

# PALLIATIVE MEDICINE AT EXETER HOSPITAL

## *How we can help*

**Living with a serious illness** can be challenging for you and your family. You may have fears about the future, uncontrolled symptoms, complex medical decisions, your family's concerns about your future, and frequent trips to the doctor's offices, emergency room, or hospital.

Receiving the **best care possible** is not only about addressing your disease, but also about attending to you as a whole person, improving quality of life, controlling symptoms (such as pain, breathlessness, nausea), and addressing your emotional, spiritual and social concerns.

At Exeter Hospital, our palliative medicine specialists aim to personalize care around **what matters most to you**. Just like cardiologists, oncologists, and other specialists, your insurance recognizes us as medical consultants and part of standard medical care.

We are **experts in symptom management**, as well as in helping you and your family ensure **your voice** and preferences are honored as we co-design treatment to align with your goals. Working as part of your care team we identify the right level of in-home medical and nursing support to help you receive the care you want, in the location you want.

**Palliative care** has long been recognized as an important part of whole-person integrated care, throughout all stages of disease or illness, and is considered a key component of optimal treatment.

*"We find that our patients have much better symptom management with the help of palliative medicine providers." – Dr. James Hart, Hospitalist Physician at Exeter Hospital*

*"Our palliative medicine program is devoted to helping patients with serious illness live longer and more satisfying lives." - Dr. Panos Fidias, Director of Medical Oncology*

Please ask a member of your care team if you wish to speak with us.

If you are considering Palliative Care, review this Symptom Assessment with your family and/or caregivers, as well as your current doctor.

# SYMPTOM ASSESSMENT\*

## Pain



NO PAIN 0 1 2 3 4 5 6 7 8 9 10 WORST PAIN POSSIBLE

## Lack of energy

NORMAL ENERGY 0 1 2 3 4 5 6 7 8 9 10 NO ENERGY

## Drowsiness (feeling sleepy)

NO DROWSINESS 0 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE DROWSINESS

## Nausea

NO NAUSEA 0 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE NAUSEA

## Last Bowel Movement

Days ago: 1 2 3 4 5 6 7

## Lack of Appetite

NORMAL APPETITE 0 1 2 3 4 5 6 7 8 9 10 NO APPETITE

## Shortness of Breath

NO BREATHLESSNESS 0 1 2 3 4 5 6 7 8 9 10 WORST BREATHLESSNESS

## Depression

NO DEPRESSION 0 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE DEPRESSION

## Anxiety

NO ANXIETY 0 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE ANXIETY

## Wellbeing

BEST WELLBEING 0 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE WELLBEING

## Other Problem \_\_\_\_\_

NO \_\_\_\_\_ 0 1 2 3 4 5 6 7 8 9 10 WORST POSSIBLE \_\_\_\_\_

*\*This is the ESASr (Edmonton Symptom Assessment Score revised) Symptom Assessment tool.*