

Contact Details

Barns Medical Practice

Telephone —01292 281439

www.medicayr.com

NHS 24—Out of hours

Telephone 111

District Nursing Team

Telephone during office hours

01292 513877

Telephone out of office hours

01563 545544

Hospice Liaison Nurse, Colin Walker

Ayrshire Hospice, Racecourse Road, Ayr

Telephone—01292 269200

www.ayrshirehospice.org

Barns Medical Practice

40 Dalblair Road
AYR
KA7 1UL

Phone: 01292 281439
Web: www.medicayr.com

Palliative Care



Patient Information Leaflet

What is palliative care?

You will be offered palliative care if you have been told that you have a condition that there is no active treatment available to cure it. It is also for people who have a complex illness and need their symptoms controlled.

The aim of palliative care is to maximise a person's quality of life by managing their symptoms and side effects of the illness. It also involves helping individuals and their family/carers to cope with the impact of a life-limiting illness by providing emotional, spiritual and practical support.

The staff at Barns Medical Practice believe that it is important to discuss your future care and address any questions or concerns you may have. Many patients find it helpful to have these difficult conversations while they are still well. The aim is to help us follow your wishes in case you are unable to tell us what you would prefer at a later date. We will make time available to listen to your thoughts to ensure we can meet your needs at this difficult time. We do understand that some people are not keen on dis-

cussing this and we respect this.

It is important that we have up to date contact details for you and your next of kin and we would please ask you to give these numbers to our Receptionist.

We will ask if it is ok for us to share your medical information with the out of hours team. This will enable the team there to help you in a more efficient way if at some point you need their help.

Examples of topics that may be discussed:

- Symptom management
- Finances such as benefits eg DS 1500 form
- Spiritual beliefs if appropriate
- Where you would like to be cared for
- Whether you would like to visit the Hospice for example for symptom control and/or complementary therapies
- Preferences or decisions you have about your care including resuscitation

Who is involved?

There are many health care professionals involved in delivering palliative care who all work closely together.

These include—

- Palliative Care GP, Dr Simpson, or any other GP in the Practice
- Community Nurse Practitioner— Deborah Gardiner who can visit you at home
- Palliative Care Nurse—Colin Walker, who is based at the Ayrshire Hospice
- District Nursing Team
- Oncologists
- Specialist Cancer Nurses
- Occupational Therapists
- Physiotherapists