

## WHAT IS PALLIATIVE AND SUPPORTIVE CARE?

“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness. Palliative care provides treatment for a person’s symptoms, even if the underlying disease cannot be cured. The main goals of palliative and supportive care are to relieve pain and other discomfort, and reduce patient and caregiver stress. Palliative care can give patients and their caregiver’s tools to make living with a serious illness more manageable. It considers emotional, social, and spiritual needs in addition to managing physical symptoms. During an illness, palliative care can help patients and their families experience a better quality of life.

**“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness.**

Palliative care is a comprehensive, patient-centered approach to improving the quality of life for people who are living with a serious or potentially life-limiting illness. Palliative care can be, and often times is, given in conjunction with treatments designed to cure a patient’s underlying illness. Palliative care treatments can be helpful in managing the symptoms of an illness including pain and nausea, shortness of breath, fatigue, stress, depression and anxiety, and other distressing symptoms. The palliative care team works to create a treatment plan taking into account the individual patient’s goals and wishes for care.

Palliative care can be provided at home, at outpatient palliative care clinics, in nursing homes, hospitals, or other specialized clinics.



### **Our Mission**

The UPMC Palliative and Supportive Institute coordinates all of the palliative and supportive care programs and services across the entire UPMC system. The UPMC Palliative and Supportive Institute, and its programs and services are made up of a multidisciplinary team of doctors, nurses, therapists, counselors, and social workers, specially trained in the area of palliative medicine. The teams work in close collaboration with a patient’s treating physicians, and with the patient and families themselves in developing a plan for care that and provides medical, emotional, and social support needed to cope with a serious or life-limiting illness.

### **Contact US**

To learn more about the UPMC Palliative and Supportive Institute, its team, or programs and services for patients and families, call **1-855-565-7146** or send an email to [psicare@upmc.edu](mailto:psicare@upmc.edu)