



Navigation

When it comes to cancer, the right information, support and guidance are critical

- What does a cancer diagnosis mean?
- What tests should be done?
- What treatment options are available?
- Where should treatment be administered?
- How can the side-effects of treatment be reduced?
- How does one cope during treatment?
- What should be done after completion of treatment?

A diagnosis of cancer is a traumatic event for the patient, the patient's family and their colleagues. Life is seriously disrupted. Work time is lost, productivity and morale are reduced and financial hardship may follow.

CAREpath's Cancer Navigation System™ provides the services designed to reduce the physical and emotional impact of cancer diagnosis. CAREpath Navigation System™ services are designed to complement the public health care system, not replace it. They are delivered by the client's own personal, experienced CAREpath oncology nurse, backed up by a CAREpath oncology physician.

The CAREpath Navigation System™ - How it Works

Before Treatment Starts

- Counseling to reduce the emotional impact of the diagnosis for the patient and family
- Facilitating access to more extensive counseling if needed
- Detailed information about options for tests and treatments
- Questions to ask your Oncologist
- Explanations of treatment plans proposed by attending physicians
- Comparison of the proposed plans with gold-standard treatment plans
- Assistance with access to second opinions, tests, and clinical trials if desired

During Treatment

- Continuous, ongoing expert advice and support by the client's personal **CAREpath** oncology nurse, including suggesting lifestyle changes to reduce effects of treatment and to promote speedy recovery.

After Treatment has been completed – (Survivor Phase)

- Advice regarding signs of potential recurrence of the cancer.
- Advice on reducing the risks of delayed complications of cancer treatment
- Assessment of the personal risk factors which could have led to the cancer in the first place

- Assessment of the risk of developing a different cancer based on a comprehensive evidence-based risk assessment questionnaire developed in collaboration with the leading universities in Canada and the US
- Advice on what lifestyle changes might reduce the risk of cancer recurrence or of developing a different cancer
- Assessment of the risk of developing other chronic diseases such as heart disease, stroke, diabetes, and osteoporosis; advice on reducing these risks and enacting the lifestyle changes necessary to reduce these risks
- Advice on coping with the life changes encountered by a cancer survivor

The CAREpath Navigation System™ - Method of Delivery

The CAREpath Nurse conducts an initial assessment by telephone of the client's general physical and emotional health, and stage and type of cancer, based on the medical information pertinent to the case. Information from the intake procedure is reviewed with the oncology physician and a plan developed for CAREpath services.

Navigation System™ services are then delivered by the assigned CAREpath oncology nurse via regularly scheduled phone calls and ancillary emails. Progress and problems during all phases are discussed with the **CAREpath** oncology physician.

Throughout, the client is encouraged to seek the approval and advice of their family physician to ensure recommendations are appropriate and to facilitate their enactment.

CAREpath professionals do not test, treat or prescribe for clients.

All client communications and information are kept strictly confidential.

