



## Canadian Breast Cancer Network Réseau canadien du cancer du sein

### **Patient navigation**

Patients often feel that going through breast cancer treatment is often like trying to find their way through a maze. Breast cancer patient navigation is a service that helps guide cancer patients and their families through this maze. The navigator works closely with you, your family doctor, the cancer team and other caregivers to help you get the best care possible. They guide you through the physical, emotional and often financial challenges that come with a cancer diagnosis.

While breast cancer or cancer patient navigation programs vary across Canada, they all help you to make informed decisions and help you to access the support you need in a timely manner. Note that some provinces and territories do not yet have cancer or breast cancer navigation programs in place. If your community does not offer specialized patient navigators, it may be beneficial to reach out to social workers at your cancer centres.

### **Alberta**

The Alberta Health Services Cancer Patient Navigator provides clients and their families by:

- Providing accurate information for patients so they can make informed decisions about their next steps
- Helping patients prepare for tests and cancer treatments by explaining test results and treatment choices or by referring patients to other resources or services
- Improving coordination of care by working with other healthcare providers
- Helping patients prepare for medical visits by explaining ahead of time what to expect
- Helping patients access financial resources and community supports

For more information, click here: <http://www.albertahealthservices.ca/info/service.aspx?id=1025354>

### **British Columbia**

The BC Cancer Agency offers a variety of support programs for patients and their families, including:

- Patient and family counselling services
- Vocational rehabilitation
- Cancer information
- Navigators

For more information, click here: <http://www.bccancer.bc.ca/our-services/centres-clinics/vancouver-island-centre/support-programs>

### **Manitoba**

CancerCare Manitoba's Breast Cancer Centre of Hope offers a variety of resources and program to assist individuals whose lives have been touched by breast cancer. Their services include:

- In-person or telephone consultations with a Breast Cancer Navigator
- Peer support
- Lending library
- Prosthesis and bra bank
- And much more

For more information click here:

[http://www.cancercare.mb.ca/home/patients\\_and\\_family/patient\\_and\\_family\\_support\\_services/breast\\_cancer\\_centre\\_of\\_hope/services/](http://www.cancercare.mb.ca/home/patients_and_family/patient_and_family_support_services/breast_cancer_centre_of_hope/services/)

### **New Brunswick**

While New Brunswick's Horizon Health Network does not have a specialized cancer patient navigation program, they do offer many services including social workers who can address similar concerns or informational needs of patients and their families. They can:

- Offer counseling
- Aid in treatment planning or coordinate service delivery
- Mobilize community resources
- Advocacy
- Education

For more information, click here: <http://horizonnb.ca/home/facilities-and-services/services/support-and-therapy/social-work.aspx>

### **Newfoundland & Labrador**

Through the Cancer Care Program of Eastern Health, specially trained oncology (cancer) nurses act as compassionate and effective guides. The patient navigator offers practical help to bridge the gap and assist patients, families and caregivers understand and work through the series of treatments, services and challenges encountered on their cancer journey.

For more information, click here: <http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=1489&p=1075>

### **Nova Scotia**

The Cancer Patient Navigation team at Cancer Care Nova Scotia can help breast cancer patients living in Nova Scotia with:

- Funding for travel
- Access to drug funding
- Liaison with Cancer Centres
- And can be a source for general cancer information

For more information, click here:

<http://www.cancercare.ns.ca/en/home/patientsfamilies/cancerpatientnavigation/default.aspx>

## **Ontario**

1. Cancer Care Ontario's Aboriginal Patient Navigators provide support and advocacy for First Nations Metis and Inuit (FNIM) patients and families by facilitating and coordinating access to cancer services for palliative and supportive care, addressing cultural and spiritual needs, and networking with FNIM and non-Aboriginal partners to make the cancer journey a culturally safe experience.

For more information, click

here: <https://www.cancercare.on.ca/cms/one.aspx?objectId=340928&contextId=1377>

2. While Cancer Care Ontario does not currently have a formalized patient navigation program for non-aboriginal residents many, if not all, cancer centres in Ontario, offer similar services through social workers that can assist in providing further information about your cancer diagnosis, treatment and can help you access community resources.
3. **Oncology Drug Access Navigators of Ontario (ODANO)** is a provincial organization founded to provide support, advocate for members, share resources and educate existing and new navigators in order to maximize the appropriate funding for all cancer patients. Their primary goal is to remove the financial burden from the patient so they can focus on their health. Navigators act as resident experts on drug coverage and criteria for coverage. They facilitate drug coverage by:

- Accessing government funding
- Accessing patient assistance programs
- Finding other reimbursement means for unfunded drugs

For more information about ODANO please visit: <http://www.odano.ca/>

## **Prince Edward Island**

Through Health PEI's Cancer Patient Navigation program, a navigator can help you and your family understand the many challenges you may face and questions you may have about your cancer journey. Health PEI's program can:

- Provide access to information
- Help understand and answer questions about what to expect during treatment
- Connect you with other health care professionals such as social workers, dieticians, homecare, etc.

- Provide assistance with financial concerns, travel and transportation or medication costs.

For more information, click here: <http://www.healthpei.ca/cancer-treatment-centre>

### **Quebec**

Oncology Nurse Navigators can be accessed through your CLSC and can help you:

- Learn about the disease and treatment
- Direct you to other health care professionals and organizations
- Provide support

For more information click here: <http://www.msss.gouv.qc.ca/sujets/organisation/lutte-contre-le-cancer/priorites/repondre-aux-besoins>

The **Fondation québécoise du cancer** also has nurse navigators you can call who have experience in oncology. They can help with:

- The operation of the health system
- Return to work
- Complementary therapies
- Resources available in your area
- Etc.

For more information, click here: <https://fqc.qc.ca/besoin-d-aide/ecoute-et-information>

### **Saskatchewan**

While the Saskatchewan Cancer Agency does not have a specialized cancer patient navigation program, they do offer many services that address similar concerns and informational needs for patients and family including:

- Counselling
- Pain and symptom management
- Personal and financial services
- Support groups
- Advance Care Directives
- And more

For more information on how to access these services, click here: <http://www.saskcancer.ca/Default.aspx?DN=5ffb481a-24a2-4e8f-9542-69108cf2cc29>

### **Yukon**

A Yukon Cancer Care Navigator can help you and your family:

- Find answers to your questions or concerns Locate resources

- Prepare for appointments and treatments
- Help you understand the diagnostic tests and treatments
- Connect you with the right expert or support

For more information, click here: <https://yukonhospitals.ca/whitehorse-general-hospital/programs-and-services/cancer-care-navigator>