

Patient Navigation

Towards an evidence-based psychosocial model

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History / Context

- Patient-driven growing interest in navigation
- Psychosocial impact of cancer
- Need for evidence-based programming
- Increasingly tight fiscal barriers

Questions driving the process

- What are the needs & perspectives of stakeholders?
- What are the core functions and best practices of current 'navigators'?
- What models and theories should guide and inform Navigation practice and evaluation?

Phases of the research process



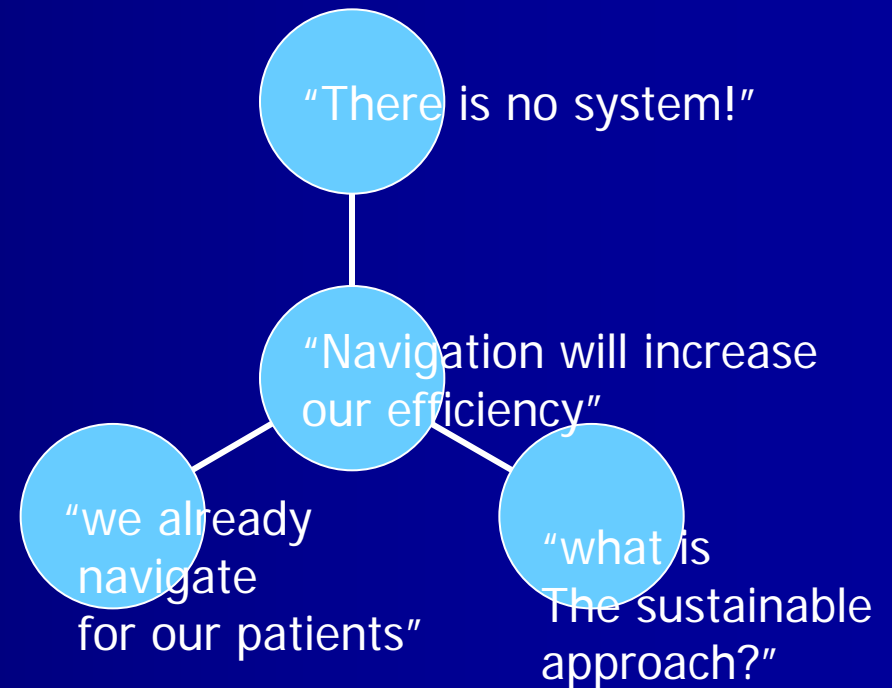
Research relationship
With Navigators in Practice

Consultations with
Different stakeholders

Reviews of relevant research
and theories

Key messages from consultations

- Patients
- Specialists
- Decision makers
- Family Physicians



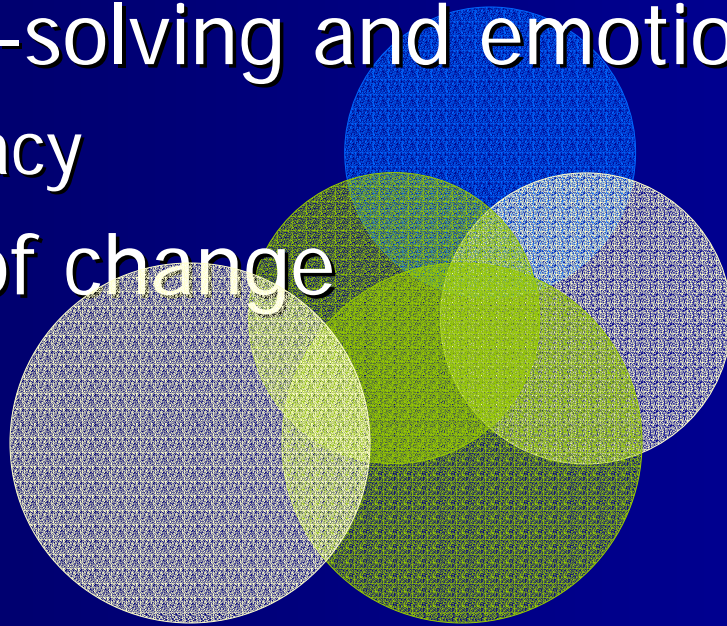
Navigators in Practice

- Nurse led
- Urban setting
- Single tumor site
- Focused at stage of early diagnosis
- Social worker led
- Rural setting
- All cancers
- Diagnosis through palliation

Patient identified needs were common -- information, emotional & practical support, and communication

Key components of a theoretical model

- Social support
- Problem-solving and emotion coping
- Self-efficacy
- Stages of change



Phases of the research process



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"Patient preparedness"

- Informational preparedness
- Emotional preparedness

Other characteristics of the BC model

- Driven by patient needs which are assessed
- Flexible based on context/ community
- Time limited and targeted to high stress phases of patient journey
- Has 'patient preparedness' as outcome
- Supportive but not psychotherapeutic

BC Patient Navigation Model

