

A Nurse Navigator Speaks to the Value of Her Position

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"My role as your nurse navigator is to give you the support needed to empower you to be your own greatest health advocate."

If preparing for your physician appointments and understanding your diagnosis/ treatment options still feels like an ongoing challenge, reach out to our team of highly experienced nurse navigators at ConnectCare3 for assistance. Our nurses have extremely diverse clinical backgrounds and are here to support you through all phases of your care, from the time of diagnosis up until your very last treatment.

When I first get to speak with my patients, I try to spend a lot of time not only determining what information they have been given so far, but also how well they understand it. If my patient requests additional information about their diagnosis, or if based on my assessment I feel that more information may be helpful, I research current medical literature and share that information with my patients in language that is easy to understand. The main focus of nurse navigation is meeting a patient exactly where they are and then providing the necessary tools and resources to enable the patient to make well-informed healthcare decisions. My patients are always in the "driver's seat" of their health and my role as the co-pilot is to help them navigate the many complexities of our healthcare system and overcome any barriers that may arise along the way.

In addition to helping my patients understand their diagnosis, I also spend a lot of time helping to prepare them for any upcoming physician appointments. This may include preparing a list of questions to bring along to the appointment or providing information on the steps needed to track down medical records to share with a new doctor. I think most patients will find that a little preparation for an appointment can go a long way in that their appointment flows smoothly and they leave the visit with a much better understanding of their diagnosis, treatment options and what the next steps will be.

Going to see a new doctor can be a rather intimidating experience, especially if it is for a complex or serious diagnosis. My role as your nurse navigator is to give you the support needed to empower you to be your own greatest health advocate. While I have such a great appreciation for the relationships that I build with my patients while working with them, I always feel a sense of accomplishment when I close their case knowing they have the tools needed to manage their own care.



For assistance with a diagnosis, or reaching a healthy goal, contact **ConnectCare3** by calling **877-223-2350** or by emailing us at info@connectcare3.com