

Improving Navigation for Cancer Survivors in Rural Communities

May – June 2025



NYSCC SURVIVORSHIP
LEARNING SERIES

Funding: Centers for Disease Control and Prevention



Housekeeping Items

Please mute your line and remain on camera.

If you have a question, please type it in the Chat Box. Questions will be answered after the panel discussion.

This session is being recorded, and a link will be e-mailed to attendees and posted on the NYS Cancer Consortium Website (nyscancerconsortium.org)

The PowerPoint and materials will be sent to attendees after each session including a link to complete the evaluation survey for each session.

Participants must commit to all three sessions. Information for receiving CE credit will be provided after the third session.

Do NOT share any personal information about any patient.

Introductions



Tessa Flores, MD
**Medical Director of
Cancer Survivorship
and Screening**
Roswell Park Cancer
Institute



Barbara Brontman, LCSW
Social Worker
Self-employed



Gregory Rys DNP/FNP-BC
**Director FNP Residency
Program**
Bassett Healthcare Network

Speakers have no disclosures or conflicts to report.

Participant Introductions

Please type your name (first and last), health center or organization, and your email address into the Chat Box.

The New York State Cancer Consortium

*Working Together,
Reducing Cancer,
Saving Lives*



Visit us at
nyscancerconsortium.org

We work together to implement the **NYS Comprehensive Cancer Control Plan** and reduce the burden of cancer through the following activities:



Increase public knowledge of the Consortium and Plan



Collaborate to achieve Plan goals and objectives



Share progress, insight and expertise



Track progress on cancer indicators tied to the Plan

Improving Navigation for Cancer Survivors in Rural Communities

A virtual learning series to increase knowledge and competency of patient navigator practices and strategies for cancer survivors in rural communities.

1

Transitions in Survivorship; Finding the Way

May 8, 2025 | 12:00 - 1:00pm

2

Navigating Communications in Survivorship Care

May 22, 2025 | 12:00 - 1:00pm

3

Navigating Legal & Financial Issues in Survivorship Care

June 5, 2025 | 12:00 - 1:00pm

Learning Objectives

1. Describe cancer survivorship guidelines
2. Identify the recommended components of survivorship care
3. Describe resources to improve care for cancer survivors
4. Describe best practices to improve care for cancer survivors
5. Describe the responsibilities of the primary care provider compared to the Oncology Team

Session 2: Navigating Communications in Survivorship Care

May 22, 2025 | 12:00 - 1:00pm

Moderator: Tessa Flores, MD

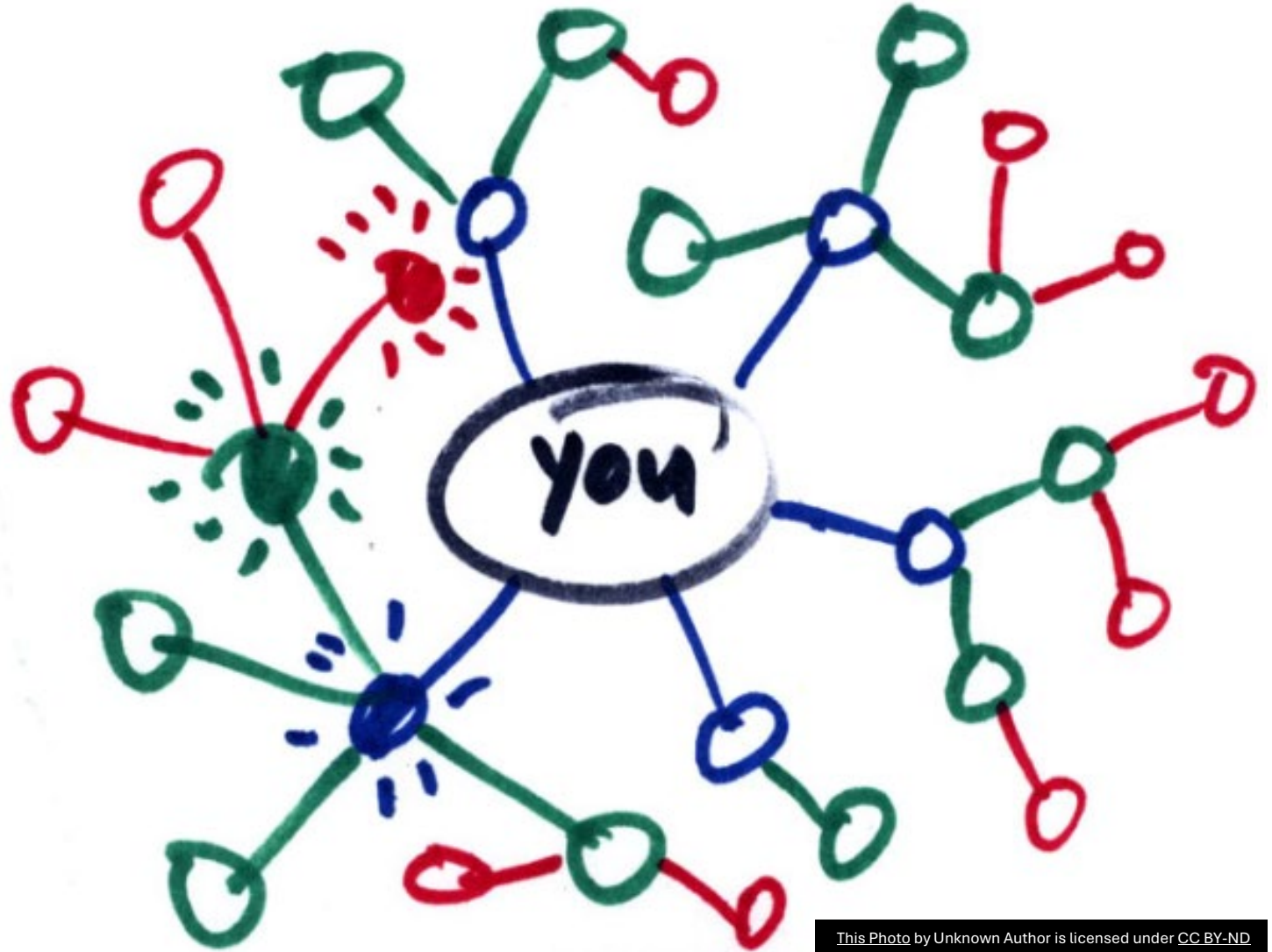
Presenters:

Barbara Brontman, LCSW

Gregory Rys, DNP

Connecting the Dots: Engaging with Cancer Survivors in Rural Settings

Barb Brontman, LCSW
Gregory Rys, NP



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SETTING THE STAGE

“During our time today, what are the two most important issues you want to discuss?”

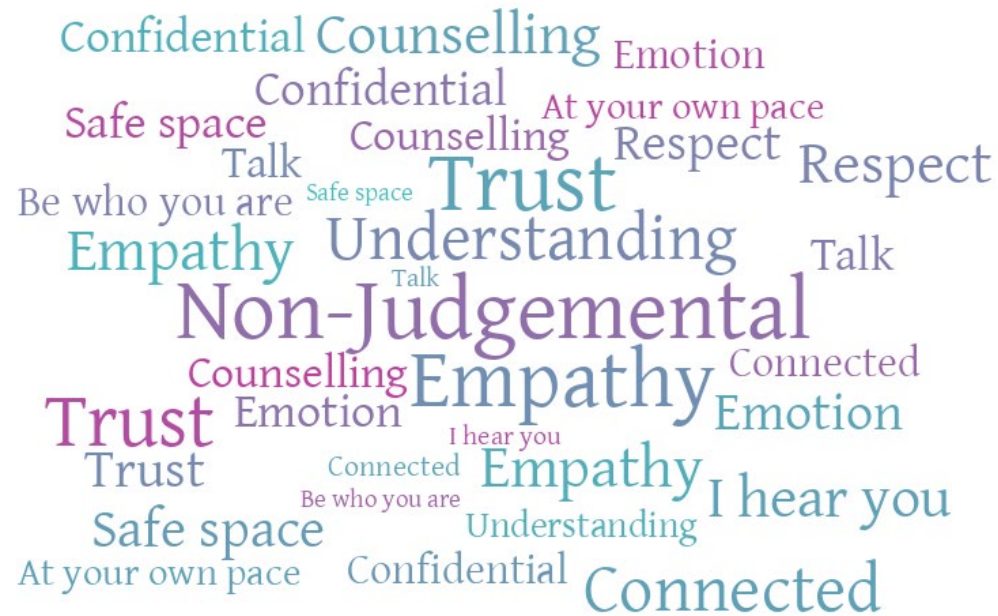
(Values time limits and shows interest)

Expect Emotions

(often, emotions are heightened)

This is when NURSE statements come in.

A Safe Space



- A safe space is key to dialogue and trust building. Yet I have been around many people and in many places who/that claimed to be safe yet never felt that way. So what is needed to make a space safe?

Building a safe space

- Creating a safe space involves fostering an environment where individuals feel comfortable to express themselves without fear of judgement or harm (NIH, 2021)
 - Build trust
 - Show empathy
 - Establish clear boundaries
 - Create a welcoming environment
 - Be inclusive and respectful
 - Foster a sense of belonging
 - Be mindful of your own actions

Tools For Your Toolbox

N

- **N**AME

U

- **U**NDERSTANDING

R

- **R**ESPECT

S

- **S**UPPORT

E

- **E**XPLORE

ALIGNING WITH PATIENT'S VALUES

“As I listen to you today, it sounds like you are most concerned about....

(your future)

(your cancer returning)

(not being a burden on your family)

(being more comfortable)

Trauma Informed Care

- **Safety** (physical and emotional)
- **Trustworthiness** (clarity, consistency, boundaries)
- **Support** (I will do my best to help you figure this out)
- **Collaboration** (making decisions **with** patients = shared power)
- **Empowerment** (Giving a person choices gives the person control)
- **Transparency** (sharing all information with the person)

Disparities in rural settings

“Approximately 40% of patients with cancer experience significant emotional and social distress during treatment ([Pranjic, Bajraktarevic & Ramic\) 2016](#)),(2)

“Rural residents are significantly more likely than non-rural residents to die following traumatic injury. ” (1)

“Cancer-related PTSD (CR-PTSD) can negatively affect a patient’s psychosocial and physical well-being during treatment and into survivorship. ” (2)

How do you know if a person has experienced trauma ?

You don't

Universal precautions:

- To avoid spreading germs you wash hands and wear gloves.
- Treating all patients as if they have had a trauma Event in their life to avoid re-traumatization(triggering).

SOURCES

- (1) Jarman MP, Castillo RC, Carlini AR, Kodadek LM, Haider AH. Rural risk: Geographic disparities in trauma mortality. *Surgery*. 2016 Dec;160(6):1551-1559. doi: 10.1016/j.surg.2016.06.020. Epub 2016 Aug 6. PMID: 27506860; PMCID: PMC5118091.
- (2) Leano A, Korman MB, Goldberg L, Ellis J. Are we missing PTSD in our patients with cancer? Part I. *Can Oncol Nurs J*. 2019 Apr 1;29(2):141-146. PMID: 31148714; PMCID: PMC6516338.
- (3) Andriessen K, Krysinaka K, Rickwood D, Pirkis J. "Finding a safe space": A qualitative study of what makes help helpful for adolescents bereaved by suicide. *Death Stud*. 2022;46(10):2456-2466. doi: 10.1080/07481187.2021.1970049. Epub 2021 Aug 27. PMID: 34452590.

Upcoming Session Dates

June 5th
12 – 1:00pm

Session 3: Navigating
Legal & Financial
Issues in Survivorship
Care



Thank you for attending

Please complete the
[session evaluation](#)



New York State



Cancer Consortium