

# Palliative Medicine & Supportive Care

Compassionate Care when you need it most.



Salinas Valley Memorial Healthcare System





# Compassion

If you or someone you love is a patient at Salinas Valley Memorial and facing a serious illness, palliative care can help. Our palliative care team uses a variety of approaches and therapies to control symptoms, manage pain, reduce stress, and assist with navigating difficult decisions and establishing patient-centered goals. This specialized area of medicine has been shown to enhance quality of life for patients and their family members.

At Salinas Valley Memorial, our palliative care team includes board-certified physicians, nurses, social workers, chaplains, pharmacists, dietitians and practitioners of healing arts such as music, art and pet therapies, spiritual care, aromatherapy, massage and healing touch.

Together, we make sure that you receive:

- Expert treatment of your symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, and problems with sleep.
- Care that helps improve your ability to tolerate medical treatments.
- Close communication about your illness and treatment choices.
- Coordination of your care among all your healthcare providers.
- Emotional and spiritual support for you and your family.
- Practical information for day-to-day living.
- Referral and coordination of home care services. Salinas Valley Memorial Healthcare is partnered with VNA for Palliative Home Care.

# Understanding Support Care



Our Palliative Care providers are a multi-disciplinary group. Some of our team members, from top left: Chriss G. Peterson; Lisa Anaya; Denise Ricigliano, NP; Nadine Semer, MD; seated, Wendell Harry, MD; Maria Fuenzalida; Bree Nakashima; Arthur Gabudao.

Many insurance plans, including Medicare and Medi-Cal, cover palliative care services. It is handled similarly to the coverage for other medical care such as for heart disease, cancer or an injury.

We welcome questions from both you and your family. For more information on Palliative Care, visit [svmh.com/palliativemedicine](http://svmh.com/palliativemedicine) or call 831-676-0210.