What Is Palliative Care?

“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness. Palliative care provides treatment for your symptoms, even when the underlying disease cannot be cured. The main goals are to relieve your pain and other discomfort and to reduce your family’s stress. Palliative care also provides information to help you live with serious physical illness. It considers emotional, social, and spiritual needs as well. During your illness, palliative care can help you and your family to achieve a better quality of life.
Our Palliative Care Specialists

At UPMC Presbyterian, UPMC Shadyside, and Magee-Womens Hospital of UPMC, our Palliative Care Program provides specialists who work with you to help with many aspects of your illness. We can help you with managing pain and physical symptoms and with fears and anxieties. We also can work with you in making serious medical decisions and with practical needs. Our palliative care specialists are highly trained and experienced. We are dedicated to you and your family and will work closely with your primary doctor.

Our Palliative Services

Cooperative Treatments
Our palliative care specialists collaborate with your doctor to recommend treatments to help ease pain, nausea, shortness of breath, and other distressing symptoms. In addition, the Palliative Care Program can recommend alternative forms of treatment, such as music therapy and pet therapy, which can be used in concert with traditional medical treatments, such as chemotherapy or radiation.

Supportive Care
Our Palliative Care Program can help you to determine personal treatment goals and choose among treatment options. We can help you plan for your discharge from the hospital and for palliative care after you leave. The program offers counseling for psychological and spiritual concerns, as well as bereavement support for families.

Medical Decision Making
If you are living with a serious illness, you and your family may be facing some hard choices. You may want help in considering the options presented to you. Experts are available through the Palliative Care Program to work with you and your family in making difficult decisions about treatment issues, even near the end of life.

To Request Palliative Care

You or your family can request a consult with a palliative care specialist. Your health care team also can request a consult.

For Inpatients
For a consult or for more information, ask your doctor or nurse to call the phone numbers below, or you may request a consult directly, 24 hours a day, seven days a week. A specialist will visit you within 24 hours of a request.

Our program will work with your primary doctor to make suggestions for your care. The specialist will visit you daily during your hospital stay.

UPMC Presbyterian
Call the hospital operator at 412-647-2345 and page 8511, or call 412-692-4834.

UPMC Shadyside
Call the hospital operator at 412-647-2345 and page 8513, or call 412-623-3008.

Magee-Womens Hospital of UPMC
Call the hospital operator at 412-647-2345 and page 8510.

For Outpatients
For information or an appointment, call the numbers below:

Advanced Heart Failure Center
at UPMC Presbyterian
Call 412-647-6000.

Cancer Pain and Supportive Care Clinic
at Hillman Cancer Center
Call 412-692-4724.

Women’s Cancer Center
at Magee-Womens Hospital
Call 412-641-4530.
How to Contribute

Charitable gifts are a primary source of funding for the Palliative Care Program. Volunteers help to provide many of the program’s activities, such as pet therapy. If you wish, you also can help to support the Palliative Care Program at UPMC Presbyterian, UPMC Shadyside, and Magee-Womens Hospital of UPMC. You can do so by completing the pledge form on the reverse side and returning it to us. Arrangements are available for corporate match programs or contributions by planned or deferred gifts (such as bequests, trusts, or insurance). To learn more, call the Medical and Health Sciences Foundation at 412-647-9113.

Please Note:
Your check should be payable to “University of Pittsburgh” (the Palliative Care Program is a joint service of UPMC and the University of Pittsburgh). Mail your check with your completed pledge form (opposite) to: University of Pittsburgh/UPMC Palliative Care Program UPMC Montefiore, Suite 933W 200 Lothrop St. Pittsburgh, PA 15213-2582

If you do not want to receive future requests for charitable gifts for research, education, training, or other advances in health care at UPMC, write to us at the above address. If you do so, we will make all reasonable efforts that you do not receive any such communication from us in the future.

Pledge Form

I/We pledge $ ________________

to support the University of Pittsburgh/UPMC Palliative Care Program.

Name ______________________________

Address ______________________________

City ________________________________

State _____________ ZIP ______________

Home phone __________________________

Work phone __________________________

Pledge total:  $ __________________________

Amount enclosed:  $ ______________________

Pledge to be fulfilled over ____________ years

Send me/us a yearly reminder
in the month of: ________________________

This gift is made:
In memory of____________________________

In honor of____________________________