



Hudson Valley Hospice

Education Newsletter

Enhancing the quality of living for those at the end of life.

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Hospice Philosophy

At the core of hospice care is the belief that each of us has the right to die pain free and with dignity. That while we accept death, we do not hasten or postpone it, but rather our goal is to enhance the quality of living for those at or near the end of life and support their loved ones.

Hospice is a holistic approach to care at the end of life, treating the person and symptoms of the disease, rather than treating the disease itself, focusing on providing pain and symptom management and attending to the patient and their loved one's emotional and spiritual needs. Our interdisciplinary team that includes doctors, nurses, home health aides, medical and bereavement social workers, chaplains, a variety of specialized therapists and volunteers, work together to create an individualized plan of care that is constantly reviewed and updated to meet the needs of the patient as they move through their disease progression while providing support to the patient's loved ones. Whether at home, in the hospital or a nursing home, our interdisciplinary team works with caregivers and staff to ensure that the best care and support is provided to the patient and everyone who is involved in the patient's care.

Hospice care is without curative intent for the patient who no longer has curative options or has chosen not to pursue treatment because the side effects outweigh the benefits. We look to our nursing home partners to help ensure that those entrusted to their care receive the benefits of hospice care when a patient reaches this stage in their journey. Indications of what to look for are on the back of this newsletter.

If you believe you have a patient who could benefit from hospice care, please call us. Together we can ensure that our patients die pain free and with dignity.

Have a Question? Call Us!

Referral Center
7 Days a Week
845-240-7555

Hospice Care
Call Us 24/7
845-240-7510

Palliative Care
845-240-7557

General Inquiries
845-485-2273

**Bereavement
Center**
845-240-7579

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Is it Time for Hospice?

General Criteria

- Does the patient have a life-limiting illness?
- Would you be surprised if the patient died within 6 months?

Some clues a person has a life expectancy of 6 months or less:

- Medically frail because of multiple chronic illnesses such as, CHF, COPD, renal insufficiency
- Multiple hospitalizations or ER visits in the past 6-12 months
- Multiple falls
- One or more life threatening infections in the past 6 months
- Decreased food intake or unintended weight loss
- Malnutrition or recurrent dehydration
- Wounds or deep pressure ulcers that have not healed
- Decline in ability to perform activities of daily living (ADLS)
- Aspiration with swallowing
- Karnofsky Performance Status (KPS) or Palliative Performance Score (PPS) <70%
- Declined cognition

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If it's time... We can help!



Breaking Down the Myths

MYTH:

Only a doctor can refer a person to hospice.

FACT:

Anyone, including the patient can refer to hospice.

Quote of the Month

“Out of the mountain of despair,
a stone of hope.”

- Dr. Martin Luther King, Jr.