

The purpose of this guide is to help you find information and support on palliative care. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

What is Palliative Care?

Palliative care offers pain and symptom management as well as emotional support. The goal of palliative care is to improve the patient and family's quality of life. It is appropriate at any age and at any state in a serious illness, and can be provided along with curative treatment.

University of Michigan Resources

- **Palliative Care Services**

<http://uofmhealth.org/conditions-treatments/home-care/palliative-care>

These services can be requested by patient or doctor to assist in managing quality of life issues. Helps with physical and emotional issues as well as legal, faith, and relationship matters.

- **Rogel Cancer Center Symptom Management & Supportive Care Program**

<https://www.rogelcancercenter.org/support/symptoms-and-side-effects>

The symptom management & support care program works in concert with your oncology team to develop a plan of action to address your concerns. This program combines expertise in palliative care or transition of care issues as well as in the following areas:

- Medication management for symptom control
- Anemia management
- Oral anti-cancer therapy management
- Skin toxicity and wound management
- Pain services
- Physical and occupational therapy
- Cancer nutrition
- Psychological counseling
- Integrative medicine

To make an appointment, please talk to your healthcare team, or call
(877) 907-0859

- **Michigan Visiting Nurses Palliative Care Services**

<https://homecare.med.umich.edu/Michigan-Visiting-Nurses>

The goal of the Michigan Visiting Nurses Palliative Care Services is to offer patients and their families treatment, comfort, and support. This program emphasizes pain control and symptom management.

Phone: (734) 677-1515

Brochures and Fact Sheets

- American Society of Clinical Oncology (ASCO). **Palliative Care: Improving Quality of Life for Patients and Families.** Available online at:
http://cancer.net/sites/cancer.net/files/palliative_care.pdf
- Center to Advance Palliative Care (CAPC). **Palliative Care – What You Should Know.** Available online at:

https://getpalliativecare.org/wp-content/uploads/2019/01/GPC_WhatYouShouldKnowHandout_2019.pdf

- National Cancer Institute. **Palliative Care in Cancer**. Available online at: <https://www.cancer.gov/about-cancer/advanced-cancer/care-choices/palliative-care-fact-sheet>
- National Institute of Nursing Research. **Palliative Care: The Relief You Need When You're Experiencing the Symptoms of Serious Illness**. Available online at: <http://ninr.nih.gov/sites/www.ninr.nih.gov/files/palliative-care-brochure.pdf>

Articles

- Human, Katy. **Palliative Care: A Cloak of Comfort**. *Cure Magazine*. September 17, 2012. Available online at: <http://curetoday.com/publications/cure/2012/fall2012/palliative-care-a-cloak-of-comfort>
- University of Michigan Rogel Cancer Center. **Symptom Management Issue**. *Thrive Magazine*. Fall 2010. Available online at: <https://www.rogelcancercenter.org/living-with-cancer/thrive/fall-2010>

Books

- American Cancer Society. **When the Focus is on Care: Palliative Care and Cancer**. Atlanta: American Cancer Society, 2005.
- Brown, Carlton G. **A Patient's Guide to Cancer Symptom Management**. Pittsburgh, PA: Hygeia Media, 2011.

- Ko, Andrew. **Everyone's Guide to Cancer Therapy: How Cancer is Diagnosed, Treated, and Managed Day to Day.** Kansas City, MO: Andrews McMeel Publishing, 2008.
- Lee, Colleen O. **Cancer and Complementary Medicine: Your Guide to Smart Choices in Symptom Management.** Pittsburgh, PA: Oncology Nursing Society, 2012.
- Rosenbaum, Ernest. **Everyone's Guide to Cancer Supportive Care.** Kansas City, MO: Andrews McMeel Publishing, 2005.

Audiovisual Resources

- Cancer.Net (Provided by the American Society of Clinical Oncology)
 - **Cancer.Net Podcast: Caring for the Symptoms of Cancer and its Treatment**
<https://www.cancer.net/blog/2016-07/research-round-podcasts-side-effects-palliative-care-and-quality-life>
 - **Cancer.Net Video: What is Palliative Care**
<https://www.cancer.net/navigating-cancer-care/videos/side-effects/what-palliative-care>
- **Get Palliative Care.org.** Provided by the Center to Advance Palliative Care (CAPC):
 - **Early Palliative Care: Improving Quality of Life**
 - **Palliative Care: We are the Quarterbacks of Our Care**
 - **Palliative Care: YOU are a BRIDGE**
 - **What Palliative Care is and Why It Matters**
 - **Who Should Receive Palliative Care**

The above titles are available at:

<https://getpalliativecare.org/videos-podcasts-livechats/>

There are other informational videos as well as a “Quality Life” series which focuses on real patients and their experiences with palliative care.

Web Resources

- **American Cancer Society: A Guide to Palliative or Supportive Care**
<http://cancer.org/treatment/treatmentsandsideeffects/palliativecare/supportive-care>
Explains palliative care and its benefits.
- **CaringInfo**
<http://caringinfo.org>
This site is a program of the National Hospice and Palliative Care Organization. It provides a variety of free resources on topics such as advance care planning, caregiving, pain, financial issues, hospice and palliative care, and grief and loss.
- **Get Palliative Care.org**
<https://getpalliativecare.org>
This site, provided by the Center to Advance Palliative Care (CAPC), provides information on palliative care, and includes a palliative care provider directory of hospitals. Also includes a quiz to see if palliative care may be appropriate for you or a loved one.
- **PalliativeDoctors.org**
<http://palliativedoctors.org>
This is the patient site of the American Academy of Hospice and Palliative Medicine (AAHPM) and it provides information for patients and families on palliative care.

- **Patient Quality of Life Coalition**

<http://patientqualityoflife.org>

This coalition was formed to advance the interests of patients and families facing serious illness. This site includes policy and advocacy information as well as resources on palliative care, including research and reports.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#).

Document #0164 / Last Revised 03/2019