

Getting help from a Cancer Nurse Navigator

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, and into 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.

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**

Box 1320, Yellowknife, NT
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NORTHWEST TERRITORIES
**Health and Social
Services Authority**

**Staying Comfortable
During
Chemotherapy**

Patient Resource

Keep occupied

Books, magazines, coloring booklets. Try passing the time with some quiet reading or art.

Music and headphones. You could make a playlist with upbeat songs, or relaxing selections if you plan on dozing.

Laptop or tablet. Digital devices are a great source of games, movies, and other entertainment to keep you occupied.

Diary or journal. If you keep a diary, journal, or prayer journal use the treatment time to catch up on your writing.

Crosswords, sudoku, cards, other games. Simple games can help you stay distracted and entertained while you are receiving treatment.

Knitting, crocheting, beading. You may enjoy doing something crafty during treatment.

Provided here is a brief list of things that may be helpful for your chemotherapy appointments, and can help you feel more comfortable and prepared.

These suggestions are intended to ease your anxiety about going to your chemotherapy treatment. You may have other items of comfort that would be beneficial for you to have during the treatment time.



Keep comfortable

Snacks. You can bring foods that you enjoy snacking on.

Blanket and pillow. Patients often say they get cold during chemotherapy so it helps to cuddle up with a blanket. It also makes you feel more comfortable to bring an item from home.

Sleeping mask. If your chemotherapy treatment is long and you want to be able to nap, consider bringing a sleeping mask.

Comfy clothing, warm slippers and socks. Chemotherapy is a good excuse to dress for comfort, and it might be good to dress in layers. You will want to be warm and comfortable but keep in mind the location of your port or where you will be getting chemotherapy so that you can dress appropriately.

Bring a friend. If you're a person that would like the company, bring a family member or friend to your treatment sessions.