

Principles of Palliative Care

There is *always* something we can do.

There is always hope.

Hope for good pain control.

Hope for being with family, friends and loved ones.

Hope for physical, emotional and spiritual comfort.

Hope for respect and compassion.

*always
hope*

White River Medical Center

Dianne Plemmons, APRN
Palliative Care Coordinator
E-mail: dplemmons@wrmc.com
Phone: 870-262-2159

White River Medical Center is a 224-bed regional referral center and the flagship facility of White River Health System (WRHS). WRHS is a not-for-profit healthcare system serving residents throughout North Central Arkansas. The system includes hospitals, outpatient facilities, primary care and specialty physician office practices. WRHS is a member of the Premier Alliance, the American Hospital Association, the Arkansas Hospital Association, and licensed by the Arkansas Department of Health.

For more information about WRHS visit www.WhiteRiverHealthSystem.com



Palliative Care



To cure sometimes To relieve often To comfort always

-15th Century French Folk Saying

What is Palliative Care?

Palliative care is specialized medical care for people with a serious illness. This type of care is focused on providing patients with relief from the symptoms, pain and stress of a serious illness-whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.

How Can Palliative Care Help?

The palliative care team works with the patient's physician to provide an extra layer of support. We will have discussions with you, your family, and your physician to develop a care plan that reflects mutually agreed upon goals of care for your treatment and comfort including managing symptoms and controlling pain. Palliative care is an active approach to the total management of the physical, psychological, social and spiritual needs.

Who Benefits from Palliative Care?

Patients and their families who are dealing with the demands of a serious illness such as, but not limited to, cancer, chronic heart and lung disease, dementia, stroke, or frailty associated with aging.

When Should Palliative Care be Requested?

Palliative care is appropriate at any age and at any stage of a serious illness. Early palliative care interventions can help prepare patients and families for the future by discussing advance care planning.

While palliative care always strives to improve quality of life, it is important to keep patients comfortable when curative treatments are not effective anymore.

The palliative care team can help the patient and family decide upon a treatment plan that may include hospice. The palliative care team will support you and your physician in making difficult decisions and ensure that patients are comfortable and families are supported.

Do Current Treatments End When Palliative Care Begins?

No. Palliative care can be provided together with curative treatment. Palliative care may be provided at various times during a patient's illness and this will vary from person to person. Your wishes are always honored.

Who Provides Palliative Care?

A team of specially trained nurses, physicians, social workers, chaplains and other care professionals work closely with your physician, you, and your family while you are in the hospital. The palliative care team will help as needed with referrals to agencies that provide outpatient palliative care services for patients after their release from the hospital.

How May I Request Palliative Care?

You can discuss palliative care with your physician and request a consultation. The nurses, social worker and chaplains can also contact the palliative care staff for you. Or you can call us directly for more information at 872-262-2159.



Palliative Care Team – from left: Michelle Bishop, MSN, RN, NEA; Robert Martineau, LMSW; Dianne Plemmons, APRN; D.L. “Doc” Spurlin, Ph.D., CMC, CTP, AAB; and Crystal Anderson, LMSW