

CARDIAC SUPPORTIVE AND PALLIATIVE CARE PROGRAM

INFORMATION FOR OUR VALUED PATIENTS AND VISITORS



What is the Cardiac Supportive and Palliative Care Program?

The University of Ottawa Heart Institute's Cardiac Supportive and Palliative Care Program is a specialized outpatient clinic for patients diagnosed with advanced cardiac disease and their caregivers. The goal of the program is to improve palliative care for these patients and their caregivers across eastern Ontario. Palliative care is an important part of care for every person with a serious and incurable illness, but people with cardiac disease often do not receive palliative care until very late in their illness, if at all. This program aims to address that problem. In working collaboratively with other Heart Institute (UOHI) programs and community resources, this program focuses on symptom management, self-care strategies, caregiver support, goals of care discussions, and more.

Upon referral to the Cardiac Supportive and Palliative Care Program, a specialist may refer a patient to other allied healthcare providers at the UOHI, including social workers, psychologists and/or dietitians.

Who should be referred?

Anyone with an end-stage cardiac disease. **Reason** for referral may include (but is not limited to):

- symptom management.
- goals of care discussion.
- advance care planning (e.g. power of attorney, end-of-life care planning).
- emotional support/coping with life-threatening illness.
- community care referral and coordination, assistance with transitions in care.
- caregiver support.

What services are provided?

- Medical assessment and follow-up.
- Personalized testing and treatment to best meet patient needs.
- Assistance with managing symptoms, self-care strategies and caregiver support.
- Coordination and navigation of community palliative care resources.
- Optimization of quality of life and prevention of hospital admissions.
- Ongoing support through follow-up visits and telephone monitoring.

Who can refer?

Your cardiologist or primary care provider.

For More Information

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