



ST STEPHEN Health Care

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Palliative Care



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Health Care

Palliative Care

Palliative care is specialised medical care for people faced with a serious illness and life limiting illnesses. This type of care is focused on providing relief from the symptoms of a serious illness. The core value is to improve quality of life versus quantity of life, while taking the patient and their family's wishes into consideration. Palliative care is provided at St Stephen by a specialized team of doctors, nurses and other specialists. We are committed to provide compassionate care that creates an extra layer of support to all. It is appropriate at any age and at any stage of a serious illness, and it can be provided along with curative treatment.

A **multidisciplinary team** is a group of health care professionals from different disciplines, each providing specific services to the patient with the aim of ensuring that the patient receives optimum care and support. This team has a prominent role in patient management to ensure the best possible outcomes for the patient and their families. We base our approach on evidence based research with varied focuses such as physical and psychosocial. At St Stephen, a strong culture of multidisciplinary care is critical to improving the primary health care of all our patients.

Sub-Acute Ward

At St Stephen, our specialized multidisciplinary team, strive to meet our patient's individualized needs. We have a 22-bed sub acute unit, where patients are admitted for various medical care, such as pain management and further supportive care. Our sub-acute care program aims to provide each patient and their families the best opportunity to reach their personal potential outcome while advocating for optimal quality of life. Our intimate atmosphere sets the tone as a uniquely holistic patient-centered unit. Continuum of care is a vital part of our values and therefore patients as well as their families will receive on-going support after being discharged.



Quality care is non-negotiable. Our care givers and nursing staff are passionate about going the extra mile with compassion and loving care.



Scope of practice of hospital social work

Our social workers are passionate professionals that have the privilege to working with our patients and their families assisting them to deal with the experience of facing a diagnosis of a life-threatening illness.

Palliative social workers draw on a broad range of skills, knowledge, and research to ensure comprehensive biopsychosocial assessments to address concerns that arise during the palliative care stage. They coordinate family meetings, mobilize community resources, facilitate intricate discharge planning and strive to prevent carer burnout. One of the goals for social work intervention is to develop coping mechanisms to deal with the dying process.

The day-to-day realities of the illness require direct counseling to deal with transitions and decision making. Our Social Workers strive to achieve optimum quality of life with passion and dedication at heart.

Role of Palliative doctor and medical team

Our resident Palliative doctor specialises in palliative medicine and provides care as well as support to our patients and their loved ones who may be faced with challenges linked to living with a serious illness. While other doctors focus on your general health or treating your illness, palliative doctors concentrate on alleviating and preventing unnecessary suffering with the ethos of improving your quality of life.

Compassionate palliative care succeeds when there is a holistic team approach and usually includes the palliative doctor, nurses, and other professionals. Our nursing staff and care givers are specifically trained and have experience in palliative care.