

Sample Case Scenario

Mr. Smith, a 70 year-old male, arrived at the hospital with shortness of breath and fatigue. He was diagnosed with congestive heart failure and lung cancer. During his hospitalization Mr. Smith began experiencing significant pain and anxiety. The TLC Pain & Palliative Medicine Practice was consulted and met with the patient and his daughter, who is his primary caregiver, to discuss treatment options, risks and benefits and to complete his advance directives.

The patient was unsure if he wanted to pursue radiation and chemotherapy in an attempt to treat the lung cancer and was most concerned regarding the potential side effects of chemotherapy. His goal was to return home and be with his family and to maintain the best quality of life he could for as long as possible. The TLC Pain & Palliative Practice advised Mr. Smith to meet with the oncologist to further discuss his concerns and treatment options. After meeting with the oncologist, the patient decided to try chemotherapy. At this time, he was not ready for hospice services.

The TLC Pain & Palliative Medicine Practice continued to follow Mr. Smith in the home setting in conjunction with his primary care physician to manage his pain and symptoms and to help him periodically reassess his goals for care.

Comments from patients and families

- *"Thank you so much for taking the time to listen."*
- *"We couldn't have done it without you."*
- *"Thank you for explaining everything and communicating with us."*
- *"This was an answer to my prayers."*



(520) 615-6200

www.tlchealthcarecompanies.com

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TLC

Pain &
Palliative
Medicine
Practice



Offering a Continuum of Care
Throughout Advanced Illness

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What is Pain & Palliative Medicine?

Pain & Palliative Medicine is comprehensive, interdisciplinary care for patients with advanced illness whose treatment goals emphasize quality of life. It is offered in the hospital, skilled nursing facility, assisted living facility, adult care home and in a patient's own home.

Pain & Palliative Medicine is offered at the same time as other appropriate medical treatments. A patient may choose to continue curative treatments such as chemotherapy and dialysis. Any recommendations made by the Pain & Palliative Medicine Practice will be reviewed with your primary care physician.

TIC *Pain & Palliative Medicine Practice*

- Physicians who are board certified in Hospice and Palliative Medicine
- Nurse Practitioner with extensive experience in Hospice and Palliative Medicine
- Two Dedicated Social Workers with Master's Degrees
- Dedicated Registered Nurse with Bachelor's Degree

TIC *Our Services*

- Comprehensive approach to care by a physician, nurse practitioner, registered nurse and social worker.
- Consultation with patient and/or family to assess needs, evaluate goals and determine a plan of care.
- Home visits are made when necessary to manage pain and symptoms or addresses psychosocial issues.

The Goals May Include:

Managing difficult symptoms

- Lessening pain, nausea, anxiety, fatigue, depression, shortness of breath, constipation, loss of appetite and other symptoms that may accompany serious illness or side effects of treatment.

Addressing changing goals of care

- Helping patients consider care options and make decisions about quality of life
- Interpreting the benefits and burdens of care such as tests, surgeries or medication
- Helping patients or families determine when or if to begin or discontinue treatments

Enhancing patient and family support

- Supporting communication in complicated family situations
- Providing spiritual and emotional support throughout the course of illness
- Promoting the best quality of life
- If death is near, help the patient and family create meaning by supporting reflection about the patient's life, repair relationships and create memories

Assisting with discharge from the hospital

- Helping with needed referrals for care at home or another setting
- Coordination of insurance and community services

When to Consider a Pain & Palliative Medicine Consultation?

- Recurrent hospital or ER visits, admissions for advanced illnesses such as emphysema, cancer, congestive heart failure and dementia
- Lack of response to curative therapies and changing goals of care
- Assistance with managing palliative wound care (non-healing wounds)
- Assistance with end-of-life planning, including advance directives
- Conflicts among the patient and/or the family regarding illness management or treatment course
- Difficult symptom management compromising the patient's ability to continue treatment
- Spiritual distress or loss of hope

How Do I Consult?

Consultations will be accepted in the hospital, skilled nursing facility and in the community. Call **(520) 615-6200** to initiate a consultation. Contact will be made with the referring physician as soon as possible to obtain an order for the consultation.



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