Palliative Care consults promote dignity, support informed decision-making, and ensure that patient and family wishes are identified and respected.

If you are interested in Palliative Care for yourself or your loved one, please ask your doctor for a referral. We work with your physician and other specialists to help ensure that your care is individualized to meet your special needs.

For more information please call the
St. Mary’s Healthcare Palliative Care Department

Phone: Amy Courtoies, MSW
518-770-7577

www.smha.org

If you would like to make a contribution to Palliative Care, please call the St. Mary’s Healthcare Foundation at 518-841-7478
What is Palliative Care?

Palliative Care is a recognized medical specialty that is designed to:

- **Work** together with you, your family, and other healthcare providers - including your primary care provider, oncologist, and other specialty providers.
- **Develop** a plan that enhances quality of life, optimizes function, relieves symptoms, and supports informed decision-making regarding your care.
- **Create** a collaborative, holistic plan addressing management of symptoms including pain, shortness of breath, nausea, weight loss, constipation, anxiety, depression and others related to the illness or its treatment.
- **Provide** an opportunity to talk to someone about complex and sometimes frightening treatment decisions such as:
  - Resuscitation/Intubation
  - Artificial Nutrition
  - Dialysis
  - Transitions to Hospice/Comfort Care

Why Palliative Care at St. Mary’s Makes ALL the Difference

Our team led by a Board Certified Physician offers an interdisciplinary approach that focuses on a patient-centered care plan. This includes attending to a patient’s clinical, emotional, psycho-social, and spiritual needs.

Who can benefit from Palliative Care?

**Patients who:**
- Have chronic, progressive or complex medical conditions.
- Have pain or troubling symptoms that are not well controlled.
- Have experienced multiple visits to the emergency room or re-admissions to the hospital for the same issues.
- Are experiencing psychosocial, spiritual or caregiver distress.
- Have been diagnosed with a life-limiting illness and need support with decision-making and treatment goals.

Palliative Care is designed to be offered in conjunction with curative treatment to improve the quality of life for both the patient and the family. When appropriate the Palliative Care team can assist with transition to a plan for Hospice/Comfort Care.

Will my insurance pay for Palliative Care?

Palliative Care is a recognized medical specialty and services are covered by most private health insurances as well as Medicare and Medicaid.