



SUPPORTIVE AND PALLIATIVE CARE PROGRAMME

COPE BETTER PROGRAMME

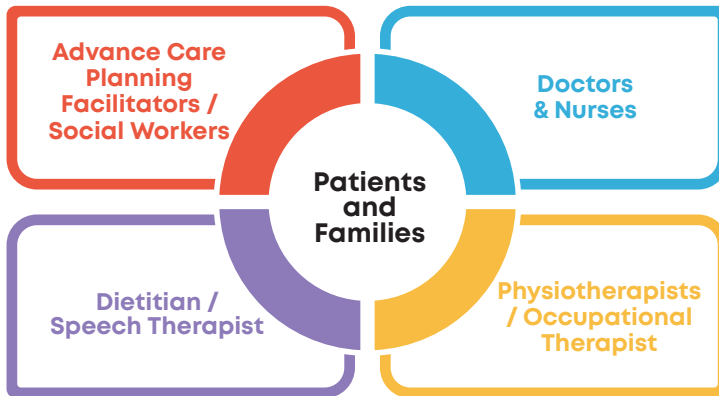
Alexandra Hospital Supportive and Palliative Care Programme

Alexandra Hospital (AH) Supportive and Palliative Care Programme is a part of the National University Health System (NUHS), offering a full range of palliative care services ranging from inpatient care, outpatient clinic consultations and community care.

What is Palliative Care?

Palliative Care is a medical specialty that focuses on providing holistic care to our patients with advanced illness. We aim to support patients and their families by addressing physical, emotional, social and spiritual needs. We provide these services within a multi-disciplinary team approach to create a caring system that helps patients and family to cope better with advanced illness.

Our Multidisciplinary Team



What services are available at AH Supportive and Palliative Care?

Medical Services

- Consultations/ Pain and symptom management
- Compassionate Discharge
- Chest and abdomen drainage (Elective admission)
- Blood tests/ transfusion services
- Pharmacological Treatment: IV antibiotics

Supportive Services

- Advance Care Planning
- Palliative Rehabilitation
- Legacy work
- Caregiver training
- Grief and bereavement support

Short Term Rehabilitation and Allied Health

- Dietetics and Nutritional Support
- Occupational Therapy
- Physiotherapy
- Speech therapy
- Medical Social Work
- Pharmacy

Where are these services provided?

Patients with advanced illness are cared for in different care settings (e.g. acute hospital, own home, nursing home, hospice) depending on factors such as their medical and nursing needs, social situation and preferences. Our services are tailored to care for patients throughout these care settings, which provides continuity of care for patients and caregivers.

Location of services available in AH	
Outpatient Clinic	e.g. For patients who are more stable and living in the community who require regular palliative care reviews
Inpatient Consultations	e.g. When patients are admitted to the hospital under another medical discipline (e.g general medicine) and are referred to palliative care for specialist support
Acute Palliative Care Unit	e.g. When patients need hospital admission for acute medical issues with high symptom burden/complex care
Community-Based Palliative Care	For patients living in the community e.g. post-discharge requiring follow-up blood taking and review

Who can benefit from Supportive and Palliative Care?

Supportive and Palliative Care is appropriate for patients at any stage of a serious life-threatening illness. The type and location of this service will differ depending on various factors including a patient's needs, goals of care and stage of illness, goals of care. Your doctor will be able to advise you further about the suitability of a referral to the AH Supportive and Palliative Care Programme.

How do I access AH Supportive and Palliative Care services?

Speak to your doctor / home hospice provider for a referral to AH Supportive and Palliative Care.

Patients with advanced illness who require urgent inpatient palliative care may present to AH Urgent Care Centre (UCC) for consideration of urgent same-day admission to AH Acute Palliative Care Unit. The UCC medical team will perform a medical assessment and refer you for admission to the AH Acute Palliative Care Unit or an early Palliative Clinic appointment if appropriate.

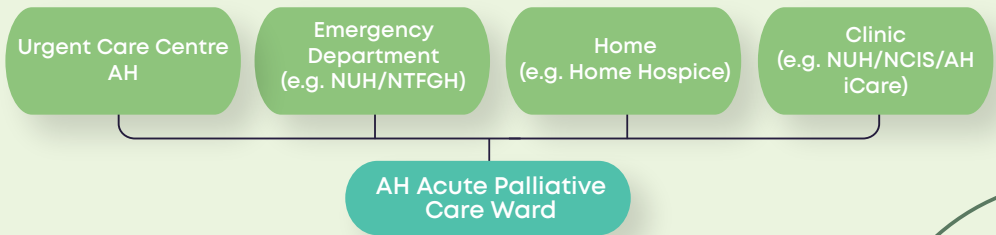




Admission to the AH Acute Palliative Care Unit

We work closely with AH Urgent Care Centre, National University Hospital (NUH) and Ng Teng Fong General Hospital (NTFGH) emergency departments to ensure a seamless transfer of suitable patients to our inpatient palliative care unit. We also partner with community home hospice partners, fostering close relationships to ensure smooth and integrated care. For specific patients, we work with hospital-at-home services.

Routes of admission to AH Acute Palliative Unit



Please call 1777 to request a non-emergency ambulance to come to AH Urgent Care Centre.

Useful Links

Singapore Hospice Council Website (for more information on Palliative Care Services in Singapore):

<https://singaporehospice.org.sg>

Alexandra Hospital | 378 Alexandra Road, Singapore 159964.

Main Line: +65 6908 2222 | Fax: +65 6379 4339

www.ah.com.sg |    AlexandraHospitalSG