

WHAT IS CANCER PATIENT NAVIGATION?

When you are told that you have cancer it is a very fearful time. You are given a lot of new information. You must make many decisions, learn about cancer, consider your treatment options, and arrange for such things as medical care, transportation and child care. You may also have more expenses to deal with as a result of your cancer. A Cancer Patient Navigator can help with these issues.

WHO ARE CANCER PATIENT NAVIGATORS?

Cancer Patient Navigators are highly trained cancer nurses. They work closely with your family doctor, surgeons, cancer specialist and community partners to make sure that you have the information and knowledge to make decisions about your care. They educate you and will work with you so that your visits to the cancer clinic and doctors can be less stressful and most effective. They can help you at any point in the cancer journey. This service is free.

WHY CANCER PATIENT NAVIGATION?

Each cancer patient has different needs and will deal with cancer in different ways. You may speak a different language, or have cultural beliefs that will affect decisions. You may have many family responsibilities to juggle. Your ability to cope with the diagnosis and treatment will be different based on the support system you have. The Cancer Patient Navigator can help you cope with your individual needs.

CANCER PATIENTS DO NOT NEED TO BE ALONE AT THIS DIFFICULT TIME.

The Cancer Patient Navigator is here for you and your family to answer questions and concerns and to help you get the support you need.

“It was the navigator who reminded me to breathe. It was the navigator who identified questions and things that needed more explaining. I learned then and there that she was the “go to person”. I was in charge, but she was the hub of the wheel that was taking me along this journey”.

—Cancer Patient Navigation program patient



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

HOW TO CONTACT THE CANCER PATIENT NAVIGATOR?

Your family doctor, cancer specialist, or any health professional can refer you to the Cancer Patient Navigator.

Patients and family can also contact the navigator directly, toll free at:

1-866-524-1234

Your Cancer Patient Navigator is:

WHO SUPPORTS THIS SERVICE?

Cancer Care Nova Scotia, a program of the Department of Health, works with your District Health Authority to make Cancer Patient Navigation and other community cancer services safely available as close to home as possible.

HOW CAN THE CANCER PATIENT NAVIGATOR HELP?

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

THE CANCER PATIENT NAVIGATOR:

- Helps you and your family understand cancer by: providing education, reading materials, videos, internet sites and cancer information.
- Prepares you to make decisions about your treatments.
- Helps you manage your side effects.
- Supports you as you go through the many tests, treatments and different stages of the cancer experience.
- Helps you talk to your children about cancer.
- Links you with other community health care professionals and programs.
- Finds help when you have language barriers.
- Provides information on places to stay while getting care at the cancer centres.
- Connects you with support groups and other services, for example, home care in your community.
- Connects you to sources that may be able to help with expenses for medications, travel and income.
- Educates you about good health practices and cancer screening programs.

Cancer Patient Navigation is a service, developed by *Cancer Care Nova Scotia*, to strengthen the cancer system for all Nova Scotians. CCNS continues to support and improve cancer patient navigation and works with districts wishing to implement the service.

For further information about *Cancer Care Nova Scotia* or Cancer Patient Navigation, visit: www.cancercare.ns.ca

DO YOU HAVE CANCER?

DO YOU KNOW SOMEONE WHO HAS CANCER?

A CANCER PATIENT NAVIGATOR MAY HELP

