

# Rural Palliative Care



## WHY RURAL PALLIATIVE CARE?

*People in rural communities have less access to palliative care services.*

- Palliative care is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness – regardless of the diagnosis. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.
- Rural populations are disproportionately ill, disabled, poor, and older. Rural adults are more likely than their urban counterparts to have a range of chronic conditions.

## WHY STRATIS HEALTH?

*We work across settings of care to redesign care delivery.*

- Models designed for rural communities are not available to guide program development, and urban hospital-based palliative care models generally do not apply to the rural practice environment.
- Stratis Health assists communities with palliative care program development and in building processes and skills to improve advance care planning, symptom management, communication, coordination, and delivery of care to improve the quality of life and care for those with chronic diseases or life-limiting illness.

## Stratis Health's Impact

**150** Organizations within 24 Minnesota communities supported the development of palliative care services that have fostered active care planning, symptom management, and coordination of care.

**94** Organizations are participating in rural palliative care networking opportunities to share best practices and lessons learned in implementing community-based palliative care.

**5** Organizations participated in a leading-edge measurement pilot to help identify a common set of performance measures appropriate for community-based palliative care services in rural communities.

## Resources

Our online resource center provides palliative care in rural communities. Find operational resources, clinical resources, clinician education, and patient and family education at: [www.stratishealth.org/palcare](http://www.stratishealth.org/palcare)



Stratis Health is a nonprofit organization that leads collaboration and innovation in health care quality and safety, and serves as a trusted expert in facilitating improvement for people and communities.

[www.stratishealth.org](http://www.stratishealth.org)