

Why try palliative care?

The goal of palliative care is to prevent and relieve suffering and to support the best possible quality of life for patients and their families.

- Relief from pain
- Relief from symptoms
- Relief from the stress of cancer

Palliative care is appropriate at any age and at any stage of serious illness and can be provided along with cancer treatment.

We will coordinate with your oncology team to provide in-depth symptom management. Your oncologist will continue to be the one that makes the decision with you about your care and treatment.

A 2010 study published in the New England Journal of Medicine (NEJM) has concluded that "early palliative care led to significant improvements in both quality of life and mood."

Temel NEJM 2010;363:733.

Supportive & Palliative Care Service

Relief from pain, symptoms, and the stress of cancer



Molly Arnold
MS, ARNP, ACHPN
Nurse Practitioner
Supportive and Palliative Care Service



Seattle Cancer Care Alliance
Fred Hutch · Seattle Children's · UW Medicine

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What do we offer?

We will work with your oncologist to provide specialized care for:

- Controlling pain
- Controlling physical symptoms
- Coping with the stress of cancer
- Talking with your family/ children
- Determining what is most important to you
- Preparing for the future:
 - Advance Directive /Living will
 - Durable Power of Attorney for Health Care
 - Deciding when it is right to enroll in hospice
- Promoting the best quality of life possible

We will work with you to better understand your condition and your choices for care, improve your ability to tolerate treatment, and carry on with everyday life.

Palliative care is different from hospice

Hospice care is designed for patients in the last six months of life and is provided by specialized nurses, social workers, chaplains, and volunteers. The care is usually provided in the home with the hospice team visiting regularly.

Who is on our team?

At the SCCA outpatient clinic, you will be seen by the Supportive & Palliative Care Service nurse practitioners and nurses. The team includes:

- Elizabeth T. Loggers, MD, PhD, FAAHPM
Medical Director, Palliative Care, SCCA Associate Member, Fred Hutch
- Molly Arnold, MS, ARNP, ACHPN
Nurse Practitioner
- Meagan Blazey, MSN, ARNP, ACHPN
Nurse Practitioner
- Kim Harlow, DNP, ARNP, CHPN
Nurse Practitioner
- Kathy Plakovic, ARNP, ACHPN, AOCNP
Nurse Practitioner
- Jodie David, RN, CHPN, OCN, NC-BC
Clinical Nurse Coordinator
- Judy Fihn, RN, CHPN, OCN
Clinical Nurse Coordinator
- Lauren Holtz, BSN, RN, OCH
Charge Nurse/Clinical Nurse Coordinator
- Molly Taylor, RN, CHPN
Clinical Nurse Coordinator
- Megan Ward, RN, BSN
Clinical Nurse Coordinator

In addition, we utilize social workers, chaplains, the cancer pain clinic, psychiatrists, psychologists, child life specialists, physical therapists, nutritionists, and patient educators as needed.

How do I get more information?

- Talk to your oncology team and let them know you are interested in the Supportive & Palliative Care Service.
- Patients may self-refer.
- Appointments can usually be scheduled within 1 – 2 weeks.
- Call us Monday - Friday for more information or to schedule an appointment at: **(206) 606-7474**
- Or find us on the web: seattlecca.org/services/palliative-care
- Full version of the NEJM article on the benefits of early palliative care in patients with metastatic cancer cited in this brochure can be found at: nejm.org/doi/full/10.1056/NEJMoa1000678

