



## What is Supportive and Palliative Care?

Supportive and Palliative care is the care for patients with life limiting illness. The goal of Supportive and Palliative Care is to achieve the best quality of life for patients and their carers.

## The Supportive and Palliative Care Team

The UHB Supportive and Palliative Care Team works across all areas of the hospital. The team's role is to support patients and their carers who have life limiting illnesses including cancer and non-cancer diagnoses.

## Who are we?

A team including 3 Palliative Care Consultants, specialist registrar and clinical nurse specialists.

## Who do we work with?

Our involvement is based on an assessment of your needs and support for your carers.

We work closely with the medical team and other healthcare professionals responsible for your care.

We also work closely with GP's, district nurses and hospice teams.

## How can we help?

We provide:

- Symptom advice e.g. nausea and vomiting, shortness of breath, pain and constipation
- Psychological and emotional support for patients and families
- Information and advice
- Help with complex discharge arrangements and accessing services at home or hospice care

We can offer advice regarding other services available whilst you are in hospital, including financial advice and referral to the local Citizens Advice Bureau if required.

We also support some patients and their carers with regards to end-of-life care.

## How can I or my family be referred?

Any healthcare professionals, carers or community teams involved in patient care can make a referral to the Supportive and Palliative Care Team.

We aim to see all new referrals within two working days.

## Prescriptions

Since 1 April 2009, cancer patients in England have been eligible for free prescriptions. All cancer patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment can apply for exemption certificates from their GP or oncology clinic.

## Useful contacts

**PALS Patient Advisory Liason Service**  
Telephone: 0121 371 3280  
Email: PALS@uhb.nhs.uk

**Macmillan Cancer Support**  
Freephone 0808 808 0000  
www.macmillan.org.uk

**Citizens Advice Bureau Birmingham**  
08444 771 010

**Patrick Room**  
(advice re: cancer services)  
0121 371 3539

**Macmillan Benefits Birmingham**  
0121 683 5601