

## Exceptional care for both our patients and their loved ones

If you have a chronic/serious illness that will limit the length or quality of your life, our team of palliative care experts have many ways to help you.

Palliative care is focused on providing patients with relief from the symptoms, pain and stress of a serious illness—whatever the diagnosis or prognosis.

Our goal is to improve quality of life for both the patient and their family. Palliative care is provided by a team of doctors, nurses and other specialists who work with a patient's primary care provider to add an extra layer of support. Palliative care is appropriate at any age and at any stage during a serious illness and can be provided together with a curative treatment.



### Directions:

**From All Points West:** Take the Queens-Midtown Tunnel at 34th Street to the Long Island Expressway (495); Expressway to the Cross Island Parkway south; Cross Island to the Southern State Parkway, eastbound; take the Southern State to exit 17 south, (Hempstead Avenue); Hempstead Avenue becomes Ocean Avenue; continue south on Ocean Avenue to Merrick Road; make a left on Merrick Road; make a right on Oceanside Road; continue until first traffic light (Oswald Court) and make a left onto Oswald Court; Hospital is on your right.

**From All Points East:** Take Southern State Parkway westbound to exit 20S (Grand Avenue, Baldwin). Take Grand Avenue south to Merrick Road. Make a right on Merrick Road. Go approximately one mile to Oceanside Road. Make a left on Oceanside Road. Hospital is on your left.



**Mount  
Sinai  
South  
Nassau**

One Healthy Way  
Oceanside, NY 11572  
1-877-SOUTH-NASSAU  
[mountsinai/southnassau.org](https://mountsinai/southnassau.org)

All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

03/22

# Inpatient Palliative Care

Improving the quality of life  
for patients and their families



**Mount  
Sinai  
South  
Nassau**

# What is Palliative Care?

**Palliative care is not just for end of life. It is specialized medical care to enhance the patient's quality of life while living with serious illness.**

Mount Sinai South Nassau's palliative care program is staffed by an interdisciplinary team of professionals working together with your primary care doctor. The team is made up of a physician who is board certified in hospice and palliative medicine, along with a nurse practitioner and clinical administrator who specialize in palliative care. Pastoral care liaisons, social workers, care managers, pharmacists, nutritionists and other services are also involved.

Together with your own doctor, we make sure that you receive:

- Expert treatment of your pain and symptoms
- Close communication about your illness and treatment choices
- Coordination of your care among all of your health care providers while you are in the hospital and after you leave
- Inpatient care
- Advance Care Planning

## What to Expect

- Relief from symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, numbness and problems with sleep
- Emotional and spiritual support for you and your family
- Better understanding of your condition and your choices for medical care

## Getting Palliative Care is Easy

You may already have been referred to the palliative care team, but if not, just ask your doctor for a referral. We work together with your primary care physician, so you will not have to give up your own doctor.

### Speak up

It is also advisable to ask your doctor the following questions:

- Can you explain to me what my medical problems are? Please use language that I can understand.
- What is the plan to address my problems?
- Do these medications (or treatments, or tests) have any side effects? Please describe them.
- How will I know when I am ready to leave the hospital? What will you be looking for?

## Palliative care is covered by most insurance plans

Most insurance plans, including Medicare and Medicaid, cover palliative care services. It is handled like other medical services, such as oncology or cardiology.

**FOR MORE INFORMATION about Palliative Care at Mount Sinai South Nassau, call 516-632-4200**

