

A specialty service offered by UC Davis Children's Hospital, dedicated to improving symptoms and quality of life for children with complex medical needs.

**Pediatric palliative care is:**

- An additional layer of support to your child/family and your child's health care team from prenatal care to young adulthood
- Support for you and your child from the time of diagnosis throughout the time of illness regardless of age
- Focused on minimizing suffering and maximizing quality of life

**How can I get help from the STEPS team?**

Ask your child's healthcare team to request a consultation with STEPS or contact us directly at **916-734-8950** or [hs-stepsteam@ucdavis.edu](mailto:hs-stepsteam@ucdavis.edu).

To learn more about our services, visit [health.ucdavis.edu/children/clinical\\_services/PICU/STEPS.html](http://health.ucdavis.edu/children/clinical_services/PICU/STEPS.html)



## How we can help

In collaboration with you, your child and their primary health care team, we develop a comprehensive quality of life care plan to include:

- Pain and symptom management
- Enhanced communication between the family and the primary care team
- Emotional and spiritual support
- Education to assist with diagnosis, treatment options and end of life
- Support for difficult conversations and decisions
- Coordinating inpatient, outpatient and home care for continuity of care

### The STEPS team

Our interdisciplinary team includes physicians, nurse practitioners, chaplains, social workers, care coordinators, child life specialists and pharmacists.



## Como podemos ayudar

En colaboración con usted, su hijo, y su equipo de atención primaria de salud, desarrollamos un plan integral de atención de calidad de vida que incluye:

- Manejo del dolor y los síntomas
- Mejora de la comunicación entre la familia y el equipo de atención primaria
- Apoyo emocional y espiritual
- Educación para ayudar con el diagnóstico, las opciones de tratamiento y el final de la vida
- Soporte para conversaciones y decisiones difíciles
- Coordinar la atención hospitalaria, ambulatoria y domiciliaria para la continuidad de la atención

### Recursos y referencias

Nuestro equipo interdisciplinario incluye médicos, enfermeras practicantes, capellanes, trabajadores sociales, coordinadores de atención, especialistas en vida infantil y farmacéuticos.



*There are times in your family's life when situations become overwhelmingly difficult and you need a specialized team of people to come alongside and make sense of it all. STEPS has been an essential part of our family's care in providing us the support we needed through our journey!*

– Mark Q., parent

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