

Supportive Care Program

A SERVICE OF THE PALLIATIVE CARE PROGRAM

The Supportive Care Program at Fairview Southdale Hospital works with your physician(s) and medical care team to provide an extra layer of support and offer relief from the symptoms, pain, and the stress of a serious illness. Palliative care is appropriate at any age and at any stage in a serious illness, and can be provided together with curative treatment. Our goal is improve quality of life for both you and your family.

About us

The Supportive Care Program features palliative care specialists who provide care within the clinic, hospital, and in patient homes.

How we help

Following a thorough evaluation, a plan is developed that includes support for you, your family and caregivers including:

- Managing pain and discomfort
- Maximizing your independence
- Care planning for future health care needs
- Finding community resources
- Counseling, both individual and group
- Coping with grief and loss

Who we treat

We treat patients with many serious illnesses. We also work with families and caregivers to support their needs too. We care for people with:

- Cancer
- Neurological conditions (ALS, MS and dementia)
- Advanced heart disease (heart failure)
- Advanced lung diseases (emphysema, chronic bronchitis and pulmonary fibrosis)

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Fairview Southdale Hospital
Supportive Care Program
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Meet Our Supportive Care Team



Sandra Gordon-Kolb, MD



Jason Kallestad, MD



Drew Rosielle, MD



Melissa Schmidt, MSW, LICSW



Kari Olson MS, RN, ACNS-BC

Services

Many services are available through the Supportive Care Program at Fairview Southdale Hospital. Please refer to the list below for the types of support available.

Treatment for:

- Pain with medicine
- Pain without medicine
- Shortness of breath, trouble breathing
- Nausea (feeling sick at your stomach) or vomiting (throwing up)
- Loss of appetite (not hungry)
- Constipation (trouble moving bowels)
- Tiredness, weakness, lack of energy
- Trouble sleeping
- Depression
- Anxiety

Decision Making

- Provide information to help make decisions about your care
- Provide Advance Care Planning information, and if requested, write a health care directive to make your wishes about care known if you cannot tell your doctors yourself
- Provide support in talking with loved ones about medical decisions
- Provide support and tools to make decisions for a loved one who is unable to communicate

Individual and family counseling

- Cope with your illness
- Help family members cope with your loved one's illness
- Help family members come to an agreement when they disagree with one another
- Help children or teens understand and cope with a loved one's illness