

Resources

Local Resources:

Carteret Health Care Cancer Center

<https://www.carteretcancercenter.com>

Phone: 252-499-6177

Carteret Health Care Hospice

<https://www.carterethospice.com>

Phone: 252-499-6081

Cancer Support Groups

Multiple offerings are available throughout the year. Call 252-499-6642 for opportunities.

Bereavement Support

“Healing Hearts”

1st and 3rd Tuesday of the month 10:30-12:00pm

Virtually or telephonic.

Call 252-499-6081 to register

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

Inpatient Palliative Care Team

Nicole Frost, DNP, PMHNP, AGACNP-BC, FNP-BC
nfrost@carterethealth.org

Allison Foley, RN

Mark Holland, Chaplain

Outpatient Palliative Care Team

Deb Shubick, DNP, FNP-C, ACHPN, CDP

Paula Fidelhotz, Coordinator

How can you reach us?

In the hospital: ask your nurse or provider to contact us.

To reach outpatient palliative services, please call 252-247-2013, ext 8644.

The generosity of our donors provides enhanced services.

Please consider making a donation to the Palliative Care Program through the Carteret Health Care Foundation at:
www.CarteretFoundation.com



PALLIATIVE CARE

“We cannot change the outcome, but we can affect the journey.” – Ann Richardson



What is Palliative Care?



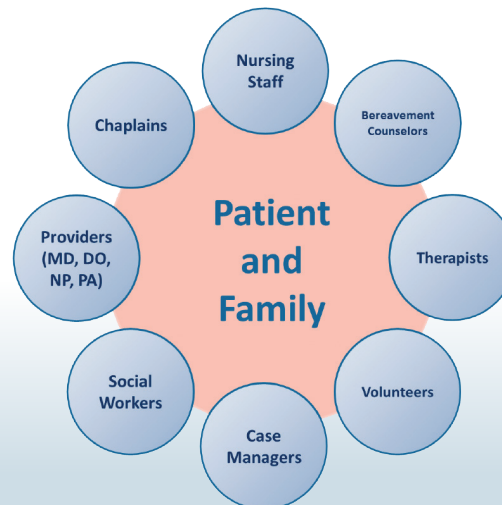
Palliative care is specialized medical care for people with serious illness. **Palliative Care** enhances physical comfort, emotional and spiritual well-being, and relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care through Carteret Health Care is provided by a specially-trained team of nurse practitioners, 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, Healthcare Power of Attorney, DNR or MOST form).



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 providers.

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 and enhances quality of life.