

## How to contact us

The St Gemma's Community Team provide a seven-day service.

**Between 8.30am and 5pm** the team can be contacted on 0113 218 5540.

**In the evening and at night** we provide telephone advice and support, please call 0113 218 5511 and you will be able to speak to the Nurse in Charge on the Hospice ward.

## A word about health and safety

St. Gemma's Hospice is concerned for the health of its staff and the risks of passive smoking. We would kindly ask that you and your relatives refrain from smoking just before and during a visit from our Team.

## How can you help us?

The services St Gemma's Hospice provides are always free, but we can only continue to do this through the generosity of our supporters. To find out more about how you can help, phone our Fundraising Team on 0113 218 5555 or email [fundraising@st-gemma.co.uk](mailto:fundraising@st-gemma.co.uk) or visit our website [www.st-gemma.co.uk](http://www.st-gemma.co.uk)

# Introduction to St Gemma's Community Team



This leaflet is available in large print.  
Please call 0113 218 5557



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 [www.twitter.com/stgemmahospice](https://twitter.com/stgemmahospice)

 [www.facebook.com/st.g.hospice](https://www.facebook.com/st.g.hospice)



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## Palliative Care

Palliative Care is the care of patients whose disease is not curable. The aim is to achieve the best possible quality of life by managing the effects of the disease.

## The Community Team

The St Gemma's Hospice Community Team offers specialist advice and support to patients and families/carers in their own homes and in our Out-Patient clinics.

The team consists of:

- Clinical Nurse Specialists
- Staff Nurses
- Doctors
- Secretarial staff

The Doctors and Nurses have training and experience in palliative care.

The St Gemma's Hospice Community Team work closely with other professionals who may be involved with your care, including GPs, Nurses in the neighbourhood teams, hospital Consultants and other hospital or community-based nurses.



## Nurse Specialists in Palliative Care

The Nurse Specialists can do the following:

- ♥ Discuss issues which may be having an impact on your life, whether physical, emotional, spiritual or social.
- ♥ Use their knowledge and experience to help you to improve physical symptoms such as pain, nausea or breathlessness.
- ♥ Discuss your thoughts and feelings, and give information which can often help you to make choices about the present and future.
- ♥ Offer advice and support to your family/carers.
- ♥ The majority of our Nurse Specialists have undertaken extra training to prescribe medication.

The Nurse Specialists work closely with the Hospice Consultants and other doctors. They can request an Out-Patient appointment at St Gemma's Hospice or, if a patient is not well enough to attend, one of the Doctors may be able to make a home visit.

The Nurse Specialists can refer patients to other services run within our Out-Patient building or online, or arrange admission to the Hospice In-Patient Unit if appropriate.

They can also refer patients to other Hospice-based professionals as needed, for example Complementary Therapists, Spiritual Care Team, Physiotherapist, Family Support Team, Occupational Therapists. Some of our services are also available to family/carers.

## What kind of support can you expect?

At your first appointment, the St Gemma's Nurse Specialist will discuss the best way that they can support you and your family/carers.

Over time, it may be that your problems are well managed and that your Nurse agrees to discharge you from our service for a period of time. Any plan to do this would be discussed with you and your family.

If your needs change, the St Gemma's Hospice Community Team can easily be contacted again by you, a family member, a Doctor or Nurse.

## Are we the same as Macmillan Nurses?

St Gemma's Nurse Specialists do exactly the same work that Community Macmillan Nurses do in other parts of the UK. However, in Leeds, we are called Nurse Specialists in Palliative Care and are paid by Hospice funds. Our service covers the eastern half of Leeds is managed and funded by St Gemma's Hospice. Some people still incorrectly refer to us as Macmillan Nurses, however we do not receive any funding from Macmillan.