



MISSOURI

Palliative & Hospice Care

MISSOURI CONNECTION

Taking the FEAR out of HOSPICE



July 2023

IMPORTANT OBSERVANCES

- Chronic Disease Day: 7/10
- International Self Care Day: 7/24
- National Korean War Armistice Day: 7/27
- National Hepatitis Awareness Week: 7/24-7/28
- UV Safety Awareness Month
- National Minority Mental Health Awareness Month
- National Grilling Month



CVA/STROKE

As individuals age, the risk of serious health events like a stroke – or cerebrovascular accident (CVA) – increases. Stroke is the leading cause of disability and the fifth cause of death in the United States, yet with healthy living habits and routine medical care 80% of strokes are preventable (www.stroke.org). There are two types of strokes:

1. Accounting for 87% of all strokes - Ischemic stroke or cerebrovascular accident (CVA) occurs when a clot prevents blood from transporting oxygen and nutrients to parts of the brain. Mini strokes or transient ischemic attack (TIA) are temporary clots.
2. Hemorrhagic stroke – generally caused by uncontrolled high blood pressure - is the rupturing of a blood vessel, impeding blood flow to the brain. The two types of weakened blood vessels are aneurysms and arteriovenous malformations (AVMs).

Patients who experience stroke may exhibit:

- trouble speaking and understanding what others are saying.
- paralysis or numbness of the face, arm, or leg.
- problems seeing – blurred, blackened, or double-vision.
- sudden or severe headache.
- difficulty walking.

Either stroke and or complications from the illness can cause death. However, in many instances strokes are not fatal. Post-stroke, recovery and care are paramount. Colorado Palliative & Hospice Care provides comprehensive support for patients dealing with life-limiting illnesses like stroke, focusing not just on physical comfort, but also emotional and spiritual well-being. They extend clinical assistance, guidance, and education to families and caregivers helping everyone navigate this challenging journey with dignity and grace.

Missouri Palliative & Hospice Care is here to support the physician, patient, family, and caregivers. We will coordinate the individualized plan of care with the advice and consent of the patient's physician.

History of Hospice:

1982: Congress creates a provision to create a Medicare hospice benefit.



SPOTLIGHT: HEATHER SANCHEZ



Hello! I am Heather Sanchez. I have been an RN for 14 years. I earned my BSN from UCM. My nursing experience ranges from post-op, urology and home health. I have been a hospice nurse for the last 5 years with Missouri Palliative & Hospice Care. I have stepped into a Clinical Liaison role with MPHIC and am now working alongside our marketing team & clinical teams.

I have a big family that we call our beautiful circus. My husband, Matthew and I have 4 amazing children: Madalynne, Khao, Charlee, and Riley.

With four children it is hard to find time for hobbies. When I do have time I love curling up with a good book and a cup of coffee. We love going to the lake as a family for fun.

Hospice found me during a crossroads in my life. Hospice is a true educator; it helps you grow emotionally, spiritually, and mentally without expecting it to. Its not usually a field that a nurse chooses - hospice chooses you and once it does it doesn't let go! It latches onto your heart and soul! It has been the most emotional, yet rewarding journey.



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HOSPICE MYTHS AND FACTS

Myth: Hospice care is just for people with a cancer diagnosis.

Fact: Hospice services people of any age dealing with any life-limiting illness and is not limited to those with a cancer diagnosis.

There are a total of 11 primary hospice diagnoses. Cancer is one of them. The others are: Parkinson's, ALS, COPD, Heart Disease/CHF, Alzheimer's/Dementia, Liver Disease, Kidney/Renal Disease, Multiple Sclerosis, CVA/Stroke, HIV/AIDS.