

Patient Navigation Programs For Adult Patients With Cancer: Scoping Review

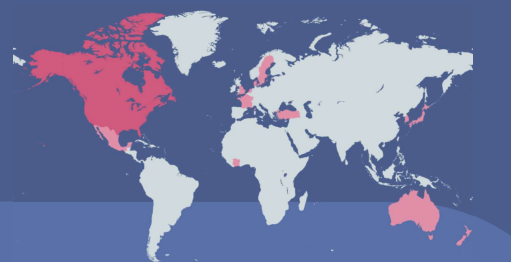


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Problem: People with cancer frequently struggle with understanding and using healthcare and social services. Patient navigation is one of the possible solutions to such issues.
Patient Navigation definition: time-limited intervention that could be implemented in the whole continuum of care, designed to help patients overcome logistic and individual barriers that they experience while using healthcare services
Scoping review aim: to present organizational aspects of patient navigation programs dedicated to adult patients with cancer and indicate good navigation program practices where possible

METHOD

- After screening 2828 articles, 172 studies were selected and 152 articles were included in the review after detailed analysis.
- Reviewed literature includes original studies, reviews, books and book sections, conference materials, editorials, letters and commentaries published from 1993 to 2023. Searched databases were PubMed, EBSCO, and Web of Science databases with additional research on mentioned programs in available sources.
- **Included studies were conducted in** North America (88%) (including: USA (79% of all studies), Canada (7%) and Mexico (1%)), Europe (5%), Asia (3%), Australia & New Zealand (3%), Africa (1%), South America (1%)



INCLUDED PROGRAMS

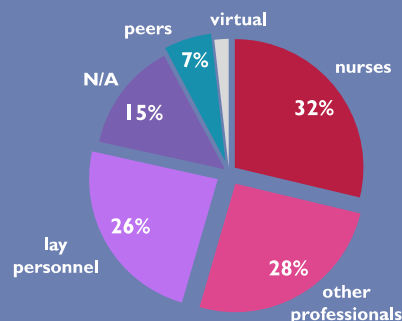
- **The most frequently mentioned outcome measures** were: adherence to the program (40% of studies), patient satisfaction (35%), time intervals during diagnosis or treatment process (16%), quality of life (15%), distress (14%), used services (13%), reported empowerment (13%).
- **Most programs were assessed as effective** (68% of all studies). Partial effectiveness was reported for 21% and 9% of studies were reported as ineffective. For 2% of studies, the outcome measures weren't available.

EDUCATION	63%	<ul style="list-style-type: none"> • Education on screening and treatment, workshop organisation • Distribution of printed materials to patients
CARE COORDINATION	58%	<ul style="list-style-type: none"> • Guidance through the diagnostic and treatment process • Referrals to healthcare and social services
ASSESSMENT OF BARRIERS	46%	<ul style="list-style-type: none"> • Identification of perceived or real barriers to services • Assessment of patient's and their family needs
APPOINTMENT ARRANGEMENT	32%	<ul style="list-style-type: none"> • Scheduling visits • Appointment reminders and follow-ups
SKILLS BUILDING	22%	<ul style="list-style-type: none"> • Coaching on communication with providers • Empowerment and problem-solving education
EMOTIONAL SUPPORT	19%	<ul style="list-style-type: none"> • Counselling, psychosocial support • Ventilation of negative emotions
RECRUITMENT	19%	<ul style="list-style-type: none"> • Identification of potential patients (e.g. high-risk) • Eligibility assessment

Identified navigation services

NAVIGATORS' PROFILES

- **Identified profiles of navigators** are: nurses, other professionals (including social workers, community health workers, coordinators, and counsellors), lay personnel, peers (including survivors or other people with cancer) and virtual navigation (mobile applications). Some studies included more than one profile of navigators and in 15% of articles professional background wasn't described.
- **Training** was provided to navigators in 67% of studies. In 4% of analyzed programs, additional training wasn't provided and in 29% of studies, the aspect of training wasn't mentioned.



GOOD PRACTICES

Authors of reviewed articles recommend practices to increase the feasibility of navigation programs:

- **Cultural adaptation** and recruitment of navigators that are integrated with the community
- **Standardization** of navigators' scope of responsibilities and training
- **Direct contact** with patients and adapting navigators' actions to the needs of individual participants

In accordance with these recommendations, the **EU Navigate project** (EU NAVIGATE (EU HORIZON GA-101057361)) is **currently being implemented in 6 European countries** as the adaptation of a successful Canadian navigation program Nav-Care ©

