



What is Longitudinal Patient Navigation?

A model of patient navigation that includes:

- a. Community-facing navigators: linking community members and pre-patients to clinical and non-clinical resources and support; navigating pre-patients “to and through” a health system; often focused on navigation for cancer screening
- b. Treatment navigators: assisting patients with overcoming barriers to seamless treatment (care coordination)
- c. Survivorship navigators: addressing the challenges patients face during and after active treatment, particularly around access to supportive care and survivorship services
- d. Navigators can be non-clinical or clinical, each providing services that aspire to the top of their training and licensing

What are benefits of a Longitudinal Patient Navigation Model?

Research suggests the following benefits:

- Strong Return on Investment for health systems.
- Decreased no-show rates
- Improved flow through the continuum of care – screening, diagnosis, treatment
- Improved patient-provider communication.
- Improved patient outcomes
- Improved Patient Satisfaction
- Improved adherence to treatment/screenings
- Improved utilization of supportive care services

What is necessary for implementation?

Essential elements include:

- Analysis to generate efficient workflow
- Identification of roles to create a seamless workflow of patient care.
- Maximize scope of practice for each stage of navigation
- Necessary training and credentialing
- Implementation and monitoring impact
- Identification of outcomes
- Data collection
- Documentation

Frequently Asked Questions

- Should identification of barriers to care be a part of the role of all health care team members?
Yes. The navigation aspect of any practitioner is that component of their job that focuses on barrier assessment and then helping patients overcome those barriers, often by linking patients to the appropriate resources. Unfortunately, this process is lacking in many health systems.
- Can you explain what is meant by stratification of patients by burden severity?
Patients face practical and clinical barriers to care. Practical barriers include transportation, financial, housing, insurance, and lack of access to supportive resources. Psychosocial barriers include fear, medical mistrust, lack of medical literacy, lack of awareness of the availability of services, uncertainty regarding self-advocacy and more.

The following chart is a representation of supportive care referrals commonly made by navigators.

Medical Family Therapy	Medical family therapists work with individuals, couples, and families to address psychological, emotional, and social/relational needs related to cancer
Clinical Social Work	Clinical social workers assist patients and family members with severe emotional and practical concerns (eg, disability, medicare) related to their cancer diagnosis
Psychiatry	Psychiatrists conduct assessments and provide medication management and intensive therapy services for patients with mental health concerns related to cancer
Behavioral Medicine	Clinical psychologists provide evidence-based treatments for a range of clinical difficulties associated with cancer including: behavioral weight management, health behavior change, coping skills training for cancer-related pain and fatigue, psychological distress, and brief cognitive screenings
Spiritual Care	Chaplains and other spiritual professionals are available for spiritual assessment, care, and support, care planning, and spiritual health programs
Tobacco Cessation	The tobacco cessation program helps cancer patients and their family members quit using tobacco products
Nutrition	Registered dietitians work with patients to help prevent malnutrition, improve digestive health, and minimize side effects related to cancer treatments
Exercise Consults	Exercise physiologists provide consultations services and personalized exercise plans specialized for cancer patients.

Recreation Therapy	Recreational therapists offer services (eg, strength building, motivation, confidence) for patients and family members during in-patient hospital stays
Oncology Rehabilitation	Exercise physiologist, lifestyle counselors, and lymphedema specialists are available to help patients during cancer treatment and during recovery
Sexual health and intimacy	Behavioral sexual health services include psychoeducation and psychotherapy focused on addressing concerns about sexual function, sexual feelings and intimacy, and changes in sexual health following treatment for cancer
Self-image resources	Self-image consultations and products are available through boutiques at the cancer centers
Financial Care Counseling	Financial care counselors work closely with patients to address billing and insurance questions, obtain preauthorizations before treatments, and inform patients about insurance coverage
Oncofertility	This service is provided by productive endocrinologists and fertility specialists, urologists, nurses, psychologists, and medical family therapists and works with cancer patients to understand their options, provide fertility services, and address associated physical, emotional, and financial concerns
Cardio-oncology	This service provides cancer patients with services to assess their cardiology risk associated with their cancer and cancer treatments
Integrative Medicine	Integrative medicine specialists to provide complementary services, such as acupuncture and massage therapy
Palliative care	The palliative care team works closely with patients and family members throughout all stages of illness and works to provide relief from pain, stress, and other symptoms related to their illness and to help obtain the best possible quality of life
Onco-primary care	This service works to create a formal link between patients' primary care physicians and the oncology team in the care of patients across the cancer continuum
Teen and Young Adult Oncology	This program addresses the unique needs of teens and young adults with cancer: primarily working to meet the psychosocial needs of this age group
Child Life Services	Child life specialists help educate and support children (of adult oncology patients) and their families related to cancer diagnosis and treatment

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