



# Atrium Health

## Questions to Ask Your Care Team

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# Objectives

- Discuss the role of a Nurse Navigator
- Identify who is on your support team
- Discuss strategies to help with all the healthcare information
- Empower you to find and use your voice
- Discuss questions to ask your provider

# What is a Navigator?

- Advocate
- Single point of contact throughout the cancer care continuum
- Assists to eliminate barriers to care
- Provides resources



# Take a Second for an Assessment

- What do you need to be as successful as possible in your Plan of Care?
  - Support
  - Information/Education
  - Resources
- What makes you worried?
- Patients and Caregivers
- Reassess periodically

# Who is on Your Support Team?



AT HOME



AT YOUR DOCTOR'S  
OFFICE/CARE FACILITY

# Have a plan for all the information

- Who is going to be with you at your appointments?
- Two sets of ears is better than one
- Have an assigned note taker
- Write down your questions ahead of time
- Ask clarifying questions or make summary statements
  - "What I am hearing you say is...."
  - "From what I understand the plan is...."
- How do you learn best?

# What resources are available?

- Support Groups
- Community Organizations
- Supportive Oncology
- Financial Support
- Food Insecurity, Transportation, etc.
- Caregiver Support

# Advocate for yourself or your loved one

- You are most important!
- You have a voice
- You are not 'bothering' your health care team
- Who can be your voice when you need help?





# Advanced Directives

- Have a voice when you are not physically able to communicate your wishes
- Healthcare Power of Attorney and Living Will

**60%**

of people think it is "extremely important" that their family is not burdened by making difficult decisions for them.

\*Centers for Disease Control and Prevention 2005

**90%**

of people say talking with their loved ones about their medical choices is important.

**27%**

have actually had the conversation.

\*The Conversation Project National Survey 2013

**80%**

of people want to talk to their doctor about their end-of-life care if they are seriously ill.

**7%**

have actually discussed end-of-life options with their doctor.

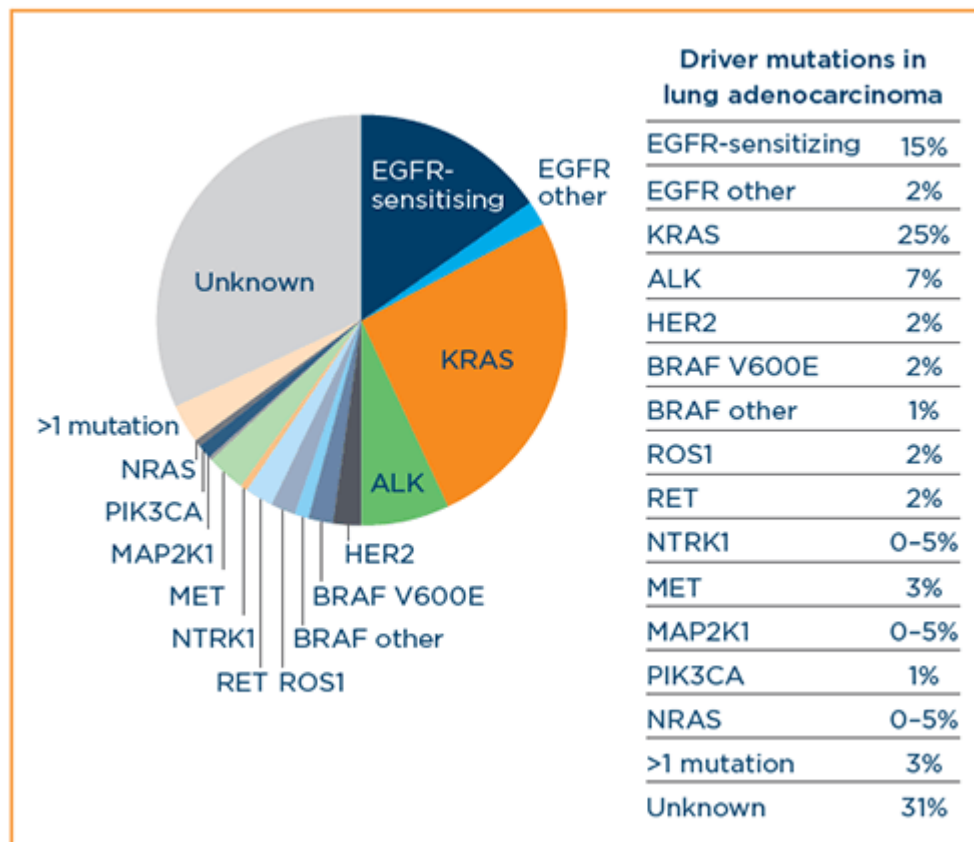
\*Survey of Californians by the CA HealthCare Foundation 2012

# Questions for your Provider

- Know your Pathology
  - Next Generation Sequencing/Molecular Studies
  - PDL-1
- Staging
- Treatment Options
- Clinical Trials
- Timing of treatments and scans
- How to maximize your health during treatments
- Lung Cancer Screening
- Survivorship

# Lung Cancer Mutations

## DRIVER MUTATIONS IN LUNG ADENOCARCINOMA



Credit: Lungevity Foundation

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# Seek a Second Opinion

- You will not hurt the feelings of your Provider
- You are most important!
- Finding the best care available
- Peace of Mind
- Clinical Trial evaluation
- Be careful not to delay necessary treatments

# Summary & Take Aways

- You have a voice, and it is ok to use it
- Know who is on your support team
- Utilize your support team
- Speak up and ask the questions
- You are most important!

# Questions?



# Thank You!

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