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FOR IMMEDIATE RELEASE

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**RE:** St. Elizabeth's introduces first hospital-based Palliative Care program in metro-east  
St. Elizabeth's Hospital  
Belleville, IL

St. Elizabeth's Hospital, in collaboration with Family Hospice and Hospice of Southern Illinois, announces the creation of a local Palliative Care program for patients with life-limiting illnesses and their families in our community. This is the first hospital-based palliative program in the metro-east.

*Palliative Care* is the active, total care of patients whose disease is not responsive to curative treatment. The word "palliative" comes from "palliate," meaning to ease or comfort. The goal of St. Elizabeth's Hospital Palliative Care Services is to achieve the best quality of life for patients and their families while seeking continuing treatment for their advanced illness.

It is different from hospice care in that hospice patients must usually have a terminal disease and the physician must specify that the patient has a limited life expectancy. Palliative Care is indicated for all patients with advanced stages of chronic diseases and whose life expectancy may be indefinite.

"The Palliative care team maintains a positive and proactive approach toward the care of each patient," said Carolyn Sitzes RN, Director of St. Elizabeth's Home Health Services. "The encouragement and support not only helps the patient during this time but also the surrounding family members and friends."

St. Elizabeth's Palliative Care Services team will work extensively with patients and families in identifying their needs and developing an individualized plan of care to meet those needs. The team can provide pain and symptom management for patients as well as support in managing the disease process. Difficult symptoms include uncontrolled pain, nausea, weakness, delirium, anxiety, and shortness of breath.

Palliative Care Services can be received at St. Elizabeth's Hospital or through St. Elizabeth's Home Health. For more information about Palliative Care Services call 618-277-9360.

St. Elizabeth's Hospital is a 506-bed acute care medical facility featuring a newly renovated 16-suite surgery center including open-heart suites and an outpatient surgery center featuring 26 private rooms. St. Elizabeth's handled more than 156,000 outpatient visits and admitted nearly 13,000 patients last year. The hospital employs more than 1600 employees representing more than 40 specialties. St. Elizabeth's also operates an UrgiCare Center at its Medical Building in O'Fallon, IL, an outpatient physical therapy center in Mascoutah, IL, and is near completion of a new medical building in Monroe County, IL