

## Who are the Oncology Nurse Navigators?

Oncology Nurse Navigators are clinically trained nurses who support individuals through a cancer journey, as a part of the **Johns Hopkins Work Stride program**. They can help you navigate many aspects of cancer-related care — from screening and prevention through diagnosis, treatment, survivorship and end of life.



## What is their role?

Oncology Nurse Navigators provide emotional support, education and guidance to you and your family. They are also a valuable resource for managers supporting an employee who is diagnosed with cancer or caring for a loved one. **The personalized approach and encouragement a Nurse Navigator provides can be life changing.**

## How can Oncology Nurse Navigators help me?

An Oncology Nurse Navigator is available to help you or your family members:



### Education and Support

- Prepare questions to ask a doctor or care team
- Learn about financial resources and information regarding treatment
- Understand how to talk with your manager, employees, co-workers, family and friends about your diagnosis
- Cope with the emotional burden of a family member diagnosed with cancer
- Offer emotional support during the cancer journey

### Navigation

- Transition into survivorship after treatment
- Plan for the future, including advanced directives and end of life care
- Understand and interpret a cancer diagnosis
- Locate a second opinion team — in-network and local, or nationwide
- Navigate working during treatment, including rights, benefits and labor laws

### Risk Reduction and Prevention

- Learn how to reduce the risk of cancer through lifestyle change
- Understand risks related to family history or genetics

# The Benefits of Work Stride Oncology Nurse Navigators



The Johns Hopkins Work Stride program can help you (or a loved one) understand your risk of developing cancer and provides tools to help mitigate those risk factors. All Work Stride participants are encouraged to get regular screenings, recognize early warning signs and utilize the educational content available 24/7 on the website.



After a diagnosis, Work Stride helps keep patients, caregivers and managers informed and supported. We help participants understand clinical, legal and workplace perspectives. We help managers understand the impact of an employee's cancer diagnosis and treatment on their team members or department, and how to best support them.



Work Stride provides an extra layer of emotional support outside of the clinical treatment team, gives you and your family more personalized care, and helps relieve burdens while undergoing cancer treatment or caring for a loved one.



Reach out to your Oncology Nurse Navigator at 844-446-6229 or [managecancer@jh.edu](mailto:managecancer@jh.edu)