

What do I do if I need further information?

The palliative care nurses work in close partnership as part of EPUT South-East Essex Integrated and Specialist Community Services which cover:

- District Nursing
- Long Term Conditions teams
- Urgent Community Response team
- Intermediate Care Services
- Care Coordination Service
- Continence Advisory Service
- Wound Care Services
- Pressure Relieving Equipment Service
- Occupational Therapy team
- Speech and Language Service

If you would like further information on any of these services, please speak to your visiting palliative care or district nurse.

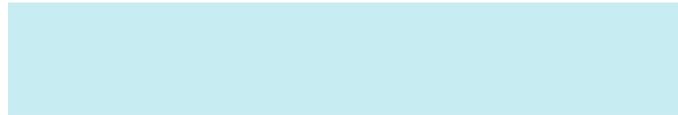
Making contact

Palliative care nurses are available from 8am to 7pm Monday to Friday with a reduced service during weekends and bank holidays.

Outside of these hours, and during the hours of 9pm to 8am the District Nursing Service will respond to all palliative care concerns. Please note the night nurses from the District Nursing Service have expertise in supporting palliative patients.

To get in touch with the service ring the EPUT Community Coordination Centre on 03330 153481 and ask for the Specialist Palliative Care team.

Your palliative care nurse is:



Patient Advice and Liaison (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on 0800 085 7935 or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



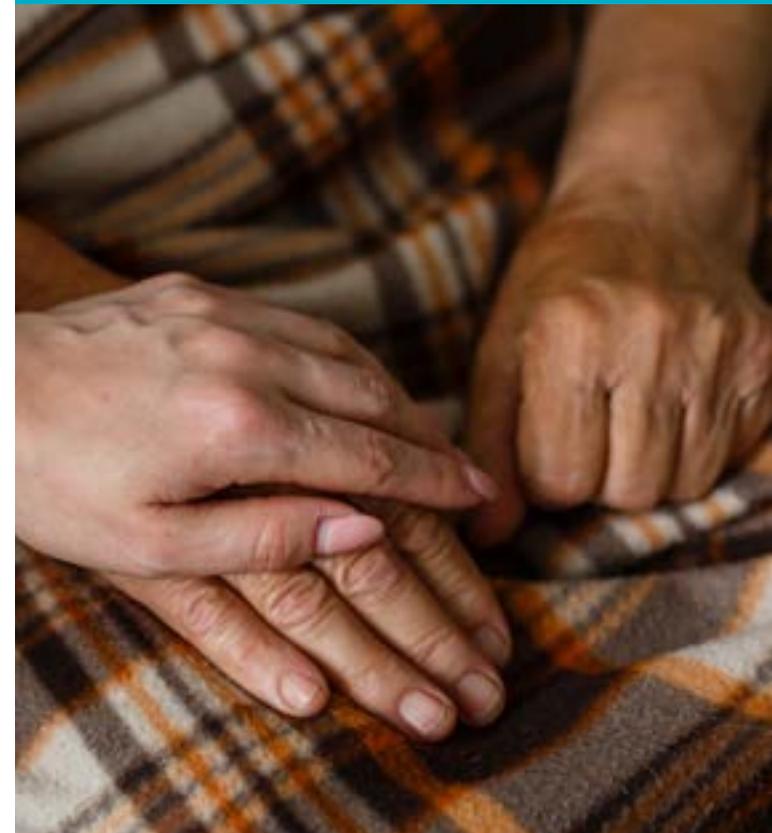
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COMMUNITY SPECIALIST PALLIATIVE CARE TEAM



SOUTH EAST ESSEX

EPUT

You have been given this leaflet because you have been referred to our Community Specialist Palliative Care team to provide you and your family with palliative care treatment and support.

What is palliative care?

Palliative care aims to improve the quality of life for patients and their families when facing the challenges associated with life threatening/ life limiting or long term chronic illness. In addition, the team works closely with specialist consultants who are based in hospitals and hospices.

Palliative care is supported by a range of professionals, which may include; your GP, hospital consultants, district nursing staff, support workers, pharmacists, physiotherapists, occupational therapists and volunteers. Each has an equally important role to play in supporting your care, whether your needs are physical, emotional, spiritual or social, to prevent unnecessary hospital admissions - if this is your wish and that of your family/carers.

How can the Community Specialist Palliative Care team help me?

- Provide additional care and support to you and your family, to help you cope with your diagnosis.
- Enable you and your loved ones to discuss and explore Advance Care Planning (ACP) options in order to

determine an appropriate plan of care based on your choices and preferences.

- Offer you practical advice about how to do the things which are important to you and support you in your decision-making processes.
- Work with other specialist teams in order to coordinate your care and support by the right person at the right time, in the right setting.
- Assist you to achieve the best possible quality of life throughout a life-limiting condition.
- Co-ordinate your care so you can remain as comfortable as possible, in familiar surroundings, in line with your preferences.

Who are the Community Palliative Care team?

The EPUT Specialist Palliative Care team is a team of registered nurses that have all undertaken specialist palliative care training and have enhanced skills and experience to care for you and your family, in collaboration with all the appropriate health and social care teams.

The team of community specialist palliative care nurses will work collaboratively alongside district nursing, night nursing and the support of other allied health professionals (e.g. physiotherapy/ occupational therapy) to provide palliative care/ end of life care and bereavement support. In addition, the team works closely with specialist consultants who are based in hospitals and hospices.

What will my palliative care nurse do?

- Carry out a full holistic assessment to identify, the most appropriate health professional to manage your needs, this may be your GP, District Nursing Service or other specialist nursing team.
- Provide expert advice about managing your symptoms and enabling you to maximise the benefits of treatment; supporting you to maintain quality of life through the progression of your condition.
- Help you and your family to understand treatment outcomes. This can involve controlling your symptoms such as pain, helping you to manage your medicines and offering practical advice.
- Signpost you and your family to the support of other services that can offer a limited night sitting service and personal care needs.
- Support you and your family to access other services such as financial advice or spiritual care.

How can I be referred to the EPUT Community Palliative Care Service?

Referrals can be made by any medical professional e.g. via your GP Practice, specialist consultants, carers or Community Services.