

Food

Families and friends are encouraged to bring favourite foods from home for the patient. A microwave oven and refrigerator are available. The Dietary Service notes food preferences and the clinical dietitian is available upon request for consultation. Coffee and tea are available at all times in the Palliative Care Family Room.

Spiritual Care

All clergy are welcome at any time. The Spiritual Care Department, nursing staff or volunteers will contact your own clergy upon request. A member of the Spiritual Care Department visits regularly. Opportunity is provided for all to worship, receive the sacraments and obtain counselling and support.

Therapy

Therapists help address specific issues to improve comfort and quality of life. Issues might include: mobility, seating, adaptations for activities of daily living, swallowing and communication, recreation, finance, psychological and/or family concerns. Bereavement follow-up and a support group is available for families.

Things to bring from home

You might want to bring your own personal care items from home: daytime clothing, pajamas, slippers, soap or shower gel, deodorant, skin care lotion, powder, tooth brush, toothpaste, brush and/or comb, nail file and/or nail clippers, razor, shampoo, facial tissue, pillow, comforter/blanket, small items such as pictures, music CDs, and anything that will help to make you more comfortable.

Accommodation

Accommodation is available in the family room so family members can rest when staying long hours or overnight. Palliative Care rooms also have a reclining chair, television and telephone that may be for use of family members.

How can you help?

The cost of patient care on the Palliative Care Unit is only partially funded by the government. Patients, their families and friends frequently wish to make donations or bequests. For more information please contact the University Hospitals Kingston Foundation at 613-549-5452.

Contact for the Palliative Care Unit

The Palliative Care Unit at St. Mary's of the Lake Hospital can be reached:

- ♦ during the day by calling

Tel: 613-548-7222 Extension 2276

- ♦ after 8:00 p.m. by calling

Tel: 614-544-5224

- ♦ by fax by calling

Fax: 613-544-6947

Providence
Care

www.providencecare.ca

Palliative Care



...providing quality end of life care in an atmosphere of respect, dignity, compassion, understanding and acceptance.

Providence
St. Mary's of the
Lake Hospital site
Care



Our philosophy

Providence Care St. Mary's of the Lake Hospital's Palliative Care Service provides compassionate and comprehensive care of the terminally ill and their families at a time when treatment aimed at cure and prolongation of life is no longer appropriate.

The most basic premise of our Palliative Care Service is the desire to enhance quality of life. Our primary goal is to help our patients spend their time as they wish in an atmosphere of respect, dignity, compassion, understanding and acceptance.

We believe that death is a natural part of our present life. It is our belief that persons in the final stage of life, as well as their family members, have the potential to plan, teach, console and hope.

Services are provided by a multi-disciplinary health care team with active participation by the patient, the family and volunteers.

The staff and volunteers who serve on the Palliative Care Team believe it is a special privilege to be part of this service. We find meaning and satisfaction in our work and endeavour to communicate these feelings to others.

Our objectives

- ◆ To assess the total needs of patients and their families so that a holistic program of care is provided in response to their physical, emotional and spiritual needs.
- ◆ To provide a supportive and caring environment.
- ◆ To provide ongoing educational programs for staff and volunteers so that all members of the team are adequately prepared and dedicated to the total care concept of our Palliative Care program.
- ◆ To provide bereavement support and assistance to family and friends.

Admission criteria

The Palliative Care Program is a component of the Complex Continuing Care Program and focuses on caring for patients who are in their final stage of life. The following criteria need to be met for admittance to the program:

- ◆ The diagnosis is established. The patient and family are aware of the diagnosis and prognosis.
- ◆ Admission may be considered for respite or symptom management.
- ◆ The patient has a terminal illness requiring comprehensive Palliative Care usually with a life expectancy of less than three months.

Palliative Care Unit

At St. Mary's of the Lake Hospital we have private, beautifully decorated rooms, grouped around a fully equipped family room, which creates a home-like atmosphere for patients and their loved ones.

Palliative Care Team

There are three physicians who provide care to patients during their stay at the Palliative Care Unit. An interdisciplinary team of caregivers will provide service as requested or required.

Our care team may include:

- ◆ physicians
- ◆ nurses
- ◆ social workers
- ◆ pharmacists
- ◆ physiotherapists
- ◆ occupational therapists
- ◆ speech language pathologists
- ◆ spiritual care associates
- ◆ psychologists
- ◆ recreational therapists
- ◆ volunteers



Visiting hours

Visiting hours are unrestricted. Space on the palliative care unit is limited and our patients often tire easily and quickly; therefore we may ask that you limit the number of visitors when appropriate. You may be asked to leave the patient's room while nursing staff provides necessary care. As well, family pets may visit with the proof of current vaccination.