

The American Cancer Society estimates that nearly 1,658,370 new cases of cancer were diagnosed in the U.S. in 2015. A diagnosis of cancer brings a multitude of emotions; from anger to fear. If you are one of those patients, Holy Cross Hospital has dedicated Nurse Navigators for specific specialties to help you on your cancer journey. A patient navigator's job begins immediately after cancer diagnosis.

We work with newly diagnosed cancer patients and their families. We educate them about specifics of their disease and treatment plan, and introduce them to services they will need within the healthcare system. Our goal is to help them understand all of the information coming their way before it becomes confusing and stressful.

Patient Navigators: Here to Listen

The role of the patient navigator changes from patient to patient, because each case of cancer is unique. A patient navigator provides educational information, access to a wide variety of support services and often simply a place to turn. There is a lot of fear associated with cancer and patients often find it very difficult to share their fears with the people who love them most. Patients are often better able to express their fears to healthcare professionals because they don't want to frighten the people closest to them. We provide a safe place for them to express their fears and validate their feelings.



*Berta Martos-Alberico, RN
Lung Navigator*

Meeting Patients' Needs

Patient navigators also serve as a liaison between patients and their physicians to help ensure all patient needs are met. Our role is to listen to patients and better assist these patients in coping with an overwhelming cancer diagnosis. If a patient calls our office, we will answer, and if not, we will call back very quickly. We want patients to have the reassurance that we are always here to help.

Your Care Tour Guide

Patient Navigators provide a variety of services to patients dealing with all types of cancer. Though care is personalized for each patient, services include;

- answering questions about all aspects of care, from diagnosis to aftercare
- communicating with physicians
- helping patients understand their diagnoses and plan of care
- identifying resources for financial and psychosocial needs and providing referrals
- managing treatment schedules
- offering expert advice on common concerns of cancer patients
- providing educational information, as well as information about support groups and clinical trials
- scheduling appointments

Call 954-351-LUNG to learn more.