

Welcome to St. Vincent's Private Hospital.

St. Vincent's Private Hospital is the single, biggest acute private hospital in Dublin. We offer the highest number of consultants and the widest range of specialist care in Ireland's only integrated multi-hospital campus.

The overall goal of palliative care is the relief of suffering and to improve quality of life. It is applicable early in the course of your illness, in conjunction with other therapies intended to prolong your life, such as chemotherapy and radiotherapy.

We support all investigations that are needed to understand distressing clinical symptoms.

For more information please ask a member of staff or contact a member of our team directly.

Key Team Members to contact:

Consultant in Palliative Medicine - Dr Sarah Mc Lean

Registrar in Palliative Medicine - Dr Brendan Corkery

Clinical Nurse Specialists contact information:

Kim Hayden 087 3977 164

Dorothy Foy / Gwen Sinnot 087 103 9094

Laura Greaves 087 338 7629

Monday - Friday 09.00 -16.00

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Palliative and Supportive Care Patient Information leaflet



What is palliative care?

Palliative care focuses on helping people with a life-limiting illness to live as well as they can for as long as they can.

Palliative care can help with:

- Improving your quality of life
- Managing pain and other physical symptoms like breathlessness or nausea
- Emotional and psychological support for you and your loved ones
- Guidance in planning your discharge from hospital and supports at home
- Helping you to plan for your future care
- End of life care.

Palliative care is for anyone, at any age, with a life-limiting illness. This means a condition, illness or disease which is progressive and cannot be cured. Examples of life-limiting illnesses include advanced cancers, motor-neurone disease, heart failure & chronic lung diseases.

When is palliative care given?

Some people think that palliative care is only offered when there are no more treatment options or if you are at the end of your life. However, research has shown that introducing palliative care early on in your illness can result in better symptom control and early identification of potential problems. This will hopefully result in fewer and/or shorter hospital admissions.

In later stages, palliative care can also help people to prepare for death. This is called end of life care.

Benefits of palliative care

What matters to you? What are your goals?

Focusing on quality of life improves our understanding of what matters most to you and how best to meet your physical, social, emotional, cultural and spiritual needs.

Palliative care is focused on all things important to your quality of life.

- Puts the patient's desires, goals and decisions first
- Supports the patient and family
- Helps patients and families understand treatment plans
- Provides pain and symptom control
- Focuses on holistic care
- Reduces unnecessary hospital visits

Our team

The specialist palliative care team here at St. Vincent's Private Hospital is led by a consultant in palliative medicine and includes a registrar and a team of clinical nurse-specialists.

The team works closely with other members of the multidisciplinary team who may be involved in your care such as:

- Medical social worker
- Physiotherapist
- Occupational therapist
- Dietician
- Pharmacist
- Speech and language therapist
- Pastoral care
- Psychology department
- Primary medical team

Specialist Palliative care can also be provided in other places including your home, in a nursing-home, community hospital or hospice.

Our team can liaise with your GP and make referrals to local palliative care services to ensure you receive ongoing supportive and expert care.