



# Palliative Care Health Education, Engagement, and Promotion (PC-HEEP)

Stanford Palliative Care Center of  
Excellence & Department of Patient  
Experience



[www.med.stanford.edu/palliative-care](http://www.med.stanford.edu/palliative-care)

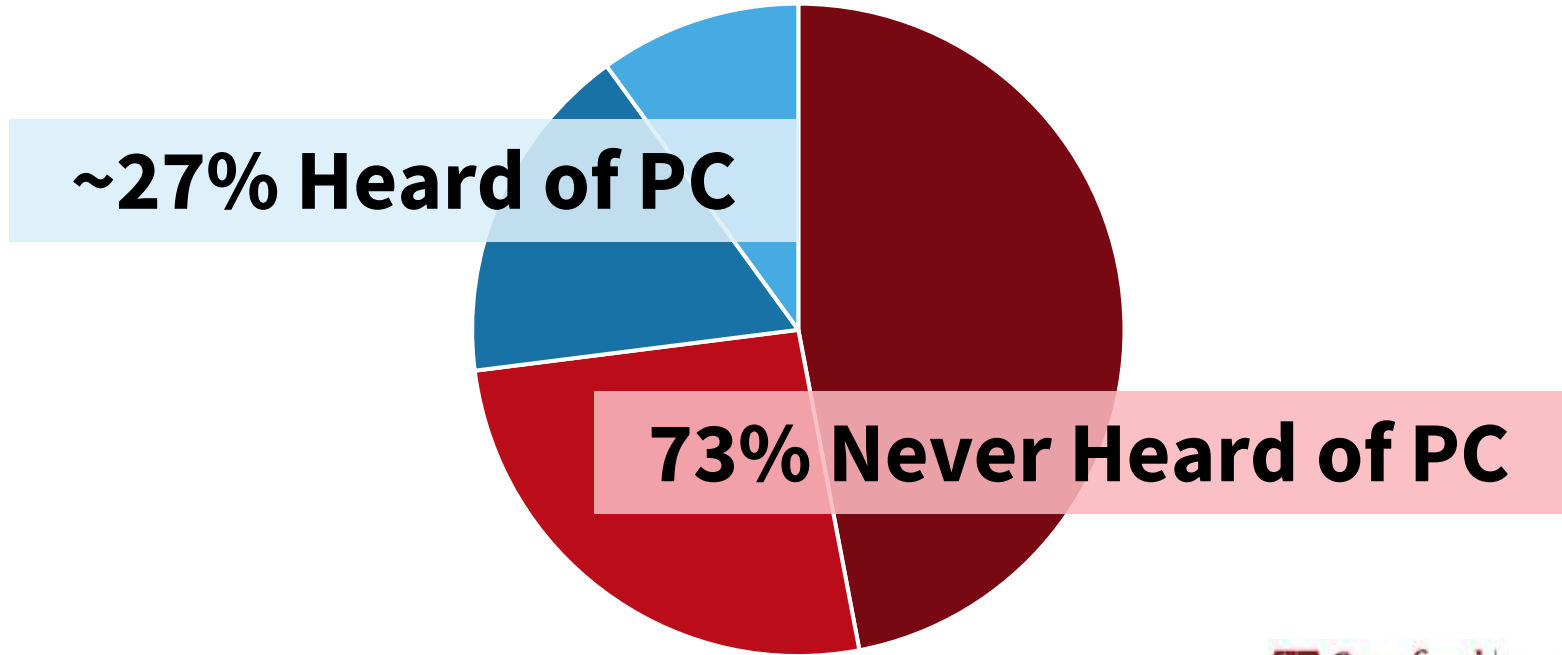


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# Most People Have Never Heard of Palliative Care

- **More than 70% of people never heard** of palliative care





# Mission

To raise community awareness and knowledge of palliative care's role in improving quality of life and pursuing the goals that matter most to people and families living with a serious illness.

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Serious Illness](#)[Clinician  
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# Stanford Palliative Care Center of Excellence

Division of Primary Care and Population Health, Department of Medicine

## Palliative Care Resources for COVID-19



## What is Palliative Care?



## Event Recordings

Video recordings and slides to download of past educational events about palliative care



11.19.20: Everything you want to know about palliative care

Download the slides to the 11.19.20 event [HERE](#)



10.22.20: An introduction to palliative care for the South Asian community

Download the slides to the 10.22.20 presentation [HERE](#)



[News and Events Menu](#)

[News](#)

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9.22.20: Managing pain when living with cancer

Download the slides to the 9.22.20 presentation in English [HERE](#)

Descargar las diapositivas del seminario web en español [AQUÍ](#):

[在此處下載繁體中文幻燈片](#)



7.30.20: Palliative care was a game changer—an introduction to palliative care

Download the slides to the 7.30.20 presentation [HERE](#)



## Stanford Palliative Care

312 Tweets



Edit profile

### Stanford Palliative Care

@Stanford\_PC

Stanford Medicine's Palliative Care Team, and Palliative Care Center of Excellence

📍 Palo Alto, CA 🔗 [med.stanford.edu/palliative-car...](https://med.stanford.edu/palliative-car...) 📅 Joined October 2019

1,719 Following 966 Followers

Tweets

Tweets & replies

Media

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Stanford Palliative Care @Stanford\_PC · Dec 28

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Check out "Conversations in Supportive Care" podcasts, focusing on people living with cancer and their caregivers:

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# IS PALLIATIVE CARE RIGHT FOR YOU?

## Are you struggling with:



### MANAGING SYMPTOMS

- Symptoms that interfere with your everyday life.
- Or your serious illness makes it difficult to be as active as you would like to be.

### TREATMENT DECISIONS

- Making treatment choices
- Figuring out how to choose your care and treatment to match what's most important to you.
- Understanding the pros and cons of treatments.



### MAKING MEDICAL PLANS

- Setting up an advance health care directive
- An advance health care directive is a document to describe what kind of care you want if you are too sick to communicate.



### COPING

- Stress from your serious illness
- How to talk with your family and friends about your illness
- Sharing what's important to you at this time
- Seeking spiritual or religious support



We can help.

# HOW PALLIATIVE CARE CAN HELP YOU



### SUPPORT YOU AT ANY AGE AND AT ANY STAGE OF YOUR ILLNESS

You can get palliative care while you are in treatment. Palliative care can begin as soon as you are diagnosed with a serious illness.

### SUPPORT A BETTER QUALITY OF LIFE

For you, your family, and your caregivers.



### OFFER RELIEF FOR YOUR BODY, MIND, AND SPIRIT

Palliative care can ease the pain, symptoms, and stress of serious illness as you go through treatment.



### GIVE YOU PRACTICAL ASSISTANCE

Palliative care experts can help you to prepare for life changes, including advance care planning.



### PARTNER WITH YOUR HEALTH CARE TEAM

Your palliative care team will partner with your other doctors to give you an extra layer of support.



#### LEARN MORE ABOUT PALLIATIVE CARE



MAKE AN APPOINTMENT:  
Call (450) 723-4000



VISIT OUR WEBSITE:  
[med.stanford.edu/palliative-care/patientsandfamilies.html](http://med.stanford.edu/palliative-care/patientsandfamilies.html)



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Chinese American Coalition  
for Compassionate Care  
[www.caccc-usa.org](http://www.caccc-usa.org)



 **BACC**  
Bay Area Cancer Connections



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Want to get involved?  
Have a community that  
would want education on  
palliative care?

E-mail:

[palliativecare@stanfordhealthcare.org](mailto:palliativecare@stanfordhealthcare.org)



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