



University  
Hospitals Sussex

NHS Foundation Trust

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MACMILLAN.**  
CANCER SUPPORT

# Hospital palliative care team

Patient information

## What is the palliative care?

Palliative care is the care of patients with life limiting illnesses. The aim of palliative care is to achieve the best possible quality of life for patients and their family/carers by addressing physical, emotional, spiritual and social needs.

## How can the hospital palliative care team help?

We are a hospital based multi-professional team consisting of a lead nurse for palliative and end of life care, palliative care clinical nurse specialists, palliative care occupational therapists, consultants in palliative medicine and palliative care support workers. We work within all areas of the hospital and have particular expertise in the management and support of patients who have an illness which is not curable.

We see patients referred to us by clinical teams (in charge of a patient's care).

## Our specialist team can offer help through:

- Assessment and advice on dealing with symptoms related to your illness should they occur e.g. pain, nausea, breathlessness
- Providing information about your illness and liaising between you and the team treating you
- Advise you in making difficult medical decisions and planning your future care
- Providing psychological support and advice to you and those most important to you
- Providing help with spiritual and cultural needs

- Referring you to other services which may be helpful e.g to a community palliative care team in your area
- Advice to those coordinating your discharge from hospital.

The team keeps clinical notes directly relevant to your care. Appropriate information will be shared with other care professionals (e.g. GPs, community nurses) to provide continuity of care during your hospital admission and on discharge.

## How can I contact the hospital palliative care team?

Our team works from 9am to 5pm Monday to Friday\*. You can contact the team during this time on: **01273 523021**

Out of hours, you can leave a non-urgent message on the answer machine.

Staff can contact us via the number above. (\*except Bank Holidays)

## Useful information

### Hospital Switchboards

**Royal Sussex County Hospital - 01273 696955**

**Princess Royal Hospital - 01444 441881**

**Your community palliative care service is:**

**Contact number:**

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in Brighton & Hove or Haywards Heath

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