



Hospice and Palliative Medicine Handbook: A Clinical Guide

By Susan Bodtke MD, Kathy Ligon MD

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Hospice and Palliative Medicine Handbook: A Clinical Guide By Susan Bodtke MD, Kathy Ligon MD

This comprehensive pocket-size handbook is the essential reference for clinicians and others serving patients with advanced or life-limiting illness. It offers up-to-date, relevant, and highly practical guidance to expertly meet the challenges of serving these patients and their families.

This user-friendly manual emphasizes the importance of honoring patients' wishes throughout their medical journey while meeting their whole-person, often complex needs—from symptom management to attending to spiritual and emotional suffering—and always acknowledges the context of patients' lives, including the needs of loved ones supporting them.

The layout makes finding information quick and easy, with alphabetically organized chapter headings and a detailed index. Organ-system-based chapters offer disease-specific, goals-of-care discussion guidance and reviews of etiology, signs and symptoms, assessment, and management—including standard treatment as well as palliative options.

Other chapters cover communication with patients and families, consultation with colleagues, and code status discussions, along with valuable subjects such as withdrawing life support, ethics, spirituality, physician-assisted death, and palliative options of last resort.

Readers will find practical management strategies for symptoms such as pain, nausea, dyspnea, and delirium. In addition, chapters on opioid use and dosing, and pharmacology of commonly used palliative medications, make this guide an invaluable resource.

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Editorial Review

About the Author

Susan Bodtke, MD, is board-certified in both family medicine and hospice and palliative medicine, and is a fellow of the American Academy of Family Physicians and a certified hospice medical director. She completed her fellowship training at the Institute for Palliative Medicine at San Diego Hospice. Currently, she is the hospice medical director for Scripps Hospice in San Diego, California. In 2012, she edited *Patty Wu's Palliative Medicine Pocket Companion*, second edition.

Kathy Ligon, MD, is board-certified in both internal medicine and hospice and palliative medicine, and she is also trained in Eastern medicine. She completed fellowship training at the Institute for Palliative Medicine at San Diego Hospice. Currently, she is a hospice medical director at Presbyterian Healthcare Services in Albuquerque, New Mexico, as well as a palliative medicine consultant in the hospital, clinic, and home settings. She was a special contributor to the 2012 edition of *Patty Wu's Palliative Medicine Pocket Companion*.

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