

What is palliative care?

“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness. Palliative care provides treatment for your symptoms, even when the underlying disease cannot be cured. The main goals are to relieve your pain and other discomfort and to reduce your family’s stress. Palliative care also provides information to help you live with serious physical illness. It considers emotional, social, and spiritual needs as well. During your illness, palliative care can help you and your family to achieve a better quality of life.

UPMC

Palliative Care Program
UPMC Montefiore, Suite 933W
200 Lothrop St.
Pittsburgh, PA 15213-2582

For inpatients:

At UPMC Presbyterian, call 412-692-4834, or call the hospital telephone operator at 412-647-2345 and ask the operator to page 8511.

At UPMC Shadyside, for a consult, call 412-623-3008.

For outpatients:

Call 412-692-4724 for an appointment at the Cancer Pain, Rehabilitation, and Supportive Care Clinic at Hillman Cancer Center.

For general information:

Please call 412-692-4834.

The University of Pittsburgh Medical Center is an equal opportunity employer. Policy prohibits discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or veteran status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

Easing the suffering of illness

*Palliative Care at
UPMC Presbyterian and
UPMC Shadyside*

UPMC Palliative Care Program

Our palliative care specialists

At UPMC Presbyterian and UPMC Shadyside, our Palliative Care Program provides specialists who work with you to help with many aspects of your illness. We can help you with managing pain and physical symptoms and with fears and anxieties. We also can work with you in making serious medical decisions and with practical needs. Our palliative care specialists are highly trained and experienced. We are dedicated to you and your family and will work closely with your primary doctor.

Our palliative services

COOPERATIVE TREATMENTS

Our palliative care specialists collaborate with your doctor to recommend treatments to help ease pain, nausea, shortness of breath, and other distressing symptoms. In addition, the Palliative Care Program can recommend alternative forms of treatment, such as music therapy and massage, which can be used in concert with traditional medical treatments, such as chemotherapy or radiation.

SUPPORTIVE CARE

Our Palliative Care Program can help you to determine personal treatment goals and choose among treatment options. We can help you plan for your discharge from the hospital and for palliative care after you leave. The program offers counseling for psychological and spiritual concerns, as well as bereavement support for families.

MEDICAL DECISION MAKING

If you are living with a serious illness, you and your family may be facing some hard choices. You may want help in considering the options presented to you. Experts are available through the Palliative Care Program to work with you and your family in making difficult decisions about treatment issues, even near the end of life.

To request palliative care

You or your family can request a consult with a **palliative care specialist**. Your health care team also can request a consult.

FOR INPATIENTS:

For a consult (or for more information), you may ask your doctor or nurse to call the phone numbers below. Or you may request a consult directly, 24 hours a day, seven days a week. A specialist will visit you within 24 hours of a request. Our program will work with your primary doctor to make suggestions for your care. The specialist will visit you daily during your hospital stay.

UPMC Presbyterian: Call 412-692-4834, or call the hospital operator at 412-647-2345 and page 8511.

UPMC Shadyside: Call 412-623-3008.

FOR OUTPATIENTS:

To request a consult, you can ask your doctor or nurse to make the call. For information or an appointment with the **Cancer Pain, Rehabilitation, and Supportive Care Clinic at Hillman Cancer Center**, call 412-692-4724.

How to contribute

The primary source of funding for the Palliative Care Program is charitable gifts. If you would like to help support the Palliative Care Program at UPMC Presbyterian and UPMC Shadyside, please complete and return the pledge form below. Special arrangements are available for corporate match programs and contributions through planned or deferred gifts, such as bequests, trusts, or insurance. For more information, please call the **Medical and Health Sciences Foundation** at 412-647-9113.

Checks should be made payable to the *University of Pittsburgh*. Please complete and mail the pledge form below with your contribution to:

**Palliative Care Program
UPMC Montefiore, Suite 933W
200 Lothrop St.
Pittsburgh, PA 15213-2582**

If you do not want to receive future requests for charitable gifts toward research, education, training, or other advancements in health care delivery at UPMC, write to us at the above address. If you do so, we will make all reasonable efforts so that you do not receive any such communication from us in the future.

I/We pledge \$ _____ to support the
UPMC Palliative Care Program.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____

WORK PHONE _____

Pledge total: \$ _____

Amount enclosed: \$ _____

Pledge to be fulfilled over _____ years

Send me/us a yearly reminder in the month of:

This gift is made:

In memory of _____

In honor of _____