

Palliative Care

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Palliative Care



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Palliative Care at Stony Brook Southampton Hospital

Improving the lives of those facing serious illness

What is palliative care?

A patient-centered philosophy that encompasses all aspects of the patient experience, Palliative care concentrates on reducing the severity of symptoms and helping patients plan for and obtain quality of life when faced with a life-threatening or life-limiting illness. This can include symptom management (relieving pain, nausea, insomnia, stress, and other debilitating symptoms) as well as counseling and support services that help people regain control of the things important to them.

Is palliative care the same thing as hospice?

Palliative care and hospice are not the same thing. Palliative care can help anyone receiving a life-changing diagnosis such as cancer, catastrophic brain trauma, dementia, emphysema, heart failure, or stroke. Our service is appropriate for any stage of a serious illness, while hospice care focuses specifically on relieving suffering during the last months of life.

When is the right time for palliative care?

Good palliative care starts at the time someone is diagnosed, so that problems can be averted or reduced through anticipatory planning. While it is best introduced in the early stage of a serious illness, palliative care is helpful at any point and is provided at the same time as curative treatment.

What can be expected?

- Improvement in symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and sleeping difficulty
- Enhanced ability to carry on with daily life
- Increased tolerance of medical treatment
- Better understanding of the condition and choices for medical care



The Stony Brook Southampton Hospital team

Our specialized team of physicians, nurses and social workers listen carefully, respond with care and sensitivity, and address all questions and concerns. We work closely with the patient's primary care physician to provide:

- Expert treatment of pain and symptoms
- Home care coordination and referral
- Detailed practical information and assistance
- Compassionate support for patient and family members

In addition, Stony Brook Southampton Hospital, with support from the Balm Foundation, has initiated a Community Based Palliative Care Program. This program provides home visits for patients who are suffering from life threatening or chronic debilitating diseases. Furthermore, patients can take advantage of several complimentary services without incurring any out-of-pocket costs, once enrolled in the program. This pioneering approach harkens to the days when physicians made house calls and brought much needed relief for those too ill to travel. Those interested in a Palliative Care home visit for themselves or a loved one, should call **(631) 726-3200**.