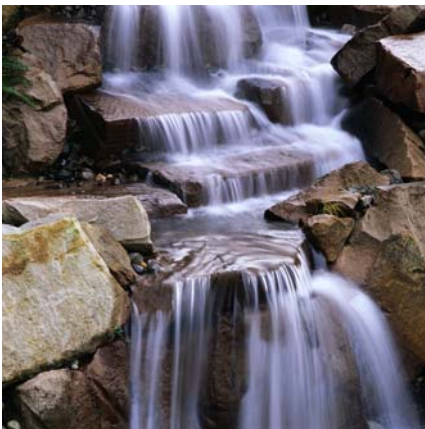


Harold and Shirley Lederman Palliative Care Centre



PMH



What is Palliative Care?

Palliative care helps you and your loved ones improve your quality of life when facing problems that relate to life-threatening illness. The goal of palliative care is to prevent and ease suffering, whether it is due to pain or any other symptoms. It is offered to people of every age and at any point in their illness.

The Palliative Care team offers a broad range of services. All of these services have the goal of relieving suffering and helping you and your family to have the best quality of life possible.

Palliative Care Unit at Princess Margaret Hospital (PMH)

The Palliative Care Unit has 10 private rooms and 1 semi-private room, for a total of 12 beds. Although you may be placed in a specific room at first, please be aware that from time to time, you may be moved because of the changing needs of other patients.

The Palliative Care Unit is a “short stay” unit. We meet with you and your loved ones regularly to discuss plans for either returning home or moving to a longer-term palliative care unit.

Palliative Care Unit Telephone Number: (416) 946-2096

To call a patient room, dial: (416) 946-4545 and enter the extension number.

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Health Care Team

The health care team is made up of many experts. The team includes:

- You and your loved ones
- Doctors
- Nurses
- Occupational Therapists
- Pharmacists
- Physiotherapists
- Psychiatrists
- Social Workers
- Spiritual Care Provider
- Support partner
- Volunteers

Visiting Hours

Visiting hours are at any time. Although visitors are welcome any time, please take note of the following:

- Patients may get tired easily and quickly. We ask that visitors be aware of this and limit the time of the visit as needed.
- The Palliative Care Unit is small so if it gets busy, you might be asked to limit the number of visitors with you.
- Children can visit but require adult supervision.
- Loved ones can stay overnight (1 to 2 people per patient).
- Visitors may be asked to leave a patient's room while healthcare providers give necessary care.

Home Pass

Day passes, overnight passes, and weekend passes are available if you are well enough. If you are interested in a home pass, speak with your doctor or nurse.

What to bring from home

- Clothes
- Pyjamas
- Slippers
- Soap/Shampoo
- Toothbrush
- Toothpaste
- Brush
- Nail clippers
- Razor
- Pillow/Blanket
- Pictures
- Small items that will help you feel at home
- Music/CDs

Electronics

If you are bringing any electronic item to the hospital it must be cleared by the medical engineering department before it can be used. Please speak to your nurse to arrange this check.

Areas for Your Use on the Palliative Care Unit

Family Room

- Large screen television
- Video collection
- Area to rest

Quiet Room

- A quiet space for you and your loved ones

Kitchenette

- Help yourself to coffee and tea
- Label your food (food with no label will be thrown out)
- Fridge for your use
- Please keep area clean
- Donations of coffee, tea, or cookies are always welcomed

Pet Policy

Please speak to your nurse regarding each pet visit.

Other Services

- Cell phones are not to be used on the unit
- Telephone and/or television rentals are available in the room
- Free Patient Education programs are available on the television in your room. Consult the “Patient Education TV” pamphlet for a TV guide or ask your Nurse
- Television and DVDs are free to share in the lounge
- CDs are free to borrow for the in-room CD players/radio
- A volunteer hairdresser is available 1 day per week by appointment on the unit

For more information on these services please ask at the nursing station.

Please note UHN is a fragrance free environment. Please make every attempt to limit the use of fragrances.

Resources for Palliative Care

www.CaringVoices.ca

www.Caringtotheend.ca

Donations

Gifts to the Palliative Care Unit are always appreciated. If you wish to make a donation, please make cheques payable to:

“The Palliative Pacers”
c/o The Princess Margaret Hospital Foundation
610 University Avenue
Toronto, Ontario
M5G 2M9
Tel: (416) 946-6560