

Suffering, Growth, Dying

Suffering comes in many forms throughout each person's life, but even more so at the end of life. Any of the following can cause suffering or be the result of suffering.

- **Physical:**
 1. Pain
 2. Difficulty breathing and other symptoms
 3. Change in physical activity
 4. Loss of cognition, bodily function
- **Emotional:**
 1. Anticipation of loss and loss itself
 2. Adjusting from cure/healing goal; re-establishing new goals
 3. Unresolved guilt, relationship issues
 4. Stress of dying, caregiving among the dying
 5. Isolation/loneliness
- **Spiritual:**
 1. Questions of meaning and purpose
 2. Unfulfilled dreams/hopes
 3. Fear of what is next

This is only a small part of the journey we each face both personally and professionally. The challenges are great and may appear daunting.

At a time when life and living are so uncertain.....

What is your role as a healthcare provider?

1. Be aware of how your patient is coping. Ask and then listen with sensitivity.
2. Refer sooner to a team that is able to help with all facets of suffering (Think HOSPICE).
3. Be aware of how your own discomfort, fears, and concerns about loss, suffering and dying impact those you serve.

What is our role in hospice?

As a team, we address suffering by striving to comfort, support and encourage living as much as possible. We seek to enable patients and their loved ones to do the emotional and spiritual work to make growth, reconciliation and peace possible.

No medication can remove emotional and spiritual angst of dying. But even in the midst of profound suffering, a person can learn to live for what matters most and to grow.

Let us help. The process can be difficult and overwhelming. It takes a team at such a time as this. Give your patient the gift of hospice to help make whatever time is left the best it can possibly be.



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We appreciate and rely on you. Call us. We want to hear your concerns and do whatever it takes to give you the assurance that the care we provide to your patients is excellent, compassionate, and professional. Your patients matter. You matter.

Thank you for joining us to make a difference – to affirm life in the midst of illness and grief.

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