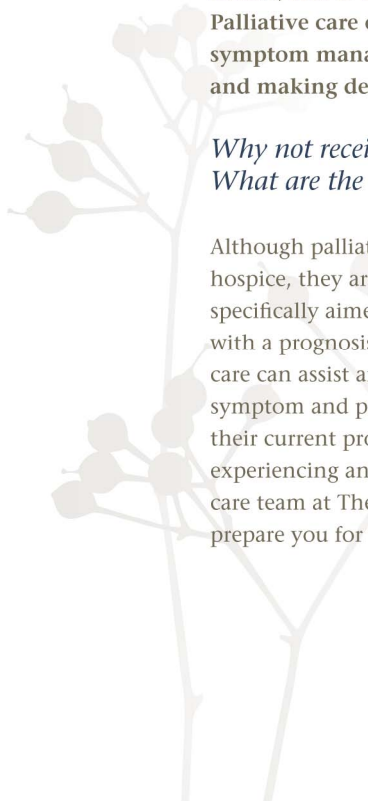
How do I start receiving palliative care?

Discuss with your doctor if you would like to work with the palliative care team. Your primary physician will need to order a consult. The palliative care team will work closely with your doctor on your care.

Will my insurance pay for palliative care?

Most insurance plans cover palliative care you receive in the hospital, just like other consultations. This includes both Medicare and Medicaid.

Palliative care is a health-care program that focuses on pain and symptom management for patients with advanced diseases. It can help you in making informed decisions and establishing goals about care for you or your loved one. The primary goal: to relieve suffering and provide the best possible quality of life for a patient and their family.



Meet the palliative care team

The palliative care team at The Nebraska Medical Center consists of a dedicated Nurse Practitioner and Fellowship-trained physician who work closely with social workers and pastoral care providers.

TODD M. SAUER, MD is the medical director of Palliative Care at The Nebraska Medical Center. He attended Creighton University School of Medicine, trained in family medicine in Lincoln, NE and completed a Fellowship at the Institute for Palliative Medicine at San Diego Hospice.

CARRI SIEDLIK is the advanced practice nurse on the palliative care team with over 15 years of experience working with patients and families in multiple care settings. She is a member of the Hospice and Palliative Nurses Association and the Nebraska Hospice and Palliative Care Association. Carri has also served as an educator at the University of Nebraska Medical Center School of Nursing.

social, spiritual, psychological and emotional support

Common conditions that benefit from palliative care:

- COPD
- Cancer
- Dementia
- Stroke
- Congestive heart failure
- Cirrhosis
- Renal failure
- Frail elderly





*Ask your doctor how you can
maintain the highest quality of life possible
with palliative care.*

