

What is Palliative Care?

It is the supportive care and symptom management for people living with advanced illness and experiencing problems related to this. Problems maybe physical, emotional or practical.

Who are we?

The specialist hospital palliative care team consists of professionals including specialist nurses and consultants with specialist palliative care skills.

What do we do?

We work in an advisory capacity alongside the doctors, nurses and other health care professionals caring for you in the hospital. We offer advice on managing difficult symptoms and we can also support you in coping with emotional and practical problems.

We acknowledge the importance of your family and loved ones, who may also need support and information.

Once your doctor or nurse has referred you to us we will come and meet you, to talk through any needs you have.

Your case is reviewed on an ongoing basis as well as being discussed in the

weekly palliative care multidisciplinary team (MDT) meeting. The MDT consists of professionals who are specialists in palliative care needs.

How do we do it?

- **Advice**

If you have pain, or any other unpleasant symptoms, your doctors and nurses can ask us to come and assess you. We can then offer them advice about particular treatments and medications that may help relieve any of the symptoms that you might have.

- **Support**

Sometimes people need the chance to be able to talk things through with someone. We can offer support and the opportunity to talk about things that either you, or those who are close to you, are concerned about.

- **Information**

We can provide you with information about your illness, your treatment and any medications you may be taking. We can also provide information about

the services available to you at home.

- **Future planning**

Part of our role is to discuss your wishes with you and your family, regarding the options available to you for your future care.

We can talk through your care needs in conjunction with other health care professionals, and discuss the services to support you when you leave hospital.

Keyworker

At this time your keyworker is likely to be one of the Palliative Care Nurse Specialists. With your agreement, they will be the key point of contact for our team, in providing support and information for you and your family. This will ensure that you and your family know who to contact for information, advice and support.

If you wish, we are happy to provide you with a permanent record or summary of our visit and /or our advice.

How to contact us

The Palliative Care Team is available Monday to Saturday, 9am - 5pm.

If you or your family want to talk with us please ask your nurse or doctor to bleep us, or call us on:

020 8934 2780 (answerphone)

If you leave us a message, we will get back to you as soon as possible.

Core Members of the Palliative Care MDT:

Consultants	Dr Lulu Kreeger Dr Jennifer Todd
Lead Nurse	Thora Thorhallsdottir
Nurse Specialists	Nina Mishelmovich Laura Turner Julie Stockwell Lisa Sheehy Alison Cruise Sonja Watson
Spiritual Lead	Father Grant Holmes

Useful Contacts

Kingston Hospital Switchboard:
0208 546 7711

Team Social Worker:
Catherine Hitchcock Ext. 3280

Cancer Counsellor:
Sally Parr Ext. 2114

Macmillan Cancer Information and Support Centre, Kingston Hospital
020 8973 5001

Information prescriptions (a national initiative aiming to provide relevant and reliable on-line information for you):
www.nhs.uk/ips

Comments

We value your feedback about our service, so please contact the team, via our office in Regent Wing at Kingston Hospital.

Your Key Worker is

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Kingston Hospital 
NHS Foundation Trust

Hospital Specialist Palliative Care Service

Information leaflet for patients, their family and friends

The aim of palliative care is to provide a holistic approach to care, focusing on issues of comfort and quality of life, rather than cure

**WE ARE
MACMILLAN.**
CANCER SUPPORT