

Sharing • Healing • Inspiring • Nurturing • Enduring

S.H.I.N.E.

PERINATAL PALLIATIVE CARE

The uncertainty of learning that your baby may be born with a serious condition is overwhelming. The SHINE Perinatal Palliative Care Program offers a compassionate, holistic approach to address the pregnancy, delivery, and postpartum needs of the family. Palliative Care aims to improve the quality of life for patients and families in physical, psychological (mental), social, emotional, and spiritual ways. It also focuses on information sharing and care planning.

Our Services

The SHINE Perinatal Palliative Care Team is dedicated to supporting the family during this difficult time by helping to plan for the baby and family's care. SHINE support includes:

- Helping parents create a Birth and Journey Plan that aligns with their goals and values. This may include memory making, spiritual support, comfort management, and family involvement.
- Exploring medical options with the family and the entire care team. This includes coordinating care and assisting with communication, decision making, and planning.
- Discussing the various support programs that exist within UnityPoint Health – Des Moines and the local community.
- Providing a safe and calm environment where families can discuss their questions and concerns in the hospital or at their homes.
- Supporting the family facing the loss of an infant through grief counseling, helping to create special memories and keepsakes, and assisting with final arrangements.

A Team Approach

The SHINE Perinatal Palliative Care Program consists of specially trained professionals. Each team is specifically designed to meet the needs of each individual patient and family. Team members may include:

- Bereavement counselors
- Care managers
- Chaplains
- Child life specialists
- Physicians
- Nurses
- Nurse practitioners
- Pharmacists
- Social workers
- Therapists

For more information on the SHINE Perinatal Palliative Care Program, please contact the Palliative Care office at (515) 241-5750. A provider's order is required for inpatient and outpatient consultations.

