

Hospital Palliative Care Team

Information for patients



Our team:

- Clinical Nurse Specialists
- Consultants in Palliative Medicine
- Complementary Therapist
- 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. Some patients may be referred to our service purely for help with difficult symptoms whilst still on very active treatments - this may be referred to as 'supportive care' alone rather than 'palliative and supportive care'. Once symptoms are improved the team will no longer be involved in that patient's care.

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.

Useful Telephone Numbers

To contact the Hospital Palliative Care Team

Tel: 0131 242 1993 Available Monday-Friday

Marie Curie Community Palliative Care Team

Tel: 0131 470 2201 Available Monday-Friday

St Columba's Community Palliative Care Team

Tel: 0131 551 1381 Available Monday-Friday

For NHS 24 Out of hours advice dial111

Hospital switchboard

Tel: 01506 537 1000

Please share your experience of the hospital palliative care team via care opinion by using the link or QR code below:

www.careopinion.org.uk/go/3694/rie-palliative-care



If you would like to donate locally to support Palliative Care Services within NHS Lothian, please use the link or QR code:

<https://nhslotthiancharity.org/support-us/donate/>



This fund is used to optimise the care provided to people and their families living in Lothian. The fund has a broad remit and has provided complementary therapy,, acupuncture and specialist staff education.

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

Contact

Senior Clinical Nurse Specialist,
Hospital Palliative Care Team,
RIE, Little France Crescent,
Old Dalkeith Road, Edinburgh
EH16 4SA.
Tel: 0131 242 1993

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