

How can a Cancer Nurse Navigator help me?

A Cancer Nurse Navigator can be your guide through the cancer care system. The Nurse Navigators can be your contact point to answer questions and coordinate care between all members of your healthcare team.

- They can provide you with teaching about tests, treatments, symptoms and medications.
- The Navigator can work with you and your health care team to help you prepare for your appointments .
- The Navigator can be your contact point to answer questions and coordinate care between all members of your healthcare team.
- They can provide you with emotional, spiritual or psychological support.
- They can help connect you with resources in your community.
- After your treatment, the navigator can help you with follow-up care and support you through life after treatment.

Contact

Interested in learning more or referring yourself to the program?
Contact the Cancer Nurse Navigation Team directly by calling:

1-866-313-7989

Or you can email the team at:
cancer_navigator@gov.nt.ca

**Northwest Territories Health
and Social Services Authority**

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NORTHWEST TERRITORIES
**Health and Social
Services Authority**

Cancer Nurse Navigators

**Helping you through
your Cancer Journey**

Living with Cancer

There are many individual factors that may influence your care needs:

- You may speak a language other than English.
- You may have beliefs that affect your health care choices.
- You may have to juggle a lot of family responsibilities.

Treatments and tests can be complex and lead to side effects. Your experience through this cancer journey and your ability to cope with the diagnosis and treatment will vary based on the support system you



Reaching a Cancer Nurse Navigator

If you are living with cancer you can connect with the Cancer Nurse Navigators through the following ways:

- You can contact the Nurse Navigator yourself, even if you do not have a referral, or
- Your health care provider can refer you to a Cancer Nurse Navigator

The diagnosis of cancer can be scary. You will have to make many decisions and learn about cancer and different treatments.

The Nurse Navigators can help you through this journey and support you through all of the challenges you may face.

You do not have to face this journey alone.

What does a Cancer Nurse Navigator do?

Cancer Nurse Navigators are experienced Registered Nurses who work closely with a person diagnosed with cancer, their families or support people, and their health care team to offer support and guidance through their cancer journey.

They are available to people in all stages of their cancer journey from diagnosis, through treatment, palliation, and survivorship.

As part of your support team, the Cancer Nurse Navigators can be a familiar face and point of contact to help navigate the sometimes complex journey you are on.