

EveryStep is a non-profit healthcare and support services organization with more than 111 years of experience. Our palliative care program is offered to adult patients you feel could benefit from an extra layer of support.



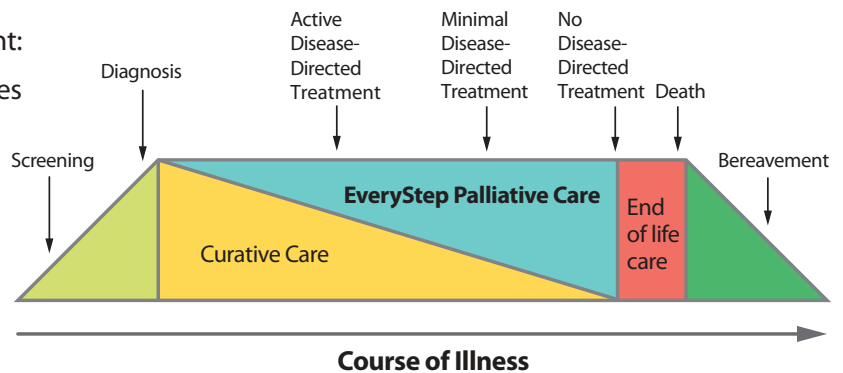
What is Palliative Care?

Palliative care, a.k.a. “palliative medicine”, is specialized medical care for people living with serious illness. It focuses on providing relief from the symptoms and stress of a serious illness — whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. *Source: Center to Advance Palliative Care*

Who Could Benefit?

Contact EveryStep Palliative Care if your **adult** patient:

- has two or more chronic, complex or serious diseases
- has a serious or chronic illness that may result in a limited life expectancy
- is experiencing grief, psycho-social or spiritual losses, or existential grief
- is making frequent visits to the hospital
- receives primary care in Madison County and is able/willing to visit our clinic.



*Please note: EveryStep’s Palliative Care services provide an extra layer of support. The program is not intended for patients who **exclusively** seek pain management or mental health services, or for children younger than age 16.*

Who Pays for Palliative Care?

Palliative care is covered by Medicare/Medicaid and most private insurance.

General Referral Indicators – Presence of a serious illness and one or more of the following:

- New diagnosis of serious, chronic or complex illness for symptom control, patient/family support
- Declining ability to complete activities of daily living
- Weight loss
- Progressive metastatic cancer
- Admission to hospital from long-term care facility (nursing home or assisted living)
- Two or more hospitalizations for illness within six months
- Difficult-to-control physical or emotional symptoms
- Patient, family or physician uncertainty regarding prognosis
- Patient, family or physician uncertainty regarding appropriateness of treatment options
- Patient or family requests for futile care
- DNR order conflicts
- Patient or family psychological or spiritual/existential distress
- Conflicts or uncertainty regarding the use of non-oral feeding/hydration in cognitively impaired, seriously ill, or dying patients
- Limited social support in setting of a serious illness (e.g., homeless, no family/friends, chronic mental illness, overwhelmed family caregivers)
- Patient, family or physician request for information regarding hospice appropriateness

If your patient is living with a chronic, complex or serious illness, please refer to the following conditions for additional guidelines in referring to EveryStep Palliative Care.

Cancer Conditions

Presence of any general referral criteria, and/or:

- Metastatic or locally advanced cancer progressing despite systemic treatments
- Decline in functional status
- Brain metastases, spinal cord compression, or neoplastic meningitis
- Malignant hypercalcemia
- Progressive pleural/peritoneal or pericardial effusions

Major Organ Diseases

- Lung (COPD)
- Heart
- Endocrine
- Renal
- Hepatic

Neurological Conditions

Presence of any general referral criteria, and/or:

- Feeding tube is being considered for any neurological condition
- ALS or other neuromuscular disease considering mechanical ventilation
- Parkinson's disease with poor functional status or dementia
- Advanced dementia with dependence in all activities of daily living

If your patient has two or more medical co-morbidities that render poor quality of life and high burden of suffering, contact EveryStep Palliative Care.



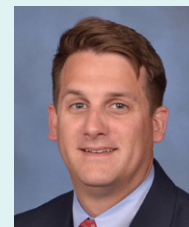
(515) 333-4253
Fax (641) 782-3541
palliativecare@everystep.org
everystep.org

CLINIC HOURS
Madison County Memorial Hospital Specialty Clinic
1st and 3rd Thursday of the month
8 a.m. – noon

Meet the EveryStep Palliative Care Team

Dr. Thomas Mouser, MD
Palliative Care Physician

Dr. Mouser is dually board certified in internal medicine and palliative care after completing his residency at University of Iowa – Des Moines and a fellowship at Stanford University. He has spent countless hours at the bedside of those with serious illness and chronic disease, helping patients and families navigate complex medical decisions as guided by the patient's goals of care. Dr. Mouser's fellowship training provided for an expertise in advanced symptom management and communication when working with those with high burdens of suffering. He is passionate about helping his patients reach their best possible quality of life so they can live life to the fullest.



Ashley Mori, MA, LMHC, IADC
Director of Operations

Ashley joined EveryStep in August 2018 as director of Grief & Loss Services, Home of Amanda the Panda. She has been involved in non-profit work for upwards of ten years. Ashley has a bachelor's degree in psychology and a master's degree in clinical psychology with specialization in counseling. She is a licensed mental health counselor, a certified alcohol and drug abuse counselor and an EMDR certified therapist. She has had a strong clinical focus on working with individuals who struggle with substance abuse and dependency, complex trauma and grief and loss issues.



Debra Rodgers, RN, BSN, M.Div.
Clinical Director

Debra has dual training in palliative care/oncology nursing and in spiritual care. She has 18 years of palliative care experience in a variety of settings including Santa Barbara Cottage Hospital, Children's Hospital Los Angeles and Gundersen Health System in Wisconsin. Debra has a passion for helping people feel their best so they can enjoy the people and activities that are most meaningful to them as they live with a life-altering illness.



Erin Knauer, LMSW
Social Worker

Erin has a BA in psychology with a minor in sociology and a Master of Social Work degree with specialization in trauma-informed care. She worked in the fields of mental health and hospice social work for nine years and more recently as a therapist for four years. Erin meets people right where they are and has a special place in her heart for people who feel that other providers have given up.



Donna Cheers, CNA
Team Assistant

Donna has worked in southwest Iowa as a Certified Nursing Aide for 43 years and a team assistant for two years. She is active in the Iowa Caregivers' Association, which presented her with the 2017 Leadership Award and the 2018 Margaret Swanson Legacy in Giving Award for her many years of service as a caregiver. Donna is known for her exceptional friendliness and warm, warm hugs!

