

## National Nurses Week

May 6th through May 12th, 2024

### Clinical Liaisons

Our Clinical Liaisons are responsible for ensuring continuity of care for patients during the pre admission and admission phase. They work within facility environments, educate and communicate between team, families, and partners in the community.

### Admissions RN

Our Admissions RN perform assessments of patient and admit the patient onto service. This typically happens where the patient lives, in private homes, or residential care homes. During this visit, the Admissions nurse plays an important role as they educate on how to best take care of the patients needs and work with the family to create a plan of care that is individualized.

### RN Case Manager

Our RNCMs work along with the core Interdisciplinary Team, including Physicians, Social Worker, Spiritual Counselor, Certified Home Health Aides, and Volunteers. RNCMs make frequent visits, providing support and comfort according to each individualized plan of care.

### LVN & RN Runners

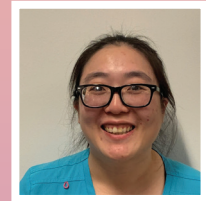
Our Runners conduct routine visits, in addition to responding to urgent visit requests out of hours. They monitor and report patients condition and provide guidance to patients and their support system/families.

**Thank you to our  
Silverado Nurses!**  
**We appreciate all you do!**

*Pictured below are a few  
nurses from our team.*



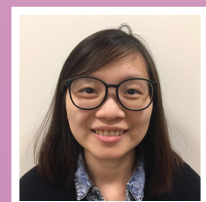
**Erica Brader, LVN**  
Clinical Liaison



**Grace Chen, RN**  
Admissions Nurse, RN



**Amy Vaccaro, RN, BSN**  
RN Case Manager



**Trang Nguyen, LVN**  
LVN & RN Runners



## Volunteer Program Highlight

### Memory Bear

Silverado Volunteers are a tremendous support to patients, families and care team. Over time they become a trusting friend who serves alongside the care team caring for the family and individuals nearing the end of life. Volunteers have a multitude of skills and talents that are shared during face-to-face visits, in the office or behind the scenes from home.

Silverado Hospice offers a program that transforms personal items such as clothes or blankets into a one of a kind Memory Bear stuffed animal. The volunteer is given the tools needed to create the bear along with the articles of clothing. This project is coordinated through your Silverado Hospice Volunteer Manager.

#### Projects requirements:

- Patient must have been under the care of Silverado Hospice
- 1-3 articles of clothing (cotton, flannel, khaki and tight knits) shirts, dresses or pajamas.  
*\*Volunteers cannot work with leather, beaded garments, stretch knits or blankets.*
- Please allow 4-6 weeks for volunteer to complete bear



# Palliative and Hospice Approach to Patient Care

by Kristina Diaz, MSW Candidate

When a patient is faced with a serious long-term illness or terminal diagnosis, many struggle with what type of care comes next. Care options for palliative or hospice care may be introduced but since both services provide comfort care, it can be quite confusing. Both palliative and hospice care focus on the needs of the patient and their quality of life. However, there are differences between the services.

It is found that 80% of Americans prefer to be cared for and wish to pass away in the comfort of their home, yet only 38% choose to receive hospice care. Although hospice can be viewed as giving up hope, “the goal of Hospice care is to provide quality, compassionate care for people with life limiting illnesses, until death occurs naturally.” Hospice care is intended for people who have been diagnosed with a terminal illness and have been given a diagnosis of 6 months or less to live. Within the scope of hospice, individuals are assigned a care team that consists of Attending Physician, RN Case Manager, Home Health Aide, Social Worker, Spiritual Counselor, and Volunteer. Each member of this teams takes into consideration the different aspects of an individual’s life and provides patients and families with comfort-based treatments and interventions that allows for the patient and family to remain as comfortable as possible, throughout the end-of-life.

Palliative care also focuses on comfort care. However, its service is to support patients who

have a serious illness but are not diagnosed with 6 months or less to live. Palliative care also supports treatments that are intended to cure the illness, while focusing on quality of life. In a study that was conducted about individuals with Metastatic Non-Small Cell Lung Cancer, it was found that individuals who had been introduced to Palliative care earlier on, lead to significantly improved quality of life and mood. The study also noted when receiving early palliative care, it resulted in less aggressive care at the end of life and a longer survival rate. Palliative care is used to improve quality of life, help with symptom management, and help those who may be experiencing general discomfort due to their serious illness.

When looking at Palliative and Hospice, both services have similar type of supports. Hospice is referred when a patient is diagnosed with 6 month or less to live and is no longer pursuing curative care. Palliative care discussed when a patient has a serious illness but may have longer than 6 months to live and seeking curative treatment. Whether considering palliative or hospice care, both specialize in comfort-based treatments that allow the individual and their loved ones understand and come to terms with their illness while, supporting quality of life.

If you would like more information on palliative or hospice care, please call our office at (949) 240-7744.

## References:

- Peer Reviewed Journal: “Early Palliative Care for Patients with Metastatic Non-Small-Cell Lung Cancer”, *New England Journal of Medicine*, Aug. 19, 2010
- Supporting Article 1: “Common Hospice Care, Palliative Care Myths” By: Allison Rosenzweig, PhD.
- Supporting Article 2: “What are Palliative Care and Hospice Care?” by NIH-NIA Content reviewed: May 14, 2021





## Essential Oil of the Month

### Orange

Energetic. Positivity. Happiness. Spiritual. Youthfulness. Warmth. Six feelings in a six letter word: Orange. Silverado Hospice developed the Essential Oils Program as a way to safely and naturally help patients feel at ease and comforted. Extracted from leaves, flowers, and stem of plants, Essential oils have been around for centuries. Not only does it offer many benefits, it offers a variety of utilization: through inhaling, diffusers and humidifiers, or direct application.

There have also been multiple studies conducted that showed the positive effects of orange scented essential oils. In 2017, people with bone fractures were instructed to inhale orange essential oil to see if it could help them with their pain (Seladi-Schulman, 2019). Those that inhaled the essential oil reported less pain. In 2016, student athletes reported decrease in running times and increase in lung function after inhaling orange scented essential oils as well (Seladi-Schulman, 2019). Lastly, in 2012, scientists found that Limonene, a component of orange essential oil, “inhibited the growth and promoted the death of colon cancer cells in culture” (Seladi-Schulman, 2019).

With proven benefits, Silverado is happy to offer essential oils to patients through aromatherapy via lotion, room spray or oil for your personal diffuser. For more information contact the Volunteer Manager by calling (888) 328-5660.



### Benefits:

- Increase mood (decrease anxiety and/or depression)
- Reduce stress
- Reduce pain or inflammation
- Relieve stomach upset

## CONTACT US

24-hour line: (888) 328-5660

Fax: (949) 653-0452

Referral line: (800) 507-9726

Volunteer inquiries: (888) 328-5660

Visit us online with our 24/7 Live Chat Line: [silveradohospice.com](https://www.silveradohospice.com)



If you would like to leave one of your favorite team members a praise, you may do so on our Yelp page. Search **Silverado Hospice Orange County**