



# RED RIVER VALLEY PALLIATIVE CARE

a program of Hospice of the Red River Valley



## Frequently Asked Questions

The relief you need when you're experiencing  
the symptoms of chronic disease.

## What is Red River Valley Palliative Care?

Palliative care is specialized medical care for people living with a chronic disease. It provides relief from the symptoms and stress of a chronic illness—whatever the diagnosis—in your place of residence. Individuals do not need to be homebound to receive care. Palliative care does not replace treatment of an illness; the goal is to ease and prevent suffering and improve quality of life for both the patient and family. Along with symptom management, palliative care can facilitate discussions with patients and families concerning prognosis and goal planning. Palliative care may occur while you receive treatments for your illness.

## Who provides palliative care?

Palliative care is provided by a certified palliative care nurse. The palliative medicine nurse, in conjunction with the palliative medicine physician, makes recommendations to the primary physician for the plan of care.

## What are the benefits of palliative care?

Palliative care gives you a chance to live your life more comfortably through:

### **Symptom Management:**

- Pain
- Shortness of breath
- Nausea/vomiting
- Constipation
- Fatigue
- Insomnia
- Depression/anxiety

### **Medical Decision-Making:**

- Exploring patient and family goals and wishes
- Assistance with completion of advance directives
- Clarifying medications and treatments
- Promoting communication with the health care team

## What is the cost of palliative care?

Red River Valley Palliative Care is a *free* community service with nurse visits provided at no cost. Our nurse communicates directly with your loved one's primary care provider. Should our medical director or nurse practitioner need to make a visit, your insurance will be billed. Depending on insurance coverage, a copay may apply.



## What are indicators someone may benefit from palliative care?

- Advanced cardiac disease, pulmonary disease, dementia, neurological illness (Parkinson's, Huntington's, ALS, MS), renal or liver disease
- Stroke with decreased function
- Cancer
- Diabetes with complications
- Unacceptable level of pain
- Uncontrolled symptoms (nausea, insomnia, shortness of breath, etc.)
- Progressive decline despite aggressive treatment
- Repeat ER visits for the same diagnosis in 90 days
- More than one hospital admission in 30 days
- Need or desire for advance care planning
- Need or desire for education about disease process or progression
- Difficult for patient to leave home/facility to go to the clinic

## How do you start palliative care?

Getting palliative care is as easy as asking for it. Tell your health care provider you'd like to add the specialists from Red River Valley Palliative Care to your medical team. For more information or to schedule a consultation, call **(800) 237-4629**.



Phone: (800) 237-4629 • Fax: (701) 356-1591

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-237-4629.

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LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-237-4629.