**Project ECHO November 20, 2019**

[**Video Recording of Today’s Session**](https://youtu.be/iJqo3TAf-ug)

**Attendees:**

1. Heather Ciccarelli, Senior Manager Patient Navigation, American Cancer Society
2. Michael Reisman, Executive Director, Beth C. Wright Cancer Resource Center
3. Aysha Sheikh, Director of Programming, Maine Cancer Foundation
4. Katelyn Michaud, Program Manager, Maine Cancer Foundation
5. Lori Dyer, Oncology Nurse Navigator, St. Mary’s Center for Cancer and Blood Disorders
6. Circe Damon, Nurse Practitioner, New England Cancer Specialists
7. Annabelle Harcout, Financial Advocate, New England Cancer Specialists
8. Mona Ervin, Chair Person, Maine Coalition to Fight Prostate
9. Barb Perry, Survivorship Program Manager, MaineHealth Cancer Care Network
10. Kim Shaw, Financial Advocate, New England Cancer Specialists
11. Christine Brome, Social Worker and Financial Navigator, Northern Light
12. Amber O’Leary, RN, Head and Neck Cancer/Memorial Hospital Nurse Navigator, MaineHealth
13. Devan Oleksyk, Patient Advocate, Northern Light Cancer Care
14. Torie Lavoie, Financial Advocate manager, New England Cancer Specialists
15. Mary White, Patient Advocate, Northern Light EMMC Cancer Care

**Didactic Presentation**

Presenter: Heather Ciccarelli, Senior Manager Patient Navigation, American Cancer Society

* See videorecording for Heather’s presentation.

**Case Study Presentation**

Presenter: Michael Reisman, Executive Director, Beth C. Wright Cancer Resource Center (BCWCRC)

* Patient Navigator program at Health Acadia/BCWCRC, much of the navigator’s work is patient empowerment
* A man with stage 4 renal cancer was referred to BCWCRC to learn about programs that might be of benefit to him.
  + Was a Maintenance Supervisor for a seasonal business
  + Went to BCWCRC to see what programs we had to offer. We spoke with him about complementary therapies. He decided to try our Chi Gong class and since then he has tried a yoga class and a reiki session
  + He also presented at the Washington County Cancer Conference and Down East Living with Cancer Conference where he shared his story

**Recommendations for Patient Empowerment**

* Anytime you can help a patient feel successful and achieve a goal, they will feel empowered.
* Increased coaching early on with a patient can give them the tools they need to achieve better outcomes in the future. If a navigator can invest more time in working with a patient to understand and achieve their goals at the start, they will be more empowered when they reach similar obstacles later on. It is most often worth the early investment.
* Empowering people is giving individuals the 15% of support or encouragement they need that encourages and inspires them to do the remaining 85% of things they need to do to make their lives better.
* Peer models of patient empowerment: once a patient is empowered, connecting them with a newly diagnosed patient can offer a unique support and contribute to the new patient’s empowerment as well.

**Next Patient Navigation ECHO Call:**

December 18, 3-4pm, Survivorship