

Referrals

Patients requiring palliative care, either inpatient or in the community, are referred by their general practitioner or hospital specialist.

Referrals can be made over the telephone with clinical information provided to the intake officer.

All referrals are assessed to determine suitability.

Community patients must live in the Hornsby or Ku-ring-gai council areas.

Residents living in hostels and nursing homes within this area may also be referred for consultation by the palliative care team.

Extending our care

Bereavement Service

The Neringah Bereavement Support Program is available to all families and friends of Neringah patients, whether they have been cared for in the hospital or community.

Memorial services are held every three months to which all bereaved families are invited.

24-Hour Telephone Service

Neringah offers a 24-hour telephone advisory service to registered patients and carers. Phone (02) 9488 2200 at any time. After hours ask for the Nursing Sister in charge.



Contact

Phone: (02) 9488 2200

Fax: (02) 9488 2247

Inpatient: 24 hours

Community team: 8.30am to 4.30pm, Mon-Fri

NerpanPC-1205

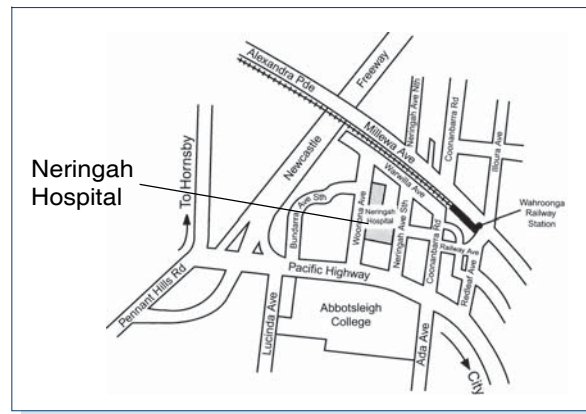
Neringah Hospital

Neringah is a public hospital and is part of Hope Healthcare, working in conjunction with Northern Sydney Central Coast Area Health Service.

Donations

While the Hospital is funded by the NSW Department of Health for its operating expenses, it relies heavily on bequests and donations for capital expenditure and special items of equipment. Donations of \$2 or over are tax deductible.

How to find us



Neringah Hospital
4-10 Neringah Avenue South
Warringah NSW 2076
Telephone (02) 9488 2200
Fax (02) 9488 2247

www.hopehealthcare.com.au

Neringah Hospital Palliative Care Service

Information Guide



-serving the community since 1958



**HOPE
HEALTHCARE**

Welcome to Neringah Hospital Palliative Care Service

What is palliative care?

As a person faces the advanced stages of a life threatening illness, the balance of care moves from an emphasis on curative treatment to palliative care.

Palliative care aims to achieve the best possible quality of life for patients, their families and carers by alleviating the pain and distress of physical symptoms and addressing the emotional and spiritual issues that can accompany them. Care can be provided in a person's home, in a palliative care inpatient unit, a nursing home or hospital. Assistance is offered to help patients to live life as fully and comfortably as possible, maintaining dignity and at the same time supporting families and carers during and after the illness.

Neringah Palliative Care Service

Neringah Hospital offers a community palliative care service to residents in the Hornsby & Ku-ring-gai council areas and a 19-bed in-patient facility at Wahroonga.

Neringah is an accredited public hospital specialising in palliative care.

Our services are available to patients and families facing the advanced stages of life threatening illness such as cancer, motor neurone disease and HIV/AIDS.

Palliative Care Team

We recognise that comfort is more than the absence of pain - it also includes spiritual and emotional comfort. As well as expert pain and symptom control, we offer services to help patients and their families cope with the emotional, psychological and spiritual distress often associated with life threatening illness.

A team approach to care...

Patient care is shared by a multi-disciplinary team, experienced in the alleviation of a wide range of distressing symptoms.

Nurses, doctors and pharmacists work to reduce such symptoms as pain and nausea, improving patient levels of comfort and their ability to enjoy life.

Physiotherapists with knowledge of mobility and breathing techniques are able to recommend ways of conserving energy and maximising both comfort and independence.

Occupational therapists use their skills to find safe, alternate ways of accomplishing tasks which have become difficult due to illness. Any necessary equipment can be organised.

Diversional Therapists offer and assist patients to enjoy the diversion of books, participate in art sessions, music and other activities.

Social Workers are available to provide information, support and counselling and can organise practical assistance and community supports.

Chaplain/bereavement counsellor /bereavement volunteers are available to patients and relatives in the hospital and the community services.

Patient's own pastoral support are welcome to visit them in the hospital, a visitor from the Catholic church calls regularly and a priest can be paged.

Volunteers, who are trained and experienced, offer support to patients and their families and provide respite in the home to allow carers to have a break.

A *Speech Pathologist, podiatrist*, hairdresser, masseuse and dentist are provided as needed. (Some cost may apply).

Care at home or hospital...

In the Community

Multi-disciplinary care is available to palliative care patients in their own homes in the Hornsby and Ku-ring-gai council areas.

Together with the palliative care team -

- Medical care continues to be provided by the patient's own G.P.
- Additional expertise of the Palliative Care Medical Specialist is available when required.
- The care provided by family members can be expanded by the addition of support and skills from Neringah's clinical nursing specialists.

Where daily nursing intervention is needed, referral is generally made to the Northern Sydney Home Nursing Service which works in close consultation with the Neringah team.

In the Hospital

Multi-disciplinary care is provided to patients admitted for:

- pain and symptom control
- care during the final stages of illness when care at home is not appropriate
- respite care to enable carers to have a break from providing care at home.

We are not a long-stay facility. When a patient no longer requires acute care, assistance is provided to the patient and family in choosing appropriate on-going care either returning home with community support or care in a hostel or nursing home.