



The Community Palliative

St Catherine's
hospice care

Clinical Nurse Specialist Team

The team is part of St Catherine's Hospice - a local registered charity which is here to help people facing life-shortening conditions to have quality of life, to the end of life.

Registered charity No: 512186

www.stcatherines.co.uk

01772 629171

@StCatherinesPre



What is palliative care?

Palliative care is treatment, care and support for people with a life-limiting illness and their family and friends. A life-limiting illness is an illness that can't be cured and which the person will eventually die from. Examples of life limiting illnesses include advanced cancer, motor neurone disease (MND) and dementia.

What the Community Palliative Care Team offers

- We provide advice and support to help with symptoms such as pain
- We work in partnership with GPs, District Nurses and hospital teams when specialist palliative care advice and support is needed
- We will usually visit you where you live to conduct an assessment of your needs; occasionally you may be offered a telephone appointment
- We work seven days a week; advice and support is available by contacting the St Catherine's 24-hour advice line on 01772 629171
- We can also support with making plans for the future



Our team

We are a team made up of experienced, specially trained nurses and we work as part of a multi-disciplinary team at the hospice, including consultants and Hospice Support Assistants. We are based at St Catherine's Hospice but each nurse works with a group of GP surgeries in a geographical location in Central Lancashire.



Frequently Asked Questions

Q: When will I be seen by a Clinical Nurse Specialist?

A: New referrals to the service are placed on a waiting list and we do our best to see patients as soon as we can. If you have any particular issues or concerns please let us know and we will do our best to help.



Q: How often will a Clinical Nurse Specialist visit?

A: Following an initial assessment an ongoing plan of care will be discussed with you. The frequency of follow up is based on individual need and this may be a combination of face to face visits and telephone calls.

Q: When I will be discharged?

A: If your needs are being met by your GP and District Nurse, then you may be discharged from our service. You will still be able to access our dedicated advice line on 01772 629171.

Q: Do you provide help with personal care or night sitters?

A: If you have District Nurses, please discuss personal care needs or night sitters with them. If you do not have District Nurses, we advise contacting Lancashire County Council Adult Social Care Team on 0300 123 6701.

Q: Are you able to order equipment?

A: We can help to provide a limited range of smaller equipment items but the District Nurses are able to order a much wider range.

Q: Do you provide care to patients in hospital?

A: There is a Hospital Palliative Care Team, who we liaise closely with. If you or a family member is admitted to hospital, the first point of contact would be the ward nurse who can refer on to the Hospital Palliative Care Team if this is appropriate.

Further advice and resources

Our website has a wide range of resources offering advice, support and information for patients and their families, covering areas such as:

Fatigue, anxiety, and breathlessness; techniques for relaxation and sleep; wills and planning for the future; support for carers; financial advice; opening up difficult conversations; and more.

Visit www.stcatherines.co.uk/resources

If you would like more information about what we do with your data, please ask for a copy of our booklet entitled 'What we do with information about you' or visit our website at www.stcatherines.co.uk

