



# VITAS Knows How to Control Pain

Let us help you feel better.

Pain is the most feared and often the most undertreated symptom patients experience near the end of life. Uncontrolled pain can diminish quality of life, cause undue stress and affect day-to-day activities, preventing patients from enjoying friends and family during this important time.

**It doesn't have to be this way.**

VITAS® Healthcare trains patients and families to lessen any fear of the unknown and provides medication, as needed, to control symptoms. Our hospice team provides expert support for pain management, so patients never have to worry about bearing this burden alone.

To help patients with advanced illness find the best method of pain control, we offer:

- Thorough pain assessment at each visit
- Adjustment of medication and dosages, based on a patient's pain level
- Pain experts who choose the most appropriate, least invasive route toward relief
- Training for patients, family members and caregivers on the administration of pain medications
- Information about a patient's disease process and its signs of progression
- Breathing and relaxation techniques to help patients cope with symptoms
- Massage, music therapy and other integrative services, as available
- Round-the-clock access to the VITAS Telecare clinical team
- Training for clinical staff and patient caregivers to recognize and address side effects of pain medication

**VITAS**<sup>®</sup>  
Healthcare

800.723.3233 • VITAS.com    

# How VITAS® Healthcare Pain Management Experts Can Help

Because end-stage illnesses often involve more than physical pain, VITAS offers an interdisciplinary-team approach. All members are available to help address the emotional, psychosocial and/or spiritual needs of each patient. Each hospice team employs the following roles to meet patients' needs:

- **Physicians** who work with the patient's primary care physician to control pain and symptoms
- **Registered nurse** who is skilled in caregiver education and managing pain/symptoms
- **Social worker** who provides emotional support and helps with financial concerns and planning
- **Hospice aide** who provides personal care (bathing, dressing, feeding, etc.) based on each patient's plan of care
- **Chaplains** who work with the patient's own clergy and offer spiritual support
- **Volunteers** trained by VITAS to provide companionship, pampering, life enrichment and respite relief for caregivers
- **Bereavement specialists** who offer grief and loss support and help with memorial services and other care for loved ones

**Help is available wherever you are, whatever your situation.**

Our hospice physicians work with patients in their preferred setting of care; at home, in one of our dedicated inpatient hospice units, in a hospital, nursing home, assisted living community or other residential care facility.

If you think hospice care may be right for you or your loved one, speak with your physician. You or your loved ones have the right to request an evaluation to determine whether hospice is an appropriate option to manage pain and symptoms. VITAS can also provide an informational visit to review available care options and to discuss your wishes and values.

**Call 800.723.3233 or visit [VITAS.com](https://www.vitas.com) today to see how VITAS can help.**

**VITAS®**  
Healthcare

VITAS.com    