

Notes Section.....



Palliative Care Services

Integrated Northern Health



CS-PIER-0194

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

PIER—Patient Information and Education Resource

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What is Palliative Care?

Palliative Care is a patient-centered approach to care. The focus is on relieving suffering and improving quality of life for individuals with a life-limiting illness. The goal is to address physical, psychological, social, cultural/spiritual and practical issues. It can help prepare for and manage the dying process. Palliative care can co-exist with disease modifying therapies such as chemotherapy, and isn't just for those at the end of life.

Palliative care provides support for you and your loved ones.

Who benefits from Palliative Care?

Anyone living with a serious life limiting illness such as:

- ◆ Cancer
- ◆ Heart/Vascular Disease
- ◆ Respiratory Disease
- ◆ Renal/Liver Disease
- ◆ Frailty/Dementia and/or Multiple chronic medical conditions
- ◆ Motor Neuron Disease (example: ALS)
- ◆ Parkinson's Disease
- ◆ Multiple Sclerosis
- ◆ Stroke

Who Do You Call?



Prince Albert
1-306-765-2450



Nipawin
1-306-862-9822



La Ronge
1-306-425-2174



North Battleford
1-306-446-6434



Meadow Lake
1-306-236-1595



Lloydminster
1-306-820-6200



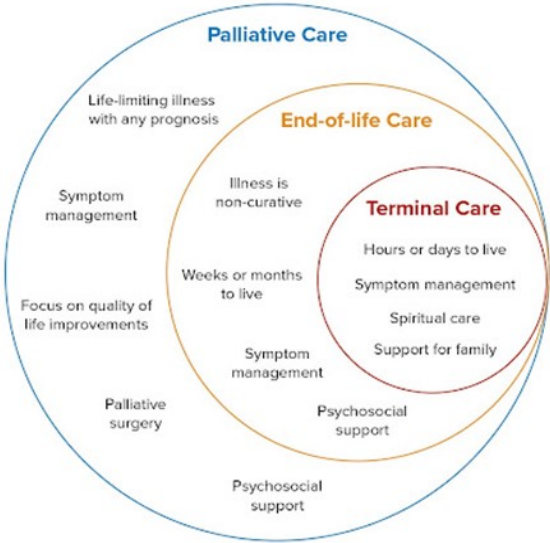
First Nations Reserves— Please contact your nearest Palliative Care Coordinator



Please contact your local home care office.

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The Continuum of the Palliative Care Approach

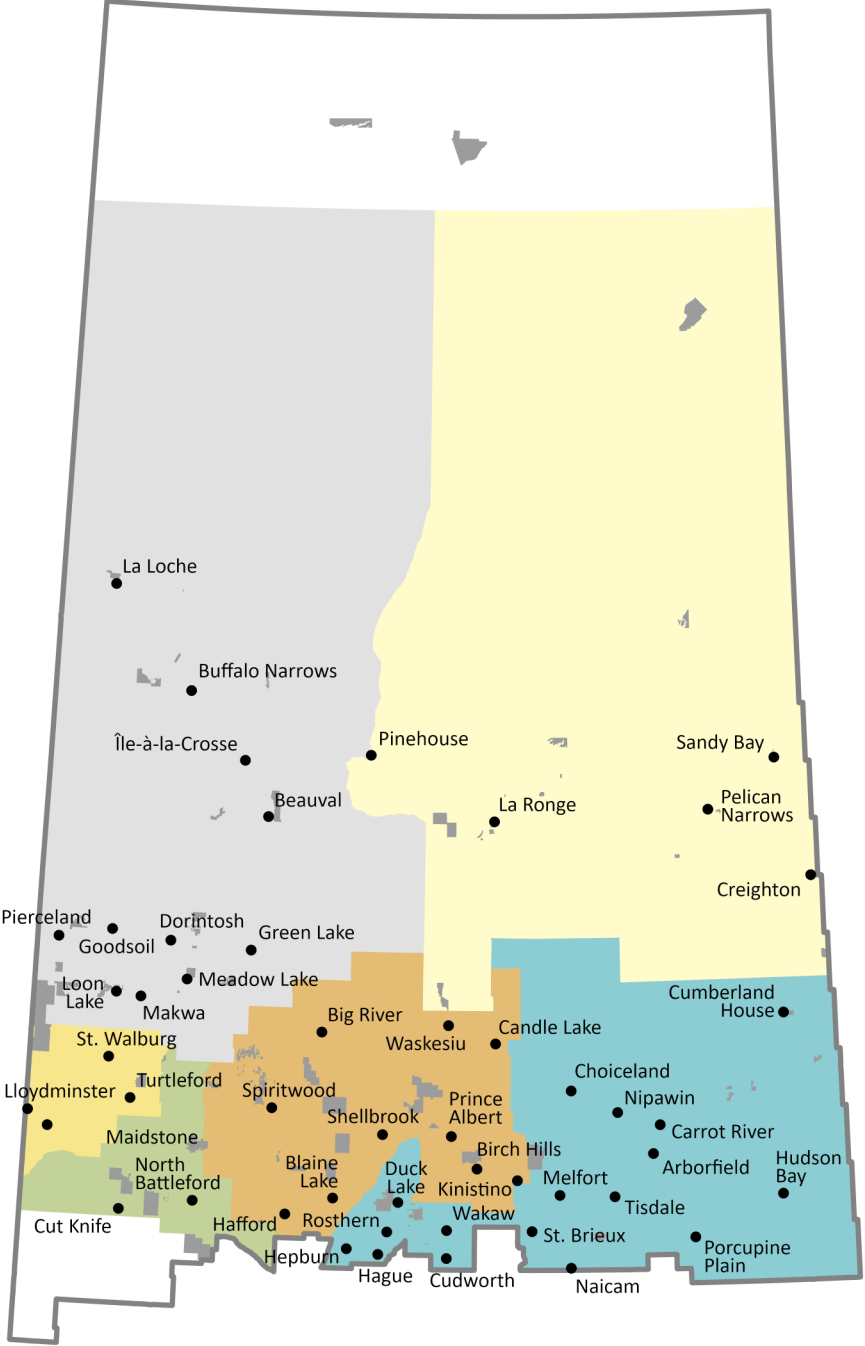


<https://web.archive.org/web/20210516171919/https://www.cbc.ca/health/2019/04/palliative-care-03-03.jpg>

Where is Palliative Care Provided?

Palliative care can be provided in any setting: within your home, Long-Term Care, or at the hospital.

If you think you need palliative care, ask for a palliative care referral now. Tell your healthcare provider that you would like to add palliative care to your treatment.



CS-PIER 194

CS-PIER 194

Who Provides Palliative Care?

Palliative care is provided by a team of professionals, including medical and nursing specialists, social workers, pharmacists, nutritionists, religious or spiritual advisors, and others as needed.

Once your individual needs are assessed, palliative care services may include the following:

- ◆ Consultation with a Palliative Care coordinator
- ◆ Nutritional supplements
- ◆ The provincial Palliative Oxygen Program
- ◆ The provincial Palliative Drug Plan
- ◆ Special equipment
- ◆ Symptom management and ongoing care
- ◆ Emotional and social support
- ◆ Spiritual support
- ◆ The opportunity to facilitate discussions on health care choices
- ◆ Opportunity to make or review your advanced health care decisions

When do I ask for Palliative Care?

Palliative care is not limited to individuals who are dying. It is available to you at any time during your illness. You can receive palliative care at the same time you receive other treatments.

Consider palliative care if you or a loved one:

- ◆ has pain or other physical symptoms
- ◆ has emotional, psychological, or spiritual suffering
- ◆ needs a support system to help live as well as possible until death
- ◆ require help understanding your illness and navigating next steps
- ◆ fear what the future holds
- ◆ are interested in Advanced Care Planning

How do I Access Palliative Care?

Once you or your loved one receives a life limiting illness, talk to your healthcare provider who can put you in touch with the Palliative Care Team.