

***Service Available:***

- Monday – Friday, 8:30 A.M. to 4:30 P.M.
- Voice Messaging system available 24 hours/day

For a palliative care consult call (540) 536-5013.

*Palliative Medicine Consultants is committed to excellence in palliative care. Palliative care treats the whole person aiming to meet the physical, emotional, and spiritual needs of patients and their families.*

# A Guide for Clinicians



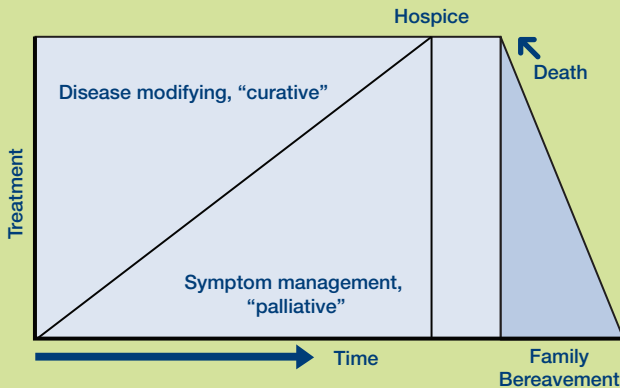
333 West Cork Street, Suite 405  
Winchester, Virginia 22601  
(540) 536-5013  
[www.blueridgehospice.org](http://www.blueridgehospice.org)



Offering added expertise, providing a comprehensive approach, and enhancing comfort and support for patients and families facing serious illness.

Palliative Medicine Consultants helps enhance physician care by addressing the physical, emotional, and spiritual pain of patients and families. Palliative Medicine Consultants has been established to complement the care provided by primary care teams.

Our interdisciplinary team offers special expertise in palliative care to help reduce pain and suffering, and to improve the quality of life for patients and families facing serious illness. Such care may complement curative therapies, facilitate care when quality of life is the primary goal, or assist in transitioning from curative to comfort care through an open line of communication.



The Palliative Medicine Team may include:

- Palliative Care Physician
- Nurse Practitioner
- Registered Nurse
- Medical Social Worker
- Chaplain
- Other Complementary Therapies

### *How does the primary care team benefit?*

Palliative Medicine Consultants offers specialized expertise in:

- Managing Difficult Symptoms
  - *Pain, Delirium*
  - *Fatigue*
  - *Shortness of Breath*
  - *Nausea*
  - *Loss of Appetite*
  - *Insomnia*
  - *Anxiety*
- Changing Goals of Care
  - *Assist with complex advance directives*
  - *Discuss treatment options*
  - *Interpret benefits and burdens of care*
  - *Withdrawing therapies*
- Enhancing Patient and Family Support
  - *Providing psychosocial counseling*
  - *Assisting with complex family dynamics*
  - *Facilitating communication in culturally or ethically complex situations*
- May Assist with Discharge
  - *Hospice referrals*
  - *Provide information about community resources*
- Additional Support for Complex Cases