

# Rural Palliative Care Consult Service

## Expert help supporting rural teams

The Rural Palliative Care Consult Service helps patients and families who are living with a life-limiting illness or are at end-of-life, and provides support to their local rural healthcare teams. They provide recommendations and support in person and use telephone or videoconferencing to overcome the barrier of distance when necessary.

Palliative care doctors and nurse specialists work with the patient, family and primary healthcare team to provide:

- assessment and symptom management recommendations (for example: pain, nausea)
- patient and family information about how the illness may progress, and care suggestions to enhance quality of life
- psychological and spiritual support
- help with advance care planning and healthcare decision-making
- help with exploring care options and best location of care

The Rural Palliative Care Consult Service provides support to patients in many locations; home, hospital, supportive living or long-term care.

### Who is this service for?

Adults who are 18 years or older living with a life-limiting, end-of-life illness or diagnosis. When needed, the Rural Palliative Care Consult Service works closely with Alberta Children's Hospital palliative specialists to support children and youth living outside of Calgary city limits.

### How do I access this service?

Patients and families should discuss their palliative care needs with their doctor or healthcare professional who can initiate a referral to the consult service as needed.

Healthcare providers should contact the Rural Palliative Care Consult Service office for the referral process.

Telephone: 403-995-2714

To learn more about palliative care:

[myhealth.alberta.ca/palliative-care](https://myhealth.alberta.ca/palliative-care)

To learn more about Calgary Zone palliative services:

[ahs.ca/palliativecalgary](https://ahs.ca/palliativecalgary)