Hospice vs. palliative care: 
*What is the difference?*

Published March 22, 2023

They have one thing in common: both offer improved quality of life for patients.

Palliative care and hospice care are terms often used together. There’s reason for that — they’re similar, but they have some key differences. Their shared goal: making a patient more comfortable during times of illness. And both types of care help those with chronic or life-threatening conditions and their families.

Knowing what options are available helps you understand what kind of care you want when and if you need it — or how to support loved ones seeking additional care options.

“Hospice and palliative care both focus on a person/s physical and emotional pain that accompany an illness, but there are some important differences between the two,” says Glen Digwood, DO, the medical director of palliative care for Geisinger’s northeastern region.

(Continued on page 2...)
What is palliative care?

Palliative care focuses on improving the quality of life for a person at any age or stage of their illness.

"This type of care can help patients manage their symptoms while continuing aggressive medical interventions," says Dr. Digwood. "People deserve to have their symptoms managed well, regardless of whether their disease is curable."

Palliative care can help people who have conditions like:

- Cancer
- Congestive heart failure
- Chronic obstructive pulmonary disease (COPD)
- Dementia
- Emphysema
- Kidney disease
- Parkinson’s disease
- Stroke

Services offered in palliative care can also help a person’s psychological, social, and spiritual needs. The goal is to provide as much physical and emotional relief as possible when someone is facing a serious illness.

What is hospice care?

A person is generally eligible for hospice if an illness is life-limiting up to six months. Hospice programs focus on giving the best quality of life to a person with this limited life expectancy.

Hospice care is given at home, hospitals, or hospice centers. A trained staff tends to a patient usually after their family decides to select this type of care service.

Read the full Geisinger Health and Wellness article.

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FAREWELL BRANDI!

Brandi McIntyre, the Schuylkill County HCQU Nurse has decided to return to the frontline. There was no way to deny her true love of patient care. She was a valuable member of our program for the past five years. Please join me in expressing our heartfelt appreciation for Brandi and wishing her the best in their future endeavors.

All Schuylkill County Referrals should be emailed to the HCQU Program Director: clcallahan@geisinger.edu.
Eat well to stay healthy. While there are a few different ways to fight against the common cold and the flu, your diet is one of your greatest assets.

“In cold weather and in dry air, it’s very easy for colds and the flu to spread,” says Thiviyanath Sellathurai, MD, family medicine doctor at Geisinger. “You can try to limit your contact with people who are sick, but sometimes that is easier said than done. Your best plan of action is to get a flu shot, get at least seven hours of sleep every night, pay attention to your symptoms, wash your hands, and eat a healthy diet. All these factors can help keep your immune system strong and keep you from getting sick.”

Here are 6 foods that can help boost your immunity and keep you healthy through cold and flu season. By adding just a few of these into your diet, you can help to boost your immune system year-round.

1. Peppers and citrus
2. Blueberries
3. Green tea
4. Mushrooms
5. Almonds
6. Cruciferous vegetables

Entire Geisinger Health and Wellness article on foods that boost the immune system.

The Flu Stops with You

Getting the flu shot protects you-and those around you.

Flu season begins in the fall and ends in the spring, typically lasting from October through May. It is best to get vaccinated before flu season starts — but getting it later in the season is better than not at all.

Learn where to get a flu shot. Check out upcoming Geisinger drive-through flu shot events.
HOLD ON TO YOUR BROOMSTICKS!
We have a busy October training calendar!

- **Cold and Flu Basics**, Mon, 10/09/23, 10:00 AM ET
- **Weis Markets Virtual Cook Along**, 10/12/23, 1:00 PM ET *They’re back*! Beginning in October, Weis Market Dietitians will offer quarterly nutritional education webinars with recipe demonstrations. *These sessions are short (30-40 minutes) in length and teach health and wellness to individuals and/or groups such as classrooms, vocational sites, group homes or any type of home setting*.
- **Aspiration Pneumonia**, Thu, 10/19/23, 1:00 PM ET
- **Head to Toe Skin Checks - Do You See what I See**, Mon, 10/23/23 1:00 PM ET
- **Fatal 5**, Thu, 10/24/23, 1:00 PM ET
- **Cold and Flu Basics**, Wed, 10/25/23, 1:00 PM ET
- **Constipation and Bowel Management**, Thu, 10/26/23, 1:00 PM ET

*Introduction to Autism for Employers*, Tues, 10/31/23, 1:00 PM ET presented by Jesse Northridge, LCSW, Penn State Health, Outpatient Psychiatry Clinic.

*This presentation is intended for business owners, managers and supervisors who are interested in employing individuals with autism spectrum disorder and other developmental disabilities.*

Visit our [HCQU Website](#) for training links, updates, online trainings and resources. Feel free to share our training information with others.

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**Take a FREE HCQU Online Course**

We are here for your educational credit needs! Our courses are great for DSPs, or anyone interested in expanding their knowledge of different healthcare issues. We offer numerous health-related courses.

**Coming soon:** Urinary Tract Infections- UTIs
DID YOU KNOW: Word searches offer a multitude of benefits, including cognitive skill enhancement, language proficiency improvement, anxiety reduction, and promoting physical well-being. By incorporating these engaging puzzles into your daily routine, you can foster overall brain health and enjoy a fun, educational activity that enriches your life. Growing Play

Answer key on page 6.
Avocado breakfast bruschetta

Healthy avocados meet classic bruschetta in this delicious start to the day.

If you’re looking to add a little pizazz to your breakfast, look no further than this avocado breakfast bruschetta. But be warned: you may never look at avocado toast the same way again.

**Ingredients** Serves 2

- ½ ripe avocado
- 1 medium tomato
- ½ green onion
- ¼ cup chopped fresh basil
  (Plus 1 tbsp for garnish)
- 2 hard-boiled eggs
- 6 slices whole-wheat baguette
- 2 tablespoons reduced fat ricotta
- Cracked black pepper to taste

**Directions**

1. Dice avocado, tomato, and green onion, then peel and chop hard-boiled eggs.
2. Reserving one tablespoon basil for garnish, gently combine the first five ingredients. Add pepper to taste.
3. Toast baguette slices and smear with ricotta.
4. Top with avocado mix and garnish with chopped basil.

Geisinger Wellness Recipe Published April 26, 2023

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**Down Syndrome Awareness Word Search Answer Key**
Candy corn often contains egg whites. If listed free from egg, make sure you are not substituting one allergen for another. Candy corn can also be made with sesame oil, which does not have to be included on the label until January 1, 2023. If you have a sesame allergy, make sure to contact the manufacturer for clarification.

Licorice candy typically contains wheat as a binding ingredient. If you have a wheat allergy, make sure to check the labels. Remember to always check the labels, and if you have any additional questions, contact the manufacturer.

Food Allergy Halloween Guide

Fun size candy often has different allergen warnings compared to the everyday size bars. Please make sure to check your labels! (Spokin Candy Guides)