

**DO YOU HAVE CANCER?**

**DO YOU KNOW SOMEONE  
WHO HAS CANCER?**

**A PATIENT  
NAVIGATOR  
MAY HELP**



## **WHAT IS PATIENT NAVIGATION?**

Patients have told us that going through cancer treatment is often like trying to find their way through a maze. Patient Navigation is a service to help guide cancer patients and their families through this maze. The Navigator will help you and your family get information about cancer, prepare you for your treatments and visits to your cancer specialists, and tell you about support services in your community.

## **WHO ARE PATIENT NAVIGATORS?**

Navigators are new members of the cancer team working in your community. The Navigator works closely with your family doctor and cancer specialists to make sure that you are aware of cancer services that can help you. This service is free.

## **WHY PATIENT NAVIGATION?**

Cancer patients and their families told us that they wanted to know what to expect when they found out they had cancer. They also wanted to know how and where to find support. They felt anxious with their news and needed help to find answers to their concerns. Family doctors also wanted more information for their patients. Patient Navigation helps both the patient and the doctor.

## WHO SUPPORTS THIS SERVICE?

The Department of Health supports this service, which has been tested in three health districts. *Cancer Care Nova Scotia*, a program of the Department of Health, is working with your District Health Authority to make Patient Navigation available for you and your family.



## **HOW DO I CONTACT THE PATIENT NAVIGATOR?**

Your family doctor, your cancer specialist, you or your family can contact the Patient Navigator toll free at:

**1-866-524-1234**

Your Patient Navigator is:

**The Patient Navigator does not provide patient care. If you need the services of a doctor please call your family doctor or go to your local emergency room.**

## HOW CAN THE PATIENT NAVIGATOR HELP YOU AND YOUR FAMILY?

The Navigator can:

- ∴ get answers to your questions and concerns
- ∴ work with your family doctor and cancer specialists to connect you to cancer services you need during and after treatment
- ∴ help prepare you for your visit to the cancer centres in Halifax, Sydney or within your own health care district
- ∴ tell you and your family about cancer by providing reading materials, videos, internet sites and/or cancer information lines
- ∴ tell you about support groups and services in your community

Patient Navigators can help patients, their families and doctors. Patient Navigators can help with questions about treatment and follow-up. They can also help with mental, spiritual, financial, transportation, or work related issues.

Patient Navigation is a service, developed by *Cancer Care Nova Scotia*, to strengthen the cancer system for all Nova Scotians.

For further information about *Cancer Care Nova Scotia* or Patient Navigation, visit:

**[www.cancercare.ns.ca](http://www.cancercare.ns.ca)**