

For more information on the UPMC Palliative and Supportive Institute, please contact:

**UPMC PALLIATIVE AND
SUPPORTIVE INSTITUTE**

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How Palliative and Supportive Care Can Help You



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What is palliative and supportive care?

Palliative care is specialized medical care for people living with a serious illness. Palliative and supportive care focuses on improving the quality of life by providing relief from pain and symptoms, as well as the stress of living with a serious illness. In addition, this type of care works to make sure that the values of patients and their families are honored throughout the treatment plan.

Palliative and supportive care is typically provided by a team of doctors, nurses, and other specialists to make sure each patient receives the best possible treatment and care for their illness. Palliative care is available to all patients with a serious illness, regardless of age or the stage of the illness. Palliative care does not replace the patient's traditional medical care, but supplements that care to offer extra help and support for the patients and their families along the way.

What is the UPMC Palliative and Supportive Institute?

The mission of the UPMC Palliative and Supportive Institute (PSI) is to ensure high-quality, coordinated care for patients with serious illnesses by increasing UPMC palliative care capabilities and expertise through consistent education, training, and technical assistance for health care professionals.

PSI strives to enhance the quality of life for patients and their families living with the burden of serious illness. PSI provides attentive symptom management and care that focuses on promoting the values of patients and their families.

Goals of PSI

- Promoting education, training, and support for health care professionals who care for patients with a serious illness through consistent curricula and continuing education
- Increasing the quality of patient care and improving clinical outcome measures of symptom relief, honoring patient preferences, and reducing utilization of hospital resources
- Educating the community about palliative and supportive care and empowering patients and families to demand access to specialty palliative care services
- Increasing access to multidisciplinary, specialty palliative care across UPMC — including hospitals, long-term care, ambulatory practices, and home care
- Partnering with UPMC providers, facilities, and system partners (including UPMC Health Plan) to build systems of care that respond to symptom management, align with patient preferences and treatment plan goals, and provide a continuum of care across multiple settings

For more information on the UPMC Palliative and Supportive Institute, call **412-864-2897** or toll-free at **1-855-565-7146**, or email psicare@upmc.edu.