

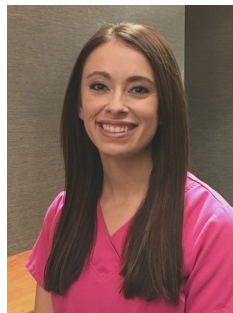
How to Utilize Your Nurse Navigator

The Oncology Nurse Navigator program is offered at St. Anthony Regional Cancer Center to assist and support you and your family through cancer diagnosis and treatment. To ensure you receive the most out of our service, here are some helpful ways to utilize your Nurse Navigator:

- ⇒ Contact your Nurse Navigator with general oncology questions.
- ⇒ Ask your Nurse Navigator to provide you with education about your diagnosis.
- ⇒ Call your Nurse Navigator to assist in coordinating your appointments.
- ⇒ Request your Nurse Navigator to attend oncology related appointments with you.
- ⇒ Consult your Nurse Navigator for referrals to other cancer support resources.

The Nurse Navigators do not take the place of your doctor. If you have a medical emergency or need medication refills, please contact your doctor's office directly. If you need assistance, please don't hesitate to call us. We would be happy to assist you any time!

Nurse Navigator Katie Nelson, RN, BSN, OCN



Katie grew up in Glidden and started at St. Anthony in 2015 as a radiation oncology nurse and began as Nurse Navigator in 2019.

Katie is dedicated to caring for the whole person and the patient's family and support system during what can be a very difficult time. She has personal experience with cancer in her family which gives her extra insight into the cancer journey of others.

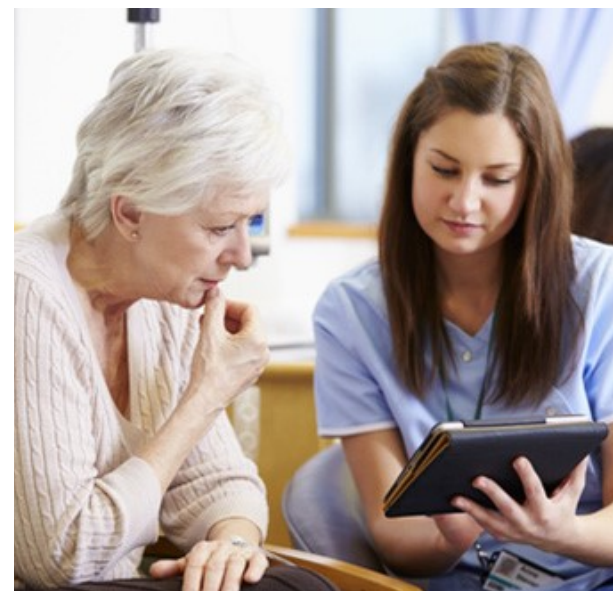
Available Monday through Friday

8:00 am to 4:30 pm

Phone: (712) 794-5572

Fax: (712) 794-5264

Oncology Nurse Navigator



Specially trained to help patients and their loved ones “navigate” the healthcare system to ensure you receive first class care.

Health, Healing, & Hope



What can I expect from a Nurse Navigator?

The role of the Nurse Navigator is to ease the burden of cancer treatment on both you and your family. Nurse Navigators can:

- ⇒ Help you understand your diagnosis and the available treatment options.
- ⇒ Discuss any warning signs or symptoms that may arise over the course of treatment and recovery.
- ⇒ Collaborate with members of the medical team to ensure information is current and available to your physicians, nurses, and counselors.
- ⇒ Help you and your family connect with community resources.
- ⇒ Coordinate your care with any other healthcare provider throughout the system. This includes:
 - **Cancer Support Team**, which provides: education on disease and treatment; comfort and symptom management; patient and family counseling (including: emotional, social, spiritual, nutritional, and financial counseling); referral to community services (home care, palliative care, and hospice care); cancer rehabilitation; integrative therapies; and support groups.

- **Cancer Genetics** documents your personal and family medical history and discusses inheritance patterns and risks.
- **Cancer Clinical Trials**, which your physician may recommend as a benefit to you and other cancer patients.
- **Professional Services** throughout the system.

How does Nurse Navigation assist you?

- **Advocacy:** We strive to remove barriers for optimal care for cancer patients. Referrals to community resources remove barriers such as transportation, lodging, financial, and medication assistance.
- **Education:** The Nurse Navigator serves the patient, community, and region by providing education on preventative care and risk factors that may increase survivability if an individual develops cancer.
- **Survivorship Support:** An individual is considered a cancer survivor the day they are told of their cancer. Family and close friends are considered co-survivors, Navigation teaches coping skills to reduce anxiety and promote a positive attitude, which is important for a favorable outcome. Support groups are offered in the area.

What now? It's the most natural question to ask when you receive a cancer diagnosis. And it's a question that's hard to answer when dealing with the emotions and thoughts that inevitably overwhelm you after you're given your test results. We understand this is a difficult time for you and your family. That's why we offer the Nurse Navigator Program to our oncology patients at St. Anthony Regional Cancer Center.

What is a Nurse Navigator?

A Nurse Navigator is an experienced registered nurse trained in oncology and palliative care who is available to guide you and your family through the entire process of diagnosis and treatment. The Nurse Navigator is a point of contact who can be there with you every step of the way to get you through pivotal times

What is the cost of a Nurse Navigator?

There is NO additional charge for a Nurse Navigator.

