

Useful Telephone Numbers

To contact the
Hospital Palliative Care Team:

Tel: 01506 522 010
Available Monday-Friday

Marie Curie Community Palliative
Care Team are based in the
Macmillan Centre,
St. John's Hospital.

Tel: 01506 523 531
Available Monday-Friday

For NHS 24 Out of hours advice dial:111

St. John's Hospital switchboard
Tel: 01506 523 000

Macmillan Benefits Team, West Lothian
Tel: 01506 283 000 (option 2)

Carers of West Lothian
Tel: 01506 448 000

Translation Services

This leaflet may be available in a larger print,
Braille or your community language.

If you would like to donate locally to support
Palliative Care Services within West Lothian,
please make your donation payable to:

The West Lothian Palliative Care Fund

This fund is used to optimise the care
provided to people and their families living
in West Lothian. The fund has a broad remit
and has provided complementary therapy,
acupuncture, specialist staff education,
as well as furnishings within the Macmillan
Centre and equipment to wards in St. John's
Hospital.

If you would like to donate please contact us
on the number below.

Contact

Senior Clinical Nurse Specialist,
Hospital Palliative Care Team,
St. John's Hospital at Howden,
Livingston, West Lothian,
EH54 6PP.

Tel: 01506 522 010

"The West Lothian Palliative Care Fund is administered by
the Edinburgh and Lothians Health Foundation, an operating
name of the Lothian Health Board Endowment Fund".
Scottish Charity Number SC007342.

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Complementary Therapist

Families and Carers

Hospital Palliative Care Team

Pharmacist

Doctors

Social Workers

Clinical Nurse Specialist

Person centered care

St. John's Hospital at Howden,
Livingston, West Lothian,
EH54 6PP.

NHS
Lothian

Hospital Palliative Care Team

Team Members

Our team:

- Clinical Nurse Specialists
- Consultants in Palliative Medicine
- Social Worker
- Complementary Therapist
- Chaplain
- Team Secretary.

Who are we?

We are a hospital based specialist team offering a supportive service to those living with the day to day challenges of their illness.

The word 'palliative' can be confusing, and some people think it means simply 'end of life'. While we do provide support for people at the end of their life, the role of our team is so much wider and more varied than this. Our focus is to help people to live well with their illness, to flourish as much as possible with the right support, advice and information around issues of care and symptom management.

Each person will have their own individual needs and wishes. We aim to build a supportive relationship with people who are referred and where appropriate, their family, enabling them to talk through any concerns or anxieties.

Our role can include:

- Providing specialist advice about a variety of symptoms, for example, pain, nausea, breathlessness, and many more.
- Helping people and their families to recognise, manage and adjust to their changing needs.
- Exploring future care planning to support people's wishes or goals.
- Providing psychological and spiritual support for people where appropriate, and for families and loved ones.
- Liaising with the community palliative care team, GPs, district nurses and other specialist teams and units.