

Symptom Control & Palliative Care



UHN

Information for People with Blood Cancers (Leukemia, Lymphoma, Multiple Myeloma)

Dealing with a life threatening disease affects your daily living and the lives of your family and friends and often requires special care and planning.

At Princess Margaret Hospital the Symptom Control & Palliative Care Team is here to help you have the best quality of life possible. This care focuses on your physical, emotional and spiritual needs. The focus of the Symptom Control & Palliative Care Team is to prevent and relieve suffering with the goal of improving your quality of life.

What is the Symptom Control & Palliative Care Team?

Your oncologist has recommended that you meet with the Symptom Control & Palliative Care Team at Princess Margaret Hospital. The Symptom Control & Palliative Care Team are doctors and nurses that are here to support you and your family by helping you with physical, emotional and spiritual concerns such as:

- **Immediate planning – What do you need to take care of right now?**
 - pain and symptom concerns
 - planning your care at home

- **Future planning – What arrangements will have to be made later on?**
 - Advance Care Planning
 - to make sure you receive care the way you prefer it
 - identifying someone to act as your decision-maker if you are not able to make decisions
 - reviewing options for your future care at home and/or a palliative care unit to prevent having to make decisions in a time of crisis

- **Coping – What do you need to help you cope with your situation?**
 - managing feelings of anxiety or depression
 - dealing with uncertainty

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- helping with parent/child adjustment concerns
- exploring spiritual distress

If you are experiencing side effects from cancer or your treatment, the Symptom Control & Palliative Care Team can also help you with:

- Managing and controlling your side effects including nausea, vomiting, loss of appetite, shortness of breath, fatigue, pain and constipation
- Arranging for nurse and doctor support at your home (if you are too unwell to attend our clinic)
- Accessing coping support if you and your family are experiencing emotional difficulties. Princess Margaret Hospital has a team of social workers, psychologists and psychiatrists to help you. Ask your doctor or nurse for a referral if you would like to meet with someone about emotional or practical concerns.
- End of life care planning and decision-making

What can I expect at my appointment with the Symptom Control & Palliative Care Team?

- You will receive a call from the Palliative Care Secretary to book an appointment for the Symptom Control & Palliative Care clinic.
- Appointments are usually 1 hour long. You can try to schedule your appointment on the same day that you have other appointments at Princess Margaret Hospital.

What should I bring with me to my appointment?

- It is helpful to bring a family member or friend to your appointment to help you remember answers to your questions, to take notes for you, and to keep you company.
- Bring a list of all of your current medications to your appointment including any vitamins or herbal supplements that you take.
- If you have any questions or concerns, or if you can't make it to your appointment please call the Palliative Care office at (416) 946-2135.