

Patient information factsheet

Introducing the palliative care team for people with cystic fibrosis (CF)

We've written this factsheet to explain how the palliative care team can help and support you while you are under the care of the cystic fibrosis (CF) team. We hope it will answer some of the questions you may have. If you have any questions or would like more information, please get in touch with us using the details on page 2, or speak to your CF team.

What does the palliative care team do?

The palliative care team provides specialist care for people who have complex symptoms caused by CF.

Palliative care is about holistic support (care of the whole person), and managing difficult symptoms, including pain, problems sleeping, and anxiety. Our aim is to support you and your family, and help improve your quality of life through an individualised approach, focusing on what matters most to you.

Our team, which is made up of specialist doctors and nurses, will provide an advisory service, working alongside your CF team to look after you and ensure you are as comfortable as possible. The palliative care aspects may be particularly important to you at times, and less so at other times, and the advice and support we offer will be complementary to the rest of your treatment.

How can we help?

We can:

- advise you about pain and other symptoms you may have, such as breathlessness, feeling sick and irregular sleeping patterns
- support you emotionally and psychologically
- provide support, advice and information for your family
- assist with decisions about your care and planning for the future
- help you to deal with the uncertainties that your illness brings, which may involve 'hoping for the best whilst planning for the worst'
- support you with making decisions around end of life care, if needed.

What happens next?

After we have met you and discussed your needs, we will agree a plan with you and your CF team. This could involve just a one-off meeting or regular meetings with our team while you are in hospital. Your family can be involved in these meetings, if you wish.

If you have ongoing palliative care needs when you leave hospital, we can discuss with you how best to address these. We often review people with CF when they come back into hospital, but this would be your decision.

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Contact us

Palliative care team

Telephone: **023 8120 4126** (8.30am to 4.30pm, Monday to Sunday)

Outside of these hours, please leave a message on the answering machine.

CF team

Telephone: **023 8120 6801** (9am to 5pm, Monday to Friday)

For emergencies outside of these hours, please contact D10 ward on **023 8120 8334**.

Useful links

www.cysticfibrosis.org.uk/life-with-cystic-fibrosis/planning-for-end-of-life

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**