

Palliative Care

PALLIATIVE CARE is a [multiple approach](#) to [medical](#) and [nursing care](#) for people with life-limiting [illnesses](#). It is appropriate at any age and at any stage in a serious illness and can be provided as the main goal of care or along with [curative](#) treatment. Although it is an important part of [end-of-life care](#), it is not limited to that stage.

Palliative care can be provided across multiple settings, in homes and in skilled nursing facilities. Specialists, Doctors, Nurses and their GP Practice work with people and their families to clarify goals of care and provide symptom management, psycho-social, and spiritual support.

For those who are considering Palliative Care for themselves or for a loved one, the 6 signs to ask if Palliative care is right for you are as follows:

- They've Been Diagnosed with a Serious Illness
- Their Suffering has Become Unbearable
- There are Frequent Emergency Room Visits
- Providing Care is Sapping Your Own Life
- You Need Ongoing Advice about Medical Procedures
- They Need Additional Therapy

For those whose relative is under Palliative Care, it is important that you are aware of the point of contacts:

Palliative Care / Hospice contacts

Palliative Care Nurses' contact details

GP Practice (Doctor, contact details, opening hours)

Details of the Patients' regular Pharmacy or Chemist

GP Services Out of Hours

Princess Alice Hospice and Sam Beare Hospice work alongside Studholme Medical Centre in the care of our Palliative Patients.

Contact details:

[Princess Alice Hospice](#)

www.pah.org.uk

[Princess Alice Hospice, West End Lane, Esher KT10 8NA](#)

[Tel. 01372 468811](tel:01372468811)

PRINCESS ALICE HOSPICE Tel. 01372 461 804 / RACHEL SLADE (Palliative Care Nurse , Mob. 07793773360)

[SAM BEARE HOSPICE \(Woking Hospice\)](#)

www.wsbhospice.co.uk

[Hill View Road, Woking GU22 7HW Open 00-:00-17:00; 21:30 -23:59](#)

[Phone: 01784 251523/ 01483 881750](tel:01784251523)

Tel.01932 598 385 / Majella Slattery (Admin.)/ Robert Deverauz (Palliative Care Nurse)

STUDHOLME MEDICAL CENTRE's Point Persons FOR MEDICATIONS FOR PALLIATIVE CARE PATIENTS:

Note : This telephone number is only for palliative care cases.

For other GP services, please use the main telephone and speak to Reception.

[Ms. Anthea Lacey . Ms. Jayne Payne](#)

[Telephone: -01784 424591](tel:-01784424591)

BELOW ARE LINKS THAT MAY BE USEFUL FOR YOU:

- Find me help – directory of local end of life and palliative care services. [Find Me Help](#) is the UK's most comprehensive directory of services for people in the last years of life, their families, carers and friends.
- NHS Choices – [What you can expect during end of life care](#)

What you can expect during end of life care and the things you may want to think

Soul Nurse: Krista Hughes

<http://www.fromthesoul-soulmidwife.co.uk/>

krista@chilledyoga.co.uk

Soul midwives are non-medical companions who guide and support those in the dying process, helping the person to have a loving, dignified and peaceful death. They are available to sit with someone, listen, talk about any fears surrounding death, give practical planning advice and offer gentle therapeutic techniques where appropriate. They create a loving and peaceful space for someone who is dying and are also available to support the family and loved ones. A soul midwife can work with someone in their own home, a care home, in hospital or a hospice.