

Symptom management to help you fight harder and live better

Who can benefit from palliative care?

Any patient facing serious illness can be helped by palliative medicine specialists. Dr. Davis works with patients with all prognoses, from days to decades. There are many different ways to fight serious illness – from avidly working towards complete cure or prolonging life, through focusing exclusively on providing comfort and maximizing quality living, and every combination in between. Dr. Davis helps people and their loved ones determine what goals are most important to them and helps support their fight.

Research now shows that improving symptoms – both those that result from the disease(s) and those from the treatments – not only helps people feel better, but also can help people live longer and fight harder.



Does insurance pay for palliative care consultation?

Health insurance pays for palliative care physicians in the same way it pays for any other specialist physician. If you do not have health insurance, please speak with Dr. Davis about alternatives. She does not turn anyone away for insurance reasons.



What is “serious” illness?

Any illness – or its treatment – that interferes with quality living or that can shorten life is considered serious. Some examples of serious conditions include:

- Heart disease, such as valve dysfunction, CHF, or heart attack
- Lung disease, such as COPD, emphysema, or pulmonary fibrosis
- Cancer at any stage
- Liver disease such as cirrhosis
- Dementia
- Neurologic disease, such as multiple sclerosis, Parkinson’s disease, or stroke
- Kidney disease, especially when hemodialysis is needed or might be soon
- Inflammatory diseases, such as rheumatoid arthritis, lupus (SLE), Crohn’s disease, or ulcerative colitis

Where can I receive palliative care?

Dr. Davis works with patients in both the inpatient and outpatient settings. If you are in the hospital, simply ask your physician for a consult. Appointments to be seen in her office can be made by calling (610) 896-1677. It is helpful to have appropriate medical records faxed in advance to (610) 896-1688, so she can maximize the time spent with you and your loved ones during your visit. If your insurance requires you to obtain a referral to be seen by specialist physicians in their offices, please arrange for this with your primary care provider. Dr. Davis can also see you during your stay in a rehabilitation facility or nursing home.



What is the difference between palliative care and hospice?

Palliative care is available to anyone fighting serious illness at *any stage* of disease and with *any treatment goals*, including cure, prolonging life, exclusively comfort, and everything in between. Hospice services are a subtype of palliative care designed only for those people with a terminal illness and whose goals are also *exclusively* comfort-focused. Palliative care and hospice services are both available at home, in nursing homes, and in the inpatient setting. Only palliative care is offered alongside rehabilitation.



What do palliative care physicians do?

Palliative medicine physicians are specialists who work as part of the healthcare team to help people experiencing serious illness live and fight better through symptom management, emotional and spiritual support, and patient advocacy. Serious illness can make controlling symptoms like pain, nausea, breathlessness, and fatigue more challenging because medications may work differently or have different side effects in this setting. Symptoms themselves can be more complex when serious illness is present. Palliative medicine experts can also help you determine your goals and work with your healthcare team to create the best individualized care plan specifically for you.

Dr. Davis uses a patient-centered, whole person approach to symptom management to help you better fight serious illness, whether your goal is living longer, living better, or both. Those seeking alternative & complementary treatments are welcomed.

About Dr. Davis

Dr. Davis is a Board Certified subspecialist in Hospice & Palliative Medicine. She graduated from the Philadelphia College of Osteopathic Medicine with a Master of Science degree in Neuroanatomy and a Doctor of Osteopathic Medicine degree. She completed an internal medicine residency at Pennsylvania Hospital. Dr. Davis went on to complete an academic fellowship in Palliative Medicine at the Mount Sinai Medical Center in New York. She lectures regionally and nationally on pain management, symptom control, palliative medicine, and end of life care and has published articles in the field. She also serves on numerous committees at Lankenau and Bryn Mawr Hospitals and teaches physicians in training. Dr. Davis was recently appointed to the Quality & Practice Standards Committee for the AAHPM, the national organization for palliative care clinicians. She was also honored with the designation FAAHPM for her continuing contribution to the field of palliative medicine. In addition, she earned the rare designation MACP for her work in internal medicine. Dr. Davis served as the former System Chief of the Section of Palliative Medicine for Main Line Health System.



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Palliative Care & Symptom Support



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