

## ***Are Palliative Care and Hospice the Same?***

No, palliative care is quite different from hospice. Palliative Care can be helpful at any point in your illness, from the time of initial diagnosis to its final stages. Relief of your symptoms, assistance with decision making, and emotional support can help you feel better so you can continue treatment and get on with your life.

Hospice provides palliative care too. However, hospice is for patients who choose not to continue curative treatment and who are expected to live only six months or less. The Palliative Care Service or your case manager can answer your questions about hospice.

## ***Who is on the Palliative Care Service?***

A team approach helps us to meet your needs and help you to live as well as possible. At Jefferson, our team includes:

**Christine Arenson, MD**  
*Geriatrics, Administrative Director*

**David Axelrod, MD, JD**  
*Internal Medicine, Medical Director*

**Susan Parks, MD**  
*Geriatrics, Medical Director*

**Barbara Reville, MS, APRN**  
*Oncology Nurse Practitioner, Assistant Director*

**Rebecca Maury, MD**  
*Internal Medicine*

**Danielle Snyderman, MD**  
*Geriatrics*

### **Chaplain, Pastoral Care**

**Marcia Kravis, MM, CMP**  
*Music Practitioner & Volunteer*

### **Further Questions?**

If you would like to learn more about Palliative Care at Jefferson, ask your doctor, nurse or other caregivers for more information or simply call us. Our website, [www.jeffersonhospital.org/palliative](http://www.jeffersonhospital.org/palliative) has further information about our team and offers links to patient and family resources that may be helpful to you.

Contact the Palliative Care Service:  
Pager: **877-656-4509**  
Voice mail: **215-955-1807**

Palliative Care Service  
Department of Family and Community Medicine  
1015 Walnut Street, Suite 401  
Philadelphia, PA 19107



# **Living Well**

## **Palliative Care Service**

*A Service for Patients with  
Serious Illness and their Families*



THOMAS JEFFERSON UNIVERSITY HOSPITALS

## *What is Palliative Care?*

Palliative Care is a medical specialty

focused on relief and prevention

of pain and other

symptoms including

emotional reactions

that make day-to-

day life difficult. The

Palliative Care Service offers

expert advice and support to help you live

as well as possible with a serious or life-

threatening illness.

## *What can Palliative Care Offer You?*

### **Expert Advice for Pain and Other Symptoms**

Symptoms such as pain, nausea, shortness of breath or anxiety can make it difficult to live well during serious illness. The Palliative Care Service can advise you and your physician on medications, treatments, including non-traditional treatments, or referrals to other specialists to help you feel better.

### **Supporting You and Your family**

Coping with a serious illness can be stressful for you and your family. The loss of the ability to function normally can cause frustration, anxiety and even anger at yourself or your loved ones. When this happens, you may want information about your illness, emotional support, or just someone to listen as you relay your feelings. The Palliative Care Service wants to learn about you as a person, understand your concerns and offer support during these times.

### **Assistance with Decision-Making**

Medical care is increasingly complex. During the course of your illness, you and your family may be asked to consider treatments by various specialists. The Palliative Care Service can help you better understand your choices and think about how these options match with your goals and your current situation. We sit down with you and help you talk this through in clear, helpful ways that emphasize what you want to happen as a result. We can then bring together the right team of people to address all of your needs.

### **Communication in a Family Meeting**

Many patients and families find it helpful to sit down together with their doctors, nurses and other care providers to bring up questions or concerns. The Palliative Care Service can help facilitate this communication.

## **Planning for Your Care**

Care for your illness can be provided in a variety of settings: at home with home care services, in a skilled nursing facility, at a physical rehabilitation center or with hospice. Our team works with your physician, case manager or social worker to plan for care that matches your goals and situation so you can live well.

## **How does Palliative Care Get Involved?**

The Palliative Care Service works in partnership with your doctor and other Jefferson staff such as nurses, social workers, case managers, chaplains and pharmacists to help you. Whether you are in the hospital or your Jefferson physician's office, your physician can request a Palliative Care consultation for advice and assistance. See Contact the Palliative Care Service in this brochure.

