



## What is Palliative Care?

“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness and to improve the quality of life for you and for your family. Palliative care provides expert treatment for your uncomfortable symptoms and can be provided at the same time as curative treatments. Palliative care also helps you live with serious physical illness, even when the underlying disease cannot be cured.



### UPMC Palliative And Supportive Institute

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UPMC PALLIATIVE AND  
SUPPORTIVE INSTITUTE

## Easing the Suffering of Illness

Palliative Care in the Hospital



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## Our Palliative Care Specialists

### Promoting quality of life by treating symptoms

At the UPMC Palliative and Supportive Institute, our palliative program provides specialists who work with you and your medical team to help with many aspects of your illness. We can assist you with managing pain and physical symptoms and with anxiety, depression, and how to cope with a serious illness.

Our specialists are highly trained and experienced. Our job is to collaborate with your primary doctor and provide an extra layer of support to ensure you are getting the best care and have the best possible quality of life.

## Our Palliative Services

### Navigating serious illness

You and your family may be facing some hard choices. You may want help in considering the options presented to you. We can work with you in making difficult decisions about treatment issues, even near the end of life.

We can help you plan for your discharge from the hospital and for palliative care after you leave. Our social workers can help you and your family deal with practical needs, including support at home.

In addition, the UPMC Palliative and Supportive Institute can recommend alternative forms of treatment, such as music therapy and pet therapy, which can be used along with traditional medical treatments.

## How to Request Palliative Care in the Hospital

The UPMC Palliative and Supportive Institute provides expert care to patients at many community and specialty hospitals throughout the UPMC system.

You or your family can request more information or a consult with a palliative care specialist by asking for the service through your doctor or nurse.

### Palliative care specialists are available at the following hospitals:

- UPMC East
- UPMC Magee-Womens
- UPMC Mercy
- UPMC Passavant
- UPMC Presbyterian
- UPMC Shadyside
- UPMC St. Margaret
- UPMC Washington

For more information please visit our website [UPMC.com/PSI](https://www.upmc.com/PSI).

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