

WHAT IS CANCER PATIENT NAVIGATION?

When you hear the word “cancer”, it can be a frightening and confusing time. You are given a lot of new information. You must make many decisions, learn about cancer, think about your treatment options, and arrange for such things as medical care, transportation and accommodations. You may also have more expenses to deal with if you are diagnosed with cancer.

You should not have to face this challenge alone. A Cancer Patient Navigator may be able to help you with these issues.

Cancer Care Journey



HOW DO I CONTACT THE CANCER PATIENT NAVIGATOR?

Your family doctor, care provider, cancer specialist, or any other health professional can refer you to the Cancer Patient Navigator. Patients and families can also contact the navigator directly, Monday to Friday during regular business hours.

St. John's: (709)777-2094 or (709)777-2368

Clareville: (709)466-5763

Central: (709)256-5571

Western: (709)784-5010

St. Anthony: (709)454-3999

Happy Valley-Goose Bay: (709)897-3115

Labrador City: (709)285-8332

CALL TOLL FREE
1•855•848•3888

If calling from a landline, you will automatically be linked with the navigator in your region.

VISIT
www.cancercare.easternhealth.ca



Eastern
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CANCER PATIENT NAVIGATION

The cancer journey begins when cancer is suspected.



Have you or a member of your family started a cancer journey?

A Cancer Patient Navigator can help.

 **CANCER Care**
A PROGRAM OF EASTERN HEALTH

HOW CAN A CANCER PATIENT NAVIGATOR HELP ME?

- Offer support from the time cancer is suspected and ongoing support as you go through your tests, treatments and stages of the cancer journey.
- Respect and value individuals with diverse backgrounds and needs during the cancer journey (e.g. cultural, spiritual, physical, emotional, and educational needs).
- Help coordinate appointments.
- Provide you with information that may help you to make decisions about your treatments.
- Provide you with information regarding possible side effects of cancer treatments.
- Help you and your family understand cancer by providing education resources.
- Offer advice on how to talk to your family and friends about cancer.
- Link you with other community health services, support groups and programs.
- Provide information on accommodations throughout the province.
- Connect you to resources that may be able to help with financial needs and expenses for medications, travel, medical supplies.
- Educate you and your family about cancer prevention and screening, such as healthy lifestyle and cancer screening programs.

WHO ARE CANCER PATIENT NAVIGATORS?

Cancer Patient Navigators are highly trained cancer nurses. They can work closely with your family doctor/care provider, surgeon, cancer specialist, and your family to provide you with the information and knowledge to make the best decisions about your care. Your connection with a Cancer Patient Navigator may help your medical visits be less stressful. They are available to help you at any point in your cancer journey.

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

The Cancer Care Program of Eastern Health and the Department of Health and Community Services work with health professionals in your area to make Cancer Patient Navigation and other community cancer services available as close to home as possible. Cancer Patient Navigators are available throughout the province. Their offices are located in:

WHY CANCER PATIENT NAVIGATION?

Each person with cancer has different needs and will deal with cancer in different ways. You may speak a different language or have different beliefs that could affect your decisions. You may have many family responsibilities to juggle. Treatments and tests can be complex and may cause side effects. Your ability to cope with the diagnosis and treatment will vary based on the support system you have.

A Cancer Patient Navigator may help you cope with your needs and provide support for you and your family.

