**WHO RECEIVES PALLIATIVE CARE**

Palliative care is provided to people of all ages who have a life limiting illness from children to the elderly. The need for palliative care does not depend on any specific medical diagnosis, but on the person’s needs. Some of the common medical conditions of people requiring palliative care include: cancer, HIV/AIDS, motor neurone disease, muscular dystrophy, multiple sclerosis and end stage dementia. Families and carers also receive the benefits of palliative care services as these people provide much of the care, so practical and emotional support for them is critical.

**COST**

There is no cost associated with the provision of the palliative care service. (Inhome modifications/fittings are not covered by palliative care funding)

**ASSOCIATED SUPPORT**

The service utilizes supports within the community and Health district, for example -

- Cancer Council Queensland (CCQ)
- Volunteer groups
- Clinical psychologist
- Dietician
- Speech pathologist
- Community Health services
- Blue Care Nursing Service
- Health Workers

**WHO CAN REFER**

General Practitioners
Specialists
Community Health
Cairns Base Hospital MO’s
Clients may self refer
(with supporting documentation)

The Cairns Integrated Palliative Care Service is located at Gordonvale Hospital 25 km South of Cairns.

The service receives both Commonwealth and State funding and covers an area from Ellis beach in the North to Aloomba in the South.

Further enquiries regarding the Cairns Integrated Palliative Care Service to Director of Nursing
Or
Clinical Nurse Consultant
Ph: 40433100 • Fax: 40562496
Qld Health Website:
www.health.qld.gov.au

**REFERRAL PROCESS**

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**What is Palliative Care**

Palliative care is specialized care which:

* affirms life and regards dying as a normal process
* neither hastens nor postpones death
* provides relief from pain and other distressing symptoms
* combines the physical, psychological, social, emotional, spiritual and cultural aspects of care in a coordinated approach

* aims to help people have a good quality of life for as long as possible until their death, and offers a support system to help families cope during a person’s illness, and in their own bereavement.

**Services provided to eligible clients**

12 inpatient beds - respite; symptom management; end of life care; carer accommodation

**Community Support**

- Palliative Care Physician consultation at CBH clinic
- Senior Medical Officer consultation at Gordonvale Hospital
- Nursing assessment and consultation
- Nursing support
- Social Work support for families, carers, counselling, housing, financial and end of life issues
- Indigenous Liaison Officer
- In-home respite
- Home help
- Occupational therapy / physiotherapy
- Lymphoedema massage
- Equipment
- In-home Oxygen
- Volunteer support
- 24-hour phone support
- Bereavement follow up

**Bereavement Support**

The palliative care service provides bereavement support for twelve months through the social work department. Services offered include information on grief for adults and children, short term counselling, ongoing contact for 12 months and referral to specialist services or counsellors

**Community Outreach Service**

Many clients choose to remain in their own place of residence. The palliative care service provides information about resources available and encourages clients to make choices about their care and place of care. Inpatient care may be an option for short term respite or symptom management with community palliative care support continuing care after discharge.

The palliative care service recognizes the General Practitioner as the primary health provider. The service aims to support the GP by providing in home services and supports and liaising with the GP as necessary to provide optimum continuity of care.

**Nursing Support**

The Cairns Integrated Palliative Care Service provides specialized nursing advice & support.

Phone support is available 24 hours through the Gordonvale Hospital number. Outreach (in home) support is available 7 days/week 8am - 4.30pm.

Our community nurses maintain regular contact with clients either as a home visit or phone contact. Nurses can provide hygiene assistance, wound or line dressings, advice re symptom management and referral to allied services as appropriate. We liaise closely with the primary carer, the GP.