

Resources

Local Resources:

Carteret Health Care Cancer Center
<https://www.carterethealth.org/cancer-center>
Phone: 252-499-6177

Carteret Health Care Hospice
<https://www.carterethealth.org/hospice>
Phone: 252-499-6081

Cancer Caregiver Support Group
Cancer Center Patient Resource
Room every 4th Wednesday of the
month at 1:30pm
Contact: Gail Russell 252-499-6616

Bereavement Support
"A Time to Heal"
1st Tuesday of the month
Meeting Room 4 at the hospital
5:30-7:00pm

"Healing Hearts"
3rd Tuesday of the month
Meeting Room 4 at the hospital
11am-12:30pm

Questions? Call 252-499-6000 x3041

National Resources:

Caregiver Support
<https://caregiveraction.org/>

Get Palliative Care
www.getpalliativecare.org

**National Hospice and Palliative Care
Organization (NHPCO)**
www.NHPCO.org

Caring Connections
www.caringinfo.org

<https://www.carterethealth.org>

Palliative Care Team

Nicole Frost, FNP-BC
Jennifer Joyner, RN
Betsy Lane, RN
Bob Riley, Chaplain

How can you reach us?

In the hospital: ask your nurse
or doctor to page us

To reach our Program office:
Phone: 252-499-8250
Fax: 252-499-6927

The generosity of our donors
provides enhanced services.

Please consider making a do-
nation to the Palliative Care
Program through the Carteret
Health Care Foundation at:

www.CarteretFoundation.com

 **Carteret** | Foundation
HEALTH CARE

Palliative Care



"Nothing can dim the light that shines from within."
Maya Angelou


Carteret
HEALTH CARE
Compassion runs deep



What is Palliative Care?

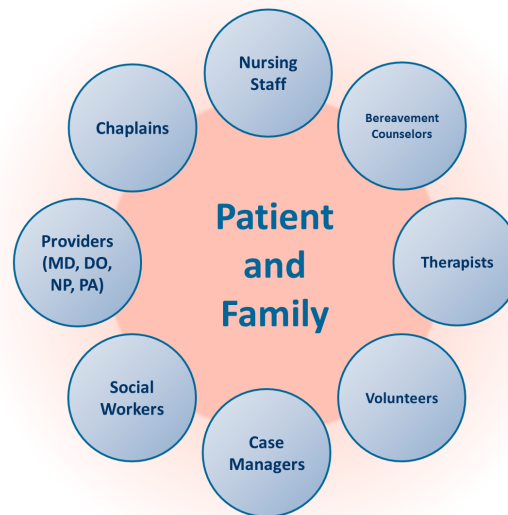
Palliative care is specialized medical care for people with serious illness. **Palliative Care** enhances physical comfort, emotional and spiritual well-being, and relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care at Carteret Health Care is provided by a specially-trained team of a nurse practitioner, nurses, chaplain, and other specialists who work together with a patient's healthcare team to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and **it can be provided along with curative treatment.**

How Can Palliative Care Help?

We provide:

- Treatment for symptoms such as pain, shortness of breath, nausea, constipation, loss of appetite, difficulty sleeping, or fatigue.
- Support for emotional or spiritual distress for the patient and family.
- Help with understanding your condition and medical treatment options.
- Information if you need supportive services after leaving the hospital.
- Assistance with completing an Advance Directive (*e.g.* Living Will or Healthcare Power of Attorney)



Is Palliative Care the same as Hospice?

Simply stated, no. The **Palliative Care** team at Carteret Health Care works in consult with your attending provider with a patient-centered focus to form treatment goals and promote symptom management. The **Palliative Care** team is an extra layer of support, and our team coordinates care with your doctors.

Palliative Care can be requested as soon as the first diagnosis of a serious chronic condition is made. **Palliative Care** can be provided along with curative care or active treatment.

Hospice Care is available to patients that are believed to be in their last 6 months of life. Hospice Care focuses on comfort rather than curative treatment.