


# Palliative Care Information Short Message Service

**Text: +1 484-443-4657**

**Reference Code**  
**English**

Hospice Palliative Care Association of South Africa

-  Find your question with the corresponding code
-  Type the code into a text message and send it to +1 484-443-4657
-  You will receive the answer within a few minutes

## Identifying Palliative Care Need

- 211 Identifying patients that need palliative care
- 212 When is palliative care applicable?
- 213 When do you stop providing palliative care?

## Managing Symptoms

- 221 What to do if the patient has constant pain
- 222 What to do if the patient is overwhelmed by pain
- 223 What to do if the patient has nausea
- 224 What to do if patient has diarrhea
- 225 What to do if the patient has trouble breathing
- 226 What to do if the patient is coughing or vomiting up blood
- 227 What to do if the patient has back pain and weak legs
- 228 What to do if the patient is having seizures
- 229 What to do if the patient is confused

## Patient Care

### How to clean the patient's wound

- 2311 Tools and materials
- 2312 Preparation
- 2313 Washing the wound
- 2314 After washing
- 232 How to care for the patient's mouth

### How to bathe a bedridden patient

- 2331 Tools and materials
- 2332 Preparation
- 2333 Bathing the patient
- 2334 After bathing
- 234 How to prevent pressure sores from developing
- 235 How to treat sores that have developed

## Identifying Palliative Care Need

- 241 How to prevent the spread of TB germs
- How to prevent the spread of HIV**
  - 2421 General information
  - 2422 Scarification

## Communication

- 251 How to communicate with patients
- 252 How to communicate with children

## Referring

- 261 How to refer a patient
- 262 What conditions are appropriate for palliative care referral?
- 263 How to recognise when a patient is dying
- 264 What to do when the patient is dying

## Find a Hospice in Your Area

- |                   |                    |
|-------------------|--------------------|
| 0001 Amajuba      | 0007 UMgungundlovu |
| 0002 Zululand     | 0008 iLembe        |
| 0003 Umkhanyakude | 0009 eThekweni     |
| 0004 Uthukela     | 0010 Sisonki       |
| 0005 Umzinyathi   | 0011 Ugu           |
| 0006 Uthungulu    |                    |

## Questions or Comments?

If you have any additional questions, comments, or requests for information, please send the code **000** followed by the comment.

For example: send **"000 Help with medicine"** to the number provided.

## What is Palliative Care?

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems.

For further information, please contact the hospice  
**+27(0) 33 344-1560**

 **OPEN SOCIETY  
FOUNDATIONS**

 **Hospice  
Palliative  
Care  
Association  
of South Africa**