

St. Vincent's Palliative Medicine Consult Team

Palliative medicine is a medical subspecialty focused on relieving the pain, symptoms and stress of serious illness and ensuring the highest possible quality of life for both patient and family. Palliative medicine treats chronic and/or serious illness regardless of prognosis, and patients can receive it at any point in their illness.

St. Vincent's Palliative Medicine Consult Team offers the services of its highly trained staff at the request of the patient's physician. The team assesses the pain and/or symptoms, psychosocial and emotional needs of the patient, first, and then the family, if appropriate. Our Palliative Medicine team can offer immediate assistance in an emergent situation or can participate in the goals of care throughout the course of a patient's illness. The consult team works closely with the attending physician to ensure that patients continue to receive expert and compassionate palliative care with or without curative treatment.

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Affirming St. Vincent's Commitment to Providing Excellence in Comprehensive Services and Care

Results of systematic reviews published in medical journals strongly suggest that when compared to conventional care, hospital palliative medicine programs improve quality for patients in the areas of pain and symptom management, hospital length-of-stay and overall patient/family satisfaction.

With the superb resources of the Medical Center available to them, our St. Vincent's Palliative Medicine team members are able to schedule regular consults and visits or respond on an as-needed basis. By understanding and aligning the treatment goals of your patients and their families, the team coordinates or provides patient-focused, quick-response services, including:

- Pain and symptom management
- Pastoral counseling
- Family support
- Social services
- Patient transitioning to alternative care settings
- Grief counseling
- Goals of Care/Hospice

For more on the palliative medicine program at St. Vincent's Medical Center, physicians and clinicians may call Mimi Rivard at **203-576-5398** or email mrivard@stvincents.org.



Palliative Medicine

at St. Vincent's Medical Center



... with you, every step of the way



Palliative Medicine Consultation

The Palliative Medicine team works collaboratively with attending physicians and can offer consultations and assistance on a number of levels:

Patient consultations can be focused solely on symptoms or conditions related to the illness or disease or due to the side effects of medications intended to manage the illness or disease. A diagnosis and/or plan for treatment can be provided for patients suffering from:

- Pain
- Nausea/Vomiting/Diarrhea/Constipation
- Insomnia/Fatigue
- Agitation/Anxiety/Depression
- Anorexia
- Lethargy

This initial consultation provides benefits to both patient, family members and attending physicians, and often leads to the Palliative Medicine team's participation in supporting/advancing the patients' goals of care.

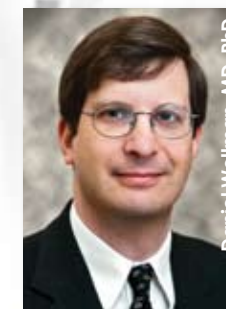
Consultation involving goals of care is ongoing, over the course of a patient's hospital stay, and often times much longer—lasting through months and/or years of treatment. The Palliative Medicine team offers physical, psychosocial and emotional, and spiritual evaluation for the patient and, if needed, the family. The team also helps facilitate the patient's decision-making process in the appropriate treatment course. In some cases, during the course of treatment, family members become more engaged in the dynamic process of decision-making as the patient's condition changes.

The Physician/Clinician's Role

As the physician or a clinician involved in the case, you are the person your patient turns to as he or she aggressively seeks answers to life's most difficult questions. Guided by your knowledge and training, the patient comes to accept the diagnosis and undergoes treatment based upon your expert advice and supervision.

You are looked to at every turn or crisis. Family members may create relationships with you, providing patient information vital to the decision-making process. But this can also critically impact any physician's or clinician's most limited resource: *time*.

Whether in the ER, ICU, hospital room or outpatient setting, St. Vincent's Palliative Medicine team maintains strong relationships with interdisciplinary medical and social-services staff. Communication and connection between your patient, his or her family, and other medical professionals and/or service networks is facilitated by the team—effectively preserving your reserves of time and energy.



Directed by **Daniel Wollman, MD, PhD**, providing medical leadership for the program, and coordinated by **Mimi Rivard, APRN, MSN**, St. Vincent's Palliative Medicine team excels at responding to the needs of adult patients of every age. Dr. Wollman is board certified in internal, geriatric and palliative medicine. He has been a member of the St. Vincent's medical staff for 5 years, and has more than 10 years experience providing geriatric and palliative care to his patients. Ms. Rivard has more than 20 years of experience as a medical professional and brings her extensive palliative medicine expertise to all areas of St. Vincent's patient services on request.

... expectations once colored in negativity are turned to reflect a more positive attitude and confidence in outcomes.

St. Vincent's
Medical Center



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