

PALLIATIVE CARE

Palliative care is the comprehensive care of patients with advanced and often incurable medical illnesses. Its goals include the relief of physical, emotional and spiritual suffering as well as the preservation of psychosocial and physical functioning of the patient and his/her family unit to the fullest extent possible. The PCARE service provides coordinated interdisciplinary care on both a consultative and primary care basis to patients with chronic often incurable and life threatening illnesses.

PALLIATIVE CARE CONSULTATION SERVICE

The Palliative Care Consultation Service (PCARE) provides inpatient consults at Montefiore Medical Center's Moses and Weiler divisions. The PCARE service includes full time palliative care physicians, advance practice nurses social workers, and bioethicists. The PCARE Service does approximately 150 consults per month including home visits as well as consultative services at several local nursing homes.

The Palliative Care Consultation Service offers:

- Expert treatment of pain and other symptoms of chronic illness
- Care of psychosocial needs of patients and families, including group and individual counseling
- Assistance with advance care planning, discussion of goals of care, and contingency planning
- Bereavement services for family members
- Coordinated services across the continuum of care
- Referral to hospice
- Support for professional caregivers and staff

INPATIENT PALLIATIVE CARE SUITE (IPS)

The inpatient Palliative Care Suite (IPS) goal is to provide short-term intervention not requiring prolonged length of stay. Criteria for admission to IPS:

- Patients with chronic incurable illness requiring acute hospitalization to diagnose and/or treat newly developed symptoms
- Patients with chronic incurable illness requiring inpatient management of exacerbations of known symptom, e.g., intensive medication and dose changes requiring close monitoring, and/or procedures, such as paracentesis or thoracentesis
- Patients who have been withdrawn from ventilator support or dialysis who can be anticipated to be symptomatic
- Patients with complex chronic pain
- Patients requiring active treatment to control pain (e.g., radiation therapy, chemotherapy, nerve block)
- Patients with Hospice coverage
- Actively dying patients requiring short-term hospitalization
- Patients in multiorgan failure who have been evaluated and rejected for admissions to an intensive care unit.

THE MONTEFIORE/ CONTINUUM JACOB PERLOW HOSPICE EMERGENCY ROOM PALLIATIVE CARE CASE MANAGEMENT PROGRAM FOR ELDERLY PATIENTS

The program includes two (2) nurse practitioners.

- Elderly and other patients visiting the ED for medical care who need linkage with home care or hospice
- Patients needing linkage with pharmacy care or specialty services such as geriatric medicine
- Patients with life-threatening disease
- Patients with complex unrelieved pain

WEILER ICU PROJECT

This project is staffed by an advance practice nurse and social worker. The team provides consultative and continuity care to critically ill patients and their families in the ICU and beyond. The team provides case based teaching to the ICU staff and clinical staff who care for patients with chronic critical illnesses throughout the medical center.

PAIN AND PALLIATIVE CARE OUTPATIENT CLINICS

The Pain and Palliative Care Outpatient clinics are staffed by professionals of the Montefiore Palliative Care Service. The clinics provide interdisciplinary outpatient pain management and palliative care service. Patients with the following conditions may benefit from consultation for pain management and palliative care:

- Patients with cancer and other life-threatening conditions such as HIV/AIDS, advanced congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), strokes and other neurological conditions, for pain, symptom management, psychosocial and spiritual support.
- Patients suffering from chronic non-malignant pain syndromes, including patients with a history of chronic pain and substance abuse.
- Pain and Palliative Care Outpatient Clinic is located at 3448 Kossuth Avenue, Bronx, New York 10467
- Cancer Pain Clinic is located in the Gold Zone Oncology Faculty practice clinic at 11 East 210th Street.
- HIV Pain Management Clinic is located at 3448 Kossuth Avenue, Bronx, New York 10467

EDUCATIONAL COMMITMENT

The PCare program offers a one-year fellowship for physicians in palliative medicine. The program is a training site for the psychiatry consultation liaison service and medical oncology department. The PCare program offers one-month electives for health care professionals and students in palliative medicine.

PALLIATIVE CARE IS NEEDED WHEN:

- Patients have been diagnosed with serious illness and pain and other symptoms interfere in the patient's quality of life
- Help is needed to clarify goals of care of the patient
- Help is needed in end-of life planning and decision-making
- Families and caregivers need assistance with bereavement and grief
- Children in the family are affected by the patient's illness
- Emotional or spiritual distress is unrelieved
- Problems arise from advanced illness, and disease-focused treatments are no longer helping

Palliative care can often be provided in parallel with curative treatment. It is not necessary for the patient to be in the last days of his or her illness for these needs to be met. The transition to Palliative Care is a process. As the end of life approaches, the role of Palliative Care increases subject to patients' and families' approval and acceptance of the changing goals of care.

THE PROGRAM OFFERS:

- Expert treatment of pain and other symptoms of chronic illness
- Care of psychosocial needs of patients and families, including group and individual counseling
- Assistance with advance care planning
- Discussion of goals of care
- Bereavement services for family members
- Coordinated services across the continuum of care
- Referral to Hospice and support for professional caregivers and staff

HOW TO ACCESS SERVICES

In patient consultations and outpatient consultations can be obtained by contacting the Palliative Care service office at (718) 920-6378 or paging (917) 729-6232 between 9:00AM and 5:00PM. On nights and weekends, for urgent matters, page the Palliative Care service at (718) 659-3202.

For appointments for the Outpatient Pain and Palliative Care Clinic call (718) 920-5101 between the hours of 9am-4:30pm. For appointment for the Cancer Pain Clinic call 718-920-4057; For appointment for the HIV Pain Management Clinic call 718-920-8542. For program related questions, please leave a voice mail at the office number above or send an email message to SOMAHONY@MONTEFIORE.ORG or PSELWYN@MONTEFIORE.ORG.