

## Palliative Care

Palliative care emphasizes medical care focused on relieving pain and various symptoms of a serious illness. In addition, it can help you cope with the side effects of medical treatments.



The goal of palliative care is to offer relief and improve the quality of life for people and their families. Regarding, this type of medical care is provided along with other treatments that the person receives.

### Some professionals on the team are:

- Doctors
- Nurses
- Social workers
- Physical therapists



At all times, the team will work closely with your doctor and family to get you the best possible care for your condition.

### Palliative care may include:

Optimal care in which the patient and their caregivers can be assisted with:

- **Physical symptoms**, shortness of breath, fatigue, loss of appetite. In which medications, nutritional guidance, physical, occupational and/or integrative therapy can be used.
- **Emotional and spiritual needs or concerns.** As a result of the process of diagnosis and



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treatment of the disease, patients and their caregivers can experience a host of emotions.

Among these, emotions such as: fear, family anguish, anxiety, among others, may appear.

To address these needs, the intervention of human behavior professionals, support groups and spiritual counseling can be effective.

- **Aid.** The palliative care team can assist the patient and their caregivers by addressing different situations such as explaining medical forms, understanding treatment options, providing financial counseling, finding transportation and lodging options, or assisting with legal matters or advance directives.

### ¿Who can benefit from palliative care?

Palliative care is for people of any age who have a serious illness. These are: heart disease, kidney failure, dementia, cancer, among others.



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While receiving palliative care, people can remain under regular medical care and receive treatment for their illnesses. These can be received in the hospital, through the services of home care agencies, hospices, or rehabilitation clinics.

### **Differences between palliative care and terminal care:**

Palliative care can begin once the disease is diagnosed, at the same time that medical treatment begins. On the other hand, terminal care begins once medical treatment has been suspended and is mostly provided when life expectancy is 6 months or less.



### **Social and Emotional Aspect**

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after treatment, please visit your primary care physician or contact the following telephone lines:

#### **Medical Advice Line:**

1-844-347-7801

TTY/ TDD: 1-844-347-7804

#### **APS Health:**

787-671-9133

#### **References:**

<https://www.mayoclinic.org/es/tests-procedures/palliative-care/about/pac-20384637>

<https://www.hhs.texas.gov/es/servicios/salud/cuidados-paliativos>

<https://www.aarp.org/espanol/recursos-para-el-cuidado/prestar-cuidado/info-2019/informacion-sobre-cuidados-paliativos.html>

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