

## **SPECIALIST PALLIATIVE CARE SERVICES IN THE ESSEX CANCER NETWORK REGION COMMON REFERRAL FORM**

The specialist palliative care services in the Essex region offer multi-professional care to adults at all stages of any progressive, non-curative disease, on the basis of need not diagnosis.

### **Referral guidelines**

All practitioners caring for adults with a life-limiting illness should provide general palliative care. The specialist palliative care teams can offer help & advice with the following problems:

- complex physical symptoms
- complex psychosocial & family issues
- spiritual distress
- bereavement
- rehabilitation

If you need help with a patient who may not meet the criteria above, we can offer support & advice to aid decision-making, as well as offering staff training as required.

**Please complete the attached form fully in black ink & send it to the appropriate service listed below. Copies of the referral form can be obtained from the Essex Cancer Network website or by telephoning any of the services listed below.**

### **South Essex**

**Fairhavens Hospice**  
126 Chalkwell Avenue, Westcliff-on-sea, Essex SS0 8HN

Tel No: 01702 220350  
Fax No: 01702 437009

**Southend Hospital Specialist Palliative Care Team**

Fax No: 01702 221413  
Tel No: 01702 385190

### **Mid – Essex**

**Farleigh Hospice & Community Palliative Care Team**  
North Court Road, **Chelmsford**, Essex, CM1 7FH.

Tel 01245 457314  
Fax: 01245 457333

**Hospital Specialist Palliative Care Team**  
Broomfield Hospital, Court Road, **Chelmsford**, CM1 7ET

Tel 01245 514503  
Fax 01245 514405

### **North-East Essex**

**St Helena Hospice & Community Palliative Care Team**  
Barncroft Close, Highwoods, **Colchester**, CO4 9JU

Tel 01206 845566  
Fax 01206 843294

**Hospital Specialist Palliative Care Team**  
Essex County Hospital, Lexden Road, **Colchester**, CO3 3NB

Tel 01206 744018  
Fax 01206 744511

**Hospice at Home team**  
St. Helena Hospice, Barncroft Close, Highwoods,  
**Colchester** CO4 9JU

Tel: 01206 751468  
Fax: 01206 751468

### **Specialist Palliative Care Services in the Essex Cancer Network area**

- **Community Specialist Palliative Care Team** – specialist palliative care (Macmillan) nurses supported by a multidisciplinary team, offering symptom control, support & advice to patients & their carers in the community. Referrals are accepted at any stage of the patient's illness.

- **Hospital Specialist Palliative Care Team** – specialist palliative care (Macmillan) nurses supported by a multidisciplinary team, offering symptom control, support & advice to patients & their carers in the hospital setting. Referrals are accepted at any stage of the patient's illness.
- **Hospice admission for a planned period of short-term care** – admissions are accepted on the basis of need and can provide symptom control, respite\*, psychosocial support, rehabilitation & end of life care. Please note that hospices cannot provide long-term care for palliative care patients.
- **Bereavement support** – support from trained staff where relatives or carers are assessed to be at risk of a complicated bereavement.
- **Chaplaincy** – spiritual & pastoral support to patients & carers of any or no faith.
- **Complementary therapies\*** – a selection of therapies including aromatherapy, massage, Shiatsu, reflexology & acupuncture.
- **Day Care** – offers an holistic patient assessment & physical, psychological & social support, positive living programmes & complementary therapies.
- **Hospice at home\*** – practical advice & support at home in the last few weeks of life, enabling the patient to remain at home (24 hour service).
- **Lymphoedema services\*** – assessment & treatment of those who have developed lymphoedema as a result of their illness &/or treatment.
- **Occupational therapy** – aims to enable patients to live their lives as fully as possible by detailed assessment, advice on lifestyle management & provision of specialist equipment as required.
- **Outpatient services\*** – medical, nurse & physiotherapy led outpatient clinics, including blood tests & transfusions, bisphosphonate infusions & breathlessness clinics.
- **Physiotherapy\*** – aims to maximise patients' physical function & improve their quality of life by a detailed assessment & management plan.
- **Social Work & Counselling\*** – provides emotional, psychological, social & practical advice & assessment for patients, families & carers in the community & hospice settings.
- **Therapists\*** - art & music therapists enabling patients to express themselves creatively.

**\*Please note that not all services are currently available in all parts of the Essex Cancer Network.**

Other professionals are involved in supporting palliative care patients, e.g. GP's, District Nurses, Oncologists, Clinical Nurse Specialists, Marie Curie Cancer Care.