

# Palliative Care

Palliative care is patient and family-centered care that prioritizes quality of life and seeks to ease the symptoms of serious illness. Palliative care is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatments. It addresses the physical, intellectual, emotional, social, and spiritual needs of seriously ill patients and their families. Our Palliative Care Clinic focuses on improving a patient's quality of life in body, mind, and spirit.

#### Who We Are

Our palliative care team is clinic-based. We are NOT hospice. Our Palliative Care Clinic utilizes an interdisciplinary team made up of a physician, nurse, and social worker. We work with Oncology and other specialty departments to support patients and families in the most comprehensive, compassionate way.

# What We Do

- Help patients manage pain and other symptoms during their illness.
- Provide emotional support and coping assistance for the patient, family, and caregivers during treatments.
- Partner with patient, family, and doctors to make sure treatment and care matches the patient's goals, beliefs, and values.

#### Who Can Benefit?

Palliative care is available to all patients with serious illness regardless of age, prognosis, or treatment choice. It is ideally provided throughout the illness together with life-prolonging or curative treatments. In other words, patients don't have to choose between treatment for their illness and palliative care; they can have both.

### What to Expect

No two patients are the same. The team will make a thorough assessment of a patient's needs at their first visit. Family members, caregivers, and friends are an important part of their care, and are encouraged to come with the patient to their appointment. We create a specific plan to meet each person's need. After the initial appointment, the team will follow up on a regular basis to address concerns and provide ongoing care and support.

### **CONTACT US**

For more information about our Palliative Care Services, please contact us at our clinics:

Capitol Hill: 206-326-3077 Bellevue: 425-502-3050 Tacoma: 253-383-7011

# Our team



Andrea Grace, MD



Ran Huo, MD



Ali Mendelson, MD



Jill Mosby, MD



Amy Picone, MD



Helen Chernicoff, MD